

# MINDFULMOMENTS

WYIM Newsletter

February 2026



**Your Inner Compass  
Guiding You Towards Secure  
Connection.**



# The Listening Room:

## The Courage of a Quiet Confession: Earning Trust in the Counselling Room

In the landscape of the counselling room, words are not always the primary currency. Whether it is a child sitting on the edge of a chair or the "inner child" of an adult client, the leap from feeling to speaking can feel like jumping across a canyon. For those carrying the heavy weight of anxiety or fear, silence is not a refusal to speak; it is a fortress.

When someone enters the room for the first time, they often bring this protective quiet. For the withdrawn child—or the adult who has spent a lifetime hiding their vulnerability—the world has often felt loud or unpredictable. They have learned that staying small and silent is the safest way to exist.



## The Language of Shared Silence

Building a relationship with this quiet part of ourselves or a child doesn't begin with a breakthrough. It begins with consistency. It is the unwavering truth that the counsellor will be there, with the same calm energy, every week. In these early stages, the most profound work happens in "shared silence." This is a companionable stillness that says: "I am not here to pull things out of you. I am here to sit with you, exactly as you are." Trust is earned through gentle noticing—acknowledging the way a child

arranges toy animals, or how an adult's breath hitches when a certain topic is near. These are quiet signals that the person is being seen without being pressured.

## The "Small Voice" Truth

Trust is built in millimetres. It shows up in the loosening of a shoulder or a brief moment of eye contact. Eventually, the person begins to feel that this space is the one sanctuary where they don't have to "perform" or be "brave." In this safety, the "small voice" truth finally emerges. It often arrives in a whisper—a sentence about a "big feeling" that has been locked away for years.

"I feel like there's a heavy stone in my tummy when I have to be seen."

To an outsider, this is a simple comment. In the room, it is a monumental act of courage. It is the moment the child—or the symbolic child within the adult—hands over a piece of their burden, trusting that the counsellor can hold it with them.

## How Counselling Can Help:

When the child finally shares a big feeling, the role of counselling is not to "fix" it immediately with logic. Instead, it provides a space where that feeling can be named and validated.

- **Validation:** By hearing "It makes sense that you feel that way," the "child" learns that their internal world isn't "wrong" or "broken."
- **Externalisation:** Naming a feeling like anxiety allows the "child" to see it as something they have, rather than something they are.
- **Regulation:** Through the steady presence of the counsellor, the "child" learns how to sit with uncomfortable emotions without being overwhelmed by them.

# Setting the Stage for Healthy Love: Boundaries Are the Best Valentine

When we think of Valentine's Day, we usually imagine heart-shaped chocolates and grand declarations. We are taught that love is a sweeping, romantic "yes" to another person. However, in the counselling room, we often find that the most profound expression of love isn't what we give away, but how we protect our own wellbeing.

True love—whether for a partner, a friend, or oneself—is built on a foundation of respect and boundaries.



## Reimagining the "Heart"

"Boundaries" can sometimes feel like a cold word, as if we are building walls. But in healthy relationships, a boundary is actually a bridge. It is a clear map that tells others how to love us well without causing us harm. When we teach children to say "I don't like that" or "I need space," we aren't teaching them to be unkind; we are teaching them the vocabulary of self-respect.

## Reimagining the "Heart"

"Boundaries" can sometimes feel like a cold word, as if we are building walls. But in healthy relationships, a boundary is actually a bridge. It is a clear map that tells others how to love us well without causing us harm. When we teach children to say "I don't like that" or "I need space," we aren't teaching them to be unkind; we are teaching them the vocabulary of self-respect.

## The Foundation of Consent

For a child, learning about boundaries starts with autonomy over their own body. When we encourage them to articulate their needs, we give them the tools to navigate a complex world:

"I don't like being tickled."

"I'm not ready for a hug right now."

"I want to play by myself for a bit."

When an adult respects these statements, the child receives a powerful message: My feelings are valid, and I have the right to decide what happens to me. This is the blueprint for future relationships. A child empowered to say "no" today is better equipped to resist pressure from a partner later in life.

## A Gift to Others

Boundaries are not selfish; they are a "user manual" for our hearts. By being clear about our needs—such as requiring quiet time after work—we prevent the resentment that often poisons long-term connections.

Modeling this for children shows them that love is sustainable. It isn't about one person constantly bending to fit the other; it's about two people standing side-by-side, respecting the space in between.

## Latest Blog

### [Stop Saying 'I'm Sorry' and Start Saying 'Thank You': The Power of Micro-Interventions](#)

Apologising for your existence or your needs creates a "debt" mindset. You are essentially asking for forgiveness for being a person. By switching your "I'm sorry" to "Thank you," you move from a place of inadequacy to a ...[READ MORE](#)



# Opening the Door to Counselling

## Opening the Door: Moving Beyond Words

When people imagine a counselling session, they often picture two people sitting in chairs, locked in deep, heavy conversation. While talking is a vital part of what we do, it isn't the only way—or sometimes even the best way—to heal. For many, words can feel like a clumsy tool for a delicate job, especially when an experience feels too large or too complex to describe.

In this month's Opening the Door segment, we're stepping behind the scenes to look at how we move beyond the "talking cure" by using movement and art to get feelings out of the body and into the room.

### The Body Keeps the Score

We often think of emotions as purely mental events, but they are deeply physical. Have you ever felt your chest tighten when you're worried, your jaw set when you're frustrated, or a hollowness in your stomach during grief? This is the body-mind connection in action.

When we are under significant stress or dealing with trauma, the "thinking" part of the brain—the prefrontal cortex, which finds words and logic—can often go offline. We find ourselves "stuck" in a feeling, and no amount of logical thinking can shift it. In these moments, kinetic and artistic methods become essential because they speak the language of the nervous system rather than the language of the intellect.



### Art as a Bridge

Art serves as a bridge between the physical sensation and the spoken word. When we create something—whether it's a spontaneous scribble, a clay model, or a specific use of colour—we are taking an internal, invisible pain and making it external and visible.

We might explore what colour a particular "heaviness" is, or draw the shape of a worry. By doing this, the emotion is no longer trapped inside the person; it is on the page. Once it is externalised, it becomes something we can observe together. We can talk about its boundaries, its intensity, and—eventually—how to transform it.



## Your Discovery Tool

### The "Abstract Anger" Scribble

Sometimes anger is too sharp for words. This exercise helps you discharge that physical heat.

**The Activity:** Take a thick dark crayon or marker. Close your eyes for a moment and feel where the frustration is in your body. Then, let your hand move across the paper with as much speed and pressure as the feeling requires. Don't draw a "thing"—just draw the energy.

**The Benefit:** It allows your body to physically "vent" the intensity of the emotion onto a safe, inanimate object (the paper) rather than holding it in or snapping at others.

# Our Recommendation

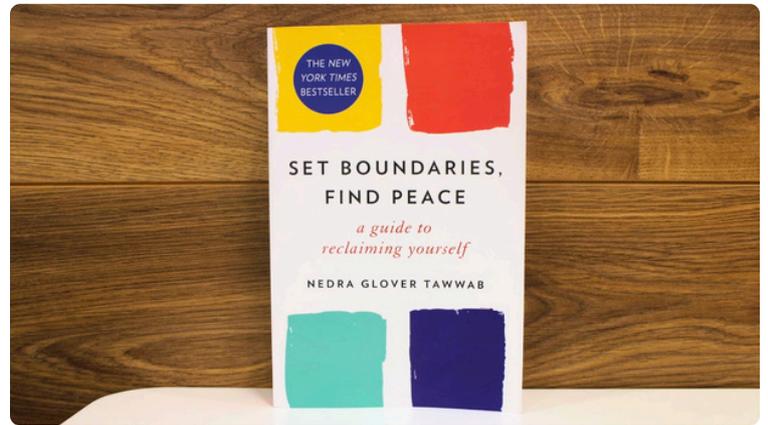
**Set Boundaries, Find Peace: A Guide to Reclaiming Yourself** by Nedra Glover Tawwab.

In our busy lives, we often find ourselves feeling "poured out"—exhausted, resentful, or overwhelmed by the demands of others. In the counselling room, these feelings are frequently the symptoms of a common struggle: a lack of clear boundaries. Understanding how to set these limits is a cornerstone of mental wellbeing and a vital step toward reclaiming your sense of self.

Boundaries are often misunderstood as walls meant to keep people out. In reality, they are the essential requirements for healthy, sustainable relationships. They are the "user manuals" we provide to others, explaining how to love and respect us without causing us harm. For anyone who has ever felt like a "people-pleaser" or struggled to ask for what they need, learning to set boundaries is an act of profound self-compassion.

From a counselling perspective, poor boundaries are often at the root of chronic anxiety and burnout. When we fail to set limits, we essentially abandon our own needs to accommodate others. This creates an internal imbalance where our "inner battery" is constantly drained.

By establishing clear expectations, we move from reactive living—where we are constantly buffeted by the needs of others—to intentional living. It allows us to preserve our emotional energy for the things and people that truly matter, including ourselves.



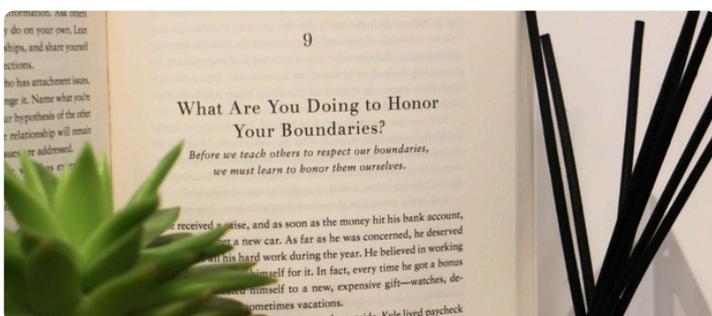
## Key Insights for Reclaiming Yourself

**Identifying the Three Types:** Boundaries generally fall into three categories: Porous (too weak, leading to over-sharing and burnout), Rigid (too closed off, leading to isolation), and Healthy. The goal of therapy is often to move toward that middle ground of "Healthy"—where we are connected to others but protected in ourselves.

**The Six Pillars of Self-Space:** Limits aren't just about saying "no" to a favour. They exist across six areas of life: physical, sexual, intellectual, emotional, material, and time. Recognising that you have a right to a boundary in your time is just as important as your physical space.

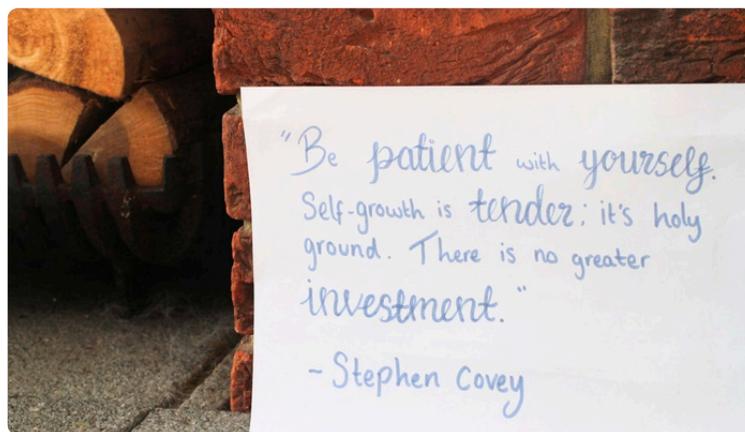
**Scripts and Language:** The hardest part of a boundary is often the "how." Using clear, non-negotiable language—such as "I'm not able to take that on right now" or "I need to step away from this conversation"—is a skill that can be practised and refined.

**Managing the "Boundary Guilt":** Feeling guilty when you first start setting limits is a normal side effect, not a sign that you are doing something wrong. It is simply the discomfort of breaking an old, unhealthy habit.



# Thought-full

**“Be patient with yourself. Self-growth is tender; it’s holy ground. There is no greater investment.” - Stephen Covey**



In the journey of mental wellbeing, we often measure our progress against the expectations of others, yet true healing requires us to trust our own internal compass.

Embracing your unique perspective and following a path that feels authentic—rather than one that feels "safe"—is where resilience is born. It is often during our lowest ebbs and most difficult seasons that our inherent strength becomes most visible. In the safety of the counselling room, we learn that the dark isn't something to fear, but the very backdrop that allows our individual light to finally be seen.



## Helpful Tool

### The Worry Box: A Sanctuary for the Mind

#### How to Create and Use Your Worry Box

**Find Your Container:** Any box will do—an old shoebox, a clean jar, or a small wooden chest. If you are doing this with a child, encourage them to decorate it. This process of "making" helps build a sense of ownership and safety around the tool.

**The Act of Recording:** When a worry strikes, write it down on a scrap of paper. If words feel too difficult, draw a symbol or a "scribble" that represents the feeling. Be specific. Instead of "I'm stressed," try "I'm worried about the presentation on Tuesday."

**The Deposit:** Fold the paper and place it in the box. As you close the lid, take a deep, grounding breath. Visualise the worry staying inside that box, held by the cardboard or glass rather than your own mind.

**Set a "Worry Time":** The goal isn't to ignore the worries forever, but to stop them from leaking into your whole day. Decide on a specific time—perhaps 10 minutes at 5:00 PM—to open the box. You can then look at the slips and decide which ones need action and which ones can be shredded.

# Urgent Help

If you are experiencing an immediate mental health crisis, feel unsafe, or require urgent help, please contact the following services for immediate assistance:

- **999** for emergency services.
- **NHS 111**: for urgent advice
- **The Samaritans**: Call 116 123 for free, 24 hours a day, 7 days a week.
- **Shout 85258**: Text "SHOUT" to 85258 to connect with a trained volunteer for free, confidential crisis support via text, anytime.
- **Your GP**: Contact your GP during surgery hours for an urgent appointment or advice.

Your safety and well-being are the absolute priority. Please do not hesitate to reach out to these services if you need immediate help.

## Contact Us

[Email Us](#)

[Call Us](#)

[WhatsApp Us](#)

