



Your Daily Practice

Episode 9

Interested In Therapy? Here's What To Look For with Dr. Nicole Siegfried

This week, practice giving and receiving help, even as challenging emotions arise, and practicing mindful self-compassion for your full experience.

Step 1. Choose a problem that you can use help with that maybe you've been unable to ask for help until now because you have been entangled in "I can do it on my own" thoughts or feelings of shame or fear.

- Notice what comes up for you when you decide to ask for help (fear, shame, self-criticism?)
- Practice willingness to feel what you are feeling and hold the feelings lightly with self-compassion.
- Reach out to someone (even with the emotions you feel) and ask for help with the problem.

Step 2. Reach out and offer help to someone you know is suffering. It can be in the form of a phone call, or a walk, or a meet up and try to embody some of those qualities we talked about in being a good support person.

- Practice mindfully listening, with compassion. Be humble, make space, and be hopeful.

8 Qualities to Look for in a Therapist

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| 1. Has Interpersonal Super-skills | 5. Is Psychologically Flexible |
| 2. Shows Compassion | 6. Has a Healthy Amount of Self-doubt |
| 3. Demonstrates Awareness of Positionality, Privilege and Power | 7. Is Evidence-based and Flexible |
| 4. Your Gut Says It's a Good Match | 8. Is Hopeful |