

Majid Demo. Stage 2 Proofed.

Hello

Hello

So why are you here today ((laughs))?

I am here today because I feel, some issue with myself. Internal issue.

Okay.

I feel, I'm 53 years old. And I had a 28 years history of addiction. During that 28 years, I did some build of the career ((he means that he built up his career)) like going to school, high school. I don't get enough result in H53. Especial financially. Sometimes I feel like I am incompetance. I punish myself. Or try to escape by sleeping and eating. And make a fun to the-, deny or ignore the problem I have and bothering me.

How do you punish yourself?

Punish myself?

How do you punish yourself?

Um. Sometimes I make myself isolate in my room. Or, I'm driving around because I want to be alone and take my attention to the traffic and don't go inside myself. Physically I'm tired I can drive but, maybe these the only tools I have to/

So either isolate yourself or overwork and overburden yourself.

Yes, before I had substance abuse. But, unfortunately I ((cannot use now?)). You know. So.

I feel myself bad luck. Like I'm not lucky in the create the money or business. Especially like a last week, my mother by the kidding said, told me when God create you. I'm not responsible in things anymore ((first day?)). And that was very bad message if my mom believe like me. I'm not so good in business and create the money. Independency for financial.

So you look at yourself in the eye and the image of your mother.

Yeah. Sometimes I'm embarrassed because I have a 24 years old daughter. She will be here next year. You know, and.

You don't know who you are in front of her.

I know who I am. But I'm embarrassed- I cannot support her here, maybe. I can support her in Iran. But not here. Not here. Here is very difficult.

So I want you to go through a journey with me.

Okay.

Okay. And, it's up to you whether you want to have your eyes open or closed for the process we're going to go through. And, usually I recommend that your eyes be closed because it's easier to go in.

Mm-hmm.

But anytime you want to open your eyes you could. And in the process we're going to talk and I'm going to ask you questions and to imagine things.

Okay.

Okay. So I want you to imagine that you're in a hallway.

I will close my eyes.

And when you are in this hallway, I want you to imagine that there are a lot of people on the two sides of the hallway. And as you're walking through this hallway, you can turn to your right and you can turn to your left. And you see a lot of people that you do not

know, you've never met them. You don't know who they are. They're female, they're male. From all over the world. And they're looking at you. And as you're walking through the hallway, and looking at them looking at you, what do you think about yourself?

They looking at me with-, give a lot of credit ((seems like he means something other than "credit", check)) to me?

They give a lot of credit.

They give a lot of credit. But, I am judging them. Give this message to them. You don't know how weak I am in some area, so I cannot enjoy from the credit they give to me.

So you receive this credit.

Yes.

But the way you're looking at them is, I don't deserve this credit/

Exactly/

Because you don't know all the things I know about myself.

Exactly. Sometimes with a client and the parents they give me lot of credit to me, you are miracle, but I don't feel that joy because I feel like I'm not deserving it. Deserving some things.

So I want you to close your eyes again and be in that hallway. And as you go forward, it appears that there's another group on the two sides of the hallway. And these are the people that you actually know. Can be friends, or people that you see around. People you maybe meet in Starbucks. Maybe people you've known for a very long time. Their family and members of their family. And as you look at them and they're looking at you. What do you think about yourself?

((Takes a deep breath)). Actually... they give me a lot of credit too. And they give me lot of, positive labeling. You are good you are great. Because they know some of my issues, but still I am helpless to get them-, take help from them. Or if they suggest me ((?)). Like a false hope. Weak hope. Like everything going to be okay. And I cannot accept that everything going to be okay. I need some formula. I need some-, to do, you know, some things. And, I think I am. I am waiting for me the, some, one message or some things to encourage me to seriously work on my issues. You know. I don't get it from the friends. Actually I don't believe I have friends. I am friends with lot of people, but I don't have friends.

So you get that they are friend to you, but it doesn't feel to you that you are friend to them or that they are friend to you.

I am friends of them, but they are not my friends.

Something is holding you back from having them as your friend.

Yeah.

And what do you think about yourself, when you are standing in front of them?

I thinking about myself. I changed a lot I came back from hell, if some of the people going in that hell I was, possibly they not come out of it, you know. I think, I am working on my issues but time is late for me. I am 53 years old. You know. I need something to faster. Somethings make me faster. And the hundred percent has to be going on with honesty and not manipulation, you know what I mean? Like, some of the people they was in drugs, now they going it the right way they going to the salesmans business call. And the know the car salesman during the day they say lot of lie, lot of manipulation. You know. I don't wanna go in that way. My way has to be totally clean. If I choose this way out of drug and alcohol, my way has to be very clean. When I get money from someone, I

my job has to be without manipulation or lie. This is one of the big barrier for me, because in a past, was easy. Very easy.

You're good at lieing.

Yeah.

You just don't want to lie anymore.

Yeah.

And you don't know how to be in every aspect of every relationship. And succeed yet, without lieing.

Yeah. Yeah.

And when you say that, that I've lied and manipulated before, and today although I've chosen not to, I don't know how to succeed yet. When you say that to yourself, what kind of emotion comes up?

By this action?

When you say that about yourself, what kind of emotion comes up?

Before, was lot of drug. But right now, I'm confused. Emotion from confusion. If I'm not lie, what should I do.

You just don't have any other skills yet.

No.

So althought, you're proud of yourself for being here.

Yeah.

You're also stuck.

Yeah.

Because you don't have skills.I want you to close your eyes and go back into the hallway. And as you're walking forward, I want you to see your daughter. And your daughter's standing in the hallway, looking at you. What do you think about yourself?

Weakness.

I'm weak.

Weak. I'm weak. I'm coming from a divorced family, so I had a... strong gut and a goal to the, if I create a child, my child live somewhere in some area with kind parents together. But unfortunately this has not happened, before, so I feel weak that area. Whatever I wanna created for you, couldn't. Of course this is you mother. ((I cannot help?)). And, fortunately during that ((?)) she proud of me also. One of her professor watching our, program. And by the name found out she's my daughter. And gave a lot of good feedback. And send a lot of good book, Persian. She proud that area. But still I feel I am not good that area.

So when you say you're weak you say and I'm not good enough for her.

Yes, yes.

Okay. What kind of emotion comes up?

Sadness. Sadness and embarrasment.

Shame?

Yes. And as you're walking along the hallway again. It's as if you're going to see all the women in your life.

All the women?

Yeah, all your past wives, girlfriends. People who were in your life in a romantic way.

And as you're looking at them and they're looking at you, what do you think about yourself?

I'm getting a little bit angry to myself why I believe them. Whatever word they said I believe them and create my life based on that belief.

I was naive.

Yeah, we can call it naive. I don't like label myself naive but, yeah unfortunately I was. Every concept in the past in my life is ((come with a?)) unfortunately. Lot of stuff. I have just couple unfortunately. Fortunately I did not go to military, fortunately I came to United States. Fortunately I got out of drug. But other stuff is unfortunately. It does bother me, when I use unfortunately, I feel more weak, to the, I don't have control in my life.

And you're angry at yourself.

I'm angry, the twelve step program, which I am thirteen years on that, give me some kind of message like we are weak because addiction over controlling the things in our life. But I have some kiind of resistance to that, you know I believe some area I can control that.

And I feel that benefit of the control . I know I am hard client. Crazy.

So when you say I'm a hard client and I'm crazy what kind of emotion comes up?

Emotion of, confusion. Pain. Pain ((?)) emotion.

Pain.

Tired.

Yeah you're tired.

Yeah.

A lot of grief.

Yes.

And sadness.

Yeah.

And as you go along. And now you see your parents. What do you think about yourself, as they're looking at you.

Unfortunately, they do whatever they can for me. They have a lot of expectation.

Whatever they did, all of them was not beneficial for me.

Yeah.

Or was not that stuff I needed.

No. They didn't know.

They was busy with themself. You know. Coming from the divorce. Anger. Both had a depression. And I didn't know what is a depression in that age. My mom almost 50 years is on medication. So. This area also from sadness.

What do you think about yourself?

Victim.

I'm a victim.

I'm a victim.

When you say that what kind of emotion comes up?

Emotion, I don't know name. But, as a far- this is just grief.

Grief.

Grief or ((sadness?)).

And as you walk along, it seems like all human beings are gone and the only thing you see is a mirror, on both ((sides?)). And as ((*)) in the mirror looking at you what do you think about yourself?

Like I did a lot of the positive stuff. I changed my life. But still, I didn't catch my aim. I have a long way to go. And I'm tired from that long way, because. At the time I changed my life after 2 years benefit came to my life. But in last 5 years, I'm stuck some area. The growth, information coming to me. I feel like I'm growth in personality, spirituality. But I don't see the result of that growth. You know. And that part, show me your life is hard. Okay, your going to open a grocery store in some area, dessert. The first six month. Few people pass from this groceries, pay you somethings. You know. You have a hope in the future, it become more. Next year, when you go to inventory your financial in the past year. If you see the people came double time. Maybe your money is not enough, but the people came more. You get some satisfaction. But if you sit there for last four years same amount of people stop by in your grocery, you going to be tired. And I'm tired.

So when you only have the same result continiously, what do you think about yourself? In other hand I find the art of living with 1400 dollar ((does client want to block this... is this too personal to publish)) a month. I didn't know that I didn't know that I could live on 1400 ((see last note)) dollars a month. I think I'm supposed to do some things but don't know what is that things. This is a ((?)) now in a couple of years from the open minded, I said to myself "you are a great counselor. You are a good man." But if you can't create your business and make your financial at a fair area. It means something is wrong. And I can't find out what is that wrong.

And when you say that what do you think about yourself?

I'm trying to get a conversation with myself so I can use that tools so I can make mayself isolate. Going asleep. Going ((?)).

That's what you do.

Yes.

What do you think about yourself?

About myself? Not lucky.

I am.

Not lucky.

And what is about me that I am not lucky.

I don't know, I couldn't figure out.

What would you label yourself? What is a negative belief that you have?

Non- do not have support. Or if I have support it's not enough.

So that's your relationship with outside?

Yes. I think everybody has support but not me.

And what is it about yourself that you do not get support from other people. I am this, therefore I do not get support.

I'm not sure but maybe I introduce, myself to people like they feel I do not need support.

Maybe I give the wrong message to them. And, of course I give the wrong message especially to client and to people around me. Everytime they come nagging to me or client or ((outdoor?)) people. I try give them help and give them some of my experience. So how I am dealing with the, bad economy, or not have enough money. Or my own 15 years old car. I try to give them hope and strength. They going to create their life. And they feel like ((*)) doesn't need support. He's good with ((*)). Maybe I give that message. Or give some pride emotion. Or pride character, so. They don't give me support.

Your looking at [*] and [*] is looking at you. And in this space there's nobody else except you. And what do you think about yourself?

Not good enough.

I'm not good enough. And do you know what good enough is?

I guess. Or I wish. Like, I have a stable financial, I have my own property, and car, and I will have the time for myself and will help my family and health.

So you know your good about yourself when you have certain results.

Uh-huh.

Right?

Yes.

But if you're not going to have that result right now, you're saying you're not good enough. And when you're not good enough. When you're not good enough, what do you think about yourself? When you're not even good enough to make those results. If you were good enough to make those results, you would've. If your not good enough so you can make those results, then who are you?

The one, the one subject is, I'm not give up. I'm not going to give up for that. You know, so I cannot, give this message for myself. You will not be good enough, good enough forever. So/

That's unacceptable.

Yes. As-, as-, as I see myself, I'm not good enough. I am ready to the-/

To be good enough.

To be good enough. But I don't know how/

Do you think you have the essence/

Yes. I don't know how. And this is just kind of mixed feeling, like an anger like tiredness is coming altogether.

And as you close your eyes and as you go into the hallway again. Suddenly all the mirros vanish. And you are in this amazing nature. Just the right nature for you. And as you are with no one, no human being. Just you and the nature. What do you think about yourself?

I think I am a part of the nature.

So you feel your good enough hear?

Yeah. I feel I belong to the nature. No expectations. Nothing. Nature accept me like I am. Whatever I am.

And who are you?

Who I am now?

In nature. With no one else around. No role to fulfill.

Free person.

Nothing to take care of.

Free person. Free from everything. Free from pain. Free from the grief. I'm good enough in the nature.

When you say you're good enough, what's the emotion that comes up?

I feel calm. I feel calm and complete.

Anything else? Who are you?

In the nature? Miracle. Nature make me think where I'm coming from.

So when you say I'm a miracle, what kind of emotion comes up?

Very positive exciting feeling, I cannot name it.

So who are you?

I'm good. Good is too general, or it's good enough?

Well it depends ((?)). I'm good, I'm a miracle, I'm calm. What else?

I'm handsome.

I'm handsome, okay.

I'm wondering when I am in nature, I don't feel responsibility. Like I did everything I can.

Well, let's just stay there for a minute. I want you to capture who you are first.

By the one word or the sentence?

The sentence is fine, I just want you to feel the experience of who you are.

I'm a man, I'm a man felt lot of the grief, but fortunately right now, the grief finished and I'm kind of a happy person in the nature. That grief was an experience. I should experienced it before and doesn't bother me now ??? nature.

And what are your strengths?

Oh my strengths is, one of the, with others or?

With you in nature?

In nature. I can be safer. I can be safer. The many things is hard for others it's easy for me. I have a strong sixth sense. This moment I'm in nature like a-, for many years I stopped practicing love, so I can start again. I can start a relationship with nature ???.

That is.

Yeah. I can be loved by nature and I can love the nature.

Being excited, being loving.

Yeah.

Being handsome. You can do things effortlessly.

Yeah.

So as you close your eyes, come back in the hallway. And you come back to the hallway where the mirrors are, and you look at [*], in his eyes. Look at [*] who is in the mirror. From where you are, from the experience you had, from knowing who you are. Is there anything you'd like to say to ((*))?

It's interesting. When I'm looking in his eyes, I can tell him, you know, by some process I go to the nature and I felt good over there. So anythings happened before or will happen around us, is a part of the-, must happen and supposed to doesn't bothering us. I'm okay with that. That's a very good feeling. Very good feeling. I am good. Whatever I'm supposed to be, I am. And I accept that.

And as you walk along the hallway, and you see your parents. And with who you are.

Knowing who you are and accepting who you are. What would you want to say to them?

I appreciated lot of works you did for me. And I feel, all benefit from that hard work for me. Thank you. I don't have any resentment from you ((meant to say "for you")), and I appreciate you are in my life.

And as you come along, and see all of the women who have been in your life or are. In a romantic way. Knowing who you are, what would you say to them?

Same as I told my parents, I appreciate them. I remember. Few nights ago I discovered, some things and, my first wife was my girlfriend. I didn't like her. She was 16 and I was 18. Her father was the-, one of the general of the, not military that's called. It called ??? they was responsible for the, guys going to military and come back. I going to apply for the, not apply to the army but some bullshit excuse for the physically problem. And she came with me and they know her. By this process whatever I did for a few months up until by the manipulation. Finally I accept it, take that paper. Few nights ago I remember if she didn't came with me, and I go to military, I was finish my military, first of the war in Iran and Iraq. And, all the group of the military, they call them ??? all this group has

been killed and nobody came home . So I appreciate by the walking this 16 year old girl with me. My life was saved.

Oh wow.

Yeah. Yes. I tried to go on facebook and this area find her to send her that appreciate message, but I could not find her. Yeah I'm okay with that.

And if you see your girlfriend today, the one who's in your life right now. What would you say right now?

Still I cannot deal with her.

But knowing who you are, what would you want to say to her?

Say to her? I accept some of the- her issues now. I'm not going to fight with that and change her. And, some issues still I have a problem with that, I cannot call it problem, issues go on change the other way. As long as it does not bother our relationship.

And when you look into her eyes, what do you think about yourself now?

Honestly I believe I deserve a much more better than her. I deserve better than her but. I can tell/

You deserve a better relationship? You deserve a better relationship?

I deserve better responsible relationship.

Responsible relationship.

But when I look in her eye. I can see is a long way she changed. After 7, 8 years. You know, long way. And sometimes I think if I was her I couldn't change that, lot. She change very much. And that's because me, I am directly involved in that change.

Okay. Proud of yourself?

Yeah.

Good.

And knowing that you want a responsible relationship, maybe you can also create that.

Yeah.

Even with her.

Yeah. Maybe.

And as you come along the hallway and look at your daughter. What do you think about yourself now?

I think, right now I am good enough for my daughter. If she will come here, in future. I don't feel that weakness anymore. I think it's like a-, I did a lot of things and I'm hard worker and I can create the hard working, even different feel. My problem is a different job is ready for me, but I don't want to go. I have a hope. I am good. I'm okay, good open-minded father. Which supported girl 15, 16 years.

And as you come along and see people you know, clients, colleagues, friends. What do you think about yourself?

It's weird. I feel right now. I think about myself, I'm good, I am helpful for them. It's coming this idea to my head, maybe I have a-, I must have a wish myself will have a, stop separating myself from them. Be in a crowd more, even emotionally. You know. If, all of my friend are client give excitement from the somethings he or she did. So emotionally I was not involved. ????. But I want to be emotionally involved. Like when I was 12, when I was 14. Enjoy from the game. Feel good about myself.

And as you walk along and see the 6 billion and a half people in the world. What do you want to say to them?

What I want to say to them? Sometimes emotionally suffering from the stuff doesn't have a value. You suffer and the next year you see your mirror your face. That problem already created your face getting older. Your hair getting white. Doesn't have a value.

???. Yeah.

And what do you think about yourself in front of 6 and a half billion people I did some mistake and I don't mind they do the same mistake I repeat that ((what does this mean???)). Now I wanna, I wanna somehow they using my experience. Don't white your hair by the thinking too much for nothing.

So you wanna care for them?

Yeah.

How was this experience for you?

Experience was very interesting. After I came back from nature. I didn't think, as soon as I came back from the nature and I felt that experience to the nature, I be comfortable with myself in a mirror. You know. It was not issue there. Like I accept myself. Including acceptance, I saw, I have a power to the cover that hole in my life. Feel strong. Yeah.

Thank you very much.

Can you anchor the strenth in a way the same experience you had anchored.

Anchored, what does that mean?

With a gesture that you can experience this whenever you do the gesture.

I don't understand what you're saying.

((Snaps)). Some kind of a gesture.

((In Farsi: ???)).

Some kind of a gesture. ((In Farsi: ???)). So what do you do?

Complete one?

((To others in room)) If people are not in my sessions I will continue.

((In Farsi:))

So you condition the same response that you have experienced in your life, with something. So you know anytime you wanna have that to remember who you are.

Mm-hmm.

Anytime, I want you to hear the sentence. Anytime you wanna know who you really are and you wanna feel who you really are. You do that.

Okay. Thank you.

((End Session)).