

## INTRODUCTION FROM THE COUNSELOR

Thank you for pursuing your own emotional wellness with me. I am excited for you as we journey together. I do have a process that starts with accepting your emotions, not judging them but working with them. They can be your best friend or your worst enemy. I want to help you learn how to make them your best friend.

Next, we work on expanding your emotional vocabulary. By doing this, your emotions are validated, and validation can feel pretty good. When your emotions feel better, the pain starts to decrease, and your emotional awareness increases.

Next, we work on how to work with your emotions for a better outcome and future. Feeling at peace brings you a sense of self-control. And nothing healthy happens in an emotionally escalated state. In such a state your thinking and emotions do not work well together.

I teach all feelings have value, but you don't want to live with negative feelings at the forefront. They are there to help you balance your life just as your conscience serves such a purpose.

Next, we work on improving engagement with others with healthy boundaries and setting up win-win outcomes for you and others.

There is more to all this, but this is the bare bones of what you will go through with me. It takes longer than you want because we heal slower than we want. But it won't take as long as you think and before you know it, you will experience that peace that you seek.

On this website are three steps. I want you to access the worksheets in step one first. It will help if you do not work ahead on the next set of worksheets until we meet again. Your feelings need time to adjust to the process.

There is a movie that might help on Amazon Prime: "Sensitive: The Untold Story." It is a documentary about hypersensitivity that puts symptoms in a positive light.

I look forward to our next meeting. If you need me before your next appointment or you would like to continue with moving forward in emails, let me know.

Sincerely,

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