

Consider, for example, the following more subtle conversational exchange between counsellor and client.

Client: *I feel like almost everybody I encounter lets me down in some way.*

Counsellor: *I promise I will not be one of those people who lets you down.*

Client: *How can I know that for sure? Even my mom lets me down, and she is not paid to see me.*

Counsellor: *I hope I have demonstrated that I am worthy of your trust.*

Client: *Of course, I trust you.*

Counsellor: *Thank you. I am happy that you see me as someone you can count on no matter what.*

Make note of your initial reactions to this dialogue, both cognitive and emotional. Then review the conversation again with the inside voices of both counsellor and client revealed [in brackets].

Client: *I feel like almost everybody I encounter lets me down in some way.* [Inside voice: *You are going to let me down.*]

Counsellor: *I promise I will not be one of those people who lets you down.* [Inside voice: *I know what it is like to be let down by others, and I won't do that to you.*]

Client: *How can I know that for sure? Even my mom lets me down, and she is not paid to see me.* [Inside voice: *I need someone I can count on to not let me down.*]

Counsellor: *I hope I have demonstrated that I am worthy of your trust.* [Inside voice: *Please see me as a reliable person who will not let you down.*]

Client: *Of course, I trust you.* [Inside voice: *I don't want to disappoint you like I disappoint everyone else.*]

Counsellor: *Thank you. I am happy that you see me as someone you can count on no matter what.* [Inside voice: *I want to be that person for you that I wish I had at your age.*]