

## How to Find Priority Issue

by Sharon Promislow

Sometimes we have trouble getting specific about the issue we need to deal with. The following gives us a format for working with clients to identify their priority issues.

1. If the person's system demands conscious knowledge of a specific goal and if you have an idea of what it might be, state it and ask the body:

"This is the priority issue." (Push)

"Is there any better at this time?" (Push)

If your instinct has proven correct and you have identified the issue, proceed directly to #3.

2. If this is not the issue, ask:

"The priority issue is in the area of:"

- WORK RELATED
- PERSONAL LIFE
  - Parent-( Mother  Father)
  - Spouse  Children  Brother  Sister
  - Aunt/Uncle, etc.
- RELATIONSHIP
  - ( Male or  Female)
- SELF TO OTHER
- OTHER TO SELF
- SELF
- PERFORMANCE
  - Learning  Physical  Sensory
  - Goal setting  Organization
  - Procrastination
- SELF ESTEEM
- WEIGHT LOSS
- PHYSICAL WELL-BEING -  
SERIOUS ILLNESS
- HABIT CHANGE
- FINANCIAL
- SPIRITUAL

Social Readjustment Rating Scale  
(If yes, determine priority area)  
(See Success Over Distress by  
Wayne Topping)

Burnout Issues  
(If yes, determine priority area.  
See above)

Health, nutrition, or exercise

Use your intuition

3. When you have determined issue ask:

"Do we have to be more specific."  
(push)"

Anything to be added or changed."  
(push)

When body is satisfied with priority  
issue, correct using your preferred  
methods.

THE PRIORITY ISSUE IS:

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ROLE PLAY ISSUE to involve  
kinesiological response:

Action1: \_\_\_\_\_

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Action2: \_\_\_\_\_

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