

This is “Peer Counseling Pause” with Reova Meredith

Present, Past and Future

Sometimes what the individual does not say is more important than what is said.

Generally emotionally healthy people speak of their present, their past and their future.

If they speak only of the present and future, but not the past, it may be that important issues in childhood need to be healed.

If they speak only of childhood and the future, but not the present, often there is difficulty with intimacy and risk.

If they speak of childhood and the present, but not the future, there may be a problem with fantasy and/or hope.

If a person says:

“I feel out of place everywhere”, there is a need for acceptance.

“I’m just a loser.” Needs for identity are unmet.

“I can’t do anything right,” the person feels incompetent.