

## **French Fries? ...French Wedges**

### **Reservations & Reserving Time for Therapy**

Our time is valuable.

Not every moment shared is meant for therapy, nor should every gathering become a discussion about the deepest emotional layers of ourselves, each other, or our lives. While we all have fries to hash ~ stories, wounds, reflections, and growth ~ there is a proper place and time for that work.

Therapy deserves reservations.  
It deserves intention, consent, and care.

Everyday life, meals, friendships, and shared moments are not automatically therapeutic spaces, and having this boundary or reservation is healthy. When all moments become emotional labor, our shared time is not fully enjoyed.

So let me introduce you to **French Wedges**.

Sometimes, in order to enjoy the meal, we need a side of wedges. What would an old~fashioned American meal be without wedges? Simple, uncomplicated, time enjoyed. Like a glowy~American afternoon, we enjoy conversation that is \*light, fun. Presence without weighty emotional processing. Togetherness with happy bellies & happy moments.

Wedges do not replace the meal ~ on the side ~ and they don't deny that the meal is awesome.

But do we always have to fry the fry makers? Wedges are there for us 100%. Joy with others requires peaceful order, and we need room to breathe & digest our potato. Also, can we take a moment just to thank the Irish?

We honor one another best when we respect each other's cool spaces ~ and give each other the classic~wedge time to simply sit, eat, laugh, and be human.

Reference: <https://www.potatoes.com/potatokids/potato-history>