

## JESSE GIUNTA RAFEH, LMFT

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# PEAK EXPERIENCE HANDOUT

### **Instructions:**

Take time to really listen to your speaker and ask questions that help them elaborate more on the experience (especially the feelings they were feeling at that time). How did that make you feel at that time? Can you explain that more in detail? What else have you not told me about this experience? People's egos might want to jump in and downplay this experience but it is important that you gently guide them back to feeling good about it.

**Tell me about a peak experience you have had in your life, a time when you felt like the best version of yourself. A time when you felt alive, excited, blissful, peaceful, and/or full of joy.** Who was involved in this experience? What feelings did you have? What made it an exciting experience? Please do not be humble and let me know this in detail.

What are the things that you value the most about yourself as a human being?

When you are expressing all of this to me, where do the good feelings sit in your body?

You will have 5 minutes per person to share, and if the first person has not used up all of their time answering the questions above, I would like you to ask, "What else?" 3x

*The purpose of this exercise is to put you in your True Self state while being connected to another person because the more we are able to cultivate this skill the easier it is to find our way back there.*