

**TOP FIVE THINGS YOU SHOULD KNOW
IF YOU ARE INVOLVED IN THE LEGAL SYSTEM:**

1. You have the right to remain silent, use it. From a very young age we are taught that the cops are our friend. They are if you are lost or in need. If they are contacting you they are not there on a friendly basis and you should choose to remain silent.
2. If you have the ability to hire a lawyer, you should. You have too much emotional baggage if you are involved in a lawsuit or if you are being charged. You will not be able to see the forest through the trees.
3. Your lawyer is not your therapist, they have a job to do so let them do it. If you need outside advice or an ear to bend, find it elsewhere. This will create a much healthier and stable relationship between you and your lawyer.
4. The wheels of justice do not move fast. As a matter of fact, it is quicker to watch paint dry. Be patient, I know this is not easy sometimes.
5. Money is a HUGE trigger for most people. Find lawyer that you can afford, not the most expensive and surely not the least expensive. Remember you get what you pay for.

If you are interested in finding another outlet for your stress release contact me. The horses and I would love to help you decompress and find peace in your life again.

Let me know if I can support you with one on one coaching or one of our individual or group classes. I look forward to keeping you in the “Lope” with all our classes and retreats in the coming months ahead.

REMEMBER LISTEN TO THE WHISPER!



Visit us at WithersWhisper.com | Call 970.682.4405 to schedule a FREE exploratory session.