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Case Analysis # 2

**Gloria’s Films**

1. Describe Carl Rogers’s hypothesis in the case of Gloria.

Carl Rogers believed that Gloria, like anyone else, could grow and understand herself better. He thought that facing the parts of herself she was hiding or misunderstanding could help her become more genuine. He saw her struggles as coming from a gap between how she saw herself and how she truly felt or experienced things. This mismatch made her feel uncomfortable, leading her to change or hide some of her thoughts and feelings.

1. Identify what could be Gloria’s blocks to growth that made her deny of distort certain aspects of herself. Pick one or two utterances (copy and paste a conversation between Carl Rogers’s and Gloria).

Gloria’s main challenges to personal growth seemed to be her guilt, fear of judgment, and trouble accepting herself, especially as a mother. She worried that being honest might negatively impact her daughter and felt anxious about how others would judge her actions.

"I'm so torn between wanting to be the way I'm and my guilt at not being a good mother and my guilt at not doing the right things. I'm just afraid to be completely myself"

Gloria’s fear of being judged, especially as a mother, and her strong sense of guilt stop her from fully accepting who she is. She wants to be true to herself and share her real thoughts and feelings, but she’s afraid that being honest might hurt her daughter or make others disapprove of her. This creates an inner conflict, where she feels torn between being herself and meeting the expectations of what a "good mother" should be. As a result, she struggles to accept her imperfections, worrying that living her truth might cause problems for her loved ones or damage how she sees herself. These emotional struggles become a major barrier to her personal growth.

1. Pick out Dr. Rogers’s utterances that show how he explored Gloria’s thoughts and feelings (verbatim).

* Restatements of thoughts or narratives

When Rogers says, "you feel like you haven't been a good mother and aren't happy with yourself in that role," he repeats Gloria's feelings about motherhood. This technique helps her feel understood and accepted. By rephrasing her words, Rogers helps her hear her own thoughts more clearly. It also opens up the conversation, encouraging Gloria to think more about how she sees herself as a mother.

* Open question about thoughts

When Rogers says, "I wonder if you can say a little more about what it is that you feel guilty about," he invites Gloria to talk more about her guilt. Open-ended questions like this let the client steer the conversation while helping them become more aware of their feelings. By gently asking, Rogers encourages Gloria to look more closely at the reasons behind her guilt, helping her uncover feelings or beliefs she may not have fully expressed.

* Reflection of feelings

When Rogers says, "it seems to me that you feel a deep guilt and maybe even confusion about whether you're a good mother," he is reflecting Gloria's emotions. This helps Gloria recognize the depth and complexity of her feelings, making it easier for her to work through emotions that might otherwise feel overwhelming or confusing. By mirroring her feelings, Rogers helps Gloria feel understood, which can bring clarity and insight as she works through her inner conflict.

Signature over Printed Name

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