Cansino, Wynona Bernice M. September 25, 2013

SY0543 Prof. Ana Nelia Lopez-Jumamil

**HOMEWORK**

**[The counseling session is about to end]**

**Therapist:** Okay. So based from our conversation earlier, you are still experiencing these anxieties about your partner’s loyalty to you. Tell me if I got it wrong, but from how I understand it, you are anxious that your partner might be cheating on you. You have these anxieties because you feel that your partner has changed the way he treats you. You told me that he’s not that sweet anymore, he is busy most of the time, he is not texting you all the time or calling you every time, and he cheated on you once already. Am I correct?

**Client:** Yes. That’s right.

**Therapist:** Since we don’t have much time to discuss more about this problem, I will give you homework. Well, don’t worry, this is part of the program and this is not graded.

**Client:** Haha. Okay. I never liked assignments in school.

**Therapist:** I want you to write down in a piece of paper what you like about your partner. I mean, everyday, write an act or what your partner did that day to make you happy. And if you are experiencing those anxieties again, write the reason or reasons why you experienced that and then read the other paper I told you to write. For every night, before you go to sleep, read the “anxiety” paper first and then the “sweetness” paper. As the day goes by, always start reading from the first day you began to write. You think you can do that?

**Client:** Yes, I think I can handle that simple task.

**Therapist:** But wait, I’m not yet done. You told me awhile ago the reasons why you feel anxious, right? So I want you to write the possible reasons why you think your partner does that specific action. But I don’t want you to write that you think he is with another girl. Write a GOOD reason on why he does that. For example, he is busy. What might be the GOOD reason why he is busy? Maybe he is doing some paper works? Or maybe he is taking care of his sister? Those kinds of reasons, don’t write something about his infidelity. Do you understand that?

**Client:** Yes. Okay. I’ll try not to be anxious anymore. I’ll follow your instructions. I hope this can help me. Thank you so much, doc.

**Therapist:** You’re welcome. I hope to see you next week.

**Self-Observation, New Internal Dialogue, Learning New Skills**

**[In the middle of the session]**

**Therapist:** So you are telling me, that no one wants to be your friend because you are a loser?

**Client:** Yes, that's what I've been telling you! I came to you because I don't want to be a loser anymore. I want to be like the popular kids, who walks around the school hallways, always smiling and have many friends! Well, a loser like me will never be like that.

**Therapist:** I see. Can you tell me what a loser is?

**Client:** A loser is someone who has no friends because you like computers, cartoons, and math. A loser is someone who is always at the top of the class, people are connecting it immediately to being "grade-conscious". A loser is someone who likes to play computer games, likes to read books, and listens to classical music. In short, a loser is like me!

**Therapist:** So you are saying that you like to play computer games, you like math, you like to read books, you love to listen to classical music, you like to watch cartoons, and you are always at the top of the class, and you are a loser? Am I right?

**Client:** Yes. You're right. That's why nobody wants to be my friend.

**Therapist:** Don't you think that being at the top of the class, loving to read books, and being good at computers and math, are gifts? I mean, it's a talent. Not many people have those kinds of characteristics.

**Client:** Yeah. Well, maybe. But that doesn't change anything.

**Therapist:** Yes it does. I think it's not a thing losers have. Do you really think that those talents are not gifts? I mean, those talents only bring worse to your life?

**Client:** Well, I don't know. Maybe.. Maybe not.. But if those things are actually good, then why don't I have many friends?

**Therapist:** Can you think of another reason? Because you know, Jenny, being at the top of the class is a good thing. You mentioned that you don't have a hard time studying for your exams, and you don't study that often. But you are still at the top. Don't you think that it is an achievement?

**Client:** Yes. I do think it is an achievement. I can see some of my classmates having a hard time studying for the exams, but I can still surpass them. When I'm at school, I am always reading novels. I seldom read my textbooks. But I can still do better than them.

**Therapist:** Do they talk to you sometimes?

**Client:** Now that you mentioned it, yes, they do talk to me.

**Therapist:** Then why do you think they don't like you, if they do talk to you?

**Client:** I don't know. I can just feel that they don't like me.

**Therapist:** Don't you think that they want to be your friend, but because you are always reading books, like you mentioned earlier, they just don't want to disturb you?

[10-15 seconds silence]

**Client:** Maybe..

**Therapist:** You see Jenny, you are not a loser. You are a talented young woman, who has a variety of interests, well, special interests that few people like too. You are smart, and you are special.

**Client:** You think so?

**Therapist:** Yes. As I understand your story, I think they wanted you to be their friend, but you are too busy to notice them.

**Client:** Now that you said it, I think that’s the way it is now. I am not a loser, and I am just too busy to try and notice them. Then I thought they don’t like me, but they actually do.

**Therapist:** So, what will you do tomorrow when you go to class?

**Client:** I’ll try to talk to them. Maybe they will talk to me tomorrow if I am not reading. I’ll read on my free time, but I’ll try to interact with them. I’ll try to be like a friend.

**Therapist:** Really? You will do that?

**Client:** Yes, I think I can do that. Thank you, doc. Thank you for helping me solve my problem.

**Therapist:** Well, don’t mention it. See you next week. I hope things will work out just fine for you.