



PRESENCE-BASED®
COACHING

Excerpted from *Presence Based Coaching*
By Doug Silsbee, San Francisco: Jossey-Bass, 2008

Exercise 2.1 & 2.2: Identify a Habit

Identify a habit of your personality. This might be something that another person observes in you and considers as your quirk, or something that you do fairly consistently that someone else finds mildly annoying. Briefly describe this habit.

- Where and when did you start doing this?
- How did you learn it?
- What purpose does it serve?

Now, identify your story.... consider the habit that you identified above. By what story do you justify this habit?

- When someone else points out this habit to you, what are you likely to say in reply?
- How do you justify or explain the habit?
- How might a reasonable person see it differently?
- What other story might be true?
- How does your story serve you?