



SPT REMINDER

Children are Barometers for Authenticity...

They sense congruence or incongruence within seconds. And this lets them know whether or not someone is safe.

Here are a few questions we can ask ourselves to help identify whether or not we're being incongruent...

- Does our language match our emotions?
- Are we pretending to not feel something that, in fact, we do?
- Do our words match our actions?
- Do we make sense to our child clients?



It takes a lot of courage to be ourselves because it requires us to be congruent with our thoughts, emotions, and actions.

It requires us to feel and go towards the uncomfortable emotions and sensations that we experience in the therapy room so that we can model to our clients that it's okay for them to move towards their uncomfortable experiences.

It requires us to stop pretending and to stop avoiding our emotions.

It requires us to be deeply real.