

*in Therapy*

**'Morning ☺**

*Wishing all who have tuned in, a very good morning and fruitful day ahead; while you sip your morning coffee, and read this post edition and set out on your day ahead...*

JoL

What we face when in Therapy?

**The Cultural Context / Dilemmas**

Old type of internal confrontations "the should be mentality" generated by culture, society the identities that arise from adapting to challenges

Generally, in every therapy situation...

Motivation emotion dimensions varies

w regards to Mental/ Social Scripts  
Every individual has their personal story

When something is bugging us, we may need to engage in  
Resolving and finding closure to move on from unfruitful journeys

The peak of transition warrants attention to individual temperaments and adjustment and coping skills

Whether trying to cope or stages of coping phases

The phase where struggles are at peak requires the most critical attention  
(as this could make / break in overcoming barriers)