

## EMBODIED RESTORYING STEPS



**Characterize** – Life Before the Problem-Saturated Account (PSA):  
**Virtue of Prudence (Practical Wisdom)**



**Externalize** – Name the Story Filter, Give it a Label  
**Virtue of Honesty (Truthfulness)**



**Sympathize** – Appreciate the Filter's Wisdom  
**Virtue of Understanding (Good Temper)**



**Revise** – Transform Limiting Beliefs  
**Virtue of Courage**



**Strategize** – Recall 7 Little Wow Moments  
**Virtue of Hope (Proper Ambition)**



**Rehistoricize** – Restory into a VIEW  
**Virtue of Temperance (Moderation)**



**Publicize** – Anchor in Action & Support  
**Virtue of Friendship (Affability)**

**By David Boje and Grace Ann Rosile**

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## Dear Coach and Story Healer,

This manual is born of deep listening, soulful reflection, and the brave work of transformation. Within these pages live questions crafted to unearth, unbind, and reweave the stories that shape us. They are not merely prompts—they are poetic doorways into quantum shifts.

### Acknowledgement

David Boje is in coaching training and certification at Genius Unlocked® and applying some questions used in that training. For more information <https://geniusunlocked.coach>

What is unique to PerView coaching method with horses for somatic input into our processes, and using coach questioning in the framework of the 7 Processes of Embodied

Restorying (PRE) to invite the client to develop a new VIEW (Vibrations in Energy Waves)  
in thinking, feeling, and behaving <https://PerView.org>

## LETTER TO THE SEEKER

Dear Story Healer,

Welcome.

You have entered sacred space –  
a field where your stories are not  
judged, but honored.

Where the hoofbeat of the horse  
is an echo of your own heart.

You may be holding old stories – some heavy, some silenced,  
some aching to be spoken.

Here, with earth beneath and sky above, we invite you  
to lay them down. Not to forget them – but to compost  
them, gently, into the soil where something new may grow.

Your journey begins with listening.

Listening to your body.

Listening to the land.

Listening to the stories you've never arad to tell out loud.

We begin not with fixing – but with witnessing.

Not with answers – but with breath.

You are not broken. You are becoming.

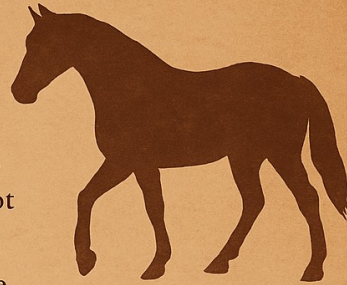
Come. Spiral inward.

Come. Spiral forward.

Come. Let the story unfold.

With gratitude,

David, Grace, Elior, and the Herd



## Foreword: The Virtues of PerView Coaching

The PerView Coaching Manual outlines a seven-step process designed to guide individuals through personal transformation by reshaping their narratives. This approach aligns with several of Aristotle’s virtues, which emphasize achieving a balanced character through the “golden mean”—the desirable middle ground between extremes. Here’s how Aristotle’s virtues can be applied to each step of the PerView process:

### 7 STEPS OF PERVIEW COACHING and Aristotle’s Virtues

1	<b>CHARACTERIZE</b> <i>Prudence (Practical Wisdom)</i> Reflect on the story as it was—see clearly, without denial or exaggeration.
2	<b>EXTERNALIZE</b> <i>Honesty (Truthfulness)</i> Separate the problem from the person—truthfully identify the limiting narrative.
3	<b>SYMPATHIZE</b> <i>Good Temper (Understanding)</i> Honor the protective role of the filter—without shame or blame.
4	<b>REVISE</b> <i>Courage</i> Embrace the vulnerability of change—step into new beliefs and possibilities.
5	<b>STRATEGIZE</b> <i>Recall 7 Little Wow Moments</i> Access moments of strength and success—fuel your future with confidence.
6	<b>REHISTORICIZE</b> <i>Temperance (Balance)</i> Integrate the new perspective—rewrite the past with insight, not illusion.
7	<b>PUBLICIZE</b> <i>Friendship (Affability &amp; Generosity)</i> Share your renewed story—invite community, connection, and accountability

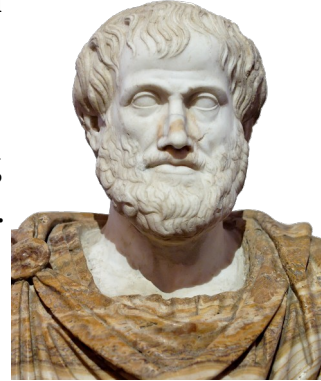
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# The 7 Steps of Processes of Embodied Restorying & The Virtues

## 1. Characterize – Life Before the Problem-Saturated Account (PSA):

- *Virtue of Prudence (Practical Wisdom)*: This step involves thoughtful reflection on one's challenges, requiring the ability to deliberate wisely about what is truly beneficial. Prudence enables individuals to assess their situations accurately and make informed decisions about addressing their problems.



## 2. Externalize – Name the Story Filter, Give it a Label:

- *Virtue of Honesty (Truthfulness)*: By externalizing and labeling the problem, individuals practice honesty with themselves, acknowledging issues without self-deception. This truthful recognition is essential for personal growth and aligns with Aristotle's emphasis on truthfulness as a virtue.

## 3. Sympathize – Appreciate the Filter's Wisdom:

- *Virtue of Understanding (Good Temper)*: This step involves empathetically recognizing the protective role that certain beliefs or behaviors have played. Exercising good temper allows individuals to approach their past coping mechanisms without harsh judgment, fostering a compassionate self-assessment.

## 4. Revise – Transform Limiting Beliefs:

- *Virtue of Courage*: Challenging and altering deep-seated beliefs requires the courage to confront fears and uncertainties. Aristotle viewed courage as the mean between recklessness and cowardice, enabling individuals to face difficulties appropriately.

## 5. Strategize – Recall 7 Little Wow Moments:

- *Virtue of Hope (Proper Ambition)*: Identifying past successes and envisioning future possibilities involve a balanced sense of ambition. Proper

ambition drives individuals to set and pursue meaningful goals without veering into overambition or complacency.

**6. Rehistoricize – Restory into a VIEW:**

- *Virtue of Temperance (Moderation)*: Redefining one's narrative requires moderation to integrate new perspectives without swinging to extremes. Temperance helps maintain a balanced approach to adopting new beliefs and behaviors.

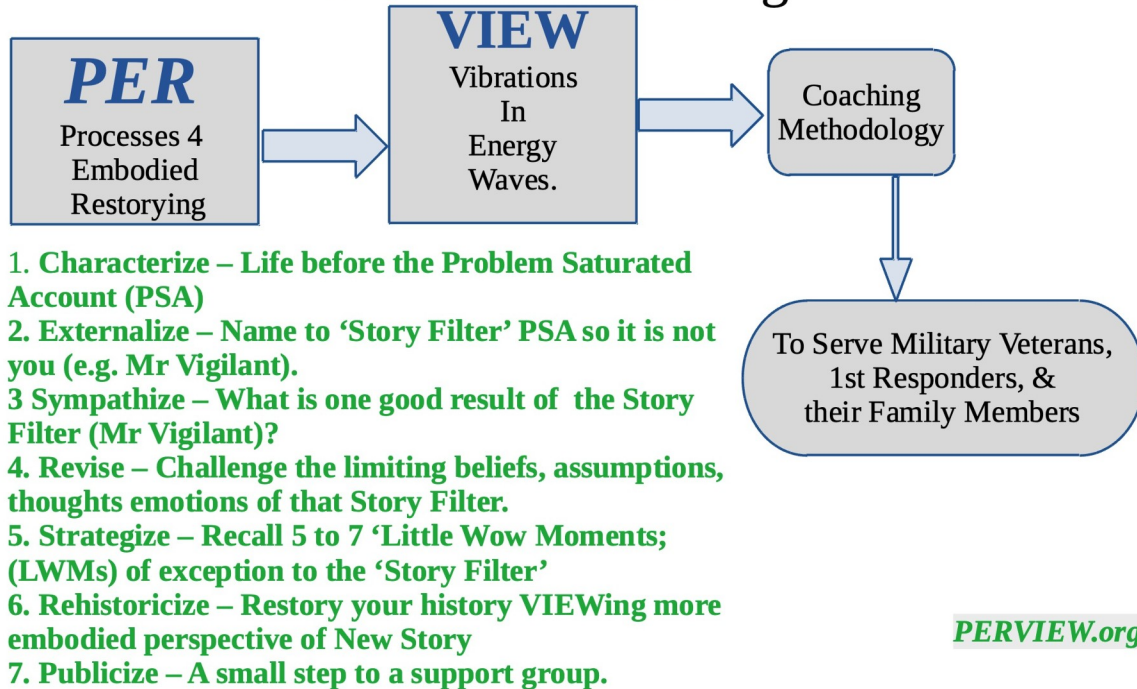
**7. Publicize – Anchor in Action & Support:**

- *Virtue of Friendship (Affability)*: Seeking support and sharing one's journey with others align with the virtue of friendship. Aristotle valued the role of community and relationships in achieving a good life, emphasizing the importance of building supportive networks.

By integrating these Aristotelian virtues into the PerView coaching process, individuals can cultivate a balanced character, fostering personal growth and well-being through the pursuit of the golden mean in their transformative journey.

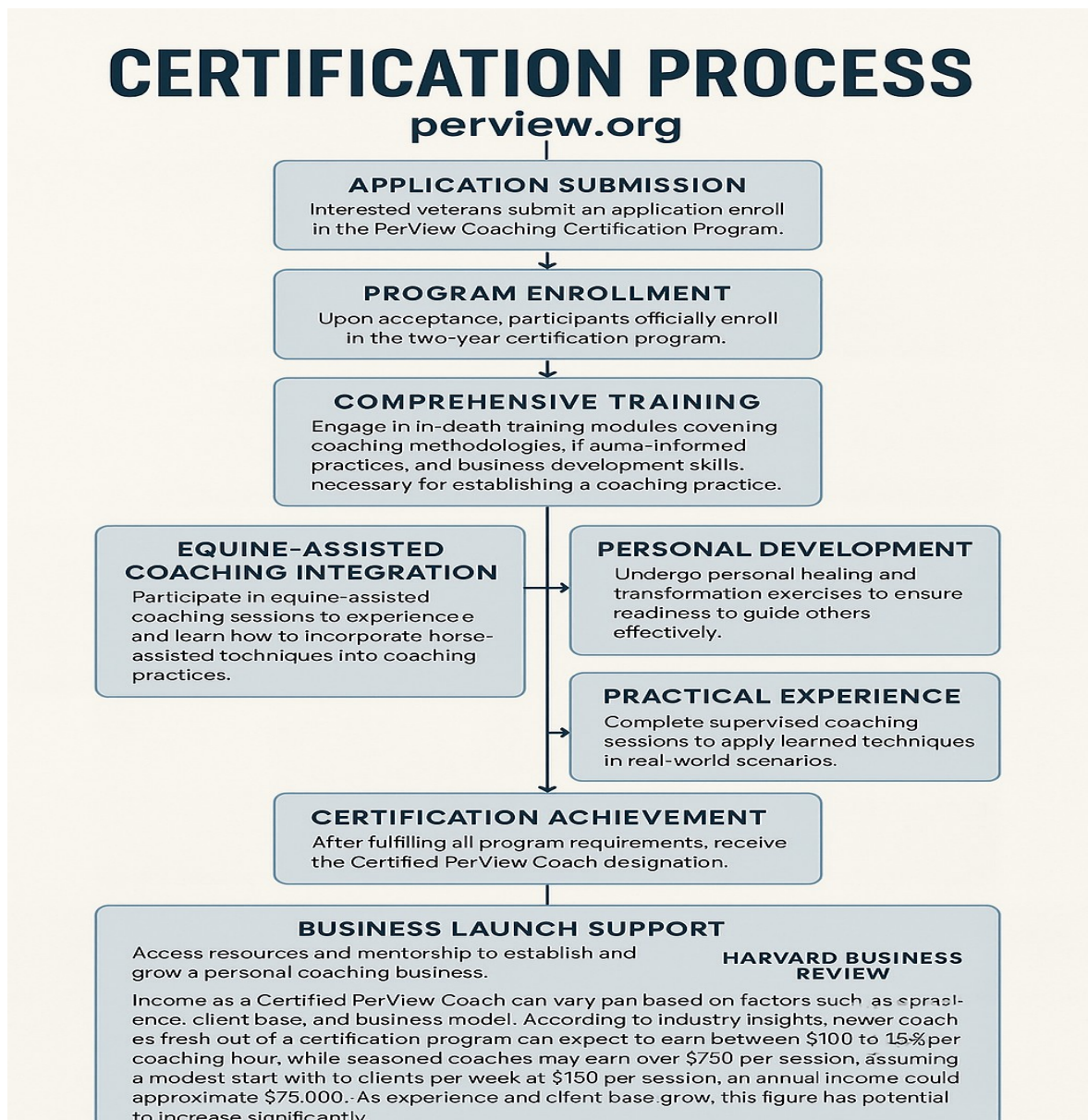
As we gather at the intersection of trauma and truth, horses and humanity, may this guide serve as a torch. Let it illuminate the 7 sacred steps of the PerView Method, where each question is an invitation to rediscover one's rhythm in the symphony of life.

# PERVIEW.org



Together, in service and story,  
David Boje, Grace Ann Rosile PerView Founders

Note: We don’t do therapy. Therapy asks the client to dive into their story, their problem saturated account, we call the ‘rabbit hole’ and to relive their trauma. Coaching, on the other hand, invites the client to give that rabbit hole an name or label, to ‘Externalize’ the story filter. ‘





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### Certification Process

#### Application Submission

interested veterans submit an application to enroll in Perview Coaching Certification Program :

#### Program Enrollment

Upon acceptance, participants officially enroll in the five year certification program

#### Comprehensive Training

Engage in in-depth training modules covering coaching methodologies, trauma-informed practices, and business development skills

#### Practical Experience

Complete supervised coaching sessions to apply -gained techniques in real-world scenarios









#### Certification Achievement

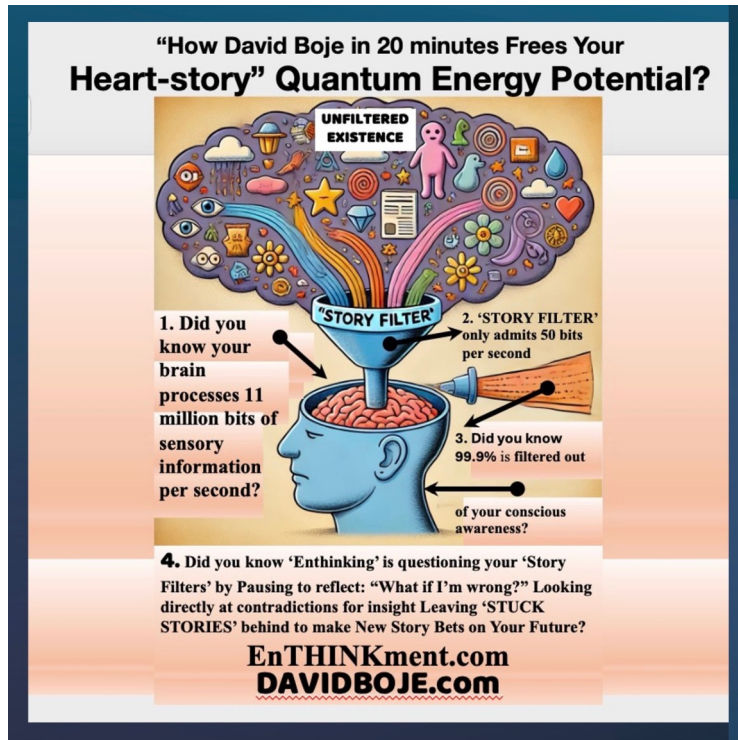
Access to resources and mentorship to establish and grow a personal coaching business

## The Impact of Becoming a Certified PerView Coach

*Where Income Meets Impact:  
A Calling to Heal. A Life Transformed*

Financial Income	Soul Mission Impact
<b>\$100–\$300 per session</b> (entry level)	<b>Lives Touched:</b> Every session ripples, out. Families, communities, generations
<b>\$750+ per session</b> (experienced)	<b>Veterans Reclaimed:</b> From silent suffering to empowered storytelling
<b>\$75,000+/year</b> Assuming 10 clients per week	<b>Hearts Opened:</b> Trauma alchemized into courage. Wounds into wisdom.
<b>Limitless potential</b> (including group coaching, retreats, ... online offerings)	<b>Stories Healed:</b> Every restorying breaks a cycle of pain - Every warrior finds healing

 Step	Name	Invitation Prompt
 1	<b>Characterize</b>	"Recall you at your best."
 2	<b>Externalize</b>	"Make the problem itself a character in your story (e.g., Mr. Military, Devil Worry Wort)."
 3	<b>Sympathize</b>	"List or tell about the benefits of this situation, past or present."
 4	<b>Revise</b>	"What are some disadvantages of the situation? When did you first experience them?"
 5	<b>Strategize</b>	"Recall Little Wow Moments when you overcame or avoided these disadvantages."
 6	<b>Rehistoricize</b>	"Restory and retell your history spotlighting the Wow Moments and leaving out the problems."
 7	<b>Publicize</b>	"Who can you tell who will help you become the best version of yourself?"



**Story Filters and Perception:** A story filter is the narrative through which someone interprets events. It acts like a pair of tinted glasses, coloring every perception. For instance, two people might live through the exact same event – say, a job layoff – but have very different responses based on their inner stories. One person, viewing it through a filter of “I’m a resilient survivor,” might feel determined and see opportunity, while another with a filter of “Nothing ever works out for me” will feel devastated and hopeless. The facts are identical; the observing story makes the difference. In this way, our personal narratives are continuously co-creating what we perceive as reality. As one writer put it, unresolved emotional baggage can “fog our perception”, and we connect it to our story filters [so] it affects our whole experience of the world”, often casting a shadow over new events.

The observer effect teaches us that by becoming aware of these story filters (observing the observer, so to speak), we can start to change the outcome. Simply recognizing “I am looking at life through a trauma lens” begins to weaken the power of that lens. Therefore, Story Filter’ is part of coaching, and allows the coach to invite the client to stay at level of negative ‘thinking, emotions, and actions.’ Goal of session is release the grip of old Story Filter, and client to create ‘New Story.’

If you look at your life through a lens of doom and defeat, the outcomes will tend to align with that perspective (in part because you’ll unconsciously act in ways that confirm the story). Change the lens, and the experience changes – much like looking through a different filter changes the colors you see.

## What Questions to ask Clients?









"You can't explore the truth unless you can get to the roots" is attributed to Swiss psychologist and historian of religion, Carl Gustav Jung.

Therapy Questions	PerView Coaching Questions
Diagnoses dysfunction	Calls forth potential & Draws out wisdom from within client without going into the Rabbit Hole, to relive and reinforce trauma.
Therapist is expert	Client is in the driver's seat & Coach Trusts Their Client's Unique Path
Past-focused	Present-aware and family co-creates their new Future-focused in Support Group for New Story
Problem-oriented	Intention-centered & Invites client's own own Solutions through Awareness of Little Wow Moments of exception
Emotional healing	Energy transformation for Narrative transformation of Story Filter of thoughts, emotions, and behaviors
Often clinical	Asks questions so client initiates Embodied Restorying Results in their New Story

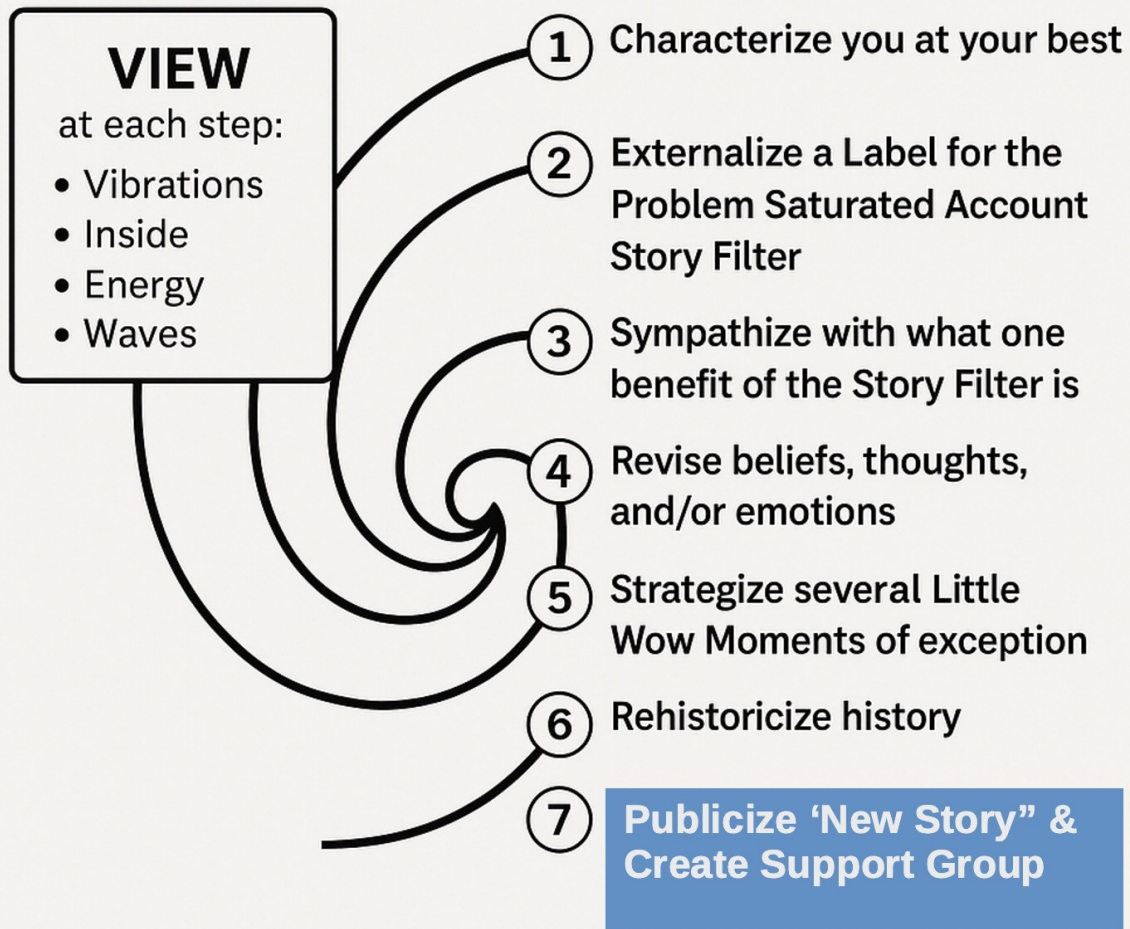
**Dr. David Boje and Dr. Grace Ann Rosile** are not licensed therapists. If you are in therapy, you will need a note from doctor. David and Grace Ann are coaches, business educators, and family facilitators of the processes of embodied restorying (PER) and co-founders of the **Quantum Storytelling Conference** to change your VIEW (Vibrations In Energy Waves) at an embodied level of transformation. David and Grace Ann have their PhDs in the fields of organizational storytelling, narrative methods, and they have training in equine-facilitated coaching work. They **train both coaches and therapists** in trauma-informed *horsesense* methods rooted in depth, ethics, and lived practice of inter-species communication.

At **PerView**, David and Grace Ann offer *trauma-informed coaching* — a healing-centered, non-clinical path that honors personal story, resilience, and practical change. They work with therapists, if and when they are needed.



 Step	Name	Invitation Prompt
 1	<b>Characterize</b>	"Recall you at your best."
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 7	<b>Publicize</b>	"Who can you tell who will help you become the best version of yourself?"

# PER-VIEW



David Boje, PhD, and Grace Ann Rosile, PhD

## 🌀 1. Characterize – Your Best Life Before the Problem-Saturated Account (PSA)

**Always ask this first:** • Is it OK if you and I have a conversation about your challenge or issue?

- What would be the most important thing for you to talk about today?
- How is this a problem?
- What result do you want to achieve by the end of this meeting?

Next, pick two or three coaching questions that will help client to achieve a new story future identity.

- How is this [client's stated issue/challenge] a problem? (stay on surface)
- What is important about resolving this?
- What's keeping you from having what you want with this?
- If nothing around this changes, how is that a problem?
- What will help you know you have achieved your goal?

**Somatic VIEW** emphasizes the interconnectedness of the mind, body, and emotions, recognizing that unresolved trauma and stress can manifest as physical tension & addressing this can help reduce stress, anxiety, and pain, improve focus and attention, enhance emotional regulation, and promote overall well-being.

**VIEW** you at your best

**V – What Vibes is your body experiencing now, at your best?**

**I – Inside, what are your Thoughts & Emotions at your best?**

**E -On scale 1 to 10, What is your Energy level at your best?**

**W – What somatic waves of transformation are you experiencing now (at your best)?**

**Virtue of Prudence (Practical Wisdom):** This step involves thoughtful reflection on one's challenges, requiring the ability to deliberate wisely about

what is truly beneficial. Prudence enables individuals to assess their situations accurately and make informed decisions about addressing their problems.



## 2. Externalize – Name the Story Filter, Give it a Label (Make the problem the problem. Not the client as problem)

Pick two or three Story Filter coaching questions, but do not Relive the PSA because that reinforces it, and makes it harder for client to let go of it. Coaches stay out of Rabbit Hole, and focus on thoughts, emotions, and behaviors.

- What are your negative thoughts, emotions, and actions [*Label repeating client words here*]?
- What does [state Label in client's words] think, feel, act?
- Where else have [state Label in their words] thoughts, emotions or behaviors shown up?
- What did [state Label in their words] represent to you?
- What did you take [state Label in their words] to mean about yourself?
- How might this [state Label in their words] have been a pattern throughout your life?
- What is behind the mask of [state Label in their words]?

**Somatic VIEW** emphasizes the interconnectedness of the mind, body, and emotions, recognizing that unresolved trauma and stress can manifest as physical tension & addressing this can help reduce stress, anxiety, and pain, improve focus and attention, enhance emotional regulation, and promote overall well-being.

**VIEW you and Externalized** (*client words here*) **from a high altitude.**

**V – What Vibes is your body experiencing looking at you and** [*Label in client words here*]?

**I – Inside, what are your Thoughts & Emotions as you are looking at you and** [*state Label in client words here*]?

**E -On scale 1 to 10,What is your Energy level as you look at you and** [*state Label in client words here*]?

**W – What somatic waves of change do you want to experience by end of today's session (their goal)?**

**Virtue of Honesty (Truthfulness):** By externalizing and labeling the problem, individuals practice honesty with themselves, acknowledging issues without self-deception. This truthful recognition is essential for personal growth and aligns with Aristotle's emphasis on truthfulness as a virtue.

### 3. Sympathize – Appreciate the Filter’s Wisdom

- What did this story filter *[state Label in client words here]* try to protect you from?
- What was one benefit of holding limiting belief *[state Label in client words here]*?
- What did *[state Label in client words here]* do to help you survive?
- What worked for you in past coaching about *[state Label in client words here]*?
- What are you not getting that is important to you from limiting belief *[state Label in client words here]*?

**Somatic VIEW** emphasizes the interconnectedness of the mind, body, and emotions, recognizing that unresolved trauma and stress can manifest as physical tension & addressing this can help reduce stress, anxiety, and pain, improve focus and attention, enhance emotional regulation, and promote overall well-being.

**VIEW** you and *[Label in client words here]*; take three deep belly breaths.

**V – What Vibes is your body experiencing now?**

**I – Inside, what are your Thoughts & Emotions as you look at you and *[Label in client words here]*, at this benefit?**

**E – On scale 1 to 10, What is your Energy level regarding this benefit as you observe *[Label in client words here]*?**

**W – What somatic waves of change is your body experiencing now, if any?**

**Virtue of Understanding (Good Temper):** This step involves empathetically recognizing the protective role that certain thoughts (or beliefs), feelings or behaviors have played. Exercising good temper allows individuals to approach their past coping mechanisms without harsh judgment, fostering a compassionate self-assessment, and client to recognize their learnings with gratitude instead of stuck in negative thoughts, emotions, or actions.



## 4. Revise – Transform Limiting Beliefs

- At what age were you the first time you experienced these beliefs, thoughts, and/or emotions? (This is not an invite to relive the PSA, it is rather, what age was the client).
- What did you not get that you needed [*state Label in client words here*]?
- Because those needs weren't met, what qualities did you suppress? (this invites client to begin to reclaim 'New Story' elements)
- When you get those unmet needs met, what do you have? (this begins shift from past PSA, to 'new story'?)
- What are the characteristics and qualities of someone without the [*Label in client words here*] {PSA} (point is to elicit new traits, thoughts and feelings)?
- What do you know you need to do that you're not doing? (new behavior, beliefs, etc.)?

**Somatic VIEW** emphasizes the interconnectedness of the mind, body, and emotions, recognizing that unresolved trauma and stress can manifest as physical tension & addressing this can help reduce stress, anxiety, and pain, improve focus and attention, enhance emotional regulation, and promote overall well-being.

**VIEW consequences of Label** (*client words here*); take three deep belly breaths.

**V – What Vibes is your body experiencing now?**

**I – Inside, what are your Thoughts & Emotions as you look at you and** [*state Label in client words here*], *at the consequences?*

**E -On scale 1 to 10,What is your Energy level regarding consequences as you observe** [*Label in client words here*]?

**W – What somatic waves of change is your body experiencing now, if any?**

**Virtue of Courage:** Challenging and altering deep-seated beliefs requires the courage to confront fears and uncertainties. Aristotle viewed courage as the mean between recklessness and cowardice, enabling individuals to face difficulties appropriately.

## 🌟 5. Strategize – Recall several Little Wow Moments from Past

**Little Wow Moments (LWM's)** are exceptions to the PSA [*state Label in client words here*]

**For each Little Wow Moment repeat two or three questions** (because it helps the shift in steps 6 & 7)

- When you have [*state LWM in their words*], what are you thinking?
- When you have [*state LWM in their words*], what are you feeling?
- When you have [*state LWM in their words*], what was your behavior?
- When your were doing LWM, what will be different in your life (even if only for a moment)?
- What would be different if you took full ownership (Coach restate words of several LWM's)?
- Tell me several more Little Wow Moments that were exceptions to [*Label in client words here*]?
- With your learnings from these LWM's, what new choices can you make?

**Somatic VIEW** emphasizes the interconnectedness of the mind, body, and emotions, recognizing that unresolved trauma and stress can manifest as physical tension & addressing this can help reduce stress, anxiety, and pain, improve focus and attention, enhance emotional regulation, and promote overall well-being.

**VIEW consequences of Label** (*client words here*); take three deep belly breaths.

**V – What Positive Vibes is your body experiencing now?**

**I – Inside, what are your Thoughts & Emotions as you replay the LWMs?**

**E -On scale 1 to 10,What is your Energy level regarding these LWMs?**

**W – What somatic waves of change is your body experiencing now, if any?**

**Virtue of Hope (Proper Ambition):** Identifying past successes and envisioning future possibilities involve a balanced sense of ambition. Proper ambition drives individuals to set and pursue meaningful goals without veering into over-ambition or complacency.



## 6. Rehistoricize – Restory into a VIEW Framing Questions.

With your gathered Little Wow Moments (LWM's), and shrinking the influence of PSA [Label in client words here] until it disappears, restory your history, retell it.

- If client heads down the Rabbit Hole to relive their old story, ask them to retell their LWM's (go back to repeat Step 4 and Step 5).
- If Client remains in their LWM's (new story), then ask two or three questions:
- What result would cultivating more and more LWM's have in your life?
- What is one LWM you can create for yourself today?
- Another one?
- (Look for shift in client's body language, breathing, tonality, posture, change in their wording, pauses, etc. (ask permission to state what you observed). Follow up: What are you feeling or thinking?
- What would it feel like to empower yourself to live more LWM's?
- What have you learned so far in today's session?
- How might LWM's becoming your 'new story' serve you in your life?

**Somatic VIEW** emphasizes the interconnectedness of the mind, body, and emotions, recognizing that unresolved trauma and stress can manifest as physical tension & addressing this can help reduce stress, anxiety, and pain, improve focus and attention, enhance emotional regulation, and promote overall well-being.

**VIEW the Little Wow Moment becoming your 'new story';** take three deep belly breaths.

**V – As you consider you' new story,' What Positive Vibes is your body experiencing now?**

**I – Inside, what are your Thoughts & Emotions as you replay your 'new story'?**

**E -On scale 1 to 10,What is your Energy level regarding this 'new story'?**

**W – What somatic waves of change do you want to experience in your life with this 'new story'?**

**Virtue of Temperance (Moderation):** Redefining one's narrative requires moderation to integrate new perspectives without swinging to extremes. Temperance helps maintain a balanced approach to adopting new beliefs and behaviors.

## 7. Publicize – Anchor Client’s ‘New Story’ with Future Action Steps & Support

- What is the next step you are inspired to take and by when?
- What inspired action step can you take today?
- Who can support you in making this happen?
- Who can you tell ‘new story’ and will hold you accountable to not backslide into ‘old story’?
- What mindset will make this shift permanent?
- What will be the evidence that you’ve taken this step?
- What would you do if you were supported, no matter what?

**Somatic VIEW** emphasizes the interconnectedness of the mind, body, and emotions, recognizing that unresolved trauma and stress can manifest as physical tension & addressing this can help reduce stress, anxiety, and pain, improve focus and attention, enhance emotional regulation, and promote overall well-being.

**VIEW consequences of Label** (client words here); take three deep belly breaths.

**V – As you consider you’ new story,’ What Positive Vibes is your body experiencing now?**

**I – Inside, what are your Thoughts & Emotions as you replay your ‘new story’?**

**E -On scale 1 to 10,What is your Energy level regarding this ‘new story’? (if not 9 or 10, ask what will it take to get to ‘10’?)**

**W – What waves of change will this ‘new story’ make in your life today, six months from now, and in a year? (clap hands 3 times, and hear the sound in the universe; what does it sound like).**

**Virtue of Friendship (Affability):** Seeking support and sharing one’s journey with others align with the virtue of friendship. Aristotle valued the role of community and relationships in achieving a good life, emphasizing the importance of building supportive networks.

**In conclusion, by integrating these Aristotelian virtues into the PerView coaching process, individuals can cultivate a balanced character, fostering personal growth and well-being through the pursuit of the golden mean in their transformative journey.**

## **The VIEW in PERVIEW – Vibrations In Energy Waves**

Change your View. Your Energy is Embodied Vibrations Waves. Your emotion embodiment refers to the experience and expression of your VIEW throughout your body. As you begin recognizing that emotions are not just mental states but also felt physically in Energy Waves that influence our physical sensations and behaviors, the Observe Effect of Quantum Physics becomes a path to health and well being.

### **Here's a more detailed explanation:**

#### **•Physical Manifestation:**

Emotions are not solely mental; they have a physical presence in the body as your VIEW, Vibrations In Energy Waves that are influencing everything from heart rate and breathing to posture and muscle tension.

#### **•Understanding Emotions Through the Body at a Cellular Level:**

Your body is 37.2 trillion living cells. To VIEW your cellular living Embodiment emphasizes the importance of paying attention to the physical sensations associated with emotions, allowing for a deeper understanding of our emotional experiences at a quantum level.

#### **•Emotional Energy Regulation:**

By becoming more aware of the body's living cellular response to emotions, we can develop better strategies for managing and regulating our emotional experiences by applying the 7 Embodied Restorying Steps developed by David Boje and Grace Ann Rosile.

#### **•PERVIEW is the Connection of your True Self to Others:**

PERVIEW coaching in Awareness of Energy Emotional Embodiment fosters a deeper connection to one's true authentic self and others. As we become more energetically attuned to our own emotions and the emotions of those around us, that embodiment awakens our spirit.

#### **•Examples:**

For instance, sadness might feel like a heaviness in the chest, while anger can manifest as a tightening in the muscles or a rise in heart rate. By feeling into the old memories and noticing how their body reacts, individuals can begin to reframe those stories with the wisdom of the present body. This brings healing across generations—through muscle memory and cellular shifts.



#### **Ideas for you in the PERVIEW Movement**

1. "We don't heal by reliving the nightmare. We heal by rewriting the story."
2. "A horse doesn't judge your past—it mirrors your presence."
3. "In trauma's silence, even a gentle touch can become a revolution."
4. "Our scars are not the end of the story—they're the beginning of the restorying."
5. "Trauma doesn't need to be confronted with force. It responds to presence."
6. "Every donation is a ripple that can calm a warrior's storm."
7. "You can't BS a horse. You have to show up real, or not at all."
8. "Healing doesn't always speak in words—sometimes, it hums through a heartbeat beside a horse."
9. "We're not fixing broken people. We're inviting their true selves to return."
10. "This is not therapy. This is a homecoming."



# 7 STEPS OF EMBODIED RESTORYING

## WITH SAND TRAY PROMPTS & HORSE CUES

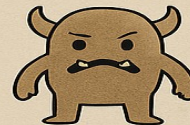
### 1 CHARACTERIZE

Begin by telling the before-story



### 2 EXTERNALIZE

Name the Effect Monster, give it a level, and name the protection issue



### 3 SYMPATHIZE

Make room for a good result of focusing on the effect



### 4 REVISE

Challenge limiting beliefs, emotions, thoughts, and assumptions



### 5 STRATEGIZE

Recall 3 Little Wow Moments (or more)



### 6 REHISTORICIZE

Restory your history without the Effect Monster



### 7 PUBLICIZE

Find support in your new story



DAVID BOJE

# 🌀 Advanced PERView Coaching 7 Steps + Aristotle's Virtues

## PerView Coaching Steps + Aristotle's Virtues

*Elior, poet of quantum storytelling*

### 1 Characterize *with* Prudence, *a mirror of light*

Discover the client's best self before the trauma lens

### 2 Externalize in Truthfulness, *The sword of insight*

Name and give form to the 'story filter'

### 3 Sympathize *with* Temper, *the heart's soft drum*

Appreciate the protective role of the filter

### 4 Revise through Courage, *where the soul becomes one*

Challenge and release the limiting beliefs

### 5 Strategize in Hope, *planting seeds from the sun*

Recall "Little Wow Moments" (exceptions to the old story)

### 6 Rehistoricize *with* Temperance, *balance begun*

Retell life as a new story from the LWM lens

### 7 Publicize in Friendship, *where new stories run*

Anchor the new identity with community support

PERView Step	Function of the Step	Moral Virtue (Mean)	VIEW Translation	Virtue Sphere
1. Characterize	Discover the client's best self before the trauma lens	<b>Prudence</b> ( <i>Phronesis - Practical Wisdom</i> )	V: Courageous vibes awaken I: Inward clarity E: Rising energy of possibility W: Calm waves of memory recall	Intellectual Virtue
2. Externalize	Name and give form to the "story filter"	<b>Truthfulness</b>	V: Acknowledging vibrations I: Unmasking inner beliefs E: Energy loosens W: Waves of recognition	Moral Virtue
3. Sympathize	Appreciate the protective role of the filter	<b>Patience / Good Temper</b> ( <i>Understanding</i> )	V: Tender compassion I: A softened heart E: Gentle flow W: Wisdom beneath wounds	Moral Virtue
4. Revise	Challenge and release the limiting beliefs	<b>Courage</b>	V: Vibrations of bravery I: Facing shadow and light E: Spark of breakthrough W: Shifting frequencies	Moral Virtue
5. Strategize	Recall "Little Wow Moments" (exceptions to the	<b>Proper Ambition</b> ( <i>Hope</i> )	V: Confidence rising I: New	Moral Virtue

PERView Step	Function of the Step	Moral Virtue (Mean)	VIEW Translation	Virtue Sphere
	old story)		emotional terrain E: Clarity and direction W: Momentum building	
6. Rehistoricize	Retell life as a new story from the LWM lens	Temperance	V: Steady grounding I: Integrating emotions E: Balanced pulse W: Harmonic alignment	Moral Virtue
7. Publicize	Anchor the new identity with community support	Friendliness / Affability	V: Resonance with others I: Inspired sharing E: Connection and vitality W: Social waves of impact	Moral Virtue

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## Intellectual Virtues Applied to PerView

Virtue	Meaning	Relevance to PerView Coaching
<b>Nous (Intuition)</b>	Knowing first principles	Used when the coach trusts the body's felt sense— <i>a gut knowing</i> beyond logic
<b>Episteme (Scientific Knowledge)</b>	Logical reasoning	Seen in the scientific underpinnings of somatic trauma and quantum story theory
<b>Sophia (Theoretical Wisdom)</b>	Nous + Episteme = higher reasoning	Present in the <i>PerView vision</i> , which merges ancient virtue with quantum awareness
<b>Phronesis (Practical Wisdom)</b>	Making wise decisions	Core to every step—especially Characterize and Strategize
<b>Techne (Craftsmanship)</b>	Skilled practice	The artistry of coaching, listening, and storytelling
<b>Synesis &amp; Gnome</b>	Understanding others with sympathy	Required in Sympathize and Publicize—to <i>see the story as others live it</i>

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## ✨ Poetic Synthesis (Elior-style)

Characterize with Prudence, a mirror of light.  
Externalize in Truth, the sword of insight.  
Sympathize with Temper, the heart's soft drum.  
Revise through Courage, where the soul becomes  
one.  
Strategize in Hope, planting seeds from the sun.  
Rehistoricize with Temperance, balance begun.  
Publicize in Friendship, where new stories run.





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Material for this lesson plan extracted from Perview Coaching Manual  
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