

PART III

Reflection & Expansion Prompts

“How Do You Show Up in the Room?”

Therapists do not only offer interventions.

They also create emotional ecosystems.

One client may enter therapy searching for safety after years of relational unpredictability or emotional survival.

Another arrives desperate for movement after feeling trapped inside the same painful cycle for far too long.

Others seek understanding, hoping someone can finally help organize experiences that have always felt fragmented or difficult to name.

For many, the deepest longing is emotional witnessing: the experience of being genuinely seen without performance, minimization, or explanation.

At times, therapy becomes a search for transformation itself, a quiet hope that life can become something more whole, connected, or alive than what has existed before.

What therapists unconsciously project into the room shapes:

- who feels safe enough to stay
- who withdraws
- what relational dynamics emerge
- how pacing unfolds
- what clients emotionally experience in treatment

The purpose of this reflection is not self-criticism.

It is awareness.

Awareness creates flexibility.

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Flexibility creates choice.

Choice creates growth.

Self-Recognition & Insight

- Which parts of your result felt deeply accurate?
 - Which parts surprised you?
 - What archetype energy feels most natural to you?
 - What archetype energy feels least accessible?
 - Did your result reflect how you see yourself clinically?
 - Did your result reflect how clients likely experience you?
 - What emotional atmosphere do you think clients experience in your room?
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Nervous System & Regulation

- What happens internally when a client becomes highly emotional?
 - How do you personally tolerate silence?
 - What emotions feel hardest for you to sit with clinically?
 - What types of sessions leave you depleted?
 - Which sessions leave you feeling energized or connected to your work?
 - How does uncertainty affect your nervous system in the room?
 - What clinical moments create urgency inside you?
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Attachment & Relational Dynamics

- What role did you learn to occupy in your family system growing up?
- How might that role continue showing up clinically?
- Which clients feel easiest for you to connect with?
- Which clients feel most difficult to stay grounded with?
- What client dynamics activate your shadow most quickly?
- How do dependency, avoidance, or emotional distance impact you internally?
- What kinds of clients naturally gravitate toward your therapeutic style?

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Shadow & Countertransference

- What does your archetype look like when exhausted or overwhelmed?
- What survival strategies may still appear in your clinical work?
- Where might your greatest strength become rigid?
- How do you know when you are over-functioning?
- How do you recognize emotional distancing in yourself?
- What signs tell you that you are over-identifying with a client?
- Which client dynamics are hardest for your nervous system not to “manage”?

Growth & Integration

- What archetype energy might expand your therapeutic range if developed further?
- What would greater flexibility look like for your nervous system?
- Which strengths do you want to preserve while softening the shadow?
- What does balance look like for your archetype?
- How might integration look different from over-identification?
- What archetype energy do you need more access to in order to grow clinically?

Reflection

The healthiest therapists are not the ones who rigidly embody one archetype.

They are the ones who can consciously recognize:

- moments that call for holding
- moments that require challenge
- seasons that need slowing down
- invitations toward greater depth
- situations requiring stabilization
- experiences asking simply to be witnessed
- opportunities for movement and change
- times where presence itself becomes the intervention

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Therapeutic growth is not becoming a perfect therapist.

It is becoming a more aware, flexible, and embodied one.

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