



Dr Mish
CONSULTANCY & TRAINING

'What should I share' by Dr Mish (September 2023)

Hi ho, to supervision I go

what do I want her to know?

What will I share? That won't scare me in there.

I want to look good in her eyes,

but to be supervised means I have to share

in there.

So I look at my list

what can be missed? That feels too raw because if she saw my fear

it would be clear

that I don't belong here.

And I'm not good enough.

But that's tough to admit.

So, when I sit in that chair, what should I share?



Dr Mish Seabrook

Psychotherapy|Supervision|Business

drmish@michelleseabrook.co.uk

07541060950