

7 Ways to get *UnStuck* in Your Therapy

1. Talk *less*

Linger longer on **one topic** rather than glossing over many
Stop talking and take 'pause button' moments
Take time to reflect on how the session is rolling out



Stop to notice your breath

The brain learns best within an optimal window.



2. *Feel* more

When therapy is an "experience" it changes the brain

- Sit with your feelings: don't talk over top of them
- Give yourself plenty of time to move through feelings
- Try to stay connected to your therapist as you move through strong emotions.
- Regularly volunteer how you feel to your therapist
- Don't hide your feelings from your therapist

The connection with your therapist is the #1 predictor of success!

Therapist credentials do not guarantee a caring attitude or an "attuned" therapist; you have to figure this out for yourself.

3. Make sure you're with the right therapist.

Trust your gut instinct - it's okay if you find it hard to connect - you *can* switch to another therapist.

You can even try 1 or 2 other therapists for a session (yes it's allowed!) to see if you click with one over the other.

7. Avoid overwhelm.

- Use body-based techniques to manage overwhelming emotions.
- Don't rush through your story
- Periodically ground during your session.
- No need to chat about every event since last session.
- Create balance by mentioning the good things you notice in your life.

Brain science point out there are logical, not-pathological reasons for emotions!

Adopt an attitude of curiosity about the way you feel towards yourself. Stand back a little from your feelings.

6. It's not your fault!

Ask yourself, is there something my therapist could say that would help?

The reptilian brain communicates emotional safety through your body. Don't trust your thinking brain to tell you if you feel safe.

Noticing your body sensations - is the fastest way of gauging your safety.



The reptilian brain acts like a "body guard" by creating warning signals in your body.

5. Make 'feeling safe' your default mode.

You should feel more comfortable leaving your session than you went in.

Working with transference can create deep profound changes.

Define transference: all the feelings you have towards your therapist.

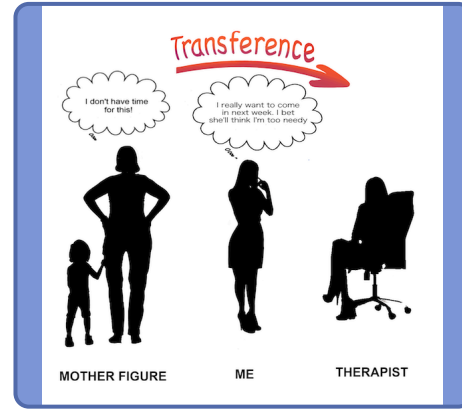
4. Work *with* your transference feelings

Share your transference feelings with your therapist.

Notice how you relate to your therapist - and similarities to how you relate with others.

Note: some therapists don't know how to work with transference; give them a chance if they want to help you work through it.

Alternatively: some therapists may refer you on - ask them if they would consider getting supervision to continue working with you on your transference.



Learn more about transference at <http://budurl.me/Transference>.