**THE OSCAR MODEL**

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| **OUTCOME: GOAL** | * What would you like to achieve from today’s session?
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| **SITUATION** | * What is the current situation?
* What’s standing in the way of that ideal?
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| **CHOICES and****CONSEQUENCES** | * At your most resourceful, what do you say to yourself about this?
* What other choices might there be?
* What are the consequences of each option, upsides and downsides? (eg effects on relationships, costs, practicality, emotional factors, time and other factors)
* Which choices would have the best consequences?
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| **ACTIONS** | * What actions will you take?
* What’s the first step?
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| **REVIEW** | * How will you review your progress?
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