

Continue with Memory Cards or Wait on Meditative Image Development

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At this point in the process you have some decisions to make. We can now move on and deal with your memories or wait until you are more confident and comfortable with your meditative images. It is up to you to decide. If we move on and you are not yet ready, the process of removing or neutralizing the images and emotions of the memories we are working with will be difficult. However, if we don't move on, you may allow your fears to overcome you and even in some cases to immobilize you from continuing. The choice is yours to make and should be made prayerfully and carefully.

Some factors to consider before moving on are (1) do I feel comfortable or at least safe with the image of God I am relating to; (2) do I think I am ready to proceed or do I need a little more time to practice and relax; (3) as I pray about proceeding, do I believe in my heart that the process is meant for me; (4) are there other things I still need to clear up before proceeding; (5) do I feel safe enough in my life at this point to proceed since the process may make me feel and function worse initially; (6) what will happen if I don't proceed, will I be worse or better off at this time; (7) as I think back through the entire process, is there anything that I need to discuss or clarify with my counselor before continuing?

As you review the above as well as other questions that might come into your mind, don't hesitate to bring them in to the next session for discussion. Even if we proceed with your memories, you may need to discuss these or other questions first. If you do decide to proceed with the memory process, we will need at least one but no more than three memories to begin with. Please look over your memory cards and select the memories or memory you wish to start with. Remember, we rank ordered and discussed this in your last session. However, it is not too late to change if you have a specific memory or set of memories that are bothering you and you believe or feel you need to deal with these first.

After identifying the memory or memories you want to work on in the next session, put them aside and don't continue to dwell on them. Dwelling on them will just make them worse. Instead, spend as much time as possible relaxing, praying, and meditating on your meditative image of God. Developing an even greater or deeper rapport and relationship with God will be extremely helpful both in the memory sessions and in your own devotional life.

Whatever decision you make, I, or your counselor, will respect and work with you on. Don't be afraid to discuss it with us.

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