



## *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.