

Yalom Here & Now Framework

Focus on what is happening right now, between us, in this moment.



Here & Now

Focus on the present moment in the therapy room.

- What am I feeling right now?
- What are you feeling right now?
- What is happening between us?
- Notice emotions & patterns as they arise.



There & Then

Focus on past events or external situations.

- Stories about what happened
- Other people, other places
- History, memories, narratives
- Can be important—but can become intellectual analysis.



Yesterday & Now

Linking the past to the present.

- How do past experiences affect you right now?
- Past → Present → Awareness → Change
- Briefly explore history, then return to the present.

10 PSYCHOLOGICAL PILLARS



- 1 **Awareness**
Notice thoughts, feelings, sensations, and patterns.



- 2 **Presence**
Stay in the current moment—not in the past or future.



- 3 **Emotional Experience**
Feel emotions directly, not just talk about them.



- 4 **Authenticity**
Be genuine and honest. No masks. No performance.



- 5 **Relational Awareness**
Understand how your behavior affects others.



- 6 **Feedback**
Learn from real-time responses.



- 7 **Responsibility**
Own your choices, reactions, and impact.



- 8 **Curiosity**
Observe with openness instead of judgment.



- 9 **Courage**
Face uncomfortable truths with bravery.



- 10 **Meaning-Making**
Create meaning through direct engagement with life.

HOW HN THINKS, BEHAVES, DECIDES



How HN Thinks

- What am I experiencing now?
- What is real in this moment?
- What assumptions am I making?
- What feelings am I avoiding?
- What is happening between us?
- Continuously updates reality.



How HN Behaves

- Listens carefully and fully
- Notices emotions and body cues
- Asks clarifying questions
- Expresses feelings directly
- Stays grounded and engaged
- Tolerates discomfort
- Avoids blame and mind-reading



How HN Decides

- What feels right right now?
- Considers values + reality
- Weighs current impact
- Chooses with awareness
- Acts with responsibility

“ The way you live right now is the way you relate right now. The way you relate right now reveals who you are.

What is revealed right now can be changed right now.

— Irvin D. Yalom

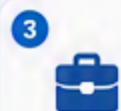
22 REAL-LIFE EXAMPLES



Spouse Conflict



Team Meeting



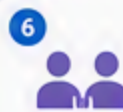
Job Interview



Parenting



Traffic Jam



Friendship Conflict



Performance Review



Medical Diagnosis



Public Speaking



First Date



Grieving



Business Negotiation



Family Gathering



Therapy Session



Receiving Criticism



Giving Criticism



Making a Purchase



Social Media



Retirement Planning



Leadership



Apologizing



End-of-Life Reflection

22 GUIDELINES: STAY HERE & NOW

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|--|--|---|---|
| 1 ☒ Notice what you feel. | 8 ☒ Speak authentically. | 15 ☒ Observe defensiveness. | 20 ☒ Choose actions aligned with values. |
| 2 ☒ Name the feeling. | 9 ☒ Listen fully. | 16 ☒ Slow down before reacting. | 21 ☒ Create meaning from current experience. |
| 3 ☒ Stay with the feeling. | 10 ☒ Avoid mind-reading. | 17 ☒ Tolerate discomfort. | 22 ☒ Return repeatedly to the present moment. |
| 4 ☒ Pay attention to your body. | 11 ☒ Notice relational patterns. | 18 ☒ Focus on reality, not assumptions. | |
| 5 ☒ Observe your thoughts. | 12 ☒ Ask for feedback. | 19 ☒ Connect past patterns to present behavior. | |
| 6 ☒ Separate facts from stories. | 13 ☒ Accept feedback openly. | | |
| 7 ☒ Stay curious. | 14 ☒ Take responsibility. | | |

