

## Therapy

The third chapter contains tools that can assist you in getting the most out of Therapy in whatever form you receive it, whether your therapy takes place with a professional therapist or counselor or if you are walking a path of self-help. These tools also include methods for handling conflict and ways to connect with other people, providing a safe place where everyone can bring their whole selves to a conversation. Also included are methods for dealing with and managing difficult emotions. Jordan Peterson's Twelve Rules for Life are presented as the Pillar tool, as they offer some keys for leading a meaningful, authentic life (e.g., Rule 2: Treat yourself like you are someone you are responsible for helping).