

# The Laws of Therapy

## 1. Confidentiality Is Sacred

What you share in therapy stays in therapy. Your privacy is protected, with only rare legal exceptions involving safety.

## 2. Change Requires Commitment

Therapy is hard work. It asks for your time, your presence, and your willingness to face discomfort with support.

## 3. Growth Can Trigger Resistance

As you start setting boundaries and using new skills, some people may push back. This often reveals who respects your growth-and who doesn't.

## 4. Relationships Will Evolve

Healing changes how we relate to ourselves and others. Some relationships will strengthen, others may fade. All of it is part of the process.

## 5. Healing Involves Discomfort

You don't have to relive every detail of your past to heal - but making peace with your story can open the door to a better future.

## 6. We Will Challenge Patterns

We'll work to identify and gently disrupt the thoughts, behaviors, and coping strategies that no longer serve you.

## 7. You're Not Alone

This work isn't done in isolation. I'm here to walk alongside you. We are on the same team.

## 8. You Are Already Whole

No matter what symptoms you've struggled with, how long it's been, or how many paths you've tried - You are not broken. There is always hope.