

Wednesday, June 14, 2000

Dear David,

Since you've missed your appointment today, I send this letter to remind you to call or contact me as soon as possible to schedule another appointment.

I also wanted you to know I am thinking about you today, since it is the time, I would have spent with you, David. I wanted to know I have been worried about the situation you did not want to talk about. Worry that sometimes problems are so heavy, people think they won't be able to share, to get over them. I want to talk about how difficult the decision has been for you to come to counseling, how unsure you still might be about whether or not to come, how doubtful you may still be about how our weekly conversations can make a difference for you.

I would like to assure you that you are not alone. In my experience, it is difficult *most of the time* for *everybody* to face their "demons" and refuse the invitation of troubles and problems into their life; it is also difficult to find the strength to talk about problems. As you said last time "I really want to change, but it is so hard". I know how anger and disappointment have been playing tricks on you lately and how disappointed you have been with so many people in your life. I write this letter to remind you of my intentions to help and find with you creative and helpful ways to help you "stay away from trouble" and "enjoy life more". I wish you would give me a chance and come back for a session.

I also want to respect your choice, if you do not think that therapy can be of any help at this time. If you choose not to come back, I want to wish you the best on the path you have chosen, I truly hope you find the answers to your questions and the peace within yourself. You deserve to have a real fine life that is what I hope for you.

If I do not hear from you within 10 days (starting from today) I will assume that you are not interested in counseling anymore.

I just had some more questions that I was asking myself right after you left, I hope you don't mind my asking:

- Do you think you are closer or further away to your dreams now as opposed to few weeks ago?

- Who would know first that you have made the accomplishments and the change you hope for?

- Who would be the most proud of you, if you could accomplish these changes?

These are some questions. You do not have to answer them all if you don't want to. Respond to the one that inspires you, if you wish.

In alliance with helping you to reclaim your life from difficulties. See you soon again I hope, if you agree. Please feel welcome to call me if you want to. I am looking forward to meeting you again.

Fabienne Kuenzli-Monard, Ph. D, MFT.