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Working Therapeutically Between Sessions: Journaling Exercise

Connecting

This “Mindsight” exercise is taken from the work of Dr. Dan Siegel (**The Mindful Therapist: A Clinician's Guide to Mindsight and Neural Integration** [Norton Series on Interpersonal Neurobiology], p. 47. W. W. Norton & Company. Kindle Edition).

1. Write down what you feel your greatest fears may be of connecting with another person. You may find it helpful to write down times in your life, recent or in the distant past, when communication with another person in your personal life was challenging. What was going on for you then? What signals from the other did you find most distressing? How did this difficult connection make you feel?

2. Now consider a time in your life when someone had significant difficulty attuning to you. What was that time like—what led to it and what was the outcome like for you? What did it feel like to be ignored, dismissed, chastised, or misunderstood? What did you notice were the possible reasons the other person was unable to attune to your internal state of mind?