Worksheet :
Practicing Therapy from Purpose not Pain

For Clinical Therapists-A Guide for Therapists to Work on Their Own Healing and Align your Practice with Purpose.

This worksheet is designed to help you address unresolved pain, embrace your own healing journey, and learn to practice therapy from a place of purpose and wholeness rather than personal wounds. This worksheet combines practical exercises, journal prompts, and a focus on self-healing .

Section 1: Recognizing Pain as a Catalyst

Exercise 1: Identifying Unresolved Pain

Reflect on your motivations for becoming a therapist. Answer the following:

1. Are there any personal wounds that influenced your decision to enter the field?
2. Do you notice patterns where unresolved pain drives your work or impacts your boundaries with clients?
3. How does your personal story influence the way you view your clients and their challenges?

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Think about a moment in your career where you felt emotionally triggered. What was the trigger, and how do you think it connects to your own healing journey?

What emotions arise when you reflect on your personal pain in the context of your work? How do these feelings shape your approach to therapy?

Section 2: Honoring Your Healing Journey

Exercise 2: Building Self-Awareness

Take inventory of your emotional and mental well-being. Answer the following:

1. What Sections of your healing journey feel incomplete?
2. How do these areas of unhealed pain show up in your professional life (e.g., empathy fatigue, over-identification with clients)?
3. What would healing look like for you at this stage of your life?

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List 3 areas of healing that you want to prioritize:

1.
2.
3.

Exercise 3: Creating Space for Healing

Reflect on ways to integrate healing practices into your routine:

1. Consider therapy for yourself; what type would best support your healing?
2. Think about restorative activities (e.g., journaling, mindfulness, spiritual practices).
3. Identify boundaries that allow you to protect your mental health.

How can you create a safe and consistent space to prioritize your healing without guilt or hesitation?

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Section 3: Aligning with Purpose

Exercise 4: Defining Your Purpose

Think about why you chose to become a therapist:

1. What core values drive your desire to help others?
2. What unique strengths and qualities do you bring to the field?
3. What vision do you have for your impact on clients and the world?

Write a statement that defines your purpose as a therapist. Example: *"I practice therapy to empower clients toward healing, growth, and resilience by offering compassionate care and guidance."*

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Exercise 5: Reassessing Boundaries Between Personal and Professional

Reflect on how your own healing journey intersects with your work. Answer the following:

1. Are there moments when your personal pain overshadows your ability to stay grounded in your purpose?
2. How can you separate empathy from over-identification with your clients?
3. What boundaries can you strengthen to practice therapy from purpose instead of pain?

What boundaries would help you feel confident and centered in your role as a therapist?

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Section 4: Taking Action Toward Growth

Exercise 6: Creating a Healing Plan

Design an actionable plan for addressing unresolved pain and practicing therapy from purpose:

- Commit to your own therapy sessions.
- Set aside time weekly for self-care and reflection.
- Revisit your purpose statement regularly as a grounding tool.

Healing Plan Checklist:

1. Therapy/Counseling Commitment:
   _____
2. Self-Care Routine:
   _____
3. Purpose Statement Practice:
   _____

Exercise 7: Reflection on Growth

Set a monthly reflection practice:

1. How is your healing journey progressing?
2. What changes are you noticing in your interactions with clients?
3. How have you deepened your alignment with purpose?

Reflect on a recent breakthrough or moment of clarity. How did this growth impact your practice and your clients?

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Suggested Books for Further Exploration

1. *The Gift of Therapy* by Irvin Yalom – A foundational book for therapists reflecting on their role and personal growth.
2. *Healing the Shame That Binds You* by John Bradshaw – Focuses on addressing deep personal wounds and shame.
3. *The Body Keeps the Score* by Bessel van der Kolk – Examines the impact of trauma and ways to heal.
4. *Radical Acceptance* by Tara Brach – Offers insights into self-compassion and emotional healing.
5. *Braving the Wilderness* by Brené Brown – Explores authenticity, belonging, and courage.