

Your Turn to explore YOU!

This is not a clinical assessment or medical evaluation per say...I can go there with my experience, YET this is your turn to:

- unpack, see what's yours to learn from, otherwise that which doesn't serve you...
- perhaps learn how to unpack, and let go of thoughts, feelings, relationships. IE: over obligation.
- Retain, heal, embrace parts of you perhaps were/are hard to look at, relationships that serve you.

Even this amount of dialogue can quickly get us in the weeds. So a few questions:

1. What do you or did you love to do as a kid (below the age of 9)?

2. Do you recall these memories? Pleasant, NOT, Neutral, YES, Painful

3. Do you see yourself showing up in the world, and if so:
Where, around whom etc.
If not, what situations are you aware of being less sturdy, completely terrified, bored, feeling less than, judgmental of other(s), jealous, etc...?

4. Do you, or are you working on developing a Life Purpose? YES. NO, explain if desired.

5. Are you willing, mid session with me to tell me, this direction feels..., or YES this is dropping me into a deeper place of Self Discovery (awareness/realization of something).
YES. NO

6. How does going for a walk, picking up a camera, doing os authentic movement etc in therapy? YES. NO. Don't Know

7. That's plenty for now. Please relax your mind, that part that tries to figure even these things out. My invitation is to observe yourself from that innocent, curious place. YES I get it, stuff gets in the way. Still what gets in the way is energy or tension that an be utilized to shift in a next layer of growth.

Please notice if you will patterns, or symbols that you run into, draw to you really. Examples, same song coming up a lot, similarities in conversations at check out counters, in screen time etc. Just a subtle invite to become an even better observer of you. What's scaring you?

We'll unpack what's the most vital to you. Your intuition can join us. How long does this stuff take? Don't know, it's unique to each of us. People typically feel better soon, turn on their observer lights, a stand stronger, easier, accepting your POWER with Humility!

My invite is to stay tuned, see where this takes you. I'll be right there, growing along side.

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