



Who are you? Your true self for wellbeing

Before a patient/client comes in for their first appointment, they have usually contacted me by phone. Since I do not answer the phone during a patient consultation, I see her/his number on my answering machine. I only call back if the person leaves a message stating their name and the reason for their call. I ignore unknown phone numbers (as well as attempts to contact me on social networks without verifiable identity and mention of the specific reason why a person wants to contact me). This protects me from unwanted advertising calls, "contact collectors" and people who want to steal my time.

Someone calling and leaving a message on my answering machine by mentioning name, stating the purpose of the call, I will call back reliably and quickly. This first telephone call, which may already have the character of a consultation, is of course free of charge.

When the person is in my practice, a thorough anamnesis (questioning) is taken in a conversation. In order for a therapist to be successful, it is not enough to describe the particular physical complaint, because health is always a matter of body, mind and spirit. Therefore I need your "personal story", truthful, honest and complete answers, in order to be able to make effective suggestions for a possible therapy or specific measures to solve your health problem. This creates a very individual, trusting connection between therapist and patient/client. The openness from both sides is of great importance. The prerequisite is that the "chemistry" between patient/client and therapist is given. Therefore, do not hesitate to ask the therapist questions during the first telephone call/first consultation, the answers to which seem important to you for a trusting cooperation.

In order to find clues to the cause of complaints, I may ask about possible drug use, medication abuse, vaccination status and problems in the partnership or in the family. I am obliged to secrecy and all information remains in a protected space. Honesty with a therapist is of great importance for finding targeted measures to solve your health problem.

But also in your private life, it pays not to put up a facade to those around you, but to show your true colors right from the start of a relationship.

The Internet offers many opportunities to hide your true identity. To enter the lives of others as someone you are not. If you are honest from the start when making contact in the virtual world, you will be respected and liked for who you are, a prerequisite of healthy, enriching relationships without pre-programmed disappointments. You also attract only those people who fit you and do not look for a wishful image of a person described in virtual reality.

Why do people hide behind a false identity? Such behavior can have different reasons:

- A lack of self-confidence. No one is perfect, and those who are afraid they are not lovable because of their weaknesses, or do not make a good impression, or do not receive a response to a contact request are not aware enough of themselves and their strengths.

- A perfectionist demand on oneself by describing an image of a person one would like to be or who is how society expects you to be.
- For this person quantity counts more than quality: the more "friends", the more "likes", the more importance a person attaches to himself. As already mentioned above: Noting in your social networks profile that you will not respond to contact requests unless a concrete reason is described why someone wants to contact you keeps away "contact collectors", who are not interested in you as a person but in their quantity of contacts.
- Sometimes these persons simply have fear of consequences. For example, a husband discovers that his wife is seeking contacts with others on the Internet. Ask yourself: Why is she doing this? Instead of a loving spouse, does this woman possibly have an "owner" as a husband? Is marriage, instead of a place of love, respect and emotional security, rather a prison from which the woman wants to break out? Ask yourself: What does this woman benefit from in this relationship and why doesn't she leave it? Out of fear? Out of cowardice? For material reasons? Why does the husband even "check" what his wife is doing on the Internet? Both partners obviously lack relationship skills. So be careful with "unclear" contacts!

Summary: Truth and clarity from the very beginning about yourself and how you present yourself to others is the best recipe for fulfilling and happy relationships of any kind. And in contact with a trustworthy therapist, this can immensely shorten the time to restore your well-being.



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