**Identifying & closing gaps technique**

Every single person has gaps in their wellness, within each of the four-body systems, or MEPS (mental, emotional, physical, and spiritual systems), and many times they can be spotted on the physical planes throughout the major areas of our lives, such as health and fitness, relationships, finances, career, family, self-development and spirituality. When we’re operating in a gap, we are at risk for problems, breakdowns in systems that may occur but have not fully reached a critical level, where the negative results have fully occurred. Many people can identify with this concept as the Law of Karma, or “You reap what you sow,” and this concept is a continuum on a scale. We can stop sowing and begin moving towards balance, moving towards reaping a different outcome at any time. This is what I call closing the gaps.

First, before we can close the gaps, it’s important that we identify them. Here are the steps for identifying the gaps in your clients” lives. First, you will need to create a gaps chart. You may see an example of this in the “Identifying Gaps” handout that we’ve provided as a word document. You will take four pieces of paper. On each paper you will write one of the four-body systems, for example, mental. You will then create two categories. One category will be called “In.” And this is all of the things in their life that are leading them towards balance in this body system. The second category will be listed as “Out” and this will be all of the things leading them away from balance in this body system.

Next, using your client intake, as well as any notes you may have assembled from your meeting with your client, begin writing all of the things down. All of the actions, perceptions, beliefs, thoughts that they have shared with you about themselves or the world, and begin taking those and listing them in either in or out category, asking yourself each step of the way “If the client continues this thought, behavior, belief or pattern in their life, will this lead them towards balance or away from balance?” Answering that question will help you determine which category to place the item in. Then, you will repeat this procedure on the other three sheets of paper as well. So that when you are complete, you will have one piece of paper for each of the systems; mental, emotional, physical and spiritual, that will each have a complete breakdown of actions, thoughts, patterns, and habits that either lead towards balance or away from balance within your clients” lives.

Then, sitting back and looking at all four sheets of paper, you will begin to identify where the gaps are in their wellness. Where are these things that are leading them towards problems? We’ll just label them as problems, or negative results. These are the gaps. Also, this will help you to identify the existing problems root causes, or thoughts, beliefs, behaviors and patterns that led up to the problems occurrence.

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