

Myths about Therapy in General:

- **We're smart enough to solve our own problems.** Intelligence has nothing to do with solving our own issues. In fact, it's the biggest blind spot and oversight. Some of the smartest people suffer immense pain and have poor self-esteem because they believe they "should" be able to handle things emotionally as they do intellectually. LC/Ht's can give you an outside perspective on how to make better choices while addressing root emotional causes.
- **Only crazy people do therapy.** Only people with a high level of self-awareness and humility reach out for help. For example, the more successful a person becomes in business, the more coaches they tend to hire in order to succeed at higher levels. Becoming transparent about our issues and addressing them - big or small - makes us more emotionally balanced and better in all of our relationships, and it shows.
- **Therapy is only about my parents.** Only a few questions we may ask will have to do with parents. The rest is doing life coaching and hypnotherapy on the feelings you have as a result of your past, the behaviors involved, and helping you to navigate making new choices that support your happiness. (Aka: getting emotionally unstuck.)
- **Therapy is self-indulging.** ECT isn't easy. We ask you to face yourself emotionally, and take major responsibility for your own actions. There is no whining. Your LC/Ht helps, but change comes from you doing the work.
- **Therapy is reactive.** You don't need to have something "wrong" with you to do therapy. It can be (and frankly, should be) proactive. Due to the divorce rate, it is now socially acceptable to work on yourself via therapy to gain self-empowerment and true life advancement instead of, say, being that man or woman who manifests the same toxic relationships over and over. Self-esteem and relationship issues are two of the best reasons to do therapy.
- **Winning at therapy.** Trying to "win" or "do therapy right" is simply allowing the ego-mind to continue believing its own false premises without emotionally shifting. The key ingredient missing in "winning at therapy" is emotional transparency. Without transparency, all that would be attained is self-delusion on top of having the same emotional issues.