FOR CLIENTS

# If your clinician has mentioned the Path to Freedom

*A plain account of what it is, how it sits beside therapy, and when to go back to your clinician.*

## What it is

The Path to Freedom is a way of looking at who you are underneath the roles and rules you took on to stay safe, accepted, or useful. The path calls a role you adopted a mask, and a rule you keep without ever having agreed to it an invisible contract. You read, you reflect, and you write plain sentences about what is true for you. You do it alone, at your own pace, and you can stop whenever you like. Nothing in it needs another person, and nothing in it is a requirement.

## What it is not

It is not therapy, and it does not replace therapy. It does not diagnose or treat anything, and it never gives advice about medication or about your treatment. Your clinician knows you and your history, and your clinician has the final word on what fits and when.

## How it sits beside therapy

- Therapy works on what happened and what it left behind. The path looks at the identity that formed around it.
- Tell your clinician you are doing it. You decide what to share, and nothing passes between your clinician and The Autonomy Commission without your written consent.
- If your clinician asks you to pause or wait, that is a good reason to do so.
- You can bring what you write to your sessions, or keep it to yourself.

## Go back to your clinician if

- A memory comes back with more force than you can hold
- Your sleep, appetite, or daily life change sharply
- You feel panic, numbness, or as if you are unreal or cut off
- You notice that you are afraid of someone in your own life
- You have thoughts of ending your life or hurting someone

If you are in danger or in crisis, call or text 988 in the United States, or contact your local emergency services. Coming back to your clinician is never a setback. It means what you found deserves more care than a notebook can give.

To learn more, visit autonomycommission.com/therapy/


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