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MFT 603

Professor Tesia Wells

Reading Assignment week 10

April 4, 2023

- Chapter 6 of the Myth of Closure was short but very intense. Ambigules los is so difficult to overcome and both/and thinking is a really good approach. We don't have to have an exact answer or way of thinking it is okay to acknowledge the loss and have some kind of positive feeling from it.
- I enjoy knowing that it is healthy to have two opposite ideas at the same time. That we don't have to choose one side of things.
- The pandemic really brought us good and terrible times and we had to adjust to the feeling of losing control and gain quality time with our family.
- Loss history is an important part of the intake session, mostly because losses can be overlooked and self diagnosis doesn't always happen.