

Synergetic Play Therapy

Guide to Starting a New Year

As we continue to move into this New Year, it's important to keep some things in perspective particularly as we think about change and transformation, or even reflecting on our experiences of the past year...

What we know to be true is that **growth requires friction**

It requires:

- Tension points and challenges
- Moving out of our comfort zones into the unknown
- Becoming uncomfortable and living right on the edge of our window of tolerance

Our minds can carry a fantasy that somehow we can grow without this. It searches for the easy way out. It dreams of the day that life will be filled with more support and comfort - *hence New Year's resolutions!*



What our minds don't realize is that this is not only a fantasy, but unattainable.

The world of quantum physics tells us that everything in existence has inherent within it both a **positive (+) and negative (-) charge to equal degree**. - We can't separate the two - Nothing exists without these two polarities ...

Ultimately, integration isn't about focusing on the positive, but rather seeing each event as a balanced experience designed to help us stay at the edge of our window of tolerance for maximum growth.

Consider these questions:

- Why did what happened in the past year, happen FOR me?
- What part of me was stuck?
- What part of me needed a big dose of friction to get me uncomfortable so that I could evolve to the next level of my being?
- What part of me was attached to fantasies about who I thought I was or how I thought my life should be?
- What blessings emerged?
- What support came in to help?
- For every challenge, what was the gift? For every pain, what was the growth?

The more we have the courage to **look at the past year for the truth of what it was** - an experience of necessary friction containing an equal amount of negative and positive charge **designed to help us grow**- the more we will see that we did not fall into darkness, but rather we were enveloped in light.