

WATCH ME!

by Stacy Feiner, PsyD

CASE STUDY



Opening up to yourself is a step -by-step process. Read how one-step felt to my client:

"I am sitting on a stump with a cup of coffee catching up on my emails. I've been unplugged for a few days camping with my dog trying to figure out how this new life on my own will unfold.

I was struck at the end of your newsletters, every word spoke to me. Seeing the milestones over your lifetime was powerful...you've been making a difference your whole life.

I immediately made my own. Funny how readily lost moments in my life popped out. Yours was a guitar, mine was deciding to make a quilt. I was 12. I had the squares all cut out. My frazzled mom was at the sink getting dinner ready for 4 kids, while working on repairs to the house.

I asked her how to sew it. She looked at me and said, "Don't even start, you will never finish it."

For the first time in my life, I heard my inner voice saying, "WATCH ME!"

Well, I sewed it.

And I still have the quilt. That quilt set me on a path of thousands of "Watch Me's!" and the success I have today. Now my "watch me" is the freedom to discover my best self after divorce. And I finally feel good about it. This is my journey!

Thank you Dr. Stacy Feiner for your posts and your insistence that I grow. I am so glad I met you."

Signed, M