

The Brilliant Counselor Technique

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1. Place two chairs facing each other. (This technique is more powerful when spoken out loud than when written or simply thought in your mind.)
2. Imagine that in one of the chairs sits an amazingly kind, affirming, and brilliant counselor who is here to give you support, insight, and inspiration
3. Start by sitting in the **other** chair and be "you." Tell the brilliant counselor all about what you are thinking and feeling, all about whatever issue you would like to work on. You can discuss anything, from choosing the color of paint for your living room to the deepest and most profound issues of your life and your existence. You can discuss your pain, sadness, anger, rage, self-esteem, relationship problems, work problems, and anything whatsoever. You can discuss finances, travel, sex, food, exercise, andanything.
4. After you have let the Brilliant Counselor know in depth what you are thinking and feeling, switch to the other chair. **Become** the Brilliant Counselor and speak to "you," and advise "you" sitting in the other chair. You'll have access to that part of your mind that has stored just about everything you have ever heard or learned about the art of living. You'll be surprised at how insightful, authoritative, and wise that part of you can be.
5. When you intuitively feel that you are finished, switch to the other chair and be "you" again, and respond. See what the Counselor's words bring up in you. The entire experience is like a real interchange between you and a counselor. Feel free to say whatever is true for you. When you are done, switch to being the Counselor again.
6. Go back and forth any number of times until you feel you are complete for the session. It may take a few minutes, or it may take much longer.
7. Do this technique often, even daily, for increased insight and motivation.
8. Characteristics of the Brilliant Counselor. In some ways, this Counselor is unlike a real-life counselor or therapist: A. She/he does not need to ask you questions because she/he already knows exactly what you're thinking and feeling; B. She/he can be directive and give you advice firmly: "You really need to let go of this and forgive him." "You have got to get that done by Friday." C. She/he provides more affirming comments than you would normally get from a counselor: "You're great." "You can absolutely do this." "You're really smart." "You're totally capable of making that happen."

Your Brilliant Counselor recognizes all your strengths in a way that "you" rarely do. Do not hold back for fear of being conceited. Praise and compliment "you" liberally. That perspective of your strengths and positive qualities is a more truthful and accurate picture of yourself than what you usually think about yourself.

9. This technique can be used not only for problem solving, but for clarifying and affirming what's already working well. You might tell your Counselor you're feeling great, then have a conversation with him/her about that, which will then reinforce and clarify what you've been doing well.
10. Do this often, and you will begin to have ready access to your higher intuition and wisdom throughout your daily life. Your "you" will start to become wiser and more insightful just like your Brilliant Counselor, who, by the way, is much smarter and wiser than you.