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Working Therapeutically Between Sessions: Journaling Exercise

Trust: Part 1

Most people would identify “trust” as a key ingredient in the quality of our relationships. This exercise, adapted the work of Dan Siegel, helps us begin to explore the effects of broken trust in our emotional health.

To do this exercise, you’ll want to sit quietly and “undisturbable” with pen and paper or keyboard and open app. Perhaps you have a favorite soothing drink nearby and 15-20 minutes when nothing is required of you. Take two or three comforting, relaxing breaths.

1. Imagine a time in your life, recently or in the distant past, when depending on someone didn’t work out so well. You may have been disappointed, ignored, rejected, or let down. Take the first memory that comes to your mind. As you respond to the following, ***write as quickly as you can, without interruption, analysis, or editing.***

-What happened at that time?

-How did that one experience repeat itself in the future?

-Did a pattern form? If so, how did that new pattern help you adapt or cope or manage any hurt?

-How do you see that pattern or adaption influencing the arc of your life?

2. If this pattern is particular exhausting, painful, or even destructive, what behavior or pattern would be ideal to replace it?