

What I am Here For

(Written by the Undersigned Therapist)

I am here to **provide support for positive change.**

I am here to listen, not to work miracles.

I am here to help you discover what you are feeling,
not make your feelings go away.

I am here to help you identify your options,
not to decide for you what you should do.

I am here not to change what you do
but to help you change your attitude toward what you do.

I am here to discuss steps you could take,
not to take the steps for you.

I am here to help you discover your own strength,
not to rescue you and leave you still vulnerable.

I am here to help you discover that you can help yourself,
not for me to take responsibility for you.

I am here to help you learn to choose.

As Eleanor Roosevelt said: "No one can hurt you
without your consent."

I am here to help you believe that:

It is our consent to what happens to us that hurts us.

We are what we are today
because of the choices we made yesterday.

I am here with you

So that you can say "I choose otherwise,"

Because I believe you can choose anew.

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Paulita Lasola Malay, M.S. MFT

Licensed Marriage & Family Therapist

Mills Park Plaza

715 El Camino Real, #211

San Bruno, CA 94066

(650) 871-7717

E-Mail: paulita_malay@sbcglobal.net

*"The significant problems we face cannot be solved
by the same level of thinking that created them."*

-Albert Einstein