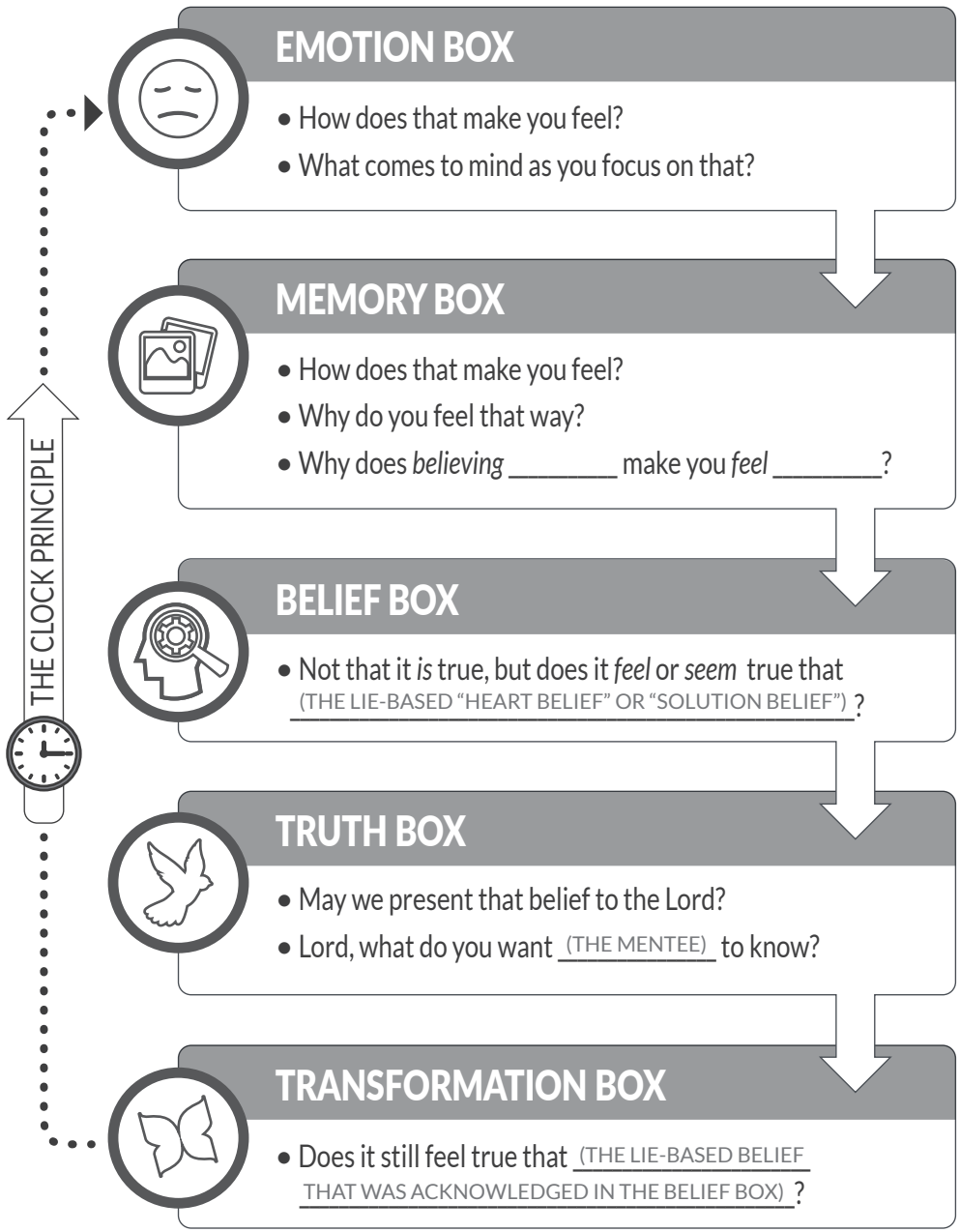


TPM Process Map - "Mentor"



ANGER BOX

- Is any portion of what you are feeling being felt towards any person or any thing?
- Who or what do you feel angry towards?
- Why do you feel angry towards _____?

SOLUTION BOX

- Do you sense any resistance or hesitancy at the thought of (DOING THE OPPOSITE OF THE BEHAVIOUR) ?
- What do you believe would happen if you were to (STOP ENGAGING IN THE SOLUTION BEHAVIOR) ?
- So then, the reason for (ENGAGING IN THE SOLUTION BEHAVIOR) is what?

Summarized Instructions:

The "TPM Map" is a training tool that illustrates the "TPM Process." It portrays each of the seven "Boxes," the questions contained in each box, and the typical path a Mentee takes when transitioning from one box to another. The "TPM Map" and the "TPM Flowcharts" are designed to help you more efficiently learn, practice, and apply the Process of TPM. *Detailed instructions on how to use the "TPM Map" can be found in the TPM training material.*

LOST OR UNSURE

- What's going on right now?