



You are there to construct a course of action that helps you achieve goals that set you on a preferred course. However, the first session is the first step. The more you open up with time, the more your therapist will understand what you want to achieve. Focus on taking baby steps to reach your long-term objectives, including your goal of opening up.

### **Write What You Want to Discuss**

During your first session, writing about what you want to achieve might work better than talking about it. You can do that before the session, and it will still count as therapeutic communication. Give your writing to the therapist and explain that you wrote your thoughts and goals because you have problems vocally expressing feelings in therapy. You can also email your words if sitting there while someone reads them makes you cringe. Remember those baby steps when you are worried about overcoming session barriers.

### **Look at Therapy as a Choice You Made**

Began building trust in therapy by viewing it as a choice *you* made. Next, consider that choice an opportunity to strategize actions to [gain relief from habits](#) that inhibit your well-being. In therapy, that means you have to open up.

Adapting this viewpoint gives you a sense of control over the process. Time and patience will show you that you can appreciate the essential elements you receive from the process. This approach teaches you a gentle, manageable way of participating in therapy that won't stress you out.

## **If You Are Looking for Therapy in Tucson, Contact In Balance Counseling**

In Balance Counseling is an established reputable counseling service in Tucson. We work with many clients who have expressed fear about therapy session openness. Our gentle yet direct approach has proven successful with clients who don't like the idea of opening up and helping them attain goals through significant behavior and thought modifications. [Contact us](#) at xxx-xxx-xxxx for more information and to book your first counseling session.