

Allowing Phrases for Therapists

Allowing phrases are designed to help clients face discomfort in their bodies without judgment. Choose phrases that feel best in the situation. You can say them to clients while they are focusing on the feeling in their bodies.

- “Allow it to be there.”
- “Let it be there, just for now.”
- “Just notice.”
- “Allow it space.”
- “Open up to it.”
- “Let yourself be uncomfortable.”
- “Let yourself feel all of it.”
- “Your only job is to observe.”
- “See if you can let yourself feel it, just for a few minutes.”
- “Just be with it.”
- “Watch it with open curiosity.” Or: “Be curious about what it will show you next.”
- “You can say to yourself, ‘I care about this feeling.’”
- “Notice the part of you that does feel it and the part that doesn’t want to feel it.”
- “Notice the part of you that needs to express this and the part of you that judges yourself for feeling this. Just notice.”
- “Remember, this is a hurt part of you that needs to be heard.”
- “Notice that you are handling it. It’s not too much. You are not too much.”
- “Your job is to hang out with the feeling. That’s it. No need to analyze. [You, as the therapist, can do that later]. Just be with it.”
- “Do not try to *make* it better. We never force a feeling. Instead, just listen. This is a very kind thing to do for your hurt part.”