

How to Actually Get Results from Therapy

Understanding can show you the pattern. It does not automatically change it.

People usually don't stay stuck because they lack insight. They stay stuck because the organization that once protected them is still deciding what feels possible.

◆ Why Change Stalls

- You understand yourself but nothing changes outside therapy.
- You know what you want but still avoid deciding.
- You make progress in session, then your old patterns quickly take over again.

◆ Applying the McInnis Method

REALITY	You now see something more clearly.
THREAT	Acting on that reality still feels dangerous.
PROTECTION	The old rule keeps organizing what feels possible.
FUNCTION	The protection reduces exposure to the outcome the old rule predicts.
COST	Insight stays in the room while your life outside therapy remains unchanged.
CAPACITY	Some version of the needed capacity may already be available under other conditions.
ACTION	When action is appropriate, take one real step the old protection would not have let you take.

◆ Your Role Between Sessions

- Stop asking whether you feel ready.
- When action is appropriate, choose one real step the old protection would not have let you take.
- Don't treat discomfort as evidence that the step was wrong.
- Let insight point toward action rather than become the action.

The Bottom Line

Understanding helps you see the old organization. When action has earned its place, it gives the old rule a chance to be tested against reality.

Insight reveals the old rule. Action tests it against reality.