



SECONDARY GAINS ELICITATION

Pick any (propensity for) illness/shutdown/victim-ness

- How specifically does being closed, ill or a victim show up? Why is it important to remain closed/ill/a victim? What does it give you? What else?
- What might change for the worse if you opened up/healed/became free from being a victim? What else?
- What has/does it cost you to remain closed/ill/a victim? What else?
- How will it benefit you to open up/heal/become free from being a victim? How else?
- How are you going to feel when you open up/heal/become free from being a victim now? How else?
- What will change for the better when you're open/healthy/free from being a victim now? What else?
- How will you benefit from remaining open/healthy/free from being a victim? How else?
- What do you stand to gain from remaining open/healthy/free from being a victim? What else?
- How will your life be better when you stay open/healthy/free from being a victim? How else?
- How can you still get the benefits and be free from the pattern? How else?