

Myths about being stuck:

Attention Seeking: Untrue. From my own experience, most people who are stuck, withdraw and have low self-esteem. They are likely to want more care and attention, not less.

Deal with it and pull yourself together: Untrue. Your behaviour is your way of dealing with the consequence of living with **unbearable** feelings.

No one understands: Untrue. That is why the group is important, as like-minded people can explore and share something in common with others.

How might the group help?

This group adapts from your needs to the needs of the group. The therapy has been developed in a way that enables the group to move forward while it enables individuals to speak and express feelings which can be better understood within a group of like-minded people.

The group develops and learns to support one another confident that the group will be non-judgemental.

Growth occurs and confidence emerges so that when individuals are challenges it is done from a safe respectful place.

Here are some useful tips.

BREATHE: Breathe regularly but slowly. Focus on your breathing - it helps to calm your thoughts. As you inhale feel the air entering your body and filling your lungs. Slowly exhale.

GROUND YOURSELF: Think about where your feet are. Plant them solidly on the floor. Sit in a chair and sense the contact between your body, the chair and the floor. Notice how you are making contact with the seat and back. Be aware of any sounds or any breeze that might be present Imagine you are safe in the chair. Practice your breathing.

EXHALE NEGATIVE-INHALE

POSITIVE: As you ground yourself, concentrate on your breathing. Breathe in to the count of **three**. Exhale to the count of **six** exhaling all your negative thoughts. On the count of six, really push out that last negative thought. As you next breathe in, breathe in positive thoughts. Continue the process for several minutes.

THINK POSITIVE: Think about something positive for yourself. This needs to be something specific that helps you 'get through it'. Make it personal - "I believe that I'll get through this, I've done it before". Plan for a positive future. "Tomorrow I will ...". Use what has helped you in the past.

SUPPORTED BY DONATIONS



Thursday's
5.30pm to 8.00pm
(Start with cup of tea @ 5.00pm)

If you feel stuck, unable to move forward? Perhaps a therapy group could remove that block?

Are you feeling as if you are in a position from which there is no substitute, just a sense of despair, inadequacy, uselessness, and worthlessness fills your day?

**If so, you are stuck...
but not forever!!!**

You know, a therapy group might be your solution...

I recognize how much we can achieve when we work together quickly to remove the danger you are experiencing.

Your situation can be very serious. We understand you may be deeply distressed and lack confidence. You may require a great deal of support. We know you need help with your situation and the pain can be unbearable.

The Group has been set up specifically with people like you in mind.

No pressure, talk when you need to otherwise to just be there with others who will benefit from your support. Our Group has been set up with people No pressure, talk when you need to otherwise just be there with others who will benefit from your support.

**Where is the joy I used to know,
the happiness, the confidence, where
did it all go?**

Changing Content

At the request of the group members the content has changed to reflect their needs. We, therefore, May introduce themes to sessions such as Anger, Patterns of behaviour or “why do I keep meeting the wrong man”

Confidentiality

We are required to preserve confidentiality in line with the code of ethics of the British Association for Counselling and Psychotherapy which, in exceptional circumstances allows for disclosure when life or security is at risk. Supervisors are bound by the same agreement.

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A female group, facilitated by David, supported by Clare, on Thursday evenings 5:30 to 8:00 at the address below.
(Tea will be available at 5:00pm)

If you wish to come a long please let David or your therapist know.

If you are unsure why not turn up for the first session – You will be welcome.

David can be contacted through Bohemia on:

01424 722923

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