

THINGS TO DO BEFORE BECOMING A MARRIAGE AND FAMILY THERAPIST

Learn more about your own family story
Fall in love once (or twice)
Get your heart broken once (or twice)
Disappoint someone else deeply and apologize genuinely
Make a long term commitment to care for someone or something
Make a long term commitment to care for yourself
Take care of a child
Take care of someone or something that is vulnerable
Be vulnerable yourself
Experience not knowing enough or feeling good enough
Have difficult conversation(s)
Tell someone you love them
Ask a number of relatives what they think works or doesn't work in relationships
Repair a relationship that is strained
Enjoy being in groups, participate in your community
Let go of perfectionism
Go to therapy yourself
Learn how to play again
Get comfortable with your body
Listen to someone else who is in pain
Correct something that you feel ashamed about
Be patient when someone tells you the same story over and over
Face something or someone you have been running away from
Express yourself creatively
Be a leader and a follower
Be a good coach, friend, co-worker
Try and fail at something
Figure out what your values and your "rules" for living are
Learn what aspects of your culture you keep and what aspects you discard
Spend time peacefully with people you completely disagree with
Explore your assumptions
Travel and experience cultures that are different from yours
Feel what it is like not to fit in
Advocate on someone else's behalf
Advocate on your own behalf
Open your mind
Listen to an elderly person telling stories about their life
Hold the hand of someone who is dying
Sit with someone who is crying when you don't know what to say
Experience joy, contentment, pleasure, fear, anger, sadness