

My clients are my best teachers...

I am repetitively struck by the bottomless wisdom of my clients. Here are some of the lessons they have come up with, and frankly I could not have said it any better.

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Lesson 1.

“Life is worth living and exciting. Life is scary and terrifying too. Sometimes, life can hurt like hell. Hang in there. You are strong. You are powerful. You deserve to have the best possible life. You can go through it!”

Lesson 2.

“I know I need therapy to get better, because I don’t want to feel the way I am feeling right now. But it is so scary to open up”.

Lesson 3.

“Sometimes people who really care about you are the people who upset you the most. Love does not mean to always agree with somebody. Sometimes a real friend is somebody that is going to irritate you so much because they are going to tell you to avoid drugs. Those friends are your real friends. This is called tough love. “

Lesson 4.

“Drugs sometimes go much more quickly than you think. You think it’s gone make you feel better, yes for a while it will but then it will make you be in so much troubles. Drugs are not your friends. They make you sink deeper into troubles”.

Lesson 5.

“I have been on my own since I was 13. I want to be a better person and a better parent than what my parents were to me”.

Lesson 6.

“My life has been so hard, I don't think anybody can understand”.

Lesson 7.

“One reason why I am here is that I want to learn to be stable and not to depend on anyone like my mother, I want to learn to depend just on me”.

Lesson 8.

“You think drugs makes you free. You only become a slave of drugs. You fall under the terrible control of drugs until you die. You think you are in control. It's wrong. Drugs are in total control of your life”.

Lesson 9.

“Drugs have destroyed my parents for so long. Drugs have destroyed the relationship I could have had with them for so long. I did not have the chance to have real parents. Drugs took them away from me”.