



Matrix Model Explained

When filling out the ideal client worksheet, you are working with the matrix model. Below you will find the kinds of questions to ask for each of the matrices. This should give you a better idea of what the matrix is about. Remember that this is not a linear process. The same answer (meaning / state / intention) can fit across several content matrices). And that's ok. What you want is a general overview of your ideal client both in where they are with regards to their problem and desired state as well as their attitude towards solving their problem (are they willing to invest time and money, do they feel they need help, are they willing to show their vulnerability?). Keep in mind that you are answering this question: what makes your ideal client ideal?

For the content matrices, you can answer the primary state as well as the meta-levels (their beliefs, understandings, fears, desires, hopes, wants). You can even describe the context.

Process matrices:

- 1) Meaning/ Spirit Matrix: What does it mean? What is its significance? What do you believe about X? What do you believe about that belief? What inspires you and makes you feel most alive?
- 2) Intention Matrix: What do you want? What's important to you? What's your ideal outcome? Why go for that? When you get that, what does that do for you?
- 3) State Matrix: What state are you in? How are you feeling? How intense is the state? What triggers the state? How do you access the state? What do you call the state? What are your best states? What new states do you want to develop and experience?

Content matrices:

- 4) Self and Identity Matrix: Who are you? What are you like? How do you define yourself? Who do you want to become? Is your value and worth as a person unconditional? If not, what do you condition it upon?



- 5) Power: Coping/Mastering Matrix: What other powers and capacities do you have? Your *modus operandi*. What can you do? What else? What do you dream about doing? What is your current skill level? What resources do you need?
- 6) Others/ Relationship Matrix:: How do you think about other people? What are they like? Are they friendly or unfriendly? What do you believe about human nature, good or bad? What social skills do you have? Which do you not have?
- 7) Time Matrix: What do you think about “time?” Is it a friend or enemy? How much of your mental-emotional time do you live in the past, present or the future? How do you experience time? As the eternal now? Sequentially? Are you able to get lost in time when you so choose?
- 8) World / Reality Matrix: What worlds of meaning exists for you? What universes would you like to visit or excel in? What do you believe about reality? How well are you adapted to external reality? What skills do you need to cope and then master a given world that you want to navigate?