

Demo Transcript

T: How's everything going for you?

C: I'm not sure yet. I have to undergo a couple of surgeries soon.

T: What kind of surgeries are you having?

C: I need one for a bone issue and another for my upper back.

T: What happened to your back?

C: I have a fracture, and two of my discs are misaligned.

T: That sounds painful.

C: It is. But I trust my surgeon. He's been with me for 10 years and he's honest. He doesn't exaggerate my issues just to make money.

T: Do you have good insurance coverage?

C: I'm figuring that out.

T: Sorry for my distraction earlier; I had a surgery last year. I just had something urgent to sort before this meeting. I know I missed our previous appointment; I apologize for that.

C: No worries.

T: Speaking of appointments, don't you have one with a P.O?

C: No, I don't have a P.O. But I do have a court date coming up on August 9th. I'll be requesting a trial.

T: Have you been through this legal process before?

C: No, this is my first time. It's just a misdemeanor, but I want my side to be heard.

T: What's the worst-case scenario with the trial?

C: Honestly, I'm not sure. But I'm willing to face it head-on.

T: Right, I remember our last discussion. You mentioned issues with trust and anger, especially with your sister.

C: My sister has had a tough life. But recently, she overstepped by telling my landlord to check my place for alcohol or drugs. It felt invasive, especially after all I've done for her.

T: How did she react when you confronted her?

C: It got physical. I ended up in jail.

T: I remember you mentioning something about bikers?

C: Yes, I've been around bikers. But not all bikers are violent or aggressive. Many are genuinely good people. But yes, if you disrespect them, there will be consequences.

T: I understand that. So, since our last meeting, how have you been coping?

T: Apart from the surgeries, I'm planning to move out of my current place by the end of the month. I might go to a hotel. I've just had enough.

C: Have you lived in a hotel before?

T: Yes, and it was a positive experience.

C: That's good to hear. Sometimes, getting a fresh start is what we need. Also, I recall you mentioning helping out at your current residence with supervised smoke breaks?

T: Yes, even though it's not my job, I ensure the smokers get their breaks. They rely on me for that. The staff is shorthanded, and I just felt the need to step in.

C: That's commendable. How old did you say your sister was again?

T: I'm 54, and she's a couple of years older than me.

C: Do you feel any added stress taking on these additional responsibilities at your residence?

T: Sometimes. It feels like a burden, but I also know it's the right thing to do. It gives me a sense of purpose.

C

: And regarding your sister, have you thought about establishing boundaries to avoid future confrontations?

T: I've thought about it, but implementing it is hard. Our relationship has always been complicated, and she doesn't always respect boundaries.

C: Remember, it's essential for your well-being to establish and maintain those boundaries, especially given your current health challenges.

T: I know. It's just hard when it's family.

C: I completely understand. Shifting gears a bit, is there anything specific you'd like to discuss or address in our sessions?

T: Yes, I'd like to work on my anger management. Sometimes I feel like my reactions are more aggressive than necessary. It's not just about my sister but in general. I've noticed it affecting other areas of my life too.

C: That's a constructive step forward. Recognizing the need for change is half the battle. We can certainly work on strategies to help you cope and respond differently.

T: I'd appreciate that. I want to change, especially with everything else going on.

C: It's commendable that you're taking these steps. Remember, it's a journey, and I'm here to support you through it. Speaking of journeys, have you found any hobbies or activities that help you relax and focus?

T: Not recently. But I used to love riding bikes. It was liberating.

C: Maybe you can consider taking it up again. It could be a therapeutic way to redirect your energy and emotions.

T: I'll think about it. Sounds like a good idea.

C: It's all about finding balance and outlets. We'll continue working on strategies in our upcoming sessions. Remember, you're not alone in this journey.

T: Thank you. It means a lot to have someone to talk to about all this.