# Therapy Session: struggles with avoidance of emotions, fusion with thoughts, and resistance to change

T: Sarah, I'm glad you're here today. Can you tell me what brings you to therapy at this point in your life?

C: Honestly, I'm just feeling stuck. I've been feeling anxious and overwhelmed lately, and I don't know how to stop it.

T: It sounds like you're struggling with some difficult emotions [acceptance]. Can you tell me more about what you mean by "stuck"?

C: I feel like I'm just going through the motions of life, but I'm not really living. I'm avoiding things that make me feel uncomfortable or anxious, and I feel like I'm losing touch with myself.

T: That makes sense. It sounds like you're using avoidance as a coping mechanism [avoidance]. Can you tell me more about what you mean by "losing touch with yourself"?

C: I just feel like I'm not being true to who I am. I'm saying yes to things I don't really want to do, and I'm not pursuing my own interests or passions.

T: It sounds like you're struggling with fusion [fusion] with your thoughts and feelings. Can you tell me more about what you mean by "saying yes to things I don't really want to do"?

C: I don't know, it's just that I feel like I'm people-pleasing or something. I'm trying to avoid conflict or rejection, so I just go along with what other people want.

T: That makes sense. It sounds like you're trying to control the situation by pleasing others [control strategies]. Can you tell me more about what you mean by "trying to avoid conflict or rejection"?

C: I just feel like if I say no or disagree with someone, they'll get upset or angry with me. And I don't want to deal with that.

T: It sounds like you're worried about what others will think or feel [fusion]. Can you tell me more about what you mean by "I don't want to deal with that"?

C: I just feel like I'm not strong enough to handle conflict or rejection. I feel like I'll get hurt or damaged in some way.

T: It sounds like you're struggling with feelings of vulnerability and inadequacy [acceptance]. Can you tell me more about what you mean by "I'm not strong enough"?

C: I don't know, it's just that I feel like I'm not good enough or capable enough in some way.

T: It sounds like you're struggling with negative self-talk and self-doubt [fusion]. Can you tell me more about what you mean by "I'm not good enough or capable enough"?

C: I just feel like I'm not living up to my own expectations, and that's really frustrating.

T: It sounds like you're struggling with feelings of disappointment and self-criticism [acceptance]. Can you tell me more about what you mean by "I'm not living up to my own expectations"?

C: I don't know, it's just that I feel like I'm not making progress or achieving my goals in a way that feels meaningful to me.

T: It sounds like you're struggling with feelings of stagnation and discontent [acceptance]. Can you tell me more about what you mean by "not making progress or achieving my goals"?

C: I just feel like I'm stuck in a rut, and I don't know how to get out of it.

T: It sounds like you're feeling trapped and uncertain [acceptance]. Can you tell me more about what you mean by "stuck in a rut"?

C: I don't know, it's just that I feel like I'm going through the motions of life, but I'm not really living.

T: It sounds like you're feeling disconnected and unfulfilled [acceptance]. Can you tell me more about what you mean by "not really living"?

C: I just feel like I'm not being true to who I am, and that's really sad.

T: It sounds like you're struggling with feelings of disconnection and disauthenticity [acceptance]. Can you tell me more about what you mean by "not being true to who I am"?

C: I don't know, it's just that I feel like I'm pretending to be someone I'm not, and that's exhausting.

T: It sounds like you're feeling like you're living in a role or a persona, rather than being yourself [self-as-context]. Can you tell me more about what you mean by "pretending to be someone I'm not"?

C: I just feel like I'm trying to fit in or please others, rather than being true to myself.

T: That makes sense. It sounds like you're struggling with fusion [fusion] with your thoughts and feelings about what others think of you. Can you tell me more about what you mean by "trying to fit in or please others"?

C: I don't know, it's just that I feel like I'm not good enough or worthy enough if I don't do what others want me to do.

T: It sounds like you're struggling with negative self-talk and self-doubt [fusion]. Can you tell me more about what you mean by "not good enough or worthy enough"?

C: I just feel like I'm not meeting others' expectations, and that's really frustrating.

T: It sounds like you're feeling like you're living in a world that's not your own, rather than being in your own world [self-as-context]. Can you tell me more about what you mean by "living in a world that's not my own"?

C: I don't know, it's just that I feel like I'm not in control of my own life, and that's really scary.

T: It sounds like you're feeling like you're a pawn on a chessboard, rather than being the one controlling the pieces [self-as-context]. Can you tell me more about what you mean by "not in control of my own life"?

C: I just feel like I'm at the mercy of others, rather than being the one making my own decisions.

T: It sounds like you're struggling with feelings of powerlessness and helplessness [acceptance]. Can you tell me more about what you mean by "at the mercy of others"?

C: I don't know, it's just that I feel like I'm not able to make my own choices or decisions, and that's really frustrating.

T: It sounds like you're feeling like you're living in a world that's not your own, rather than being in your own world [self-as-context]. Can you tell me more about what you mean by "not able to make my own choices or decisions"?

C: I just feel like I'm trapped in a role or a persona that's not mine, and that's really sad.

T: It sounds like you're struggling with feelings of disconnection and disauthenticity [acceptance]. Can you tell me more about what you mean by "trapped in a role or a persona"?

C: I don't know, it's just that I feel like I'm not living my own life, and that's really scary.

T: It sounds like you're feeling like you're a ship without a rudder, rather than being the captain of your own ship [self-as-context]. Can you tell me more about what you mean by "not living my own life"?

C: I just feel like I'm drifting through life, rather than being in control of my own path.

T: It sounds like you're struggling with feelings of aimlessness and uncertainty [acceptance]. Can you tell me more about what you mean by "drifting through life"?

C: I don't know, it's just that I feel like I'm not making progress or achieving my goals in a way that feels meaningful to me.

T: It sounds like you're feeling like you're stuck in a rut, rather than being on a path of growth and development [acceptance]. Can you tell me more about what you mean by "not making progress or achieving my goals"?

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T: It sounds like you're struggling with negative self-talk and self-doubt [fusion]. Can you tell me more about what you mean by "not good enough or worthy enough"?

C: I just feel like I'm not meeting my own standards, and that's really sad.

T: It sounds like you're struggling with feelings of inadequacy and self-doubt [acceptance]. Can you tell me more about what you mean by "not meeting my own standards"?

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