



An Examined Life

By Sande Snead

Getting in touch
with one's self
through counseling

I admit it. I love going to counseling. I enjoy analyzing my childhood; I like finding out things about myself that were right in front of me all along. I feel enlightened when I gain insight into the behavior of my significant other. My former husband and I had three counselors over the course of our 15-year marriage. The

absolute best was our last, but despite all we learned about ourselves and our relationship, our marriage could not be saved.

I look at therapy the way some people look at prayer and God. I know it's there if I need it, but if everything is going OK, I don't think about it too much. So it had ▶