

3.7 Make The Most Of Therapy

Therapy is precious, so do everything you can to protect that time.

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You're in therapy for a reason. Time spent in sessions is special and important for your process. You're investing a lot of money, time, and emotional energy in therapy, so why not make the most of it?

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- Starting your session on time, without interruptions from calls and messages, can help you stay focused and present.
- Taking a few moments with yourself after you leave therapy can help you absorb and integrate everything that happened during the session.

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Here are a few practical tips to help you enhance your session:

- Arrive ahead of time and use that time to prepare for therapy. Think about your week, your highs and lows, the previous session, and what you want to discuss. If any troublesome topics come to mind, now might be a good time to look at them again.
 - On or before your arrival, disconnect. Don't get distracted by your phone and the outside world (see Tool 1.3).
 - During your session, dedicate your full attention to the process (e.g., don't look at your phone).
 - After your session is over, take a few moments to let what happened sink in before jumping back into your day.
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