



Conscious Life presents

ANXIETY SUPER CONFERENCE

In Therapy

What recovery looks like

Disclaimer: The contents of this interview are for informational purposes only and are not intended to be a substitute for professional medical or psychological advice, diagnosis, or treatment. This interview does not provide medical or psychological advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical or psychological condition.

[00:00:01] Alex Howard

Hi, I'm Alex Howard and welcome to this week's episode of *In Therapy*, where we follow real life people on their therapeutic journeys.

Therapy is hard work and if you've been following this series theory since the beginning, you've seen people really have to dig deep and commit to their therapeutic journey. But this week's episode is a powerful example of what can change, what can transform when we really put in the work.

If you haven't already, please do like, subscribe, click the bell icon to be notified as new episodes are released. And do follow my Instagram [@alexhowardtherapy](https://www.instagram.com/alexhowardtherapy) for daily inspiration and support.

This week we catch up with 22 year old Sanaya, who has been making great progress reducing her anxiety. In previous sessions, I've been helping Sanaya to develop her toolkit to work with her anxiety so that she can retrain her nervous system and be free to live the life she is so desperate to enjoy.

It's lovely to see you. How are you doing?

Sanaya

Yeah, I've been okay. Up and down, but I've been, on the whole, in the past couple of weeks, I'd say doing okay. I've been really unmotivated a lot. And I've just been really lazy, lying in bed, not doing much and feeling a bit crap about it after. The past couple of weeks, it's just been really up and down. I've had really good days and then followed by three really bad days. Back and forth, really.

Alex Howard

And when you say bad days, you mean in terms of motivation or you mean in terms of anxiety or both?

Sanaya

Yes, it's probably a little bit of both. I would say I've had a whole day where I've just felt really unmotivated, but I wouldn't say that I've necessarily been anxious. Whereas I would say before these sessions, if there was any day that I did nothing the whole day, it would have made me really anxious.

Alex Howard

Yeah.

[00:02:25] Sanaya

So I don't know if that's a good thing.

Alex Howard

Here's one way we can look at it, there's different ways of working with anxiety. I think a key part of it has been learning some of the tools, having a different understanding, but also you are somewhat placating your anxiety by being really busy. And I'm seeing it as a real sign of progress that you've been able to not be busy and your anxiety hasn't significantly climbed.

Sanaya

Yeah.

Alex Howard

So it shows that the improvements in your anxiety are not just down to going from having lots of time to not having enough time to think about it and just being distracted, that there's actually a more fundamental shift that's been happening, which is great. Obviously, we can talk about the motivation and how to get that on track.

But if you were to take before we were working together, like 0 to 10, 10 being the most anxious, where you were on average then and where you are now, how would you score that?

Sanaya

Yes, definitely. Before I would say I fluctuated between a 5 and a 10 constantly. I think the only time that I was ever really below that was probably when I was asleep or something. I don't really know. But it was quite bad before.

And then I'd say, now I do have days where I do feel like it could be a 10. So the other day, I'd say about probably a week ago, it was because I had... So there are these little tablets that I take before I go to the gym, it's like caffeine. And I felt like they give me the perfect amount of caffeine because if I have a whole coffee, I get anxious.

So on this day I took two of the tablets just because it was really early in the morning, I was like, I'm really tired. So I went to the gym, had my workout, and then afterwards, as soon as I was done, all of a sudden I was really shaky. And I just had such a big anxiety attack, I would say.

Alex Howard

Because there was just too much cortisol.

Sanaya

And it just felt like, obviously that feeling of being anxious, like everything was wrong. I couldn't place my finger on exactly what.

[00:04:49] Alex Howard

At the time had you realized it was because you had double the amount?

Sanaya

Yeah, definitely.

Alex Howard

But you still had the feeling?

Sanaya

Yeah. It was horrible because I was like, hey, what would I do? Let me go for a run. And I felt like I wanted to go for a run and move my body.

Alex Howard

Burn it off a bit.

Sanaya

Yeah but I just felt so unwell, like I was going to be sick, so it was just really horrible. And then after that, I was sick. And then after that I felt fine. And after I was sick, I felt just a lot better. And then I had a big lunch, and I just kind of conked out, and I think I needed that. And then the day after, I had this feeling of anxiety again, and I did the STOP Process quite a few times throughout my morning.

Alex Howard

Well done.

Sanaya

And then later on, I just felt really unwell again. So I made myself sick, which was like, it was just really annoying because I was just like, damn.

Alex Howard

Did it make a difference?

Sanaya

Yeah, it stopped me from being anxious.

Alex Howard

Were you feeling sick before?

Sanaya

Yeah, I was feeling unwell because of the anxiety. It was making me feel really nauseous.

[00:06:07] Alex Howard

Okay.

Sanaya

So I thought, any moment I'm going to be sick anyway, so I may as well just try and speed it up. And then obviously when I did make myself sick afterwards, I felt a lot better. And it was kind of like this feeling of like, oh, I don't know, I felt naughty but it wasn't ideal.

Alex Howard

When's the last time you've done that before that?

Sanaya

So many months ago.

Alex Howard

Yeah.

Sanaya

I think there was that one time where I came home after a night out, which is probably a month ago or something. But then before that, it's been 6, 7, 8 months, I guess.

Alex Howard

Has it happened since then?

Sanaya

Since that time last week?

Alex Howard

Yes.

Sanaya

No, it hasn't. But it was weird because doing it wasn't really about my body image at all, but then after I had done it for a couple of days after, I was like, don't do that again. And then all of a sudden these feelings of oh, maybe I should because I'm looking really big today, which is just so weird because I've probably lost weight from the last time that I ever felt that. So, yeah, that was just really annoying.

Alex Howard

But were you able to, because the way you're describing it sounds like that happened and it was tricky while it was happening, but you were able to recognize and go, I'm not going to do it again because I'm not going to let this become a cycle again and then stop.

[00:07:44] Sanaya

Yeah, I'm just scared for the next time that I get really anxious because I feel like now I'm like, oh, if I feel that bad, I know that it's like a quick fix.

Alex Howard

Well, I think the first time it happened in that couple of days, it sounds like that you'd effectively OD on caffeine. There was just too much caffeine in your system. Not that I'm advocating... The first time, did you make yourself sick or you said you knew you felt like you were going to be sick, so you made yourself sick to preempt it?

Sanaya

Yeah, both the times.

Alex Howard

So it's not that I'm advocating that as a strategy. I think it isn't a helpful strategy. And the real lesson here is don't double dose on caffeine. We all have our different limits of how our body responds and some people, I've got a friend of mine who can literally drink... We go away sometimes he would literally get a saucepan and fill it with coffee, like full strength coffee and down the whole thing.

And other people, it's like they have a tiny sip and they can't sit still for two days, and we just have different tolerances and different ways of responding. And it sounds like you've worked out a dose that for you seems to work okay, but you had too much and you had a reaction to that.

So I would frame that couple of days more about the lesson is that, not overly fixating on the being sick.

Sanaya

Yeah, definitely. I know why it happened, but I feel like it's something that I can control.

Alex Howard

We can come back to that, just in terms of the question of, if you were to rate on a 0 to 10 anxiety as a general thing these days, there's still days you can get a 10, but it sounds like it's happening a lot less than it was happening before. If you were to rate the range or give yourself an average score, where would you put it?

Sanaya

I would say 5. Usually I would just get to a 5 and that would be my most anxious, and even that would kind of...

Alex Howard

So it'd be like a 0 to a 5 rather than a 5 to a 10? With the possibility, like on that day it went really high.

[00:10:01] Sanaya

The occasional 10.

Alex Howard

I'm trying to remember my maths, it's like a median. With maths there was like mean, median and I can't remember.

Sanaya

Median was the middle.

Alex Howard

It's not so many years away for you. But it sounds like there's a significant, overall, there is a significant shift. And I'm particularly interested into what you think have been the key things that have helped that.

So obviously, we've talked, you've learned some tools, you've had some reflections, if you were describing to a friend who was anxious, the things that you feel have helped the most so far, what would you say?

Sanaya

Definitely meditation. That's helped me a lot. Even the STOP Process and having that little meditation with that as well, it's just kind of kept me like this the whole way through my day.

Alex Howard

It's lowered your baseline. Your baseline of where you are has come down from a 5 to 0.

Sanaya

So that's helped, I think, the most is meditation. And then I think it's just anything that gets me out of my head and puts me into my body. So like, obviously exercise and I've been going for walks a lot more and haven't been listening to music or anything, I've just been looking about. And usually when I would do that, I'd be like, just thinking.

Alex Howard

Right.

Sanaya

But because I'm looking around a lot more and just focusing on my feet and my steps. And I think the reason why I did that was actually because it was like a meditation that I'd listen to whilst I was walking. And then now I've just learned to do it without the podcasting.

Alex Howard

So you're actually more in the moment as opposed to walking, but your mind is off somewhere else.

[00:12:08] Sanaya

Yeah. But then obviously I have moments where I do get in my head and I'm thinking about something in the past or in the future, and it's really hard to bring myself back to where I am now. But then meditation is where that's actually helped a lot because then I'm like, okay, in 5 minutes, I'll go upstairs and do some sort of meditation. And that's definitely been the thing that's helped the most and just kept me a little bit sane.

Alex Howard

And it's giving you a stability, in a sense. And how consistent are you these days with doing your meditation?

Sanaya

The past couple of days, so since Monday, I've done it every day. On Monday I did it twice. And then the week before, I probably hadn't done it for a week.

Alex Howard

And that was the week that motivation was particularly tricky.

Sanaya

Yeah. I think I had done it once, but it was because I was, I'm feeling anxious, let me try and meditate. I haven't meditated for a few days. Let me try and sort it out.

Alex Howard

And was that also the week you were sick, last week?

Sanaya

Yeah.

Alex Howard

How many days had you not meditated for before you had that tricky couple of days?

Sanaya

I'm guessing it must be like around five. It was something like that. Quite a few days I hadn't. Because I think after our last session, I had kept up for a week, watched some of the videos, and then it just stopped.

Alex Howard

And then did you feel in those five days that you were gradually rising up in your anxiety as well? So I'm wondering how much of it was, you were at a calm foundation, you had like a massive hit of caffeine, the system sort of went crazy. Or you were already rising and it just fueled a rise that was already there.

[00:14:01] Sanaya

I would probably say, I wasn't extremely anxious, but yeah, I definitely wasn't happy.

Alex Howard

And you weren't as grounded as you had been, it sounds like.

Sanaya

Yeah. I was definitely more in my head, for sure. I wasn't necessarily super anxious.

Alex Howard

Well done for getting back on track, by the way. From my point of view, I'm sure they exist but I haven't met the person who took up meditation and didn't miss a day for ever. Of course, there's going to be times where you forget or you're too busy. And it's really easy when we go off track to then go further off track. Like to go, oh, it doesn't work anyway, and I can't do it. And what's the point? And I knew it would always be like this. And all those old stories come in and then we just slip further and further away.

And the real key, which is what you did, is to go, hang on, I'm feeling more anxious, I know this is going to help me and you get things back on track and back in place. So well done for doing that.

Sanaya

Yeah. Thanks.

Alex Howard

Are you giving yourself credit for that as well?

Sanaya

Yeah. It was also because I knew this coming up.

Alex Howard

There's something about accountability sometimes.

Sanaya

But I do feel, like this week I feel like a lot better.

Alex Howard

Talk me through what happens where things went off track. So if we go back a few weeks where the motivation slipped and the kind of meditation slipped and what happened?

Sanaya

So I was unwell and I think maybe that was it.

[00:15:39] Alex Howard

Unwell like a cold?

Sanaya

Oh, yeah. I had a really bad cold. And I was just in bed for a lot of it. And even though I was like, oh, I just want to leave the house and get out..

Alex Howard

Your body said no.

Sanaya

Yeah, exactly. But I think once I had recovered, I was still kind of just a bit lazy and I guess a bit tired all the time. And I think recently I still have been really tired, and I've been sleeping like 12 hours in a night.

Alex Howard

Wow.

Sanaya

And then I'll wake up and I'll go out and I'll try and keep myself busy, and then I'll come home and nap. And I don't know if it's just my body recovering from the flu.

Alex Howard

There seems to be a lot of that stuff going around at the moment. A lot of people that have had colds or flus that haven't really got it anymore, but they're not bouncing back. And I think part of it is because we've all been in quarantine for the best part of 2 years and our immune systems are a bit sensitive and also the bugs are a bit stronger. So I think it's entirely plausible that tiredness is literally just your body still bouncing back.

Sanaya

Yeah. I also think that could be why I didn't get anxious, is because the aftermath of me being unwell and sitting in bed, I was just kind of like, oh, I'm still recovering in my head. And maybe that's why I didn't feel guilty about doing nothing.

Alex Howard

It could be but I also think if you've got anxiety, you've got anxiety. And before, if you've got anxiety and it's running the show, you've got anxiety that's running the show. You can be anxious at home with friends, with a cold in the gym, like anxiety is running the show. You've had a shift and you've got more tools, you've got more understanding, your system is calmer, you're in a different place.

[00:17:35]

So it also makes sense that you can not be well for a few days or a week or two and there's no reason why the anxiety should be worse in that situation because you've made some shifts in terms of what's happening.

Sanaya

Yeah.

Alex Howard

One of the things we talked about on our second session was the anxiety about anxiety. The kind of fear of anxiety happening like that in a sense, it had the power because it was this unknown, uncontrollable thing. And as we talked about in our last few sessions, that it's increasingly become different. You have more of a sense of influence and control.

And I'm wondering, having been through the few weeks that you've been through where you've not been well, you went off track a little bit, you didn't go to the gym for a while, you stopped meditating for a bit, and actually, apart from a few incidents which were a bit tricky, but even then you manage to get back on track, you are in this different place.

Sanaya

Yeah, definitely.

Alex Howard

I wonder how you feel about that? Because in a sense, anxiety about anxiety makes it worse. Knowing that it's not something that you need to fear also... There's nothing more calming than knowing that you've got some control over what's happening. So I'm also interested about how that feels?

Sanaya

It feels really good to know that I'm just a lot more happier. And before it was just this thing that I was constantly living with. It was just something that was I was just living with the whole time, like something that's on my back. And now I just don't feel like that at all. Even when it comes and goes, I know that it is just coming and going.

So, yeah, I've been so much happier. And even when I do have those moments or I feel a little bit low or something like that, I do think back to when anxiety basically took over everything, and it makes me feel so much better and feel really, really good. It's such a good feeling definitely.

Alex Howard

I'm really pleased to hear that. And I think in a sense, that in of itself has a big impact on calming things down because you're not living in this place of, what if this and what if that? Well if I have anxiety, I know what to do, and I'm less likely to have it, and if I have it, it'll pass sort of thing.

[00:20:14] Sanaya

Yeah.

Alex Howard

How are you getting on with your STOP Process at this point? You were saying that when you had the double caffeine dose, that you were using it to help calm things. Overall talk you through the good and the bad of how you're getting on with it.

Sanaya

So I haven't been doing it as often as I had been before. When I had that moment where I was really anxious, it helped me very briefly, it helped me come back into myself and just have a moment of having some deep breaths and stuff. But it was just something that I just haven't kept up with and I don't really know why. I don't know if it's just simply just because I just haven't and I just can't be bothered. But when I do get anxious I still do use it, but I guess it's not as...

Alex Howard

So you're using more reactively than proactively.

Sanaya

Exactly. Whereas before I was keeping up with it, and I felt like it was a meditation that was helping me stay calm throughout the day, whereas now I just do it as a result of feeling anxious, and then it kind of helps but it doesn't get rid of the problem. So, I think that's maybe something that I definitely want to start up again this week.

Alex Howard

How about those particular instances, like going out and the people pleasing pattern and wanting to keep friends happy but your sister happy and your mum happy, how's that been?

Sanaya

It's actually been okay. I've found a good balance where I have thought a lot more about what I want to do. And it's been quite nice because for some reason I've just felt a lot less guilty about it. And going out and meeting my friends, if I don't want to, I do feel guilty when I message them, like, oh, I can't come out, but it doesn't really bother me that much as much as it did. It would really be like, oh, I'm missing out and I get kind of in my head about it. But, I feel like I care a bit less about things.

Alex Howard

Again, I'm curious as to why?

Sanaya

Yeah, I don't know. I think maybe it was literally just speaking about it in the last session and I was just like, I was just thinking about it a lot more and I think whenever anything had happened or someone had asked me to do something, I really thought about, okay, do I actually want to do this? And I think that's why it's made a change. It's switched a bit. So, now I do actually just go out when I want to.

[00:23:25] Alex Howard

And with your mum and your sister, how does that been?

Sanaya

My sister's back at school and she's been doing her own things and actually there's been weekends where she's been away and so it's helped in a way. Whereas before, I felt like she was home all the time and I just felt bad. But no, she's got her own life and she's actually fine.

And then my mum, the only issue is going out and she's calmed down quite a bit then before.

Alex Howard

Did you have that conversation with her?

Sanaya

I had the conversation, but it was because I was going out, so I didn't actually sit down with her. But in my head when I thought about doing it, I just know exactly what she's going to say. I feel like she'll just be like, "Sanaya, I'm literally your mother, you can't tell me to not worry. I'm obviously going to worry". No matter how calmly I said or when I said it or whatever. I just know she will have that reaction.

But every time I've gone out recently, I've been like, okay, so this is what I'm doing. I'm coming home with this person, then I'm going to get an Uber from that place to here and then I'll track it with her. And so she feels a lot better about that. But the only thing is she just waits up. But I guess I just can't stop her.

Alex Howard

The important thing is that you don't feel guilty because she's doing that. Because that is her choice to do that.

Sanaya

Sometimes she does, like the next day if it's been a late one, she does say, I was waiting all night for you and all this. And I was like, yeah, I didn't tell you to. I told you not to do that. Just go to bed. And then she just rolls her eyes.

Alex Howard

It's a really tricky one. It's like as a parent, I get it. And then as your therapist, I totally get it. And I think it's one of those ones that if you weren't living at home, it would be a non issue because she wouldn't know when you're out anyway and it would be what it would be. The challenge is because you are there, then she feels responsible and then it's just one of those wicked problems that doesn't have an easy solution to it.

But I think the thing is you have to feel free to, as long as you're doing it basically responsibly, which you are, that you have to be free to enjoy your life within respectful ways of being in her house.

[00:25:57] Sanaya

Yeah. And I think when she does say that now, I am like, in my head, I do feel a little bit guilty but at the end of the day, you did it.

Alex Howard

You made that choice.

Sanaya

Yeah. And I do think about my friends and they go back at crazy times and their parents are asleep and so I'm like it's her choice.

Alex Howard

And it's not letting her choice make you feel bad.

Sanaya

Yes.

Alex Howard

Because she is going to stay up, you have got a responsibility to at least have a good time.

Sanaya

Exactly. But now I'm just like it's fine. It is what it is. And I'm hoping that after a while, once she's got used to me going back out again and all of that, I'm hoping she'll just get used to it.

Alex Howard

Well, I wonder if also part of it is that she probably picks up on you being anxious about going out. So the calmer that you are, the more that's going to install in her that sense of safety. It's almost like the reverse of an attachment for a baby. The more safe mum feels, the more able baby is to go off and explore and discover and then come back. It's sort of the inverse here, that it's like the more calm you are, the more mum's able to let you go off and do your thing.

Sanaya

It's definitely when I'm a little bit anxious about getting home because I actually don't know what my plan is.

Alex Howard

And then that feeds all of her concerns. Even if you're not telling her, I'm sure she can energetically feel it because she's your mum and that's her job to be tuned in.

Sanaya

Yes definitely. It helps, I think both of us when I do have a plan.

[00:27:40] Alex Howard

So you've got some structure and you've got some focus. The daily meditation is obviously really important, and it sounds like that's back on track. The regular gym is really important, and that's also back on track. We were talking about bringing the STOP Process back in a bit more, and I think that would be good.

The STOP Process is not just for working on anxiety, it's also for working with the inner critic, it's also for working with motivation, it's also for working with self-esteem. I'm wondering about what are some of the self doubt thoughts or some of the critical thoughts that come in as you're putting yourself out there and you're applying for jobs and you're kind of meeting people, what are some of the stuff that you say to yourself that's not so helpful?

Sanaya

When I'm applying for jobs it's like, oh, why am I doing this? I'm not going to get it anyway. And then, meeting people sometimes I can be a bit critical like, oh, I hope they like me, I hope I'm not being too much or just panicking about what I have said, like, oh, should I have said that? Even if it's nothing, completely nothing. I think I'm just still constantly reviewing myself.

Alex Howard

So it's like a self questioning self doubting. And it's not that it is always wrong. Sometimes looking back on something and reviewing, like doing an interview and looking back and reviewing your performance can actually... I said that but I meant to say that but that wasn't so good. But there's a difference between doing that and doing that with a layer of judgment.

Sanaya

Yeah.

Alex Howard

So it's like I can look back on doing teaching a tutorial for a training course, and I can look back and go, I feel like I missed a cue there, I feel I probably talked too much, there's not enough space of questions there, that person didn't speak, I should have brought that person forward a bit. So I can review my performance but that's different to going, oh my God, I did a really shit job. I'm really crap at this.

So you can be objective without the judgment. And often the judgment makes it harder to be objective. So using the STOP Process on the judgment piece, I think would be really helpful. And that's not to say that there aren't times you want to reflect and try to get better when you're learning and trying to improve, but the judgment doesn't help. The judgment just makes us feel defensive or makes us feel like we're crap and feel less motivated ultimately.

Sanaya

Yeah.

[00:30:29] Alex Howard

So what are some of the ways that you would judge yourself in that instance? So let's say, for example, that you've met someone for the first time on a promo job and you were chatting, and after you're reflecting on the conversation, what were some of the things that you would say to yourself that would be judgmental or critical?

Sanaya

I would just cringe and just tell myself not to say anything again. And just stop talking. And then I'd be really conscious about how I look as well. That always comes into it. I just feel like, I don't think there's a specific thought, but I'm just like, oh, like you look like such an idiot or something like that.

Alex Howard

So that's definitely in a critic, you look like an idiot or you shouldn't have said this or just don't speak.

Sanaya

And I always picture myself as someone else. I'm like, oh, God, that's what they have thought.

Alex Howard

What they're thinking of you.

Sanaya

Yeah.

Alex Howard

So you're projecting your inner critic onto them.

Sanaya

Yeah.

Alex Howard

So you're imagining that... Because the thoughts you think they're having are actually your inner critics thoughts. Does that make sense? It's like, so you're taking your inner critic, you're projecting it onto them, and then it becomes almost more legitimate because that's what they're thinking about you. But it's just your inner critic having another way of attacking you.

Sanaya

Yeah.

Alex Howard

Because 99% of those situations, they're probably far too busy criticizing themselves and they don't have time to criticize you. And if the things that other people observe about us, most people are

inherently kind and good in the way that they see other people. Of course, we all get cranky and grumpy and have bad days and just want to bitch about everyone, but generally people are not cruel and unkind, it's just they do it towards themselves.

[00:32:29] Sanaya

Yeah. I do get you. It's just something in my head I'm like, oh, they do think that. And then obviously it is me. But no, I get you.

Alex Howard

That would be a really good one to use the STOP Process on.

Sanaya

Yeah.

Alex Howard

When you were using it before in a more kind of proactive way, as opposed to just using it when the anxiety was rising, were you doing before or after meditation, or did you have a particular point in the day you were doing it?

Sanaya

Sometimes I would do it before my meditation, and then sometimes I would just do it randomly. And then if there was a moment where I felt really busy, I would then do it. So it just depends. Sometimes I would do it before my meditation. I'd never really do it after.

Alex Howard

So how about for the next week as an initial experiment, working on the inner critic for a little bit before your meditation each day.

Sanaya

Yeah.

Alex Howard

So sitting down, almost noticing in that moment, what are the ways that you're an inner critic? Are you judging yourself, criticize yourself in that moment, or have you been replaying a conversation from yesterday, or are you anticipating something later? Just noticing some of those examples and then using your STOP Process with them.

Sanaya

Yeah.

Alex Howard

Does that make sense how you would do that?

[00:34:00] Sanaya

Yeah, definitely.

Alex Howard

I think you're already doing a lot of things really well. I think that would be another piece just to calm down that... Because it also just makes it easier to put yourself out there, it makes it easier to almost look forward to interviews just, I'm going to do my best and see what happens. As opposed to having that layer of judgment that comes in.

I also totally get the pattern of, I'm not going to get it as a form of self protection and you don't know, you might.

Sanaya

Yeah.

Alex Howard

And that's why part of your job is to work on that pattern of telling yourself that you're rubbish. Just like calming the anxiety and just like working on your motivation, if you put your focus on doing that, you will absolutely have some shift with that as well.

Sanaya

Yeah.

Alex Howard

Good. Any questions?

Sanaya

No, I don't think so. I don't think I've got any questions.

Alex Howard

You're clear on your homework?

Sanaya

Yeah.

Alex Howard

Okay. Good. Well done.

Sanaya

Thank you.

[00:35:09] Alex Howard

I'm really pleased with the progress. I think you're doing the work and the work is working, so keep going.

Sanaya

Okay. Thank you.

Alex Howard

You're welcome.

I hope you found this week's episode helpful. I think this week's episode is a powerful example of the power of the tools. We have to commit and therapy is hard work. Often people come into therapeutic work because they want things to be different. They don't always want to commit to doing the work to change.

And as a practitioner, it's always deeply rewarding when people show up and they do that work, as Sanaya has been doing. And if we really build the foundations, we can of course, life happens, we catch a cold or we get distracted or we go off track, but the foundation is strong enough that we can get ourselves back on track and keep things moving.

So my invitation to you is to really reflect on how committed have you been to your inner work? Could you raise your game? If you really invested in yourself, what could become possible? I'd love to hear your reflections in the comments below. Look forward to seeing you again next week.