



ACTING AUTHENTIC

by **Stacy Feiner, PsyD**
Case Study

After years of practice, this highly acclaimed actress was good at managing her emotional wounds, reminding herself that others get through life having experienced worse. Until now, deflecting and isolating were coping strategies she used to stay focused and undeterred after being derailed early in her acting career.

However, on the set of her new movie, she acknowledged her coping patterns were holding her back again. She felt blocked and constrained and asked if I would coach her through painful emotions, so she could perform at higher levels.

She had relied on various healers for a sense of belonging and acceptance. But, she had yet to reconcile the betrayal of those she trusted—the source of her inconsolable rage.

Months into our work, a breakthrough happened when we noticed how she chided herself relentlessly for caring too much—“a lifetime of caring too much,” she’d say.

Examining her pattern of giving hurtful people the benefit of the doubt and apologizing for other people’s missteps, it struck her that her capacity to care was not the problem; the dilemma existed inside the “too much” part.

We began to find ways to preserve her capacity to care

deeply about others, while disrupting her compulsion to over-extend. Too much of anything can hurt.

As the process evolved, I asked her to imagine all of her emotions as useful messages, not enemies. As she reflected, she opened to the idea of accepting her emotions, of honoring her own goodness, kindness, and humanity. When she looked at me with eyes clear and wide, we both knew that a shift had occurred.

She was flooded with a sense of relief, and the relief gave way to excitement, eagerness, and curiosity—her true self—were the words she used. She had momentum to move forward with the emotional capacity to perform better. After filming, she felt the proudest of her performance to date, a true and powerful comeback.

Are you ready for your greatest comeback?

Take away:

When you’re ready to achieve higher levels of awareness to improve everything and reach new levels of success—I am here for you! My process interrupts unconscious patterns and delivers real health into how you live your life and make decisions.