



PEAK PERFORMANCE
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How Do You Dismantle an Atomic What If?

THE ART OF WHAT-WILLING

1. Transport your client back and forth, in time and space, accessing her unique history of success and future memories of her best self.
2. What-Willing is the therapeutic polarity of What-IFing.
3. A pragmatic, realistic approach to your world view.

Individual, Couple
& Family Counseling

Specializing in:

Transforming Anxiety

Habit Control

Brief, Solution Focused Therapy

Clinical and Medical Hypnotherapy

Sport and Performance Psychology

Corporate Training and Coaching

Sport and Performance Psychology
Workshops Designed for Individuals
and Teams

What-IFing

- What IF I fail the test...
- What IF I lose the sale...
- What IF she leaves...

What IF a purple leopard
breaks in the house...

What-IFing

- Equals eternal stuckness,
moment after moment
- Is the world's greatest
symptom phrase
- Keeps people in the
symptom cycle
- Is the executioner of energy
- reports to King Anxiety

What-Willing

What Will it be like when I
DO the best I can...Ace the
test...What Will it be like
when I allow things to
unfold,... When I TRUST
MYSELF..., When THAT
beautiful leopard brings gifts

It Will be great, AMAZING,
EDUCATIONAL,
GROWTHFUL...It will be
JUST RIGHT FOR ME.

"I'm wondering what you
WILL do with all of that new
found energy"

- Milton H. Erickson, M.D.

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