Trust Issues

5-Session Coach + Client Worksheet Package

Designed as a folder-ready coaching pathway. Each session has a coach sheet and a client sheet, followed by a progress/review page.

Frameworks used: Powerful Questions / 51 Curious Questions, LAST, Feelings Inventory, Core Values, Intentional Change Theory, Experiences–Growth–Contribution, LERR, AWESOME goals, Lofty Questions and accountability.

Scope note: These worksheets support coaching conversations. For relationship concerns involving abuse, coercion or immediate safety concerns, use appropriate professional/safety resources rather than treating the worksheet as a substitute for them.

Session 1 — Coach Sheet

Theme: Define trust

Session objective

Clarify what trust means to the client and what specifically feels difficult.

Opening / Powerful Question

What is success for you?

Follow-up question

Tell me more about that

LAST prompts

LISTEN — What words, energy or shifts do I notice?
ACKNOWLEDGE — What can I reflect back without adding my interpretation?
SENSE — What may be happening beneath the words?
TEST — What question could gently challenge or expand awareness?

Coach observations / patterns / strengths

Client insight or realization

Action / experiment / accountability

Session 1 — Client Sheet

Today's theme: Define trust

Opening question

What is success for you?

My response

Explore

Tell me more about that

What I notice / understand

Feelings check-in

Circle or write feelings that fit: calm • curious • confident • hopeful • grateful • inspired • joyful • peaceful • afraid • worried • frustrated • angry • sad • confused • overwhelmed • other: _____

What am I feeling? What might matter underneath it?

Lofty Question

What would trust look and feel like for you?

My answer in the present tense

One action I commit to before the next session

Session 2 — Coach Sheet

Theme: Evidence and story

Session objective

Separate present evidence from assumptions and old stories.

Opening / Powerful Question

Is it true?

Follow-up question

What do you believe in?

LAST prompts

LISTEN — What words, energy or shifts do I notice?
ACKNOWLEDGE — What can I reflect back without adding my interpretation?
SENSE — What may be happening beneath the words?
TEST — What question could gently challenge or expand awareness?

Coach observations / patterns / strengths

Client insight or realization

Action / experiment / accountability

Session 2 — Client Sheet

Today's theme: Evidence and story

Opening question

Is it true?

My response

Explore

What do you believe in?

What I notice / understand

Feelings check-in

Circle or write feelings that fit: calm • curious • confident • hopeful • grateful • inspired • joyful • peaceful • afraid • worried • frustrated • angry • sad • confused • overwhelmed • other: _____

What am I feeling? What might matter underneath it?

Lofty Question

What do you know, and what are you interpreting?

My answer in the present tense

One action I commit to before the next session

Session 3 — Coach Sheet

Theme: Work with emotion

Session objective

Name feelings and notice patterns before choosing a response.

Opening / Powerful Question

What scares you?

Follow-up question

What are you focused on?

LAST prompts

LISTEN — What words, energy or shifts do I notice?
ACKNOWLEDGE — What can I reflect back without adding my interpretation?
SENSE — What may be happening beneath the words?
TEST — What question could gently challenge or expand awareness?

Coach observations / patterns / strengths

Client insight or realization

Action / experiment / accountability

Session 3 — Client Sheet

Today's theme: Work with emotion

Opening question

What scares you?

My response

Explore

What are you focused on?

What I notice / understand

Feelings check-in

Circle or write feelings that fit: calm • curious • confident • hopeful • grateful • inspired • joyful • peaceful • afraid • worried • frustrated • angry • sad • confused • overwhelmed • other: _____

What am I feeling? What might matter underneath it?

Lofty Question

What feeling needs your attention right now?

My answer in the present tense

One action I commit to before the next session

Session 4 — Coach Sheet

Theme: Self-trust and boundaries

Session objective

Explore self-trust, boundaries, support and a practical experiment.

Opening / Powerful Question

Do you let them stop you?

Follow-up question

Do you ask when you need help?

LAST prompts

LISTEN — What words, energy or shifts do I notice?
ACKNOWLEDGE — What can I reflect back without adding my interpretation?
SENSE — What may be happening beneath the words?
TEST — What question could gently challenge or expand awareness?

Coach observations / patterns / strengths

Client insight or realization

Action / experiment / accountability

Session 4 — Client Sheet

Today's theme: Self-trust and boundaries

Opening question

Do you let them stop you?

My response

Explore

Do you ask when you need help?

What I notice / understand

Feelings check-in

Circle or write feelings that fit: calm • curious • confident • hopeful • grateful • inspired • joyful • peaceful • afraid • worried • frustrated • angry • sad • confused • overwhelmed • other: _____

What am I feeling? What might matter underneath it?

Lofty Question

What boundary or act of self-trust can you practice?

My answer in the present tense

One action I commit to before the next session

Session 5 — Coach Sheet

Theme: Future trust pattern

Session objective

Review the new response pattern and create accountability.

Opening / Powerful Question

What is the small step you can take towards this big dream?

Follow-up question

What is the outcome you are looking for?

LAST prompts

LISTEN — What words, energy or shifts do I notice?
ACKNOWLEDGE — What can I reflect back without adding my interpretation?
SENSE — What may be happening beneath the words?
TEST — What question could gently challenge or expand awareness?

Coach observations / patterns / strengths

Client insight or realization

Action / experiment / accountability

Session 5 — Client Sheet

Today's theme: Future trust pattern

Opening question

What is the small step you can take towards this big dream?

My response

Explore

What is the outcome you are looking for?

What I notice / understand

Feelings check-in

Circle or write feelings that fit: calm • curious • confident • hopeful • grateful • inspired • joyful • peaceful • afraid • worried • frustrated • angry • sad • confused • overwhelmed • other: _____

What am I feeling? What might matter underneath it?

Lofty Question

What is one trust-building action you choose?

My answer in the present tense

One action I commit to before the next session

Trust Issues — Progress & Review

Use after Session 5 to capture learning and the client's chosen direction.

Biggest insight across the 5 sessions

What has changed in my thinking, feelings or behavior?

Strengths and resources I discovered

What I want to continue practicing

Who / what can support me

My next 30-day commitment

My next coaching focus

Client's own definition of success going forward:

In my own words