

T: Poline, I want you to imagine going into like um a road, a path, a road.

C: Alright.

T: And I want you to imagine six and a half billion people in the world that you don't know, but you know they're on Earth. You don't personally know them. They're standing (could not understand word) side of the road. And you're looking at them and they're looking at you. They're not talking to you, but you're looking at them and they're looking at you.

C: Okay

T: What do you think of them?

C: Don't

T: You don't think of them. Any particular thought that will be different? Are there female or male?

C: No. Just indifferent.

T: Indifferent. How do you feel about them?

C: No feelings.

T: No feeling comes up. How do you behave toward them?

C: Normal, nice, just calm, nothing

T: Do you behave differently with men and women or is it the same?

C: I might be more compassionate towards children.

T: Compassion towards children okay, but the rest is pretty nice?

C: Yes.

T: What do you think they think about you?

C: Different things

T: Such as?

C: Um, it ranges from being pretty to fat to smart to dumb to ignorant to nice.

T: Do you think men and women think differently about you? The ones that don't know you?

C: Possibly

T: Any guesses?

C: Depending if they're older women and older men, yeah they probably think differently about me than younger woman younger man

T: Okay, say more

C: Older women are probably more appreciative or nicer or think better, or just more endearing. Same with older men: they're more endearing and nicer.

T: And younger ones?

C: Younger woman, no. I don't think that. They're just... I don't get that feeling from them. And younger men, I don't get the same feeling as older men.

T: And what do you get?

C: Um, with younger woman I might get some touch or rivalry. With younger men I might get a touch of...attraction is a strong of a word but less than that.

T: And how do they behave toward you?

C: I feel like the younger women are indifferent towards me. And the younger men um...I don't feel anything. It's the lack of confidence in me that doesn't allow them. I feel like if I'm not confident, they don't show an interest.

T: And as your standing there on the road, looking at people you don't know, women and men, what do you think about yourself?

C: Uncomfortable, not sure, not confident, I don't feel...I can put a show...I can put a face that I am confident, good, and solid, but the smallest thing can just shake me up and break me.

T: And how do you feel about yourself?

C: Today, I don't feel confident, unsure of myself.

T: So as your standing on the road and looking at them...

C: Yeah, I am like can I hide somewhere.

T: So is it fear, is it sadness?

C: Both. Fear and sadness.

T: Fear and sadness. And when you're looking at them looking at you, how do you behave toward yourself?

C: Uneasy, I almost don't know what to do with myself.

T: Now, when you talk about fear and sadness, where are they in your body?

C: Gut, I feel like here...I just got a sudden headache. Heaviness here. My gut and my upper stomach.

T: And do you want us to work with fear first or sadness? Which one do you choose?

C: Sadness, cause I'm feeling a lot of it.

T: From zero to ten?

C: Ten.

T: Okay. I'm going to ask you to close your eyes and go to the part of your body that holds sadness and just be with that part. And allow any emotions, memories, thoughts, whatever it is to just be with it. From zero to ten, what number are you now?

C: Ten.

T: Just go ahead and be with it.

T: From zero to ten?

C: It's ten. I feel like I'm just drowning in it.

T: That's okay. Allow yourself just to be with it. Just allow yourself to have...embrace it and allow it to be as much as it needs to be.

C: To fight it?

T: I'm here with you...if you need to cry, it's okay. Just allow it to be.

T: From zero to ten?

C: Ten.

T: Are there any particular thoughts coming that you want to talk about?

C: It's just all over, I don't know what even to...which one to even point at. I feel like I'm drowning in it.

T: What particular thoughts are coming up with it?

C: I...just sad you know, family, a lot of my family is involved in it. I feel like I'm sad for myself, for my sister, for my mom, for my brother, for my dad. And I just no end to it. I really don't know how to pull myself away from it.

T: So the sadness has to do a lot more with people you know beside this is not necessarily with people you don't know. And if we go back to the conversation with you feeling uneasy and not confident in front of other people. Any particular emotion attached to that? Is it the same sadness or is it a different sadness?

C: Feel like the sadness is just...I'm carrying that with me.

T: It's all encompassing, so any other thing that you also might feel sad about, it just attaches itself to this one. Alright.

C: I'm trying to see if I can, you know, if I'm sad about the people that I don't know or the people that I see in front of me, but I'm just so into my own sadness, I can't even see them, their sadness or I can just maybe see it, it's okay. They're sad.

T: So is it okay to stay in this sadness number ten?

C: No

T: Just for now

C: For now

T: Okay. You know you complete with the seven billion people that are around for now or is there anything else left in that category that you think about or feel or behave toward yourself and them that you actually need to talk about it

C: Just confusion

T: You're confused about them?

C: mhm (in agreement)

T: What's the confusion about?

C: I don't know I just can't feel my mind.

T: Okay. Is it that you don't know what to do with them or how to be with them or how to treat them?

C: No, I don't think so.

T: That's pretty clear huh?

C: I can't...I'm trying to see...I can't...it's not even that I'm confused on how to be with them because I am the way I am. I'm...I can't satisfy seven billion people.

T: Exactly.

C: It's just that I just see confusion, the word confusion. Just pops up.

T: Just pops up. Anything else or shall we go through the path. Complete on this one huh? Okay and as you move on in this route, the scenery changes and the people you see right now are people you actually know, but they're not that close. They're not your friends. They're not your co-workers and they're not your family members, but there other people you kind of know around: extended family, kind of like acquaintances, you know cousins of the cousins of the cousins. This is more of your social network, but not necessarily close to you. What do you think of them?

C: Um, I'm wondering what they are thinking of me. Ignorant comes to my mind.

T: You think of them as ignorant?

C: Not care...they don't care.

T: Do you think it's different between men and women?

C: Yeah

T: What's the difference?

C: I think there's more warmth with the women than the men.

T: Okay. How do you feel about them?

C: Um, that I have someone to connect with, like I belong to something.

T: And how do you behave toward them?

C: Nice, pleasant

T: How do you think they think about you?

C: Weird, pretty, nice, and weird. Different...they think I'm different.

T: How do you think they feel about you?

C: They like me, but I mean they don't have to kind of.
T: How do you think they behave toward you?
C: A bit indifferent.
T: A bit indifferent?
C: Like if I'm there, they will converse with me, but if I'm not there, they won't ask for me.
T: When you're looking at them looking at you, what do you think about yourself?
C: Not good enough, I feel small, not enough. I just don't fit right. I can't sit...stand still in my own skin.
T: And how do you feel about yourself?
C: Not too great right now. Just not good enough, not enough. That keeps coming up.
T: How do you behave toward yourself?
C: (Couldn't understand)
T: Do you judge yourself?
C: Mhm (in agreement)
T: What's the feeling that comes back up when you say not good enough? As your looking at them looking at you and you say your not good enough, what kind of emotion comes up?
C: Fear and sadness
T: Would you like us to be with the fear or the sadness?
C: Sadness
T: And from zero to ten, how much is the sadness?
C: Nine
T: And where is it in your body?
C: Up here, this, right here.
T: Go ahead and be with the sadness, as much as you can. Just allow it to be there. Embrace it. And allow it to go wherever it goes. Regarding people you know, different thoughts, different memories, different things that attaches itself. I'm not good enough. Sadness. And release.
T: From zero to nine, how much is the sadness?
C: Nine
T: Keeping the sadness at the same level. Would you like it to come down or do you feel comfortable at nine?
C: No, I don't want it there.
T: You don't want it there okay. Any other thoughts around it that are attached or is it going to the same pool of sadness that we were before?
C: It's a little less than before.
T: So from zero to nine?
C: It's still nine. I feel it here.
T: Okay, so it's less than before because it went from ten to nine. Great. Does it have to do with people you know or it more again around family?
C: Family, but it's more connected to people I know.
T: Any particular thought, memories, things that come up around them?
C: mhm (in agreement)
T: Would you like to share?

C: People around me are getting old and sick...sicker and older. Just the sick part is sad.

T: And how does them getting older and sick affect you?

C: Cause it reflects back to my own family.

T: Which are also getting older and sicker? And if your family are getting older and sicker, how does that reflect on you in your life?

C: Just sad.

T: Is it their loss? Is it the responsibility?

C: Responsibility.

T: So I'm responsible, but I'm not good enough in a sense. And when you say I'm responsible but not good enough, what kind of emotion comes up?

C: Sadness. I feel like I'm not doing enough.

T: I'm not doing enough?

C: It's sad that I'm not doing enough for myself. I'm sad or I can't watch for them.

T: Okay. Just go in and go in it where it is in your body. Just focus on where it is in your body and just be with it and allow it to release.

T: From zero to nine?

C: I'm not sure, but I'm just feeling it here.

T: Did the intensity go down or is it staying the same?

C: It's about the same.

T: Okay. Would you be comfortable for it to be here right now as we move along to the next level?

T: Now as you go along on the path, let me ask you does it help you and support you to for you to when your thinking open your eyes or does it feel better to close your eyes?

C: A little of both.

T: Okay. Just be comfortable with both cause I know when you were focusing on an emotion, I definitely want to close your eyes and go here, but with the thoughts, it's up to you. Cause if your completely closed, then you might go different places, but it's up to you. You know yourself better than anyone. Okay. Now as you go down this path, the scenery changes again. It's a whole different group of people. And now who you see are your co-workers, people that you know and somehow are related to your career. What do you think about them?

C: They're nice. They're hardworking. Um, there's fairness, there's unfairness and them.

T: Any difference between women and men?

C: Yeah. Women are less easy to approach than the men.

T: And men are more approachable?

C: Yeah

T: How do you feel about them?

C: Good, comfortable

T: How do you behave toward them?

C: Very nice and caring

T: And what do you think they think about you?

C: Different things. I'm good. I'm confident. I slack off. I have different views about them.

T: Do you have different views from women and men?

C: The men just confident, good nature, hard working. The women a bit of that and also...I feel like they think I'm a bit of a slack off sometimes.

T: How do they think about you?

C: They...Didn't you just ask that? You said how do they feel about me or how do they think about me?

T: The first one was how do they think about you. The second one was how do they feel about you.

C: Okay, um comfortable, um at ease.

T: And how do they behave toward you?

C: Good, comfortable, responsibly

T: And as your looking at them looking at you, what do you think about yourself?

C: I...again same thing. I have a...I show a good face, a confident, someone who knows it all, confident. I show that, but inside of me I don't feel that.

T: And when you don't feel confident, what do you think about yourself and what do you feel? Like if confidence is not there than what is?

C: Discomfort, fear. I'm not enough, I'm not good enough.

T: And how do you behave toward yourself?

C: I just write it off. I just think about it and I just try not to react.

T: So you hear yourself, but then move on and do whatever it is that you need to do. And when you say I show confidence, but inside I don't and I hear the part that says I'm not enough, I do it anyway, what kind of emotion comes up?

C: I feel sad.

T: And from zero to nine or zero to ten?

C: Nine.

T: And where is it in your body?

C: Right here

T: Alright, lets go in. Allow yourself just to be in the sadness in the place in your body, as you are with your co-workers around you. From zero to nine?

C: Eight

T: Would you like to stay there and release more or are you comfortable with that for now?

C: A little more release.

T: Alright. From zero to eight?

C: Six.

T: Are you comfortable here or would you like to release more?

C: I'm okay for now.

T: Alright. As you're walking along the path, it seems like that what you see is piles and piles of money and symbolization of wealth. What do you think about money?

C: Sadness, lack of it just makes sadness and discomfort.

T: That's how you feel about it, but when you see money and wealth, what do you think about money and wealth?

C: It can bring joy and comfort. I know better. I know it's just pieces of green paper and you know I shouldn't be sad or happy with it or without it, but at this point, that's where I'm at.

T: How do you behave toward money Poline?

C: Lately, it's just I'm hungry for it. Once I have it, I think its gunna finish and it's done like no matter how much I have in my hand, it finished the next day. I feel like I can't keep it because I have so much expenses to do and it gets me sad because then I keep telling...talking about it and like it's not my expenses...other people's expenses and I have to take care of it and I become sad. And then I get angry.

T: And as you're looking at piles of money and wealth, what do you think about yourself?

C: Like I don't deserve to have that. Like I see pile of money and I'm like can I have that? Do I deserve it? Can I keep it after I have it?

T: And how do you behave towards yourself?

C: Uncomfortable

T: And how do you feel about yourself?

C: I don't deserve it.

T: When you say I don't deserve to have money, what kind of emotion comes up?

C: Sadness

T: From zero to ten?

C: Nine

T: And where is the sadness in your body?

C: Right here.

T: Okay. Just go in it and concentrate and focus.

T: From zero to nine?

C: I think it's six.

T: Would you like us to go down or is it comfortable?

T: Going down? Alright. Let's focus on it.

T: From zero to six?

C: Six.

T: Any other thoughts coming up? Would you be comfortable staying at six? Do you also want to work on the anger? Perhaps take care of it with other people. From zero to ten how much will the anger be?

C: Eight

T: Eight. And where is the anger in your body?

C: It's here on my face.

T: On your face. Okay. Just go ahead and concentrate on your face and the anger of having to be responsible for other people's expenses.

T: From zero to eight?

C: I think its six you know I get distracted and thinking about the anger and my face, just like the other ones too and then I get distracted that I don't know what to do or what to think.

T: That's okay. Do you know where the distractions take you?

C: Just daily things. Um same with the other ones that I was working on.

T: No problem. I just wonder whether some of the daily things have something to do with the subject that you were focusing on. Cause the symbolization of everything that you were talking about somehow can show itself into daily activities, so I would assume somehow it's correlated.

C: Basically, I thought of the anger and around my face and I thought what do I do with it now. Just like the sadness. I saw the sadness in my hair and I didn't know what to do with it then I got distracted with thoughts.

T: That's a great question. Some of it is just staying with the emotion and usually it dissipates when you stay with it. Usually it gives you some kind of either a memory or subject that your thinking about that somehow is attached and this is how usually it kind of releases and dissipates and then I keep coming back and checking where is it and how much is it because usually if you stay in it long enough, it releases itself unless your working on some thought that is holding it. And that's why I ask, is there any thoughts around it? So as you scan your body and you checked the level of anger from zero to six, what is it now?

C: Six

T: And when you check the level of sadness in your chest and upper abdomen what is that now?

C: Feels like six.

T: Okay are you okay and comfortable with the way they are or would you like to focus on it and lessen them?

C: A little bit of lessening.

T: Okay, which one would you like to choose?

C: Sadness

T: Alright let's go into sadness. I don't deserve to have it. The sadness in your body and just go ahead and be with it.

T: From zero to six?

C: Five

T: Five. Are you comfortable with this for now or would you like to stay?

C: Yes

T: How about the anger? Is it six? Check your face. Check the anger about having to take care of people's finances. Is six okay or do we need to go lower?

C: Go lower

T: Just go ahead and concentrate and release.

T: From zero to six?

C: It's five

T: Would you like to stay or go?

C: It's fine for now.

T: It's fine for now. Anything else about money that came up for now?

C: I work hard to get it and it goes right out and that upsets me. Something that keeps coming up is I keep thinking...telling myself I need to find a way to make it that I don't have to work so hard in a way that I don't have to work so hard.

T: As we're moving along on the path, now you see your friends actually on the two sides of the road. What do you think about them?

C: They're supportive. They're nice. They're loving.

T: Supportive, nice, and loving?

C: Some of them are hurt and angry.

T: They are hurt and angry?

C: mhm (in agreement)

T: From you?

C: No, They're just...

T: From life?

C: Yeah. Some are ignorant and selfish. Some are loving.

T: Are we talking all girls or do we have boys and girls?

C: Girls and guys.

T: And difference between girls and guys for you? And how do you feel about them?

C: I feel like a distance. You can't trust them, but then I do. It's weird.

T: There's a part of you that says I can't trust them...

C: But then I...

T: but then it holds you back.

C: It holds me back a distance, but then I do and I share myself. It's mixed feelings,

T: How do you behave toward them?

C: Loving, caring, giving, (could not understand word)

T: How do you think they think about you?

C: Sensitive, loving, giving, caring, selfish, smart

T: How do you think they feel about you?

C: They feel warmth and discomfort at the same time.

T: That's interesting. How does that come about?

C: It's just sometimes I... I guess I'm confusing. I give them warmth. Sometimes, I make them feel uncomfortable because of my own emotions.

T: So if you get distance from them, they feel uncomfortable. When your warm with them, they...

C: They get equipped in my thoughts

T: How do they behave toward you?

C: Warm, nice. Sometimes not warm enough. Not caring or giving enough, but sometimes just very nice.

T: Do you know the distinction between when it's one or another? What provokes it or is it just random?

C: It's probably myself. I'm probably provoking it. Just the way I am.

T: So it's somehow nearer of you like if your warmth...if your warm toward them usually they're warm back.

C: If I have expectation of like why didn't they call me, why didn't they care and does see it or feel it in my voice.

T: And when your looking at them looking back at you, what do you think about yourself?

C: I'm more at ease with myself with my friends. I'm less out of my skin. I feel like they know who I am. They know my shortcomings and they're still some distance...you know there's still some space there. That's not settling. It's so funny it's like all the questions your asking me...all the feelings are the same and its just so...I'm so unsettling with myself.

T: And how do you behave toward yourself?

C: I have a lot of expectations with myself. I probably self-abuse myself come to think of it. It's just a lot of discomfort. It's unsettling like I'm not one with myself. It's more...you're asking me these questions, I feel that.

T: How do you feel about you?

C: Not so great. The same way I feel about...the same image I give to myself I give to other people. I feel like I look great, act confident, you know pretty, and smart and then. Yet, there's part of me that's underlying sad and it's not one. I'm not one. It's just...I don't know. I can't put my finger on it. It's not...I'm not settled. I don't feel settled because I'm constantly thinking of something else and the way I know that...I know that by now...by with myself. I want to eat, binge, and eat. That's when I know I'm not settled. I'm constantly eating. And when I'm settled in my way of whoever I am, whatever I am, I'm not eating, and I know okay I am okay.

T: So as you look at your friends and you're standing there looking at you. You're looking at them looking at you, how do you feel about you?

C: I feel sorry for myself for some reason.

T: Because?

C: I don't know. I'm not where I need to be. It's like I always look at the other side, the other part it's better, greener where I'm at you know. I could have done it better. I could have had better. I could have had more.

T: So I'm less than?

C: Yeah, less than. My married friends they're looking at me and they're like I feel sorry for myself. They're the same age as I am.

T: And they're married

C: They're married with kids, you know settled with husbands and the homes and I'm still struggling. I don't even have one thing straight. One thing together. They're all...they look at me and tell me that they envy me, my quote unquote job, which I think is not good enough still. And then my single friends, the ones are looking at me I get envious of them because they get much more income and less responsibility than I do. You know some of the others are like "Oh Poline, you're so smart. You're so beautiful. You have nothing to worry about. You have everything going for you." And I just feel sorry for myself. That's sad and angry.

T: And where's the sadness in your body?

C: Here

T: And from zero to ten?

C: Eight

T: Alright, let's go with the silence.

T: From zero to eight?

C: Seven

T: Any other thoughts came to mind?

C: Yeah, I don't have what it takes anymore. I don't know how to make it anymore. I'm not good anymore. I can't do it anymore. I'm getting older. I just don't have it anymore. I don't have what it takes. Whether it has to do with making money, having a relationship, managing my own life, managing my family, taking care of them, taking care of myself, taking care of my whole family. Yeah so what's the point. What's the point?

T: You're really angry at you? And from zero to ten how much is the anger?

C: Nine

T: And where's the anger in your body? In your throat. Just go ahead be angry. Stay in that anger. Say what you need to say. Say all that you need to say to you.

C: It's all what I could of or should of. All these things are coming up. If I did it this way. If I picked a different position, job, career, I wouldn't have to work so hard like this at this age. Forty-one years old, when am I going to get married? When am I going to have kids? Am I going to? Am I going to work this hard forever? Should have picked a different career before. I just want to give up, but then I can't even do that anymore because I have a bunch of people relying on me now. Cause I have to take care of them.

T: They're not letting you give up. From zero to nine: anger?

C: Nine

T: Nine

C: I keep waiting for something going to happen. Something is going to come up. Something is gunna change. Some knight on a white horse is going to come. Some business opportunity, something, some miracle is going to happen and just save me. All I do is just show face...show a good face, a happy face. Whoever asked me how you are. I'm excellent. I'm excellent. That's all I keep saying. I'm excellent. People who know me well they're like Poline don't bullshit. We know who you are. We know what you are. We know what you're going through. It's like I just need a hand to just pull me out and save me and just.

T: You're thinking that you don't have anything anymore. Maybe, something from outside can come in and save you like you don't have faith in you anymore. Did you disappoint you?

C: Mhm (in agreement). Yeah. Don't know what part of it, but yeah. So that's how I feel. I feel unsettled. That's where the lack of confidence kicks in. That's where my image and my energy doesn't even glow for a long time. Maybe initially, it does when I meet people, but it doesn't. It doesn't stay.

T: It seems like a duality is there are areas in your life that you can say that other people can say are good. But somehow, because your not achieving the result that you want that it just shows to you that it's not good enough. And your saying that with every part of me, I've put whatever I can to create this result, but I get it that I have to give up because I'm just not going to go the other last part to reach this other result that I've always wanted and in this area, I feel unsettled, I feel I'm not good enough, I feel I'm not going to get there. And maybe some magical thing can come and save me and show me the path to go from the result I have to jump to this other result, but I don't have it, I don't know it, I don't know how to do it. And in the area of your friends is there anything left with this thought before we complete with your friends and we can go on to the next level, path of your life.

C: No that's it. I said pretty much about the friends who are married and successful with kids and husband. I talked about the ones who aren't married and content. I mean it looks greener and I don't know if it truly is. The grass always looks greener from the other side.

T: So there are people you know who have gotten the result that you say you want. So you know it's possible because they got it and you want it, but you're here and not there yet. So, there's envy about where they are, but you're saying I don't even know how to get there. I don't even know how they got there. There wasn't a specific one-two-three pathway.

C: Sure, if it's marriage yeah. The different path of their life took them to the marriage and what not and I...if it's business, yeah, I mean I know they chose different careers than I did, so...it seems like...it's not like that I have a bad career, it's just that I am working much harder than I thought I would be at this age. I thought I would kind of settle down. Have another hand and just help me. That's all. I feel like I'm on my own. On my own.

T: Are you complete with your friends and we can move on? And as you go along your path, everybody else is kind of not there anymore and your siblings are there. How many siblings do you have?

C: Three

T: Sisters or brothers?

C: Two sisters and a brother.

T: Older or younger?

C: Older

T: Everybody's older. What do you think about them?

C: Different things. One I'm happy for. She's married with kids.

T: Can you give me their names so I know who you're talking about?

C: (Sister's name)

T: (Repeats sister's name)

C: Sharleh, I feel sorry for and my brother I feel sorry for too.

T: What's his name?

C: Soheli

T: What do you think about them?

C: I just feel sorry for my sister Sharleh. She's stuck. I feel like she's stuck the way I am, a different way. The same with my brother. Except, my brother is struggling the way I am, but I feel like I have a bigger plate to handle than he does and she does for some reason.

T: How do you behave toward them?

C: To (1st sister), I feel the same level or I put her higher. To Sharleh, I'm very motherly to her because of her condition. And to my brother...

T: What kind of condition does she have?

C: She is mentally challenged. To my brother, I am sisterly, motherly, same level, sometimes less, sometimes more.

T: How do you think they think about you?

C: My brother thinks I'm selfish and I have some love in me. My sister, both sisters, probably think I'm giving and loving and nice, good-hearted.

T: And how do they feel about you?

C: Compassionate, loving

T: How do they behave toward you?

C: (1st sister) always is motherly toward me. Sharleh is always daughterly towards me.

T: And your brother?

C: He's always expecting something from me.

T: And when you're with them, how do you think about yourself?

C: I'm always on my toes. I'm not at ease. I always have to give something. I'm not at ease.

T: How do you behave toward yourself

C: Just uneasy, uncomfortable sometimes

T: Do you make yourself be there and go there and does it feel like an obligation?

C: Sometimes

T: How do you feel about yourself?

C: I feel good about giving to my sister and brother. Sometimes I feel bad enough that I'm not good enough or giving enough because of their reactions. My brother is always expecting. My sister is always needing something.

T: Somehow they give you the feeling that you're not fulfilling fully.

C: Yeah. I don't...Yeah

T: So when you say I'm not enough and I cannot fulfill completely and get their approval what emotion comes up?

C: Uncomfortable, sadness

T: Where is it in your body? From zero to ten

C: Six

T: Go ahead and be with that in the upper part of your chest. You're not enough and no matter what you do, you will not be able to completely satisfy them.

T: From zero to six?

C: Four

T: Four. Would you like to leave it there or go lower?

C: I feel like I'm surrendering. You know. I feel like I'm tired of it all.

T: You're tired of being sad.

C: I'm tired of the whole picture

T: And when you say I'm tired of it what emotion comes up?

C: Sadness

T: Okay. Is it still in your upper chest or somewhere else?

C: It's all over.

T: All over. Okay. Is it four or is it more?

C: It's more. It's like six

T: Six okay. Just be with your body.

T: From zero to six?

C: Four

T: Are you comfortable here to leave it? We have gone along about an hour and a half. Would you like to go to the bathroom? To get you hot water or tea or something?

C: Yeah little break

Part II

T: So as we are going along the path again, what you see is romantic relationships, people who you have been with in your romantic relationships. What do you think of them?

C: People that I've been with. They're scared, confused. I see a lot of fear in them looking back. A lot of fear, just overwhelming fear for them and not deserving.

T: Not deserving of you? Or they felt that you weren't deserving of you?

C: They felt like they were not deserving of me or a relationship with me. Before, I used to think that I'm not good enough because I always took it that it was my fault, my doing. I think I've come up a little bit to the next level maybe higher saying that

they really are scared of...Men, men I've been with, granted I might have chosen the wrong men, but they were really scared to step up to the plate.

T: How do you feel about them?

C: Disappointed and loving at the same time.

T: How do you behave toward them? How did you behave toward them?

C: Just, definitely not angry. Very, I could have come off inconspicuously to them or just indifferent maybe or I had to. I remember that I actually did hide my feelings. I just let my things ride when I did see them.

T: You held back with your expression of your emotions. How do you think they felt about you?

C: I feel, I really feel like they felt highly of me. They thought highly of me and I do believe that they...in combination with that...they did probably think they felt highly of me but also I wasn't maybe confident enough.

T: How did they feel about you?

C: Endearing

T: How did they behave toward you?

C: As good as they could, to me it was a bit selfish, but a bit yeah selfish in combination with nice. It was a combination I think. I was behaving in a way that they were nice to me but they were actually serving themselves. It wasn't for the good of me, but it was for the good of them.

T: And as you're looking at them looking at you, how do you think about yourself?

C: A bit of uneasiness. A bit of lack of confidence and also confidence. Both it's a duo thing.

T: So there's confidence in some areas and there is a lack of confidence and it does stick or continue right? And as your looking at them looking at you, how do you feel about yourself and how do you behave toward you?

C: Well there's different times where I felt different about myself. There were times where I felt really bad and less than and horrible and there's...as time went by I felt good about myself and also I felt like at times I felt I wasn't good enough. At I felt like I was great and confident. At times I felt vulnerable.

T: And as your on the other road looking at them looking back at you, what do you think about yourself now?

C: Vulnerable

T: And how do you feel about yourself?

C: Not settled, but less of it you know. Less unsettled than before.

T: So what is the belief? That I can't get married or I can't find my mate or I can't?

C: I'll tell you what it is. Exactly actually what it is, I put it into a sentence a few days ago. I cannot have a decent long-term relationship. I haven't had it and I cannot have it.

T: And when you say that, what kind of emotion comes up?

C: Sadness, pity. Pity and sadness

T: Where is it in your body?

C: Here

T: And if you go with pity, where is it in your body? Same place?

C: My head.

T: Pity is in your head?

C: Yeah

T: And from zero to ten what's pity?

C: Seven

T: And focus on your head. And go into the pity. I cannot have a decent and long-term relationship.

C: It's like I don't know how to anymore because if I did I would.

T: It's another one of those I just give up.

T: From zero to seven?

C: Four

T: Is that comfortable or you want to go forward and bring it down?

C: Little bit more

T: Just go ahead and concentrate. From zero to four?

C: Still four

T: Still four. Any other thoughts coming up around it?

C: Yeah because I don't have a closeness with myself I can't be close with them.

T: And when you say that what kind of emotion comes up?

C: Sadness

T: And from zero to ten?

C: Eight. It's right here.

T: Go now into the sadness

C: It's actually here too

T: Zero to eight?

C: Six

T: Are you comfortable there or would you like to make it lower?

C: Little lower I still have butterflies here

T: Alright. Let's just focus on the butterflies

T: From zero to six?

C: Four

T: Would you like to stay, go lower, or move on?

C: Move on

T: Alright. And as we're going forward on the life path and journey, what you actually see is your mom and dad. Which one do you want to pick first?

C: Mom

T: What do you think of her?

C: She's loving, caring, giving, She's got lack of confidence. She is not settled with herself either.

T: How do you feel about her?

C: Sorry. I feel very sorry for her.

T: Is it compassion or pity?

C: Both.

T: How do you behave toward her?

C: Loving, giving

T: How do you think she thinks about you?

C: Giving, compassionate, warm, warmth

T: How do you think she feels about you?

C: She feels good about me and confident. Loving

T: And how does she behave toward you?

C: Protective, loving, giving, needy, weak, strong, all the above

T: And as you're looking at her looking at you, what do you think about yourself?

C: I'm just like her. I see that I'm her unsettledness, her lack of self-confidence. I see her beauty. I see her stunning beauty and I see her love and care. Doesn't give to herself

T: So how do you think about yourself?

C: That's where I blank out.

T: Just look at her looking back at you and as you're looking at her looking at you, what do you think about yourself?

C: Scared

T: That's how you feel about yourself? What do you think that creates fear for you?

C: (Could not hear)

T: And how do you behave toward yourself?

C: With caution. You can't...

T: There's something about her that you don't like. That you don't want to duplicate

C: Her selflessness. She completely just never respected herself. Put other people at first before her.

T: A lack of self-respect.

C: Her neediness. Other than that she's or was very strong, dedicated, committed, you know she had all of that. She just lost it all.

T: Now when you look at your dad, what do you think about him?

C: He's frail, self-centered, scared, loving, giving, Feel like he's a little kid that needs to protect his well being and whereabouts.

T: How do you feel about him?

C: Sorry. Sad.

T: How do you behave toward him?

C: Loving, giving

T: How do you think he thinks about you?

C: I'm a lost puppy. I'm giving, but I'm also selfish

T: How does he feel about you?

C: Compassion, love

T: How does he behave toward you?

C: Needy

T: And when you look at him looking at you, what do you think of yourself?

C: like I'm a good girl

T: And how do you behave toward yourself?

C: Good

T: How do you feel about yourself?

C: Good

T: And when you look at their relationship together, what do you think of them and their relationship?

C: Lovely

T: Loving?

C: Actually, I would say it's loving. I said lovely, but it was sarcastic. It's a love and hate relationship. They can't be together and they can't not be together. They love to

be around each other, but they can't stand each other. I guess it's a very understood love that they have.

T: How do you feel about their relationship?

C: I used to feel sorry and sad and angry. I don't anymore

T: So what do you feel now?

C: I just feel...I feel comforting because mom has (didn't understand word) dementia and dad's got Parkinson's and I always say that the two of them together will be just perfect because she's lost the brain and he's lost the body functions, so the two of them are a perfect match. What was your question?

T: I said how do you feel about them?

C: Comforting. At this age, I see that my dad is actually worried for her and cares for her. He's patient with her whereas he never had that with her.

T: Before?

C: Never. She's the one who was always tip-toeing around him and his anger spasms and now she throws fits and he just sits there quiet and calms her down.

T: What goes around comes around at one point huh?

C: Yeah it's kind of sad because you know he was always in his world back then and she was always watching for him and she is in her...completely in her own world, unconnected from the outside world of hers and he tries to connect with her and he can't anymore. That part of it is sad. But he tries.

T: And when you look at that relationship and your beside it, what do you think about yourself?

C: Today, as I just talked about it, I feel lucky that I see it. I see that turning around of him. And I wish that he turned around sooner and she was there to see it sooner.

T: So as you look at your mom and dad and their relationship, how do you feel about yourself?

C: Mixture of feelings. I feel confused. I feel love. I feel sad. I feel angry.

T: What are you angry at?

C: Why did it have to be like this you know? I look at people their age, their friends their age and they're completely on their own. Couple and they go out and they hang out and, but them, they can't do that.

T: It's not fair?

C: Yeah, it's not fair.

T: And the sadness?

C: I still want my mom and dad to be like them, to be a mom, to act like mom and dad towards me, not me act as if they're my kids.

T: So there's a loss, a loss of your mom and dad and their role?

C: Their role, yeah.

T: Where's the sadness? And from zero to ten?

C: Seven

T: Go ahead and connect. Zero to seven?

C: Four

T: Are you comfortable here or would you like to bring it down?

C: I'm okay.

T: Alright. Anything else about mom and dad that comes up?

C: No because if I say I wish they had a better relationship together, but then I realize that's how their relationship is together. If they didn't, they wouldn't be together all this time.

T: They have their own version of being together that somehow worked for them.

C: It worked for them, but we suffered. The kids suffered, but still their own, but that's how they related to each other.

T: Are you complete with that phase?

C: mhm (in agreement)

T: So as you go along, it seems like the road and the pathway changes. There's nobody else. No other human being and it changes into a hall of mirrors. And it's just you in the mirror looking at yourself looking back at you. What do you think about yourself?

C: Don't feel comfortable.

T: You don't feel comfortable. What do you think about yourself? I think I am?

C: I think I am weird and sad,. Than I see other parts of me I think I'm pretty. That I am enough. And I have the other part that I think I'm just not enough. There's part of me I look and I think that I just can't stand.

T: Which parts?

C: I don't know. Just like part of the face and the body. And there's part of me that I'm just very embracing in. It's weird.

T: And which part do you embrace?

C: The being. I don't know.

T: And you said I'm weird. Tell me more about being weird?

C: Different.

T: I'm different than others?

C: I'm not settled. It's like an unsettling feeling. It comes up more and more the more we talk about it.

T: How do you behave toward yourself in general?

C: I'm unsure, uncertain.

T: Doubting yourself?

C: Mhm (In agreement). That's it.

T: Doubting and judging?

C: Judging and criticizing.

T: And as you look at yourself in the mirror looking back, how do you feel about yourself?

C: I feel sorry.

T: Sorry like poor me?

C: Mhm (in agreement)

T: What other emotion comes up?

C: Sadness.

T: When you say I'm weird, I'm different, what kind of emotion comes up?

C: Pity. Self-pity.

T: Is there shame?

C: Yeah.

T: When you say I'm not enough, what comes up?

C: Sadness.

T: When you say I can't stand my face and my body, what feeling comes up?
C: Anger.
T: So if I look at shame. Where is the shame in your body?
C: Um, my mind and my lower part of the body, from waist down.
T: From zero to ten?
C: Eight
T: Okay go ahead and connect to your shame. From zero to eight?
C: Six.
T: Any other thoughts come up with it?
C: Embarrassing.
T: You're embarrassed? About what?
C: The way my lower body looks.
T: When you look at the lower body, what do you tell yourself? Is it that I'm not pretty enough?
C: It's just too much meat, too much fat, too big.
T: I'm too big?
C: I want a quick fix.
T: I want something to fix it...
C: Quickly.
T: So there's definitely a solution for it. Is six comfortable or do you want to go lower?
C: Lower.
T: Just concentrate on the shame and embarrassment. From zero to six?
C: Three.
T: Is that comfortable? Let's go to work on your sadness? From zero to ten?
C: Nine.
T: And where is that? Go ahead and focus on your pelvic area and the sadness. From zero to nine?
C: Seven
T: Any other thoughts around it?
C: Shame.
T: You went from sadness to shame? And what's the shame about?
C: Things that are come to the body?
T: So when you look at yourself in the mirror, things that come mostly have to do with your image.
C: (Could not understand)
T: From zero to seven?
C: Six.
T: Any other thoughts around it? Are you comfortable here? Would you like to bring it lower? Would you be willing to let it go?
C: After lowering it?
T: Would you be willing to let it go, let the shame go? Could you let it go? Would you? When?
C: Now
From zero to six?
C: Three

T: Would you like to keep three or do you want to let it go?
C: Let it go.
T: Alright. Could you? Would you?
C: Mhm (yes)
T: When?
C: Now
T: From zero to three?
C: Not there
T: Alright Scan your body is there any sadness there?
C: Not now
T: Now I want you to look back in the mirror. As you're looking at you looking back at yourself, what do you think about yourself?
C: Nothing. What else can I do?
T: Now as we go along, it seems like the whole hallway of the mirrors also dissipates and you find yourself in the most beautiful nature. You're on Earth with no other enemy around. Just you and the nature. What do you think about yourself?
C: Little uneasy.
T: Who are you within nature?
C: Just a stranger.
T: What do you think about you in the nature?
C: I deserve it.
T: And how do you behave toward yourself in nature?
C: Embracing
T: And how do you feel about yourself?
C: Warm.
T: Where is this warmth in your body?
T: And who are you?
C: Whoever the nature in the being
T: Anything else about the nature?
C: Yeah, it's open to receive. Anything I'm willing to give it, good or bad.
T: And as you're part of this nature, it seems like you can lift off from the Earth and now you're part of the universe. What do you think about yourself?
C: Like good
T: And how do you behave?
C: Just go with the flow with the nature.
T: And how do you feel about yourself?
C: I don't
T: Who are you in the universe?
C: Just a being, a weightless being.
T: And as you are in the universe and out than what you know of God presents, what do you think about God?
C: Embracing,
T: How do you feel about God?
C: Warm
T: How do you behave toward God?
C: Good

T: How do you think God thinks about you?

C: Graceful

T: How do you think God feels about you?

C: That I'm loving

T: How does God behave toward you?

C: Like an experienced child.

T: And as you're there in the presence of God, what do you think about yourself?

C: Complete

T: How do you feel about yourself?

C: Confident

T: And how do you behave toward yourself?

C: Good.

T: And as you say I'm complete, grateful, and confident, how do you feel in your body?

C: Like a shed off everything else that I had to shed off on Earth. I'm lighter. I'm floating.

T: Are you finished with God? Complete? Anything you need to say about God or to God?

C: Thank You

T: So as you're coming back to the universe, who are you?

C: My being.

T: How do you behave?

C: Nice.

T: How do you feel?

C: Good

T: Say more. Define good.

C: Pleasant. Just light. I don't have anything attached to me, holding on to me.

T: From zero to ten?

C: Light...ten.

T: And as you're coming from the universe to the Earth and to the nature, who are you?

C: I'm part of a being.

T: And how do you behave?

C: Graceful

T: How do you feel?

C: Pleased

T: Zero to ten?

C: Content. Joy. Ten.

T: And as you come back, to the hall of the mirror and you look at yourself looking back at you, who are you?

C: I'm a walking being like I'm flying. I'm not just like floating.

T: How do you behave?

C: Just going with the flow.

T: And how do you feel as you're looking at yourself in the mirror?

C: I'm light, cleansed.

T: And the light from zero to ten?

C: Ten

T: And as you come on to the path again, your parents are there. And as you're looking at them looking back at you, who are you with them?

C: Joy

T: How do you behave toward them?

C: Love. No expectations

T: Say it again

C: Loving. No expectation

T: How do you feel?

C: Good.

T: Define good. Put a feeling word toward it.

C: Joyful

T: Where is it in your body? From zero to ten.

C: Ten

T: And as you come along, you actually see your mate, who are you?

C: A loving being.

T: How do you behave?

C: Giving

T: How do you feel?

C: Present.

T: Where do you feel this presence in your body?

C: Lower abdomen. Pelvis

T: From zero to ten?

C: Ten

T: And as you come along, you see your siblings, sisters, and your brother, who are you?

C: I'm a being with no expectation.

T: How do you behave?

C: Loving

T: How do you feel?

C: Loved

T: Where's this feeling of love in your body?

C: All over.

T: Zero to ten?

C: Ten

T: And as you come along the path you see your friends. Who are you?

C: I feel like light. I feel light. A being that emanates light.

T: How do you behave toward your friends?

C: Warm

T: How do you feel?

C: Warm

T: Where is this feeling in your body?

C: All over

T: Zero to ten?

C: Ten.

T: And as you come along, you see that pile of money and all the symbols of wealth, who are you?

C: Deserving being.

T: How do you behave?

C: Grateful

T: How do you feel?

C: Warm and scared

T: And the fear is?

C: Its excitement

T: And where's this excitement in your body?

C: Right here.

T: Zero to ten?

C: Ten

T: And as we go along you see you're co-workers, who are you?

C: Just a solid person

T: How do you behave?

C: Comfortable and confident.

T: How do you feel?

C: Stable

T: Where is it in your body?

C: All over

T: From zero to ten?

C: Ten

T: And now as we go along you actually see the people you know, who are you?

C: I'm a giving and loving being.

T: How do you behave?

C: Normal

T: How do you feel?

C: Like I belong.

T: And when you say I belong, what kind of emotion comes up?

C: Comforting and settled

T: Where is this comfort in your body?

C: Comfort right here

T: Zero to ten

C: Ten

T: And as you go along, you see six and a half billion people, who are you?

C: Embracing soul

T: And how do you behave?

C: (Could not understand)

T: How do you feel?

C: Large like big like not large and physical

T: Greatness?

C: Yeah

T: And where's this greatness in your body

C: Upper body. Like here

T: From zero to ten?

C: Ten.

T: Poline, do you know what anchoring is?

C: mhm

T: I want you to create a gesture with your hand that anchors. Do you have a hand gesture that anchors?

Part III

T: Okay, so I just want you close your eyes and go to the deepest place within you, where you know that you can connect to. You can connect easily and quickly. It's as if it's home. It's your home. Being with you and as if you have a direct access to this place, whenever you want and no matter what happens outside of you and the universe and the nature among people you know, men and women, people close or far. That you have a knowing that you are embracing soul, a being that emanates light, that floats, a being whose confident, comfortable, complete, grateful, loving, giving, warm, a deserving being, who deserves to have it all, the most wonderful matching mate, wealth, great relationship with everyone around, a healthy and a beautiful body, a solid core, feeling normal, feeling that you belong, joy, content, stable, being great, feeling the greatness, feeling excitement, being present in your body and everywhere else, feeling light, and behaving toward yourself and others in a loving and giving way with growth all the time, with warmth and passing through life and going with the flow and accepting life as it comes, life as it presents itself to you and for you to embrace it as is and be grateful and as you anchor with your hand gesture, you can always come to this place of I am a being, an embracing soul. I am grateful, complete, comfortable, confident. I deserve to be and I deserve to have. I'm solid. I belong. I'm loving, giving, warm, and I grow and I create growth for everyone around me. I'm joyous, pleasant, content. I'm present to my body, to my being, and to everyone else. I feel excitement and greatness and feel it in your body with every cell of your body, allowing the light to come through and shine from every part of your cells of your body and every time you hold your hand in that anchoring position you come to this core place, which is your home and you can be, think, feel, and behave from this core place of who you really are.