

Scheme of the psychological audit

The solution to any problem in life must begin with an independent psychological audit of the problem. It allows you to see the problem from all sides, to assess its impact on all areas of life. Prepare a sheet of paper and a pen. The audit will take you about 30 minutes (although this process is very individual and can even take several hours!), and the results will be transferred to the expert psychological system "Colors of My Life" to analyze your problem.

The psychological audit will require:

- 15-30 minutes (although this process is very individual and can even take several hours, especially if you want to save money on a psychologist!);
- Calm surroundings;
- The mental calm inside the client;
- Writing paper;
- A pen or pencil.

Step 1.

In the first step of the psychological audit, you need to describe your problem as clearly and specifically as possible.

For example, a woman of 35 suddenly lost her job. She is a good specialist and workaholic, she was sure that her bosses appreciate her, and despite the economic crisis, she will be retained as the most responsible and competent specialist. However, things turned out to be quite different...

Let's start with an understandable name for the problem. For example, a name suitable for this case would be "Monetary difficulties due to cutbacks at work. Let's write down the name of the problem on a sheet of paper with a pen. After this, we briefly and capaciously describe the essence of the problem. For our example, we get a description like this:

"So, I lost my job. It was unexpected, and so far I have no options - where I could get a job. That means I lost my paycheck, and our family budget is almost half gone. It wouldn't have been so bad if we hadn't taken out a mortgage three years ago. Now our monthly payments are more than half of my husband's salary. And without my paycheck, it's going to be very difficult for us to live and pay the mortgage. My relationship with my husband will be upset, problems are inevitable in this life situation. My husband will become the only source of income in the family. But my relationship with my child will probably become closer. With my work, there was never enough time for him. And now there will be more than enough time until I find a new job. Overall, my life will become less colorful. Since a lot of the usual pleasures and pleasures will have to be abandoned - shopping and travel will not be available to me".

Step 2.

In this step of the psychological audit, it is necessary to highlight those areas of life on which your problem will have the most serious impact. The expert psychological system "Colors of My Life" analyzes the impact of a problem on nine major areas of a person's life:

- Health
- Family, marriage, sex
- Children
- Communication: relatives, friends, and colleagues
- Money/Real Estate

- Business, career, social status
- Spirituality, Life Purpose
- The brightness of life
- Myself

Your task in this step is to understand how the problem will affect each of the areas of your life, make a brief but succinct description of its impact and rank the degree of influence of your problem in descending order of influence.

To do this, fill in the table:

The scope of my life	How the sphere of your life will be affected by the problem	Rating the impact of the problem on the spheres of your life
1.	1.	1.
2.	2.	2.
3.	3.	3.

And now, please, study an example of rating the impact of a problem on nine major areas of my client's life and make a rating of the impact of your problem.

According to the fact of completing the table of the rating, it becomes clear that the first and second place in the degree of the negative impact of the problem *in our example* is such an area of life as "Money/Real Estate", the third - "Family, marriage, sex" and so on to the tenth place - "Spirituality, life purpose".

Thus, you will do the preparatory work - make a psychological audit of the problem. Now you are ready to transfer its data into the system for further analysis.

By writing down your problems on paper, you put your brain in an unusual, unaccustomed state: it evaluates the problem not emotionally or logically, as it is used to, but comprehensively. It does not matter which hemisphere is dominant: both "logicians" and "dreamers" do not see their problem on a real scale. The former assesses only the physical consequences of the problem, while the latter assesses the emotional ones. Writing out the problem allows the right and left hemispheres of the brain to work in balance, and then people of both types begin to see the problem as a whole.

Writing out a problem on paper is analogous to meditation. During meditation, as well as during REM sleep, the prefrontal and parietal lobes of the brain are at rest. During meditation, the human brain generates theta waves, which have a higher frequency than the delta waves that are characteristic of normal sleep. It is an unusual state where one is neither asleep nor awake! Scientists have proven that it is in the state of meditation that it is easiest for a person to self-improve and self-heal because in this mode there is close contact between the consciousness and the subconscious mind.