

## THE OSCAR MODEL

<b>OUTCOME: GOAL</b>	<ul style="list-style-type: none"><li>• What would you like to achieve from today's session?</li></ul>
<b>SITUATION</b>	<ul style="list-style-type: none"><li>• What is the current situation?</li><li>• What's standing in the way of that ideal?</li></ul>
<b>CHOICES and CONSEQUENCES</b>	<ul style="list-style-type: none"><li>• At your most resourceful, what do you say to yourself about this?</li><li>• What other choices might there be?</li><li>• What are the consequences of each option, upsides and downsides? (eg effects on relationships, costs, practicality, emotional factors, time and other factors)</li><li>• Which choices would have the best consequences?</li></ul>
<b>ACTIONS</b>	<ul style="list-style-type: none"><li>• What actions will you take?</li><li>• What's the first step?</li></ul>
<b>REVIEW</b>	<ul style="list-style-type: none"><li>• How will you review your progress?</li></ul>