

The only way out of the pain is to move through it; when people haven't done this before it is scary and painful. We know how it feels because we have done the work too; just think of us as your guides through alien territory. When the going gets tough, clients may want to drop out and run back to their old ways of coping; sure, it wasn't working but at least it was familiar.

Changing any behavior is hard. Many coping behaviors which are used daily have become habits. Day after day, movement occurs as if on automatic pilot; not being "present" in any real sense of the word. This isn't "bad" in fact it's very functional and adaptive. If people had to think consciously about every single movement necessary to shower, dress and drive to work or school, it would take a long time to get there.

***Remember learning to drive a car?***

It was hard just staying in the middle of the lane in traffic. Remember needing to focus on the lines of the highway to stay centered? It was overwhelming to have to think about all those new skills once; wasn't it?

When people begin doing things in new ways, it requires a great deal of attention, energy and motivation; that's never easy for anyone. After struggling with new behaviors; feeling awkward and dealing with emotions that feel very strong, many people really feel like dropping out of therapy.

This thought or emotion usually occurs around the 4<sup>th</sup> or 5<sup>th</sup> session. There may be a temptation to cancel the session and just not come back. We ask that you *accept the challenge now to deal with those very normal thoughts and feelings directly by talking about them in therapy and exploring all the options.*