



A Final Note

GJB Health Services does not want there to be more pain than necessary, but there will be discomfort.

Learning new skills is uncomfortable and requires extra energy. Feeling and identifying emotions, rather than avoiding them, distracting or covering them up will be uncomfortable. Clients may *feel worse*, after a few sessions, than they did before they came to therapy (notice the words “*feel worse*”). They may “*feel worse*” because they are facing emotions and fully experiencing them.

Many people have worked very hard to prevent having to *feel* much of anything: They have used alcohol or other drugs (caffeine, nicotine and sugar are drugs, too); distracted with constant motion, work and anything else possible to “numb out” and escape.