

Sitting in the Fire

Authenticity is the state of being who we truly are.

To be who we truly are, we need to be able to tolerate the discomfort of staying present to frightening feelings and disowned parts of ourselves.

What is required to sit in the fire of your own discomfort and not be consumed by the flames?
(i.e., what's needed to stay present to our frightening feelings?)

- The strength to tolerate the discomfort of fear.
 - The courage to challenge our thoughts and beliefs.
 - The willingness to surrender being perfect (i.e., who we're *supposed to be*).
 - The wisdom to surrender the need for love and approval.
 - The compassion to love ourselves exactly as we are.
 - The faith to trust that no matter what happens, we will be all right.
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- Work skillfully with the transference/countertransference (or the *interpersonal field*)
 - I.e., use what's arising in you as a barometer of what's happening in the room.
 - Don't assume that what's arising within you is *yours* (e.g., feelings of incompetence, confusion, inadequacy, fear)
 - Notice the feelings and thoughts arising within you, and ask yourself, "what might that mean about what's happening in the room right now?"
 - Develop *negative capacity* (i.e., the ability to be comfortable with discomfort)

Integrity is the state of acting in accordance with what we know to be true.