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### LOOKING WITHIN

1. It is easier to develop skills when you're not under performance pressure. Increase your sensitivity to what's missing by looking for it in others outside the clinical sessions. Sit back and watch what emerges over the next couple of staff meetings or consults with other therapists. Track your own emotions and behaviors: which are hard for you to show, feel, and see? Try showing, feeling, and seeing them, and watch what happens.
2. Try being honest outside the clinical room—not in a big way in the form of confession, but in a smaller form of staying attuned to your inner process as you interact with someone, matching your words and inner feelings. Undoubtedly you do this well already with certain people in your life (your daughter, your spouse, your best friend); try building courage with someone where it is less comfortable (a stranger, your supervisor, one of your parents). Be sure to pat yourself on the back for the effort, regardless of how you think it turns out.
3. Practice tracking the process. In a conversation, focus less on content and more on the process. When the other person trails off in a sentence, ask him to pick it up again and finish it. When he uses some abstract word, ask him to give you an example to make it more precise and concrete, and notice what happens emotionally. If he makes a face when you make a comment, ask the person about his reaction: "It seems like you don't agree"; or "You're getting quiet. Are you bored? Am I talking too much?" Again, the content is not important; focus instead on the process.
4. What are your emotional stuckpoints, what are the one or two things that are difficult for you to do? What do you need to help you overcome these difficulties?