



CLINICAL RESOURCE

# The EMBRACE Model

A Simple Tool for Clients Navigating  
Real-Life Challenges

By Jan Davidson | Embrace Your Journey

## Why This Matters

Many clients aren't resistant to change — they just don't have a clear way to work through what's weighing on them. The EMBRACE Model offers a simple, structured way to help individuals identify and move through a dominating issue — a recurring pattern, feeling, or challenge that continues to show up.

## The EMBRACE Framework

**E**

### Evaluate

Take an honest, kind look at where you are right now.  
"What keeps showing up for you?"

**M**

### Maintain

Identify what is steady and supportive in your life.  
"What is helping you hold your ground?"

**B**

### Balance

Notice where things feel off and where adjustment is needed.  
"What feels out of alignment?"

**R**

### Reach Out / Release

Let someone in — or begin letting something go.  
"What are you holding that may be ready to shift?"

**A**

### Action

Take a small, realistic step forward.  
"What is one thing you can do next?"

**C**

### Connect / Commit

Reconnect with your values and commit to continued movement.  
"What matters enough to keep going?"

**E**

### Empower (Owning Your True Grit)

Recognize your capacity to keep showing up — even when it's hard.  
"What strength have you already demonstrated?"

• Beside You On The Journey •

# How to Use This With Clients

## As a Reflection Tool Between Sessions

Help clients process what came up in session and track patterns they notice in daily life. The EMBRACE letters give structure to self-reflection without overwhelming them.

## As a Structured Check-In Framework

Walk through one or two EMBRACE letters at the start of each session to ground the conversation and identify what's most pressing.

## To Help Clients Move From “Stuck” to “Starting”

When a client feels overwhelmed or frozen, the framework gives them a clear entry point — start with Evaluate, and let the rest follow naturally.

## A Simple Prompt You Can Offer Clients

“Pause and explore your thoughts below:  
**What feels like it keeps coming back  
for you right now?”**

Notes / Reflections:

---

---

---

## Free Resource

Jan Davidson offers a free webinar walking through this model in a practical, real-life way.  
[embraceyourjourney.net/webinar](https://embraceyourjourney.net/webinar)

Helping people navigate real life — through the hills  
and the valleys — with progress, not perfection.