

Book Discussion Guide for Professionals

Beyond the Good-Girl Jail: When You Dare to Live from Your True Self
by Sandra Felt
available at TrueSelfMatters.com

Week 1: Chapters 1-3. Recognizing a client's true self when it shows up by learning the language of the true self. Why are we therapists so afraid to listen to it? What is the Y in the road, and why is it so important? Assessing a client's point of reference—internal or external. Relating as “spiritual equals.”

Week 2: Chapters 4-6. Reconnecting with the true self by teaching clients to create their own safety, hear their physical body speaking to them, and engage their feelings--the three "essential self skills" that show us all our true self is still alive and well. Engaging and disengaging. Identifying protective safety patterns. The importance of taking action. “Flowing” and other ways to return to one's body. Distinguishing feelings from thoughts and behavior. Processing feelings safely and effectively.

Week 3: Chapters 7-9. Rebuilding and strengthening the true self by emphasizing active choices, effectively utilizing time alone, and updating core beliefs--some of the most difficult parts for clients. This includes working with flashbacks to heal trauma.

Week 4: Chapters 10-12. Returning home to the true self. How do we give clients permission to claim what fits them and let go of all that does not--without judgment? Letting go of judgment. The steps in the letting-go process. Resigning from out-dated roles. Violating our own boundaries.

Week 5: Chapters 13-15. Living from the true self. How do we stand in our own truth and honor our own voice in whatever expressive forms it needs to take at this point in our life? How do we relate from our true self to a client's true self? The paradigm shift and the related terror. The purpose of “Are you sure?” moments. Taking control breaks. Letting in goodness, playing, creating, and loving. Choosing to go on with our own life.