

HOW TO SAY HARD STUFF IN THERAPY

SET INTENTION.



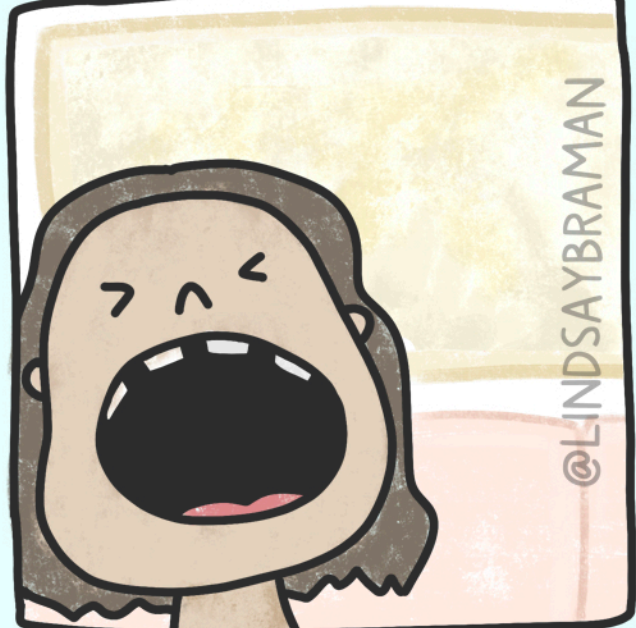
ASK FOR WHAT YOU NEED.



Have you ever worked with someone who...?
what would you say if...?



GIVE OPPORTUNITY TO EARN TRUST



BLURT OUT THE THING.

@LINDSAYBRAMAN