

## **Foojan's Clinical Model -Daniel**

### **Session One**

Therapist: How have you been? How was this week?

Client: It was ok, so-so.

Therapist: So-so?

Client: I don't know, my allergies have gotten really bad.

Therapist: Oh

Client: Like I haven't been sleeping at night. I'm not like completely there to sleep. It's ok.

Therapist: Have you gone to the doctor's? Taken anything?

Client: I'm actually making the appointment today. I have a referral.

Therapist: Good. I have also gone to um acupuncturist.

Client: You told me last week.

Therapist: Yeah and it's really worked so.

Client: Maybe I'll try that after.

Therapist: Yeah.

Client: See how this goes.

Therapist: Yeah. There's Claratins or something I used and it was fine but um try all of it and see what happens.

Client: I don't know. The pills don't usually work on me.

Therapist: They don't?

Client: Not really.

Therapist: It's just a bad time. It's a lot of flowers, it's a lot of you know greenery and

Client: And it's never been this bad. I'm like dying (laughs).

Therapist: Anything else came up for you regarding uh last week we were talking about um family, siblings, parents, and all of that and just got in to you know viewing you and we said we were gonna work on that today, but just to complete um what was going on in the past, anything came up more than what we talked about?

Client: Which part?

Therapist: We talked about your, you know what you think about yourself or you think about your brothers, you family, mom, dad, anything else. Anything else came up for you?

Client: I don't think so.

Therapist: No?

Client: Yeah everything was, we did last week. That was pretty much it.

Therapist: Okay. Alright so let's go now to um in front of the mirror.

Client: Mhm.

Therapist: So imagine that you're in that hallway and the hallway changes from there's nobody else, except you, in front of a mirror.

Client: Ok.

Therapist: And as you're looking at yourself looking back at you, what do you think about yourself?

Client: Good. I feel a little self-conscious.

Therapist: Mhm.

Client: I guess like, I kinda look down on myself cause like I can't get in to a relationship, like that's really a big deal for me right now. It kinda like throws me off. Like I feel like overall, I'm good, but like just that one area like kinda lowers me. Makes me feel low, less about myself.

Therapist: And what do you think about yourself, regarding not being able to be in a relationship?

Client: What do you mean?

Therapist: Um I hear that you're saying that I'm somehow, I look down on myself. What are the words that comes out if you were gonna describe yourself while you look down on yourself?

Client: The words that I look down on myself?

Therapist: Mhm.

Client: I know the idea, I just can't think of the word to match it. Less dominant's good.

Therapist: Less dominant?

Client: Yeah. More reclusive, is that the right word?

Therapist: Reclusive?

Client: Drawn to the side. Kinda like the...

Therapist: Like isolated?

Client: Yeah, isolated.

Therapist: Not part of the herd. You're just someone who is, who doesn't belong? Who's on the side?

Client: Yeah, kind of.

Therapist: And as you say that to yourself and look at yourself that way, that I'm put aside, that I'm not part of the group, I don't belong, not dominant, um what kind of emotion comes out?

Client: Sad, upset, um frustrated a little.

Therapist: And where is that sadness in your body?

Client: Here.

Therapist: And from zero to ten, zero being completely numb and ten being the highest amount, what is the number of the sadness you experience in your body?

Client: The sadness? Like a six. Yeah, six.

Therapist: Okay. I'm going to ask you to close your eyes and go to the place where the sadness is. And just stay there, and allow any other thought that comes up, emotions, intensity, to just be experienced. (long pause) From zero to ten, what are you experiencing now?

Client: It's about the same.

Therapist: About seven?

Client: About the same.

Therapist: About the same. So what's the number?

Client: Like six.

Therapist: Six. Are you comfortable there or can we bring it down?

Client: I think I'm ok there.

Therapist: You like to be there at six?

Client: I guess I'm alright over there, it's more the frustration that bothers me.

Therapist: Where is the frustration in your body?

Client: In my head.

Therapist: Ok. From zero to ten?

Client: An eight.

Therapist: Alright. Just close your eyes and go in to the frustration. In your head. And just allow any other thoughts that come up with it to come up.

Client: Maybe a little less.

Therapist: Like what?

Client: Like a seven.

Therapist: From eight to seven?

Client: Maybe.

Therapist: Are you comfortable there or do you want to bring it down?

Client: I'd rather be less.

Therapist: You'd rather be less. Okay. So just close your eyes and focus on it. Just focus on the frustration and see what other thoughts come up with it. That holds the frustration in that place. (Pause) From zero to eight? Where are you now?

Client: Like a four or a five.

Therapist: Good. Are you comfortable with that or would you like to bring it down?

Client: Ok.

Therapist: You're ok? You're ok to stay at that four or five frustration and six in sadness? Okay. Um what part of sadness do you get comfortable with? Is it like natural for you to be in that intensity of sadness?

Client: What do you mean?

Therapist: On sadness you said on a scale from zero to ten, you said that it's about six and then you said I'm comfortable with the six. So what I was noticing is that the comfort level, that there's a level of sadness that you're comfortable with.

Client: I don't know. I don't think so.

Therapist: No?

Client: I guess I'm just like used to it.

Therapist: So it must be there for you to be used to it.

Client: Yeah.

Therapist: Okay. So what is it about the sadness that it just continues to be there in your life?

Client: I don't know, I guess I just wanna get my like stuff together. I wanna start like with all the responsibilities that I'm supposed to have. And start making money and everything. I guess I just wanna start with that.

Therapist: So where does the sadness come from though? I mean I get it that you're in the path of growing up, in the path of um you know becoming independent, creating results for yourself, I get that. Where is the sadness coming from? I'm not saying it's good or bad, I'm just wondering like you could go through the same path with excitement, you could go through the same path with so many other feelings, but it seems like sadness is something that you're used to.

Client: I guess maybe it's more like being upset or is that the same thing?

Therapist: And what are you upset about?

Client: Not being able to get a girlfriend.

Therapist: Mhm.

Client: I think like the sadness, that's the major factor. Like with everything else, I'm kinda ok with.

Therapist: Mhm.

Client: Slowly getting there.

Therapist: Mhm.

Client: Even though I can't like I'm still learning to like push myself a little harder, like wake up in the morning and everything, but getting upset is mostly like with the girls.

Therapist: And do you have sadness in any other area or is it just with the girls?

Client: Mostly with the girls. Sometimes on like a social level.

Therapist: Mhm.

Client: I'm still like not there fully. Like with friends and stuff. I'm still I mean I'm I'm a quiet person, that's ok, I don't mind that, like sometimes I guess in some parts, I don't speak when I should be speaking or like it comes out wrong, like you think one thing in your head and when you say it out loud it sounds different, like I'm still learning, I'm still working on like that aspect. That gets a little frustrating also.

Therapist: So you don't trust yourself at all.

Client: No, I think I...half. I guess half and half.

Therapist: In what area do you trust yourself?

Client: I think in most other areas, except for like the social thing and like the girl thing, the girl parts. I think...yeah, most other areas I'm ok. I trust myself. I used to not.

Therapist: And you trust yourself in, in, what?

Client: Like studying.

Therapist: You're trusting yourself that you're capable?

Client: Yeah, like I know I can do it, it's not a problem anymore taking a test or whatever.

Therapist: Mhm.

Client: Or...um...getting my stuff done, like paying my bills. I mean I'll ask my mom to check it, just in case I made a mistake, but I trust myself that I did the right thing.

Therapist: Mhm.

Client: Most other stuff I think I trust myself.

Therapist: You trust that you can.

Client: Yeah.

Therapist: And the socialization and the girls, you don't trust yourself.

Client: I don't know if it's trust. Uh maybe because like I feel like I've developed recently, like a certain level of trust, but still not as much as I should have. So yeah I think trust.

Therapist: Is it that you don't trust that you have the capability? Or you don't have the skills?

Client: The skills.

Therapist: Now every other thing, you kinda know where to get the skills. What's stopping you from this one?

Client: I guess I don't really see it. Like everything else I was taught or I saw it, I learned. Like I guess over here, um no one's really showing me or something.

Therapist: Where do you think other people learn?

Client: Hm?

Therapist: Where and how do you think other people learn?

Client: From their friends.

Therapist: Ok. Do you have friends? What stops you from learning from them?

Client: I guess like, I'm just not around it as much.

Therapist: Because your friends are not doing it or you're not around them?

Client: Um because my friends aren't doing it as much either.

Therapist: So your friends are in the same boat as you are?

Client: Um they don't really, I mean they don't really have a problem with girls, I think. They all had girlfriends, they have girlfriends, but I don't know I guess they just don't do it around me. Not that they don't, I don't know. I guess I'm just not around it enough.

Therapist: Have you ever asked them to support you in this area?

Client: Yeah.

Therapist: What'd they say?

Client: Yeah, they do but like, I don't know, cause when like I told them, but I don't like it when they push me to it, like we're sitting somewhere and they tell me go talk to her right now.

Therapist: Mhm.

Client: And they keep pushing me in to it, you know? I get very uncomfortable. I don't like that.

Therapist: So how do you want them to support you?

Client: I don't know, just tell me like what to do and I'll do it on my own.

Therapist: But do you?

Client: I've begun to.

Therapist: Okay.

Client: A little bit.

Therapist: And?

Client: It's ok. Like this week I've been, like there's this girl that sits right next to me, like the table, like the class is full of desks, there's no room to move. She's literally right next to me. And I've been trying, but like I don't know. I guess I just, like I kinda go blank. What should I say, what should I say? It's like I know I shouldn't, but like I don't know.

Therapist: So as you're looking at that image of you sitting beside this girl who's sitting right beside you, what do you think about yourself?

Client: Um I think I'm alright, I think I'm good. I just like, I'd like kinda tell myself I gotta like think of something to say, like talk to her or something. But I don't know, I guess it's a little hard.

Therapist: What do you think, how do you feel about yourself?

Client: I get self-conscious.

Therapist: Mhm.

Client: I feel like I guess a little impatient also, because she's been sitting next to me for like eight weeks and I'm like quiet and stuff. Other people are like talking and everything. We're just like sitting there. Like I'm okay with the person sitting in front of me, but it's just her. I think I just whenever like I guess maybe like when I like someone it gets a little harder also.

Therapist: What's harder about it?

Client: Umm I think I like put more pressure on myself to like that I should be doing it correctly so I won't like fuck it up. Oh, sorry.

Therapist: No problem.

Client: Like I won't mess it up. Like I don't want to.

Therapist: You want to perform well.

Client: Yeah. I mean, I know I'm not gonna like get a girlfriend or whatever on the first or second try, but I don't know, I guess it's just frustrating.

Therapist: And where is this frustration in your body?

Client: It's over here now.

Therapist: Okay. Go ahead and from zero to ten, how much is the frustration?

Client: Like a four.

Therapist: Four? Okay. So go ahead, really get embraced in that frustration that is in your body, focus on it and be with it.

Client: It went down to maybe a two.

Therapist: Okay.

Client: It's a little bit better.

Therapist: Are you comfortable there or do you want to bring it down?

Client: I want to bring it down.

Therapist: Okay. Focus on it again. Bring it down from two to zero.

Client: Guess it's ok. Got better.



Therapist: Good. Now I want you still to look in, look at yourself in the mirror, and as you're looking at yourself in the mirror looking back, what do you think about yourself?

Client: Um, I guess about the same.

Therapist: Which is what?

Client: Just like, I mean a little self-conscious and just like um annoyed.

Therapist: Annoyed

Client: Yeah

Therapist: ...with yourself

Client: Yeah

Therapist: And what's the annoyance about?

Client: I guess it's all more on like a social level. Like girlfriend, just like social.

Therapist: Angry at yourself?

Client: Not angry, just like annoyed.

Therapist: Annoyed.

Client: Yeah.

Therapist: Just anger. Minor anger.

Client: Yeah.

Therapist: Okay.

Client: I don't know, is that the same thing?

Therapist: It's the same kind of energy. You know like um it's annoyance, and then frustration, anger, rage, you know it's like a different intensity of almost the same thing on the...It's different than sadness and grief and anxiety. You have an expectation from yourself it seems. That you're not meeting.

Client: I guess.

Therapist: And what is the expectation that you have from yourself?

Client: I don't know, I guess being able to have a girlfriend. Or like being a little more, you know, I mean I used to like be so energetic, but now that I force myself to go out more and talk more, I guess I'm energetic, that doesn't really bother me at all, but I've become very like even when I'm tired, I'll still be

alright. I'm getting really good at that. I guess just, you know, being kinda a little like, being I mean like the alpha male role. Kind of. Instead of always being stuck to the side.

Therapist: Stuck to the side.

Client: Mhm.

Therapist: You expect yourself to be the alpha male. Dominant male.

Client: I mean like not crazy.

Therapist: I know. Appropriate dominant.

Client: Yeah.

Therapist: So, this is where you are, this is where you want to be, right? And how does the dominant male, alpha, uh behave which is different than this one?

Client: I guess with confidence.

Therapist: Mhm.

Client: With a lot more confidence.

Therapist: Mhm. Okay. So something that's lacking in you is the confidence.

Client: I think so.

Therapist: And what does the alpha male know about himself that you don't know about yourself that creates the confidence?

Client: I think nothing. He's a... I mean I don't think anything bad about myself, really.

Therapist: Yeah, but what does he think about himself that creates the confidence that is different than the person who's on the side?

Client: I guess, maybe he doesn't care what people think about him. Yeah. But also because I guess he's had enough of the experience to like...he's just had enough experience.

Therapist: So his confidence comes from um using the skills, repeatedly.

Client: It's like, I guess, we kinda talked about before.

Therapist: So I don't know if does this one on the side have to keep repeating until he gets here or he first has to get here and then repeat? Can he use the skills on the side until he gets enough skills to come forward, or does he have to come forward regardless and then kinda like you know...

Client: Get the skills.

Therapist: Get the skills.

Client: I guess like the second one.

Therapist: Okay.

Client: Like I don't, I mean. From my own experience, like I guess when I kinda like force myself to be confident and everything...

Therapist: Yes.

Client: I guess it worked out a little better.

Therapist: Okay.

Client: But like it's tiring.

Therapist: What about it is tiring?

Client: You're always forced to like, I'm always forcing myself, it's not like natural.

Therapist: Okay, and what is the force?

Client: Just being out there.

Therapist: Yeah, but what's the force?

Client: Making myself confident, making myself like seem like a confident person.

Therapist: You're telling me that you have to put more effort in it.

Client: I guess.

Therapist: Is that what I'm sensing?

Client: I think so.

Therapist: Ok, so it's, when you say force it seems like it takes you more energy from you.

Client: Yeah.

Therapist: It takes more effort, you've got to do stuff more.

Client: Yeah, cause it like doesn't feel natural.

Therapist: And what is the type of the effort that you put in order to act and seem confident?

Client: Um I don't know how to like explain.

Therapist: Like how do you decide inside your own head that I'm confident now, I'm not confident now.

Client: I guess like whenever I'm around people.

Therapist: Mhm.

Client: Um, kinda like tell myself how I should act. Kind of.

Therapist: Mhm.

Client: And then, when I'm not around people I just like calm like just like cool it a little. Don't like really, don't really put any effort in to it.

Therapist: That's natural. Like if nobody's in this room, I don't have to interact with anybody so obviously I could just go internally and if I am among people there has to be a focus attention to be played on them and me and so there's more effort that I'm using, right? Ok, well that's natural, but that's, does that effort put kinda like negative energy on you or is it neutral or is it positive?

Client: It's positive.

Therapist: It's positive, okay. So when you say it force, does that force feel positive or negative?

Client: Neutral, I'll do it neutral.

Therapist: Neutral, okay. Alright. So if you see you here and you see you here, this is the dominant one this is non-dominant one, okay, so what do you have to tell yourself when you're here to cross the bridge of coming here?

Client: That one's dominant, that one's non?

Therapist: Yeah.

Client: I guess it just like kinda I tell my like self how to act, like stand up straight...

Therapist: Mhm.

Client: Stronger voice...

Therapist: Mhm.

Client: Like stuff like that.

Therapist: So there's a role that you turn in to?

Client: Kind of, yeah.

Therapist: Okay. But that's still, it appears to be still a part of you.

Client: Yeah. I mean I guess I just try to give myself a stronger presence.

Therapist: Cool. But that strength is still in you. Or you wouldn't be able to tap in to it and act like it, right?

Client: Yeah.

Therapist: So although it's a stronger presence, but it is you, right? Ok so this is what I'm hearing, correct me if I'm wrong, that there's a you which is non-dominant, um shyer bit, right? And there's a you that is strong, confident, and here. This one can get present without anyone or it can be present when other people are here, and this one can get present when people are there, okay? And what do you have to tell yourself to bridge and come over here?

Client: I guess I just tell myself to be confident.

Therapist: So just claim the word.

Client: Yeah.

Therapist: So when you say be confident or unconfident, when you claim the word, then the rest of your body listens to it and knows exactly where to go.

Client: Yeah, kind of.

Therapist: So when you imagine yourself being with the girl who is sitting right beside you, um if you imagined yourself being confident, as you say to yourself be confident and I am confident, what do you see then?

Client: It's like on a more social level, it's a little easier. Like whenever I get to like a more intimate level, like I guess I just don't know how. I don't have the skills.

Therapist: So you can't be confident because you don't have the skills.

Client: Yeah.

Therapist: So for example if it's just the conversation of hi, how are you, you know, have you looked at this book or what a beautiful weather or whatever, you can still pull off confident.

Client: Yeah.

Therapist: But if you want to go from that step to the next step, then you have no clue in what to do.

Client: Yeah.

Therapist: Okay. Where can you get a clue?

Client: Books. I mean, I have a book, but I don't know how good it is. I don't know how like, I don't know, how good are books with that kind of stuff?

Therapist: Information is information.

Client: Yeah

Therapist: I mean you can bring on the information and try it out in any particular way that you can.

Client: I mean like I read a couple. Some of them like make, require you to change your personality.

Therapist: Mhm.

Client: Makes you, makes you in to like a different person pretty much. Like I just like, I don't wanna like, I just push those to the side.

Therapist: You wanna be you.

Client: Yeah.

Therapist: And be able to be in a relationship the way it is.

Client: Exactly.

Therapist: Okay. Can you, can you take the information from those books and make them yours? Adapt them to who you are.

Client: I could. Just like, I have a problem with applying information.

Therapist: Mhm.

Client: Even at tests and stuff, like I'll know it...

Therapist: Mhm.

Client: But like sometimes, being able to apply it, it like, I guess my brain just doesn't process it well.

Therapist: What stops?

Client: I don't know. I've noticed it on tests also.

Therapist: Mhm.

Client: Like I'll know the information, but if they ask you like, I don't know, like a question about it, I sometimes I won't be able to apply it very well. Like for example um I forgot the...umm alright like when they do experiments like control groups and um I forgot the word, when scientists do experiments and there's a control group and a other group.

Therapist: Mhm.

Client: So like my teacher will ask a question in a different way, like about a different topic or whatever, with like control group and everything, sometimes I won't be able to like distinguish.

Therapist: Okay. So if we go to one of these books, give me an example of something that it says on the book about approaching a girl in more of an intimate way.

Client: I guess it says not to approach directly.

Therapist: Mhm.

Client: Like come in from the side. Then like kinda gotta like open with an interesting line to catch her attention. I don't remember (laughs). Um...

Therapist: So even if you go by that.

Client: Yeah.

Therapist: If you imagine yourself applying that from a confident place, what would it look like?

Client: Um, I guess it would be ok. But I've like tried it before, I don't know, my like body language gets all like weird. I guess I get really self-conscious. Like how am I standing, my shoulders, are like, I don't know, I guess are they slouching or whatever, I guess I get really self-conscious. But I guess that makes a lot of sense. Like today in class this girl sat next to me, I don't know, I guess I didn't know like, it felt like weird.

Therapist: Define weird.

Client: Like self-conscious. Like I didn't know like where to, how to like position my body or whatever, like where to put my arms, like not comfortable, not relaxed.

Therapist: So is it like almost you come out of yourself and you're watching yourself and then everything about you is bad? Put your arm here, put your arm there, no you can't sit like that, don't slouch, don't do this, don't do that.

Client: No, I guess it's more not being relaxed. I think it's more that.

Therapist: What makes you not relaxed? Like what becomes threatening at that moment suddenly?

Client: I guess the lack of confidence.

Therapist: Okay. But that's something you don't have at that moment. But what you have is some fear. Or anxiety is seems like that makes you not comfortable in your own skin.

Client: Maybe anxiety.

Therapist: Mhm. So what becomes threatening at that moment that anxiety gets produced?

Client: Uh I guess I'll say something, something stupid.

Therapist: Well you don't know that you're going to say something stupid, you're going to say just whatever comes to your mind. How do you know it was stupid?

Client: Not exact...I don't think, actually I didn't think that through. Um I guess like it gets little uncomfortable, cause I feel like she's expecting me to, not, I guess I'm expecting myself to say something and but I don't and it gets like all weird.

Therapist: And who's the one who's expecting?

Client: Me.

Therapist: And who's the one who doesn't respond?

Client: What do you mean?

Therapist: It seems like there's two parts of you which are at hand at that moment. One part expects...

Client: Yeah.

Therapist: I don't know who that one is. And another part just freezes and doesn't answer. Who's the other part?

Client: I don't know.

Therapist: Let's look at it, they're both inside of you. So who's the part that expects?

Client: That's the part of me that wants to talk to girls.

Therapist: Okay. So there's a part of you that wants a result. And somehow expects you to come up with that result. And somehow thinks you're capable to create that result. So at that moment it demands of you such as I know I have legs, I've done it before, I know that I walked, so if I wanna get up and go over there, somehow I expect my foot and leg, both of them, to cooperate with me. And I'm sensing that you're saying I know I have a mouth, I know I have a tongue, I know words, I have eyes, this person's sitting here and I want to have a relationship so here. Do the thing so I can have the result. Is that what that part is saying?

Client: Yeah, kind of.

Therapist: Anything else you want to add to it?

Client: No I think that was...

Therapist: That's pretty much it?

Client: Yeah.

Therapist: So now let's got to the other side which is like uh-uh (laughs). What's he about?

Client: I have no idea.

Therapist: Well, let's, let's meet him.



Client: Um, I guess like, I don't know, for the most part I kinda like blank out.

Therapist: Freeze.

Client: Yeah. Freeze. But besides that, I guess um I think maybe it's like the initial nervous feeling. I don't know, I think it's the nervousness. Anxiety.

Therapist: From zero to ten?

Client: Like a four or a five.

Therapist: Where is it in your body?

Client: I don't know, like here maybe?

Therapist: Let's go focus on it real quick.

Client: And also I'm belittling myself.

Therapist: Let's go focus on that real quick.

Client: It's better.

Therapist: From zero to four?

Client: Probably like one or zero.

Therapist: Very good.

Client: I mean, it wasn't very strong to begin with.

Therapist: So what I'm going to request from you is to get to see this duality between these two parts and just keep looking at them there and keep asking you know what do I think about myself, how do I feel about myself and keep noticing this duality between these two parts. One is confident, knows how to be the alpha male, knows exactly what it is and expects you to come through, cause he's got a vision of it in a sense, and the other one is just like uh-uh, okay. Now I want you to get to know these parts real quick, and watch yourself in different arenas to come up, okay? Does that make sense? Cool. Ok. I know that my assistant billed for you this week.

Client: Yeah, cause my mom was asking.

**End of Session One**

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**Session Two**

Therapist: Ok. So I want you to imagine um that you're in this kind of a pathway, alright? So there's this pathway going and you're kinda like walking on this pathway and on both side, what you see is a lot of people and these are people that you don't know, it's like six and a half billion people in the world, people you really don't know, people that, you know, like you're driving by and they're people. Ok. And you're watching them, you're looking at them, and they're looking at you, they're not saying anything, but they're looking at you. As you're looking at them looking at you, what do you think that they are thinking about you?

Client: Um nothing. I'm just another person to them, walking down the hall.

Therapist: Mhm. And how do they behave with you?

Client: Some of them are smiling, some of them say hi. The rest of them are just like there. They see me pass by and that's it.

Therapist: And how do you think they feel about you?

Client: I don't know, I guess they don't know me. So like they wouldn't really have an opinion about who I am. It's like they wouldn't really have any negative feelings. I guess they would be pretty neutral.

Therapist: And what do you think of that?

Client: I feel like, I don't know, I guess like I feel like they might judge me if, if I like do whatever like, uh like walked the wrong way or whatever. Or move, I don't know, kind of like walk the wrong way or something like that.

Therapist: And how do you feel about them?

Client: What?

Therapist: How do you feel about them?

Client: How do I feel? I feel like they're just people there. Like, I feel like it depends on the person. Like each person is different, some people are assholes, some people are nice. I guess you can tell a lot by like, just by looking at them.

Therapist: Mhm.

Client: So depending on the person you feel different.

Therapist: How do you feel with the assholes?

Client: I guess like I wouldn't know how to act with them. Like I'm a, like I'm not a violent person or like a angry person at all. I guess I wouldn't like enjoy being around them.

Therapist: And how do you feel about someone who's nice?

Client: I would want to talk to them. I would like to like, I wouldn't mind their presence.

Therapist: So you'll feel threatened with the ones who were assholes, you feel safe with the ones who felt good. That's how you would behave. Either kinda like step back or move forward toward them. And as you're standing there looking at them looking at you, what do you think about yourself?

Client: I feel like I do like good and everything with the nice people, but like I wouldn't be able to like defend myself with like the more assholes. Just like, I just like it kinda comes down also to like a physical level, just being able to defend myself. It's like I'm not a very violent person at all.

Therapist: Mhm.

Client: That's it. I think.

Therapist: So you question whether you're strong enough to defend yourself, if there is a threat.

Client: I'm strong enough, but just knowing how to fight.

Therapist: Mhm. Like I don't have the skills to fight.

Client: Yeah.

Therapist: I don't like to be violent.

Client: Yeah.

Therapist: So if by any chance one of the asshole ones becomes threatening, I don't feel confident that I could, I don't have the skills in, in to protecting myself, in that sense.

Client: Yeah. I feel like people are like these days are like way too violent, more violent than they should be. Like the littlest excuse gives them a reason to fight. So I guess I just like try and avoid that.

Therapist: Mhm. And when you say that, what kind of emotion comes up?

Client: Trying to avoid it?

Therapist: That people are violent and I don't know what to do with them, so I just want to avoid it. What kind of emotion comes up?

Client: A little bit of fear

Therapist: And where is that in your body?

Client: Here. Like only around here.

Therapist: So can you close your eyes and go in to that space of the fear. And just be with it. Like as you are in the pathway looking at these people looking back at you, thinking that people some of them can be violent and I really don't have the skills nor do I want to be violent. I might not be safe with them. And feeling the fear in your body, in the middle of your chest, and just stay with that fear. (Pause) How is it now?

Client: It's a little better. It feels a little more comfortable. I don't feel it as much.

Therapist: Anything left?

Client: Not really.

Therapist: Good. Now as we're going down this pathway, I want you to look at people again. But this time, these are people you know. Alright, people at school, teachers, um you know, um people you are to starbucks at. Just people you kinda know. They're, you know, they're not family, but they're people you know, the friends and acquaintances and that kind. So as you're looking at them looking at you, what do you think, how do you think they think of you?

Client: They all like me.

Therapist: They do?

Client: Yeah.

Therapist: Ok. And um how do they behave towards you?

Client: Friendly.

Therapist: What do you think of them?

Client: I think they're all good people for the most part.

Therapist: And how do you feel about them?

Client: I think they're all nice. Each, like, individual. But like I don't know I guess depending on the person, under a couple, I guess I'd act a little different.

Therapist: And how do you behave toward them?

Client: Walking down the hallway?

Therapist: Well, there are people you know, how do you usually behave toward them?

Client: Oh, uh talk to them if they're there, but I'm still like mostly quiet. I keep walking down and like people are around me, I guess I'd be a little embarrassed also.

Therapist: Say more.

Client: Like the same reason as before. I guess they'd like judge me or whatever. This time it would be like out of fun.

Therapist: They would judge you out of fun?

Client: I don't know like they would, if I'd do something, like they would joke around about it or whatever.

Therapist: They would be more vocal about their judgment.

Client: Yeah.

Therapist: But in a non-threatening way.

Client: Yeah. Which I guess is a little embarrassing.

Therapist: (laughs) So and, and as you're looking at you, as you're looking at them looking at you, what do you think about yourself?

Client: Like um, I guess I think pretty positively. Like I got nothing, no worries. Except for like the small embarrassment.

Therapist: Okay. And where is that embarrassment like a shame, is it it feels like a shame, a little shame and embarrassment? Where is that in your body?

Client: I guess more in my head.

Therapist: Ok, so close your eyes and go to your head, the place where embarrassment and shame resides, and as you watch yourself in the hallway, looking at people and acquaintances that you know looking back at you, just stay with that feeling in your head.

Client: It's a little (can't hear)

Therapist: What else comes up with it?

Client: What?

Therapist: What else comes up with it?

Client: It's like they're just looking at me. Something like that.

Therapist: Same one?

Client: Like, little more comfortable with being put in the spotlight.

Therapist: Mhm.

Client: A little better. Still there a little. Like, I don't know, like you know that feeling like people are looking at you, you don't know where to put your hands or whatever. Kinda feels like that.

Therapist: Like a feeling of being watched.

Client: Yeah.

Therapist: And then you're not sure if they're judging you in a negative way or a positive way.

Client: Yeah, kind of.

Therapist: But like you're on the spot, you're being watched...

Client: What should I do.

Therapist: What should I do.

Client: Yeah. I mean...

Therapist: It's cool.

Client: Hm?

Therapist: I said that's cool. So from zero to ten, what would be the embarrassment?

Client: Three. No big deal.

Therapist: No big deal. Handle-able.

Client: Yeah.

Therapist: Ok cool. Now as we're walking toward the pathway and the crowd changes and these are your friends, what do you think they think of you?

Client: Good friend.

Therapist: How do they feel about you?

Client: They feel...I guess I'm a quiet person.

Therapist: Mhm.

Client: But like a good reliable friend.

Therapist: Mhm.

Client: Someone I guess they can count on.

Therapist: Mhm. And how do they behave toward you?

Client: Very nice. Very comfortable. Same way they always do.

Therapist: And what do you think of them?

Client: They're all good friends.

Therapist: And how do you feel about them?

Client: Feel like some of them can be stupid at times.

Therapist: (laughs)

Client: But they're good people

Therapist: Hm. Just kind of accept them for who, whatever they are.

Client: Yeah.

Therapist: And how do you behave toward them?

Client: Very friendly. Joke, make fun of them.

Therapist: Mhm.

Client: Joke around with them.

Therapist: You feel pretty safe.

Client: Yeah.

Therapist: And as you're standing there, looking at them looking at you, what do you think about yourself while they are there?

Client: What do I think about myself? (Pause) I don't know, I guess, I guess kinda like a little lower.

Therapist: Lower than them?

Client: Mhm. Depending on the person, like on the situation.

Therapist: Mhm.

Client: Like one of my friends can get girls, for example and like I can't. Depending on the thing, but overall, the same.

Therapist: So when you say I'm lower than, what kind of emotion comes up?

Client: Not, not really lower, but like not at the same level. Like being like being able to do something that I want, you understand?

Therapist: That they can do whatever they want.

Client: No, like I don't know, I guess the girl example, like they're able to approach a girl.

Therapist: Right, they can do that and I can't.

Client: Right.

Therapist: So I'm not as uh competent as they are, not as good as they are at something.

Client: Right.

Therapist: So when you say that, what kind of emotion comes up?

Client: Like nervousness.

Therapist: Like anxiety? Where is that in your body?

Client: (can't hear)

Therapist: Okay. Close your eyes and go there, looking at your friends looking at you, knowing that there are things that they're better than you, always could be things that they could be better than you, go in to anxiety, nervousness, and heart.

Client: It's a little better, but it's still there. Just like the thought that I wanna do it makes it like come up.

Therapist: I wanna be the same, I wanna be able to do it, I wanna also have the...

Client: Yeah, kind of.

Therapist: It's just that wanting.

Client: Yeah.

Therapist: When you say I want, what kind of emotion comes up?

Client: I don't know. I feel like it's more anxiousness than emotional. I don't really know what emotion would come up.

Therapist: Well anxious is an emotion.

Client: It is? Oh, anxiousness. (laughs) 23:17

Therapist: Like an anticipation? Like a yearning?

Client: Yeah. Like I wanna do it.

Therapist: Mhm.

Client: Yeah.

Therapist: Does it feel like a positive or a negative emotion for you?

Client: Negative.

Therapist: From zero to ten? Ten being the highest negative and zero...

Client: Six or seven.

Therapist: And where is it in the body?

Client: Here.



Therapist: Ok, let's just go in it and focus. Just close your eyes and go to the place in your body. Just stay with it and if there is anything you need to say from there just go ahead and say it and just be with it.

Client: I think it got a little worse.

Therapist: Worse?

Client: Yeah.

Therapist: What thoughts come up with it?

Client: Just like a stronger want. A stronger desire, for whatever it is.

Therapist: More part it is negative, what kind of thought do you have around it that makes it negative? I mean usually a desire or a want it becomes motivation for us to you know jump start and go forward, a lot of times it's a positive energy that moves forward, but as I asked you is this uncomfortable emotion or is it like an emotion that gets you up, you know, excited to do something, you're saying it's more of like ugh. So what does it make...how do you make it mean? What kind of thought is behind it that it feels more negative?

Client: Just like, the fact like, I guess I can't like get up and do it. I don't know. Look at the talking to girls, I still can't approach very well.

Therapist: Mhm.

Client: And after that I don't know how to like talk to them once, once like, if I do.

Therapist: So it's the not knowing.

Client: Yeah. It's the not knowing.

Therapist: Not knowing how to.

Client: Yeah.

Therapist: That gets you frustrated. So the emotion now is like a frustration.

Client: Yeah, a little bit.

Therapist: Okay.

Client: It's still more anxiety, but I guess a little frustration could be with it.

Therapist: Is there also like almost um like a hopelessness, that I will never be able to?

Client: It's more like I don't wanna do it in front of my friends.

Therapist: Mhm, cause that might get humiliating? That they might now I'm less than, somehow?

Client: Yeah.

Therapist: So one part of it is I know I'm less than, cause I don't know it, and the other part is the feeling humiliated if they do. Ok. Our time is up. I'm going to leave you at this stage, okay? This might take us four or five sessions cause we're going stage by stage.

Client: We're going like a line.

Therapist: We're going to line and we're going to you know session by session we'll go to different areas of life and what it is, okay? But so wherever we stop, I think it's the greatest opportunity cause like the first couple of things, you know, it's so, it's so surfaced that immediately, you pass through. Where we kinda like linger is because there's depth and there's deeper issues in it so obviously gives us the opportunity throughout, like if I'm seeing you two weeks from now, throughout these two weeks, to kinda just be with this process, exactly this, like as you and your friends are extended family, not, not your own family, but extended family and friends, and the same thing like how do you think about yourself when you're beside them, how do you behave, what are emotions that come up. So kinda just be with this and get more and more data, kinda be more and more aware and as you come back two weeks from now, you know, come back with what you kind of, got experienced. And then we'll take and process that and we'll go to the next level or to the next step, okay? Now what I'm going to do is I'm going to actually hold all your tapes and then when we're done with the process, I would, uh, you know, give you a whole CD of everything, of all the sessions that you've had so you kinda, if you need to go over (can't hear), cause it keeps, you know, opening more and more things for you.

## **End of Session Two**

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### **Session Three**

Therapist: Her name.

Client: Is there an extra charge for this or is this a part of the...

Therapist: What?

Client: Is there like a charge for this?

Therapist: No it's part of our training. If you want to give me a raise then (laughs).

Client: We'll see how this goes.

Therapist: Yeah (laughs). If I want to demote you or if I want to give you a raise. So anything you thought about throughout the week?

Client: I don't know, since the last one...

Therapist: Mhm.

Client: The last time I was here...

Therapist: Mhm.

Client: I felt a lot more relaxed.

Therapist: Okay.

Client: But like, I feel like I still have some nervousness, some anxiety, just sitting there.

Therapist: So where did we leave off?

Client: I don't remember (laughs). Um...

Therapist: Remember going toward friends.

Client: I went towards friends, yeah. Oh yeah, we were like...

Therapist: Extended family.

Client: Extended family and friends. Like people I know, but I don't know.

Therapist: Anything else opened up with that?

Client: Uh, I don't think so.

Therapist: Mhm.

Client: There was one part that I paused for a while.

Therapist: Mhm.

Client: I don't remember which part that was.

Therapist: No I'm saying since um, since in the middle of the week, anything else came up...

Client: Oh.

Therapist: Around that for you?

Client: Just girls. That's like one thing that's really bothering me.

Therapist: Okay. Should we go to girls?

Client: Yeah.

Therapist: Okay. So as you are walking on this pathway and you look at the girls, um are looking at you and you're looking at them. What do you think they think about you?

Client: I think they're like attracted to me.

Therapist: They are attracted to you?

Client: Yeah.

Therapist: And what do they see in you that they're attracted to you?

Client: Just the way I look.

Therapist: Ok, so they like what they see. Alright. And what do you think they, how do you think they feel about you?

Client: I don't know. I guess they would want to talk to me.

Therapist: They do want to talk to you. It's like they want to get close.

Client: Yeah.

Therapist: Okay. And what do you think of them?

Client: I think the ones that I'm attracted to, I want to talk to, but like I wouldn't know how to begin.

Therapist: You want to talk to them, you just don't know how to begin.

Client: Right.

Therapist: You don't have the skills...

Client: Right.

Therapist: To do that. Okay. And how do you feel about them?

Client: I feel overall, they're nice people. I mean no one's there to just like make fun.

Therapist: Mhm.

Client: I think they're all pretty much good people.

Therapist: And when you're looking at them looking back at you, what do you think about yourself?

Client: I wish I could approach them. Like talk to them.

Therapist: And what's holding you back?

Client: I guess the skills. Like whenever I want to talk...whenever I am talking to them, I get nervous and like I can't keep the...I feel like I can't keep the conversation like flowing and I can't...it's like a bad vibe, kinda. You understand?

Therapist: Mhm. And what is the vibe? You call it bad, what is it?

Client: Um, just like a quiet, like uncomfortable situation, I guess. Like she's sitting there expecting me to say something and I can't like really think of anything to say.

Therapist: And at that moment, what do you think about yourself?

Client: I think that I should just say something, but I can't think of anything to say.

Therapist: Hm?

Client: Does that really answer the question?

Therapist: Um, you're saying what you're thinking. I'm asking what do you think about yourself. Like I am...

Client: I never gave it thought.

Therapist: That's why I'm asking. So as you see this picture, where it's you and the girl and there's this kinda like a silence, and now, as you look at yourself, what do think about yourself?

Client: I don't know. I mean, I guess I get a little pissed off at myself.

Therapist: Mhm.

Client: For not being able to do anything with others. I don't think of myself negatively or anything.

Therapist: Well there must be a thought about yourself that gets you angry at you.

Client: I guess I like put too much pressure on myself to like talk to them.

Therapist: Mhm.

Client: Like...I don't know. I don't know, like, like I guess I know the feeling that I feel, but I don't know like...

Therapist: The thought.

Client: Yeah, the thought.

Therapist: Well let's go with the anger, if you have the experience of the feeling. So tell me about the anger, being angry at yourself.

Client: Not really angry, just a little like pissed off.

Therapist: Pissed off.

Client: Yeah.

Therapist: Okay.

Client: It's not like real anger.

Therapist: Yeah, the volume is not...the intensity is not that much.

Client: It's low, it's very low. It's just frustration.

Therapist: From zero to ten, from zero to ten?

Client: Two.

Therapist: Two.

Client: Two or three.

Therapist: Okay. And where is that in your body?

Client: Around here.

Therapist: Okay. I'm gonna ask you to close your eyes and focus in where the frustration is, frustrated with yourself, for not be able to continue conversation with girls.

Client: It's not like going away.

Therapist: It is or not?

Client: No.

Therapist: So what's there? If it's not going away, I'm assuming they're thoughts and something's coming up with it. Tell me about that.

Client: I guess I just want the skill already.

Therapist: Mhm.

Client: To have like a...a social life that I'm happy with.

Therapist: Mhm. And are you angry with yourself for not acquiring this skill?

Client: No, because I understand. Like I understand where I'm coming from.

Therapist: Yes. You understand that you...you understand where it's coming from. It somehow it stops there, so although you understand how you didn't accumulate it, what stops you from gaining it?

Client: I guess it's harder now then it is when you're a kid.

Therapist: Well, I mean the age of socialization with the opposite sex and romantic relationships is pretty much now anyway. Before that we kinda like, you know, practice at it, but this is the age to...

Client: But like also more on a friendly basis. Like forget about relationships, with guys and girls, like I've been doing a lot better recently, but just as a friend basis I'm not as good as I'd like to be.

Therapist: Okay.

Client: With just like making friends and stuff. And not because like I don't get along with anyone or anything.

Therapist: Mhm.

Client: Just because I guess I'm quiet. I don't know, I'm not even that quiet anymore, but like...

Therapist: So what's missing in the friendship?

Client: I guess it's self-doubt.

Therapist: Yes? So what do you doubt about yourself?

Client: That I'm not like as good as someone else. I mean not like, not as good, but like not as skilled as somebody else.

Therapist: What do you think the skills of friendship is?

Client: Nothing, just talking, joking around. Nothing special. The problem is, I still feel like, I still get like um like I'm like what should I say now, what should I do now, you know? It stops me from like having a good conversation, kind of.

Therapist: So at the time that you're quiet and you're thinking what should I say now, when you look at that person, what do you think about yourself?

Client: Wait...

Therapist: When you're sitting either a girl or friends and you're quiet and you're thinking what should I say now, do you see this picture here? Now as you're looking at David there, what do you think about him? He is... I am...

Client: He's a nice guy.

Therapist: Okay.

Client: And ...

Therapist: And if you have a negative thought or belief about him, what would it be?

Client: It would depend on what he's saying not like, not everything that comes out of someone's mouth is like the best thing in the world.

Therapist: Absolutely.

Client: I mean we spoke about this...

Therapist: Yeah, but somehow you're still frustrated with him.

Client: Yeah, I know.

Therapist: So I wonder what do you think about him that produces that frustration? It's not like you accept him as he's a nice guy, you know, he says whatever he thinks, and whatever comes up in his mind, I mean he's pretty open and talking about it, and it seems like everybody else likes him so what's the problem? But somehow in your mind there's still a problem. So I wonder, what do you think of him that you still think this is a problem?

Client: I mean, I don't think anything negative.

Therapist: Okay.

Client: Or you know what, I mean I realize like people aren't just like out there to judge or anything, you know?

Therapist: Mhm.

Client: I guess I just feel like I'm sometimes gonna be judged a little in a negative way.

Therapist: So what do you think for example, the guys who are your friends, or the girl, would say about you. What kind of judgment would they ever have about you? As you're sitting there, trying to think what should I say next, what do you think they're going to think about you?

Client: Nothing, nothing bad.

Therapist: So what are you afraid of?

Client: I don't know. I guess it's just that feeling that's still there.

Therapist: Yes that's why I told, you know, really zoning in, cause I really wanna understand that feeling, I want you to feel the feeling and I want you to open it up. What is that? Cause we know it comes up with girls, we know it comes up with friends. Does it come up any time else, any other time?

Client: Sometimes with family.

Therapist: With family. So in a relationship to other human being, in a sense, it comes up.

Client: Yeah.

Therapist: So as we're still sitting and with the girl and you, and I just want to zone in to this place which is the girl and you, and you're quiet.

Client: Yeah. I'm trying to think of...I guess like with a girl, it would be like she'd be thinking why is he so quiet or something like that. Like why won't he talk to me?



Therapist: And then what would she say afterward? Like if she made a statement about you which was negative, what would it be? Is being quiet negative by itself or is it something else, like because he's quiet, therefore he is blah blah.

Client: Shy.

Therapist: Okay.

Client: I get that a lot.

Therapist: Okay, because he's quiet, because you're quiet, you're shy. Is that really bad or is that just whatever?

Client: Not bad.

Therapist: Not bad.

Client: It just holds me back.

Therapist: That's something it holds you back, but if they judge you as you're shy, does it hold a negative um you know energy in it? Does it hold a negative...

Client: Not really.

Therapist: Okay, so it's not.

Client: Yeah.

Therapist: So that doesn't considered judgment either.

Client: No.

Therapist: Right? So there's nothing to be afraid of. So what else would they say, what else would she say that in your eyes, it would be considered a negative, you know, judgment about you.

Client: I really can't think of anything.

Therapist: So let's go back to the picture: it's you, sitting in front of a girl, quiet. How does this picture look to you?

Client: It's fine. I guess.

Therapist: Scan your body, like phewww. Anything going on, as you look at this picture? Any thoughts, any feelings?

Client: Just the anxiety to talk to her.

Therapist: So let's have the anxiety. Where's the anxiety in your body? Okay. So I want you to close your eyes and just go in it as you keep imagining this picture. It's you and the girl, sitting in front of each other.

Client: It's a little better.

Therapist: From zero to ten?

Client: Seven.

Therapist: Seven? What thoughts come up with it? As you look at the picture, what thoughts come up with it?

Client: I feel like, I want to talk to her.

Therapist: Yes.

Client: But like I guess I'm looking at it like you know bigger picture like we're in a classroom or something, like I guess I feel like I'm less like willing to talk to her in a class full of people, like they're listening I guess. Like if, I feel like if it's just me and her, it's a lot easier than if people are listening in.

Therapist: Hm.

Client: I guess it goes back to like the skills. I guess I'm just not like used to it. You understand?

Therapist: So if it's just her and you, you don't have anxiety?

Client: Not as much.

Therapist: So from zero to ten, what would be the anxiety if you were with her alone somewhere?

Client: Like a nine-ish...nine.

Therapist: So it's high actually?

Client: Oh, opposite, it's less. SO like a one or two.

Therapist: So if you are with her alone, it's one or two. If you are with her in a group, as other people are listening, it'd be about seven.

Client: Yeah.

Therapist: Okay. Alright. So, when it comes to you and the girls, then as long as you are with them alone, you can carry on a conversation and move forward.

Client: Yeah.

Therapist: And what stops you from having relationship with them?

Client: I don't know. Like boyfriend/girlfriend?

Therapist: Yes.

Client: I have no idea.

Therapist: What do you think a relationship of a boyfriend and girlfriend is?

Client: Just being together.

Therapist: Have you ever seen your friends have it? Have you seen your brothers have it?

Client: No, I don't think my brother's had one.

Therapist: They didn't have one either. Okay. When you see your friends have a relationship with their girlfriends, what do you see in that relationship?

Client: Just...they're together.

Therapist: Mhm.

Client: (can't hear) connection I guess. Stronger bonds with each other. And they fight (laughs).

Therapist: And they fight.

Client: But that doesn't really bother me. I guess just I don't like the stronger relationship, kind of.

Therapist: How do you think the uh stronger relationship gets created?

Client: Talking.

Therapist: By talking, and by sharing.

Client: (can't hear) by attraction.

Therapist: By attraction.

Client: I guess mostly talking.

Therapist: So what they do together and that they create events to be together and while they're together, they talk and share about who they are and whatever's in the surroundings. Is that what I'm hearing? And what's the difference between what I just said than being just with a friend?

Client: Nothing really. I guess just enjoying being with each other more.

Therapist: Okay. And part of it is the chemistry of like sexuality.

Client: Yeah.

Therapist: Right?

Client: Yeah.

Therapist: Okay. Um now if you don't have the skills, you don't know how to, how do you think you're supposed to gain that skill?

Client: Practice.

Therapist: So how are you gonna even start? Where are you going to get the role model? Like whatever we do as human being, we've seen it somewhere, we read it somewhere, we got the information from somewhere.

Client: Right.

Therapist: Where are you going to get the information from?

Client: From my friends. From watching (can't hear).

Therapist: Okay. Now all of this has been in front of you for a while, but something stops you from doing it. Like friends have been there and had relationships, you've been watching them, there's ample amount of videos and movies and you know um...

Client: Some of it is also like the physical part.

Therapist: Mhm.

Client: Like kissing and like sex and all that stuff.

Therapist: Mhm.

Client: I just feel like, I mean I like never really had like a real kiss, you know?

Therapist: Mhm.

Client: I like hooked up like one time.

Therapist: Mhm.

Client: With a girl and that was like my first time doing everything.

Therapist: Mhm.

Client: So I guess a lot of it is also like the physical part.

Therapist: Mhm. You've never experienced it, kind of you don't know what it feels like, you don't know what it looks like.

Client: I don't know how to do it.

Therapist: And that's something that is kinda awkward to go and ask a friend and say can I watch (laugh). Like you can't really. I mean that why there's videos and you know um movies and videos and all of that.

Client: Those are like different than like actuality, I think. I mean you can know how but being able to apply it I feel is a different situation.

Therapist: Absolutely. I mean you still have to practice, like you have to figure out how and then you have to practice it. So who you gonna practice it with?

Client: Girlfriend.

Therapist: Okay. But I'm sensing it's like a catch 22. You're saying that I am shy about movie forward and getting myself in to a relationship because I don't know how to create that kind of a intimacy and the physical part, but the other part is in order for you to have that skill, you actually have to practice it with someone.

Client: I feel like, like if I was younger like whatever fourteen, fifteen, like it wouldn't have been as much of a problem, cause nobody knows how you know, but like now that I'm a little older, like I'm twenty-one, it's kind of like expected of me to like...

Therapist: Know already.

Client: Yeah.

Therapist: So what are you gonna do? You're not gonna turn back fourteen and fifteen, you're not gonna turn back, you know, to that age. So what are we gonna do?

Client: Just do it, I guess. I think that's a lot of the problem, that's a lot of what's holding me back.

Therapist: Oh, I believe that. That makes sense. But it seems like you've got to either, there's a couple of things you can do. What are the solutions? Either jump in anyway and you know say that I'm a novice at this and I'm just learning or come up with how else can you practice this. What are other avenues of practicing it?

Client: Videos.

Therapist: But videos is just watching.

Client: Yeah.

Therapist: How are you going to practice it on someone?

Client: By doing it over and over again until...

Therapist: Huh?

Client: By approaching as many girls as I can.

Therapist: Yeah.

Client: Until I gain the skills. Like one step at a time.

Therapist: Right. And not necessarily thinking that the first relationship you're going to have is the lasting one so it's more of it's ok if I mess up and I'm not, and we're not together, and the next one it's ok and I mess up and we're not together, so it's almost like you know you have this, there's gonna be a practice and maybe you don't mess up and it'll be amazing and fine or that you're gonna mess up and fine so you know, but it seems like you have to put yourself out there for practice and not have the expectation that I should be perfect the first time and, or it's really you know annoying if I tell somebody that I'm, you know, I've never had this experience before. How would it be for you to say to a girl I've never had this experience before?

Client: It's a little like weird.

Therapist: Weird.

Client: Yeah, it'd be like, that I think I'd be like really shy about.

Therapist: Would you be embarrassed?

Client: Not embarrassed. Just like shy to like bring it up.

Therapist: Well you can't pretend that you know.

Client: Yeah. I mean I understand it so like I wouldn't, I guess I wouldn't be really embarrassed, but it's just opening up about it, since I've never done anything like that before like I'd be shy about it, nervous.

Therapist: So, how are you going to take the risk?

Client: (can't hear). I don't know.

Therapist: How are you going to find the person to do this with?

Client: Talking to them.

Therapist: Where are you going to find them?

Client: Um, at school. Wherever. I don't know. Wherever the opportunity arises.

Therapist: Okay. And what would you say?

Client: (can't hear). When? Like when I hook up with them?

Therapist: Well, there's couple, couple of, first you gotta meet them so first you have to have a conversation to meet them. Then you have to follow the conversation to ask them out. The you have to go out a couple of times and then be able to state to them, you know, that I'm attracted to you, I would like to approach you, I don't have expe-I don't have a lot of experience.

Client: I mean, I feel like it's one thing to build attraction, wanna like go out with each other, but like I feel like most of the time, I would push it in to like a friend zone.

Therapist: Well I would imagine you would push in to a friend zone because when you want to approach it from this way, you get shy again and you pull back.

Client: So then I feel like if I put it in to a friend zone, how would I turn it in to a relationship?

Therapist: You can't.

Client: Yeah, exactly.

Therapist: So that's one of them. The other element is when you get to know someone and you're getting friendly with them, then you also have the investment of the relationship itself, So it's, you know, it's harder to screw it up because, you know, you're getting emotionally invested in this. So the point would be how can you, how can you practice without emotional investment? How can you practice just sexuality without the rest of the stuff? Because with the rest of the stuff, you're in a relationship. So there's couple of ways to do this, either you have to do it with someone who's already a friend, you feel very safe about, you think that they're not going to judge you, even if you tell them I'm a novice and I've not done this and I wanna experience it with you so either you have to build a whole friendship and then ask...

Client: Friends with benefits.

Therapist: Or the other side of it is to find a person who is only casual sex because you just wanna practice.

Client: Right.

Therapist: There's nothing else but that.

Client: So that's like the only way?

Therapist: No I'm saying these are two ways, it's not the only way, it's either this or this.

Client: Right.

Therapist: Either you do build a relation with someone as a good friend and then you share with them, this is what is...

Client: Okay .

Therapist: and I want to, you know, I wanna um try it with you, would you teach me, or would you do this with me, Sometimes there's weird emotions that happens at that time because you're already friends.

Client: Yeah.

Therapist: Or having just uh, you know, sexual experience for the sake of sexual experience.

Client: Right. I'd rather have like a relationship. I mean like yeah, I know...

Therapist: Well a relationship, yes, but I'm talking about building...

Client: Right.

Therapist: Skills.

Client: Yeah, yeah. I could do that, but like I guess I'd just, I'd just rather have it in a relationship like that. You know?

Therapist: I hear you. How are you going to have it in a relationship?

Client: With (can't hear). By getting over it.

Therapist: See, that's, that's the piece. That's why I said it's a catch 22.

Client: Yeah, yeah.

Therapist: You're saying that as I go in to a relationship, as I build relationship with someone, as I and then at one point I turn it in to friendship because I don't know how to pursue it any other way, I don't know how to look at them from a sexual place, go forward, hold them in my arms, begin kissing them, and then, you know, whatever, whatever, whatever. You're saying I don't know how to do that. It's the first time, I'm gonna stumble, I'm gonna fall, I'm gonna, you know, get embarrassed, I don't know what to do, I'm gonna kill the moment.

Client: Right.

Therapist: So I'm saying if you're watching yourself going flip-flop and it's like pffft, you know, kill the moment, it's a lot more emotional investment for you when you're in a relationship or ready and want to go through this phase.

Client: So I just gotta find something like that?

Therapist: Like what?

Client: Just like for practice.

Therapist: They're both there, I'm just giving you which one, like what's the benefit and what's the likelihood. For example, I've know people, I'm not saying you should do any of it, I'm just saying broad, what I've noticed, I've known people who have just gone to, you know, uh to parties and um someone is already very very sexual and their libido is at highest level and they're already, you know, drinking and they're ready and they want to have sex so it's a mutual conversation, they just want to have sex, they don't care who you are, they just want to have sex with you. So that could be a mutual agreement that at that moment, they don't care if they're teaching you or not, and you just say, you know, go ahead,



use me, teach me, do whatever you want to my body, just be safe about it. There are people—so that's one way that I've heard it happen, other ways is that I'm not uh, you know, uh promoting anything illegal, but I've known people who have called a very very clean and, you know, expensive and whatever call girl, they got a, you know, hotel room and they ask the call girl to come in and they've said to them I don't know, teach me. And, you know, you spend the money to get trained by the best people. You know, I've known that. Um I've known people who uh, you know, they were like high school friends or whatever, friends from childhood and they've been best buddies, they've done all of that and at one point, um, you know, they've drunk or whatever, and they've told each other like we have never done this, I've never done this before, they've kinda like made a pact together to do this for the first time with each other. Sometimes this becomes weird because they've been friends and they might, you know, sometimes kinda like disturb their friendship afterward, but I've, I've watched people, I've known people, who've done that and it went a little bit awkward and the friendship went right back again and it was just, you know, the practice and they did it together. Um there's also the part that yes, they started the relationship, the friendship went and because there was attraction, sexual attraction, that at one point the person felt safe to say I've never done this, but if the girl had done it before so they knew how to and they taught the guy. Or vice versa, the guy knew it and they taught the girl. So these are some of the ways that I've seen, I mean there might be hundred other, you know, ten thousand other stories that might be out there, but these are some of the ones that I've heard in how people have begun. Choose any of them, or multiple, you know, ways of them, or go at them all at the same time, but it's more like being open to how you're gonna get the experience and I think the first time is the most awkward time, awkward one, you know, cause if you pass through the first one, then you kinda just try to practice different things, or you open up with stuff, you know, I mean if get, gain the concept of kissing, then every kiss is different with everybody, with every person that you come to you still have to adjust the kissing for those two people, but I think the art of kissing at the beginning it's like first you gotta get how do you even hold your mouth, what do you do, so first is the attempt and the experience, and you gaining one experience, you know, or whatever, the necking and foreplay and, you know, oral sex and um vaginal sex or whatever, I mean just going, intercourse, doing different things, doing it once to have an understanding of oh, I've learned one way and I've experienced one way. Now from there I think it makes it easier when you have some platform to begin with.

Client: Right.

Therapist: Then you can explore bodies and learn and, you know, move and find your way in different ways. But it seems like you need to practice once.

Client: Yeah. I guess I'd rather have like one steady like partner like to begin with.

Therapist: Cool. Are you going to go with the phase? So you've learned somebody, you've become friends with them, there's a phase that needs to switch.

Client: Right.

Therapist: Do you know when that is, do you know how to say it, do you know what to do?

Client: (laughs)

Therapist: Okay.

Client: It's like right before it becomes too friendly.

Therapist: It seems like you, you go as acquaintances, like in a group...

Client: Yeah.

Therapist: You're fine. But the minute you want to take this person and say can I have coffee with you or can I take you to dinner, you stop.

Client: Yeah. I don't know where that phase is.

Therapist: That's the beginning of it because it just turns from social to private. And private does not mean we're gonna have sex that night, it just means...

Client: Of course.

Therapist: It just means it just shifted from acquaintances, like a group, to something between you and I and it's a personal thing. And I'm sensing that you're saying I don't even know how to go from here to here. I don't even know how to say, I mean you know how to say the words, but I don't know how to approach someone and, and say can I have coffee with you?

Client: Yeah, I think so. Also, like not even group. Just like, like person to person, like in class, not like a group, just become friends with the person sitting next to you.

Therapist: Mhm.

Client: Like even from there I wouldn't, I don't think I'd really know.

Therapist: Yeah because person to person would have the next phase to be hi, how are you, what's up, blah, blah, blah, you know, would you like to, can I walk with you to your next class, can I walk with you to your car.

Client: I've tried doing that a couple of times.

Therapist: You know, and then giving your phone number or asking for their phone number, you know, we should have coffee sometime or do you want to go to a movie sometime.

Client: I mean I've tried doing the walking...

Therapist: Mhm.

Client: after class, but like we always leave like at different times. Like when I'm finishing a test, the girl's already gone or like she's already like, my class is over, she's already out the door when I'm getting my books together in my bag. I've never been able to like get it right or plan it.

Therapist: But you haven't asked though.

Client: (can't hear)

Therapist: But they don't know...

Client: Yeah.

Therapist: That that's what you want to do unless you ask them.

Client: Yeah.

Therapist: So there is this part of actual asking.

Client: I didn't really think of asking, just like walking out the door.

Therapist: That's, but see that is not, that's not you doing anything about it, that's more like a random thing, if it happens happens. You know?

Client: Yeah.

Therapist: And it's difficult if you don't know how to cont- you know, continue conversation, you can't pull off the random thing.

Client: I never thought about it.

Therapist: But that's different than sitting in a class and looking at someone, and keep looking at them and seeing if they're attracted to you and they're looking back and then giving some comment and then they laugh or whatever and then letting them know and saying, you know, what are you doing after class? Just that sentence, it's a direct sentence, you don't have to come up with weird stuff, direct sentences are perfect. What are you doing after class? Oh, I don't know, I'm going to such and such's class or I'm going home or whatever, well, you know.

Client: And that's ok?

Therapist: Can I walk with you? And they'll either say yes or no. They'll either say yeah, like ok great.

Client: I never thought of that.

Therapist: It's very simple.

Client: Yeah.

Therapist: Or they'll say well not today maybe some other blah blah blah. Alright, well catch you next time.

Client: Okay.

Therapist: And you know, you might flirt couple of time before you do that. And what is flirting?

Client: Joking around.

Therapist: Joking around, and kinda with non-verbal cues letting the person know you're interested.

Client: Until I'm like comfortable physically, yeah.

Therapist: Like looking, up and down, looking at them, letting them know you're looking, you know giving, giving comments, that kind of stuff.

Client: Right.

Therapist: And then as you're walking with them, what do you talk about with them? You ask questions about them.

Client: Going with questions is okay?

Therapist: Yeah.

Client: I don't know, I was talking about it with friends and stuff and like people that like get girls, they always tell me like just like keeping asking repeated questions isn't good.

Therapist: Not repeated questions, it's more like, you know...

Client: Keep on asking.

Therapist: No you ask one question and then you share the same question.

Client: Okay and then you go to the next.

Therapist: And then you go to the next. You know, it's almost like um you know it's not like a test, it's more like you know, um, what's your major? Have you decided on your major yet? And then they say whatever. And then you say, you know, yeah this is for me. And then you kinda quiet down and maybe they'll ask you the next question.

Client: Okay.

Therapist: And then, you know, you'll answer and then you'll answer them and then maybe you'd ask another one. So it kinda like flows, right? Cause you like basically wanna get information or you share something which is appropriate or you make a joke which is appropriate or you share something like you know I went to such and such movie and it was cool and I, you know, have you ever heard this song or...sometimes it's these kind of sharing and sometimes it's asking about their life. What do they like? You know, what kind of music do they like? Where do they go to hang out? You know, are they from here, not from here?

Client: Okay.

Therapist: You know, what other classes do they have? Just kind of like getting to know someone. How do you get to know someone? Asking questions.

Client: Right.

Therapist: But it's not like your name? You know, birthday? You know (laughs).

Client: It's a test (laughs)

Therapist: It's a test. So it's a flow of going back and forth.

Client: Right.

Therapist: Okay. Until you get to wherever they are. And then you give, you give a couple of compliments, which is it was great talking to you, I really enjoyed my time, um, and um, let's do this again. And you'll see, if the other person says ok or they're like, you know...

Client: Yeah.

Therapist: If they're going away, uh, in a sense. You don't know why they're going away, they might be shy, they might be liking you very much, or they might not like you, we don't know. So it's not like if they're going away, that means definitely they don't like you. No, might be a lot of different reasons. You know, maybe they have boyfriend, maybe there's other stuff we don't know about. So if they're kinda like pushing away, um all you need to do is like, you know...

Client: Okay.

Therapist: Okay or you give them your number anyway and you're like well...

Client: Alright.

Therapist: If you ever want to do this again just call me.

Client: Right.

Therapist: And you give them the phone number. Okay, um, and they might give you or they might not, they might call and they might not. We don't know. Um, and if you say let's do this again and they're like sure, same thing, give em your card and you're like, you know, call me if you're...call me whenever you want and um, if not, I'll see you next week in the class or Tuesday Thursday in the class or whatever. Or if they're not in your class, you just give them your card or your number and just say, you know, see you around. Call me or I'll...if they give you their number too, some people they'll say, you know, here, here's my number. Cool, then you call them later on.

Client: Alright.

Therapist: But you have to start doing this step at least.

Client: Okay.

Therapist: You have to put yourself out there to create something.

Client: Right.

Therapist: Does that make sense?

Client: Yeah.

Therapist: Alright.

Client: I guess it's just that first approach.

Therapist: Yeah.

Client: I gotta get over.

Therapist: Yeah, one week. I want one approach every day.

Client: I want five.

Therapist: I want five approaches.

Client: I want five a day.

Therapist: Five a day, go for it.

Client: Yeah. Alright.

Therapist: Can you just kind of like risk it and put yourself out there this week?

Client: Yeah.

Therapist: Awesome.

Client: I might do three.

Therapist: Okay, good. Go get em! (laughs) Alright.

### **End of Session Three**

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### **Session Four**

Therapist: In what?

Client: Anatomy

Therapist: In what?

Client: Anatomy

Therapist: Anatomy, ooh. So, tell me, what's going on?

Client: Not much, everything's fine. Like uh I guess I've made a lot more friends.

Therapist: (cant hear)

Client: Everything's pretty good. I don't know I guess like just been studying and uh ever since then I kinda burnt out. I was trying to study last night and I couldn't like remember anything and I have a test today on it.

Therapist: There's only so much we can acquire with information.

Client: Because I had like a lab test on Tuesday I mean no a lecture test on Tuesday and today's the lab test. And I'm just like I got to go home and study really hard now.

Therapist: Ok. Um last time in this path kinda, where we were were in front of the girls, in a sense. And uh anything else that came up with that, in that pathway that we talked about girls and you know what you thought about yourself and all of that? So tell me if anything else popped up for you.

Client: Nothing really, but like I realized like you know how you said I should approach like five girls by the time I come here. Ok I didn't really like approach, I still gotta get over that, but when I went to like Macy's or something, I like continued the conversation. Like pretty much I spoke to them instead of just asking like a comment or whatever. So like, um, does that count?

Therapist: Yes, everything counts.

Client: Good.

Therapist: Everything counts.

Client: But um I still gotta get over that anxiety. Like yesterday I was on my way back from school and this girl that's in my class came and sat next to me so I started talking to her, but like it didn't flow, you know? Like it was question and comment back and forth, but like pause for like two minutes and then say something else, you know what I'm talking about. So it was like that. So I guess it was good, but it kind of threw me off also, like I wanted to be able to make it more interesting or whatever.

Therapist: One of the things that I think that happens and that when we're doing small talk, usually it's bursts of things because you can only talk for so long about the weather, there's so long you can talk about, you know, a zebra looking pillow, I mean if that's all the conversation's about, obviously it would be instead of going and coming back conversation, it would stop. And then somebody picks up the next topic and it goes back and forth and then stops and then the next topic. I think it's in deeper level understanding and knowing each other that when we're talking about ourselves, our past, our emotions, our thoughts, our philosophical aspects, that this thing kinda like, you know, continues for a while, you know, you can talk about something about 15 minutes, 20 minutes, half an hour because you're talking about something, you're sharing deeply, you have uh deep thoughts about it, a lot of ideas about it, and you're kinda like going and coming back, but I also want you to get that in the beginning of relationships

or conversations you're really not going to have that kind of a flow, so the expectation is off if that's what you're expecting when somebody comes and sits beside you, you know you can't have a flow because people are just beginning to test the flow, you know?

Client: I completely, I realize that, but even when I was talking...

Therapist: Good. So it's not, I don't want you to have a negative view of it as if well, it wasn't that, of course it wasn't that, it will never be that at that stage of a relationship.

Client: And that's like what I keep telling myself.

Therapist: Good

Client: Like it throws me off a little, but I accept it, you know, so I'm not going to like (can't understand).

Therapist: Exactly. Perfect, perfect. Cause it's almost like you know that you have an appetizer, you have soup, you have salad, you have appetizer, you have main dish, you have dessert, so you cannot have an expectation of everything you have in the main dish at with a soup or a salad, because soup or a salad is designed for a particular thing, so when you just meet someone, it's off, it's too much off boundary, it's put off if you talk about lemme talk about you know my in depth thoughts or emotions or my childhood or you know things that I think about these philosophical ideas, people will laugh at you like okay...(laughs), you know let's just talk about the weather for now. Does that make sense?

Client: Yeah

Therapist: Ok, good. Alright, so I'm glad that we're moving and shifting in that phase, in a sense. So today, today, as you're walking through this pathway and you look at the girls looking at you, what do you think about yourself?

Client: I think...I guess I feel a little more confident, I feel a little like self-conscious, like I feel like most of them like like me, you know? Like they all turn their head or whatever when they're walking by.

Therapist: Good. So, are you complete with this phase? Anything else that's left, or should we move on the pathway?

Client: I guess I'm kind of complete.

Therapist: Complete? Ok. Umm, let's move to your siblings. Ok. What are your siblings? Sisters, brothers?

Client: One younger brother

Therapist: One younger brother

Client: He's 18 and a little sister that's 13



Therapist: 13. As you are walking through this hallway, looking at your siblings looking back at you, what do you think about them?

Client: I think they're good kids. They get annoying sometimes. Umm, I guess that Phillip, my brother, is a little...I don't know what the word is, like he stands up for himself too much, understand? He's over , you know, on like the smallest stuff.

Therapist: Trying to prove something

Client: Yeah, so kind of like that. He does that like a little too much. But like my sister is a regular girl, she's a mama's girl.

Therapist: Awww. What do you feel about both?

Client: I like them

Therapist: What do you think that they think about you?

Client: They like me, I don't think we really have problems, we get along pretty well.

Therapist: How do they feel about you?

Client: Good about me, they...I guess they know that they can come to me if they need anything.

Therapist: How do you behave toward them?

Client: Depends how they behave towards me.

Therapist: (laughs) Say more about that.

Client: Um, I mean like sometimes I bother them, but as a joke, um like I guess sometimes I get angry for no reason, like they do something stupid or whatever and I scream at them. Uh yeah, more or less.

Therapist: And what do you scream at them? What do they do? Do they listen to you, do they get scared of you, do they ignore you, or...?

Client: Uhh, depends what it is. Usually they listen, um uh I really think it depends what it is, on the situation, but if it makes sense, they'll listen to me. Like sometimes they tend to repeat stuff a lot, like they'll keep asking me after I say no, like a hundred times. That's when I get frustrated. But besides that, that's it.

Therapist: How do they behave towards you?

Client: They're good, respectful, like if they wanna use any of my stuff, they always ask. Always. And...they're really good.

Therapist: As you're looking at them looking at you, what do you think about yourself?

Client: As long as it's my brother or sister, I feel good. I kinda feel like I wanna get away from the family, I like my own space, yeah. Right now actually I've been feeling this for a while. I wanna like move out, I like need my own space right now.

Therapist: You need your own independence.

Client: Yeah, I wanna start working really bad, but I gotta finish school.

Therapist: And when you say, yeah I just wanna be, I want my own space, what kind of feeling comes out?

Client: It feels good, like more grown up and instead of like telling people I live at home with my parents, I can go and please as I come, as I come, as I want so like my parents screaming at me why are you going out every 2 seconds, stuff like that.

Therapist: More confident, in a sense.

Client: I guess I feel like I just gotta get out of there for a while.

Therapist: Are you complete with your siblings? Is there anything left there?

Client: I think it's fine.

Therapist: Now as we're walking along the path, there are your parents there, ok, and what do you think of them?

Client: They're ok. I don't really get along with my dad.

Therapist: What do you think about your dad?

Client: I mean, he doesn't really do anything, like that's another reason I want to get away from my family, he's boring. Like my dad comes home, makes dinner, just watches tv, that's it, whatever. We never go out or do anything, we only go on vacation once in a while, it's boring. I don't enjoy being home so much. Like that's another reason I wanna like get a room. I wanna move out.

Therapist: What do you feel about your father?

Client: I think he's a good, really good person.

Therapist: Mhm

Client: He's a really good person, he's just had a lot of hardships in his life. So, I really don't know. Like I never, we really don't talk that much. Whenever we start talking, we always end up in an argument. Like he thinks my voice is a little too loud, he thinks I'm like, he tells me why are you getting angry, he's screaming at me blah, blah, blah, and he'll start screaming back at me. Kind of like that. We don't really get along.

Therapist: You don't get along. And how do you behave toward him?

Client: Respectful

Therapist: You feel like you're respectful

Client: Yeah

Therapist: Although he might not

Client: Sometimes like my voice would be a little stronger

Therapist: Uh-huh

Client: But not on purpose or anything

Therapist: Mhm. Cause you're just frustrated.

Client: Yeah. And he'll take it the wrong way every time

Therapist: Mhm. He takes it that as you're being disrespectful to him.

Client: I don't think he like...I mean he trusts me, I feel like he always thinks I'm doing something bad. Like I'm always going out and drinking every night. Or something like that. I feel like he thinks I'm always doing something I shouldn't be doing. Not always, but like, a lot of times.

Therapist: So the way he thinks about you is that sometimes you become disrespectful or rebellious against him and that you're up to no good particularly. Anything else he thinks about you?

Client: In a negative sense or...?

Therapist: Both.

Client: He thinks I'm very smart, and like I'm responsible, for the most part. I think that's really it.

Therapist: How does he feel about you?

Client: He loves me, inside. I guess. I think like he feels like sometimes he wants me to be more grown up or something, but yeah that and like I guess he grew up with like different...he comes from like... the other generations always grow up differently from this one, you know? Like he wants me to be more like him, his generation, kind of, you know?

Therapist: When you're standing there, looking at him looking at you, what do you think about yourself?

Client: I feel like, I gotta like start working, getting my life together kind of. Sorta like, become independent; to be able to start supporting them, because like they're already getting old, older. They like (can't hear).

Therapist: Are you complete with that? Now when you look at your mom, what do you think about her?

Client: I'm a little closer with my mom, like she lets me get away with stuff my dad would just complain about. She's like, she's too much of a mom.

Therapist: How?

Client: Like she like...I keep telling her I'm not a child. Stop telling me did you do your homework, do you have a test today, stuff like that, go play piano, go study your homework. Like it's driving me...like I told her a thousand times. She doesn't do it as much, but she still does it. It gets me like really angry, even if she does it like one time. Like recently I don't want to talk to my parents, at all. I just don't like it, I don't like talking to them. I feel like very childish, they still think I'm a child. I mean they let me do whatever I want, they always trusted me, even when I was sixteen they let me stay out until two or three in the morning. I never really did anything bad, I was never a bad kid, but I don't know. I guess I feel like they still treat me like a child. Like I guess, um, I just don't feel comfortable at home.

Therapist: How do you feel about your mom?

Client: She's a good person. She works very hard.

Therapist: Mhm.

Client: She like (can't hear). She pretty much manages the whole family. Um she...I think she (can't hear).

Therapist: How do you feel about her?

Client: What do you mean?

Therapist: Like sweet, love?

Client: Oh yeah I love her.

Therapist: Love her. And what do you think that she thinks about you?

Client: She loves me. I don't know, she thinks she loves me, like she's thinks I'm responsible and everything. Like she gives me more space than my dad does. I don't know, I guess it just comes back to like I don't wanna be there anymore. I wanna get out of the house.

Therapist: And when you look at her looking at you, what do you think about yourself?

Client: I feel good. She like, she's the one that always like encourages me and stuff. My dad usually mostly like criticizes, like why don't you do this, like or tell someone else like "see how hard working and everything he is," stuff like that. My mom's more like she, she's more encouraging. I guess, I think she understands better how to, how to like act with kids. She's just like that with all of us.

Therapist: What do you think about yourself, as you look at her?

Client: (can't hear). I feel comfortable.

Therapist: Mhm, like I'm safe. How do you behave toward her?

Client: I behave ok, I make fun of her a lot.

Therapist: (laughs) Is that like being, like a closeness? Is that why you do or is it that you have judgment or?

Client: What do you mean?

Therapist: Are you making fun of her because you're like judging her and you're criticizing her or you're making fun of her because that's just being, your way of being close to her?

Client: Like judging.

Therapist: Judging her.

Client: Yeah. But like not in a bad way, just like, I don't know, just like all Persians are funny.

Therapist: (laughs)

Client: Like that.

Therapist: Are you complete along with that? Anything else?

Client: I think that's it.

Therapist: Okay. And as you're walking along the path, um you saw, you see, a pile of money and wealth, on the side. When you look at that, what do you think about yourself?

Client: Like I gotta start making money. I don't know, I guess I'm a little materialistic, but mostly I just wanna start making enough money to be able to support myself like comfortably and also like have a good enough income or whatever to be able to support me when I get married and stuff. To support my family and stuff. Mostly I just wanna start making money already. Like have my own life right now.

Therapist: Mhm

Client: It's been on my mind a lot.

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

Client: Frustration. Frustration and...I don't know what the word is. Like I have a feeling, but I don't know how exactly to word it. Frustration and like I don't have the skills yet to be able to manage like my own kind of business properly. Like I'm still learning to talk to people, you know? I'm still learning to like the social part or whatever cause I'm like negotiating and everything. It's like alright you know you better know how to talk to the people. I'm still not kinda of like pouroo, I'm not pouroo enough, at all, to be able to start doing that yet. I just I guess I just gotta like get out there more until I can stand up for myself a little more, little bit by little bit. Learn how to stand up for myself better. It's really, really

frustrating. And then I don't have like the, I don't know the English word, like poshtegar of like continuing to do it.

Therapist: The persistence.

Client: Yeah persistence. Those are the two main, like I've thought of this over and over again. Those are the two main things that like are personally holding me back.

Therapist: Persistence and what?

Client: Persistence and umm love (can't hear). Like standing up for myself.

Therapist: Taking a stand for you.

Client: Yeah, I think that's it.

Therapist: Do you know how to take a stand for you and how to be persistent?

Client: How to take a stand, yes. I don't know, persistence, no matter what I've tried, I always go back to just like the lazy, just being lazy and not doing it. Like I was talking about it with one of my friends and he even said it about me, sayings things like you're not persistent, start to be persistent with what you do. I don't know how to like, I don't know how to get over that.

Therapist: Persistence many times comes with uh structure, like um you know how like school has a structure, for example, you gotta be at a certain time, certain place, so if it wasn't, if there's no structure, it's really difficult to be persistent, so persistent really comes with that. So whatever you do you have to create a structure that you can be persistent within that structure. So for example when it comes to money, um what is the setup, how do you suppose you can create money so that we can create persistence in it?

Client: I mostly connect money to diamonds.

Therapist: Diamonds?

Client: But it's hard to be persistent, especially the beginning stage when you don't really know what you're doing, you know?

Therapist: So the first stage is the research and learning, right?

Client: Yeah

Therapist: So the persistence would only first come in the phase of research. I mean say you have to begin research so the persistence would come to create a structure for example of two hours per week of researching so that you can put, you can set up a schedule, same way your classes are scheduled, you schedule from this time to this time on this day, I will be doing research and then you look at okay, what constitutes research? Is it that you're gonna go online, is it that you're going to go you know get all the

material about what diamonds are, are you going to begin interviewing people who are in diamond business, you know, what is it? So there's definitely learning about. Does that make sense?

Client: See that's like another problem. Like even with my studying, I do it in a way, like I tell my friend let's go to coffee bean and study, but we each do our own thing, but that way I'm persistent, you know? But when I'm like about to do it on my own, most times I'll like flake out. Like I'll just sit there and play on my computer or something. I never learned to like, do it on my own, become a lot more independent.

Therapist: So what you're saying to me is that your entertainment right now holds higher value than your career, learning possibilities, and uh your responsible life. So entertainment usually takes value, so it pulls you first, because that's where the highest value is put on.

Client: I guess, that makes sense, but like I feel like that, I feel like in high school, like I missed out on a lot of the fun I was supposed to have cause I was shy and stuff. You understand what I'm saying?

Therapist: Yes.

Client: So now I feel like I have to make up for it, but I'm still like not really. I mean I'm getting a lot better, but I feel like I'm still not really making up for it.

Therapist: Ok, so for example, how much do you need to feel like you make up, because one is regular maintenance of fun and entertainment in your life, which you have every right to and everybody does, so if you look at your life, any normal life let's say, how much entertainment hours do you think that you should have per week that would be healthy for you?

Client: Twice a week.

Therapist: How many hours?

Client: I don't know.

Therapist: Two? Three? Four? Five? Ten?

Client: Like two hours.

Therapist: Two hours, twice a week. Okay. And then, so this should be there now...

Client: Do you...sorry. Do you mean like going out or just...

Therapist: Whichever. Whatever you consider entertainment. It's up to you, whatever, it's like your order.

Client: Maybe like an hour a day

Therapist: Okay. And the weekends?

Client: And weekends. Like I go out Saturday nights.

Therapist: Okay, so one hour a day for entertainment, in the week, and then Saturday nights you also go out for five, six hours, right? Okay. Now this should be normal. Now you also want to make up for the past. How much do you think if you added to what's normal, it would consistently also make up for the past?

Client: I don't know. I guess it's not really, it's more on a social level, not like just staying home and like entertaining myself.

Therapist: Okay, so the hours in the, during the week could remain the same, but on the social level maybe in the weekend you can add to those hours. Right? Friday night do you go out or are you home?

Client: Not really.

Therapist: Okay, so you could go out Saturday and Sunday.

Client: Saturday. I usually go out Thursday night and Saturday night.

Therapist: Okay. So if you go out Thursday night and Saturday night, those two which is social setting going out, does that cover for you? Feeling like you have and make up for the past in a sense?

Client: Um, I feel like it's ok. I feel like there should be going out like an extra night a week.

Therapist: Okay. So you wanna go like Tuesday, Thursday, and Saturday? Okay, so if you go Tuesday, Thursday, and Saturday evening out, okay, it feels like it's complete for you?

Client: Yeah, it feels like it.

Therapist: Okay. Alright. So what time do you go out Thursday and Tuesday, if you wanted to go out?

Client: Like nine, ten.

Therapist: Nine, ten o'clock. Awesome. Alright, so the rest of the day, you know when you wake up about seven or eight in the morning, all the way to nine pm, it can be attending to school, and studying, and doing things, right? Or some, about two, two hours of it, two hours per week and also be scheduled for diamond business. Does that make sense? So the point is give yourself the value and give yourself the set up for entertainment. Enjoy it. But then the rest of the day, the day also needs to be scheduled for whatever it is so when you're studying, you already tell yourself I'm already going to be entertained tonight, so right now is for that. So maybe you study for twenty minutes, you give yourself ten minutes, fifteen minutes of fun, and then you go back and study again. So it's almost like giving yourself permission, but also giving yourself permission to go back and do the things you gotta do because the achievement feels good too.

Client: Ok.

Therapist: Does that make sense?

Client: Yeah.



Therapist: So it's more of scheduling and sticking to this schedule, but the way you stick to this schedule is where do you hold value for yourself. It's like all these areas are valued, right? I mean if you were studying because of your parents or if you were studying because of your teachers or if you're studying for anybody else, I can see that there's a part of you that's rebelling against it. But if you're studying for you because it's your career, because you're the one who wants to make the money and you want to be independent and you want to be proud of yourself, that's pretty pleasurable as high-standing of the socialization you want to do in the evening you know where as high value as playing with the games for a while or be on facebook for a while. Does that make sense?

Client: Yeah.

Therapist: Now are you capable of scheduling?

Client: I think so.

Therapist: Okay. And when it comes to sticking to the schedule, it's going back to your value system. Where do I hold my value right now? What's more important? And it's okay to say it's more important right now for me to play. Fine, play. Okay, and then at one point you have to come and say I think it might be important to do that too.

Client: You're right.

Therapist: Does that make sense? So there's no pull and push out there, there's all the pull and push in here.

Client: Right.

Therapist: Yeah?

Client: Yeah.

Therapist: Are you complete with this section?

Client: I think so.

Therapist: Okay.

Client: It's like, I don't like to be home. I mean I guess we kinda went over this, but like I'll come home, I'll eat something, and then right away I'll just leave with my friend to like Coffee Bean or whatever and I'll be there until eleven o'clock at night and I'll just come home and go to sleep. I feel like I don't want to deal with my parents, you know?

Therapist: What do they represent that you don't want to deal with them?

Client: What do you mean what do they represent?

Therapist: You say I don't want to deal with *them* and I wonder what is it about them that you don't want to deal with?

Client: Just like...

Therapist: You said they're boring

Client: Yeah.

Therapist: They're beyond boring.

Client: I just don't want to like, I guess I don't want to like talk to them. It's just, it's annoying. Like a lot of the stuff they'll tell me, I'm already doing, you know? Or...

Therapist: So the relationship between you and mom and dad is no longer a social relationship so at any point where you're together there's a relationship about what you should be doing and how you should be doing it.

Client: For the most part, I think.

Therapist: And because of that, you don't, you no longer want, then the relationship has no other conversations around it.

Client: Yeah, well there's also, they began lecturing me a lot, there's no reason. I just tell them I don't want to hear it and I just walk away. They lecture a lot.

Therapist: And the lectures are around what?

Client: Just whatever, like I don't know, like um like how I should study, or I don't really remember, it's just that it's always like some bullshit. It's always different. They'll try and wait until (can't hear). I don't know. It's always like different with them.

Therapist: And to you it's, the conversation about uh your life and the way you should be doing things and you're trying to find your own way of doing things and um it just, your ears are being closed and your expectation is that when I walk in this is what happens. Um, do you want it to be any other way? Would you like to socialize with them in any other format if the conversation is not just, you know, giving you advice?

Client: No.

Therapist: So right now, you're just not interested in socializing with them, regardless you're not interested in socializing. Okay. Well then it would make sense why you are not wanting to be at home.

Client: I guess I'm just kind of tired of them. Like I mean they get along, but at the same time they don't even get along, you know? My mom's super social and my dad's super antisocial. Like, it's just annoying to be at home. That's it.

Therapist: So it's comfortable to be away?

Client: It's a lot more comfortable.

Therapist: And is that okay with them or does it produce issues with them if you're constantly away?

Client: They always scream at me why aren't you ever home, blah, blah, blah, stuff like that. They don't like it. I don't really listen to them. I just do my own thing, you know? I don't know, I guess I just feel like I gotta start making money just to be a little more free from them, you know?

Therapist: Well until then, I mean you know, you, you have a couple years before that happens, so I do hear the yearning to do, but um it seems like it is preferable for you to stay home and go to college and and finish this before going to full time work and really sustaining financial independence in that way. So it seems like you've got a couple more years just to hang out here. So running away, the feeling of running away, isn't necessarily supportive.

Client: Yeah. I don't, I mean I don't know, I guess like also with my career, like what I choose, I'm attracted to like what makes money. What I think will make the most money, you know?

Therapist: Yes.

Client: Like, I like diamonds, but I'm also attracted to them because I feel like they make a lot of money, you know? That's the (can't hear) doing what you're passionate about.

Therapist: Seems like your passion is about making money (laughs).

Client: Yeah.

Therapist: And it can be both. It can be the passion is about making money and then you find the vehicle to make the money or there's you have a passion about a certain particular area, and within that particular area, you're so passionate and you're so good at it that it automatically makes money anyway.

Client: I guess like, like I've been thinking about it, (can't hear) passionate about making money, but I also love like taking science classes. Like every, I like taking every science class. Like I feel like I'm passionate about that also.

Therapist: Great.

Client: I just, I don't want to go in to the field, you know? I don't know, like I kinda feel like I'm betraying myself.

Therapist: If?

Client: If I don't go in to like a field of science.

Therapist: So? Your studies can be science.

Client: Yeah. Like I was thinking I'll just keep taking...

Therapist: Science courses.

Client: Yeah, get like minor degrees in science courses, kind of.

Therapist: Mhm.

Client: Like, that like won't go with my parents, after finishing a degree, you know? I have to get like a Master's or whatever. Specific field.

Therapist: But the time is also for you to define career. So I think that you're in the right path of defining what it is, cause you're in college, kind of looking at courses, seeing what your passion is. What are you going toward, and you know it could have both, it could have that you're passionate and making money together. Yeah. So you're in a good place with that. What I want you to do for this weekend til next time I see you it's um in the pathway that you're going, I want you to imagine that you are, there's nobody else anymore, there's just this pathway, and there's mirrors, with no other human being, and in this pathway of no other human being, it's just you looking at yourself in the mirror. Okay. And the question is what do you think about yourself? What do you feel about yourself? Okay? So that's the one I want you to ponder on. And you do the same thing every time you see a mirror, do the same thing with the mirror and like what do I, you know, what do I think of me and what do I think about the person who's there? Okay? And just kinda like ponder on that until we see each other next time. Cool.

#### **End of Session Four**

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#### **Session Five**

Therapist: I thought my voice was low. Yours...

Client: (laughs) Super low. Yeah.

Therapist: Beats it all

Client: I'll try and speak louder now

Therapist: Yeah. You can't believe it cause I video same way as I audio yours and you know there are other people who I also audio and video. That's where the camera is, that's where I'm sitting, where you are, cause you know I have the clients come in here so from (pause) you can see both. I can't hear myself in my video, that's how low my voice gets.

Client: Wow.

Therapist: Yeah, that low. I can't hear myself. So low.

Client: Can you hear me?

Therapist: Well I haven't, you know, I'm not videoing you, but when I was audioing you and this thing was in the middle, your voice was very low. That's I put it specifically beside you because I wanted to hear you, not me. But yeah. So you beat me on this one (laughs). How's it been going this past week?

Client: Um, everything's been pretty good.

Therapist: Good.

Client: Um, I don't know I guess I was just like a little off this week. Like I wasn't going the same direction, you know what I'm saying? Um.....I don't know I think maybe like I was a little frustrated with it or whatever. Like I didn't feel like I was making progress, I guess. I think. And like...

Therapist: You weren't making progress?

Client: I don't know.

Therapist: Like you weren't putting yourself out there in a sense?

Client: I mean, I was, but I didn't feel like...

Therapist: You created results.

Client: Yeah. Like I didn't feel like I progressed. Like I was... (whispers) Sorry.

Therapist: One of the places that we were uh we were still in uh for you to look at yourself in the mirror. Uh and this is a place where we usually kinda linger and wait because that's basically where the formation of your identity is. Um so I don't know if you ever thought about it during this week or as you were thinking about it right now, as you look at yourself in the mirror, what do you think about yourself now?

Client: I think I've become like pretty confident like fun person. More outspoken.

Therapist: Yes

Client: I think I'm doing a lot better.

Therapist: Yeah. And um when you think about like when you're looking at your own eyes, who do you see on the other side?

Client: I see me. Like more definitely like me. Because before when I looked at myself, like I wasn't sure, like I wouldn't look straight at myself, you know, like I wasn't sure who I was. I guess now I'm more comfortable with me. Like I've seen a big, I've actually seen a difference in that.

Therapist: I actually see your face different.

Client: Really?

Therapist: Your face is different, yeah. It's more like solid.

Client: Really?

Therapist: Yeah

Client: I feel a little different also.

Therapist: I feel uh a gained...there's a strength in there.

Client: Yeah? Thank you.

Therapist: Definitely a strength. Um and as you're looking at yourself, uh what kind of characters strength um do you see in your own eyes as you see yourself? Like if when I say who are you, you say me and like who is that me? What kind of characters does that me have? Or you know what kind of strengths does that me have?

Client: Um, I guess, I don't know, more like fun, more energetic person, more like um more confident, more comfortable, a little more comfortable around people, like um I think more confident and well rounded. But still like not as confident with the speaking part, I'm still like struggling with the conversation part. And like, I don't know, I guess the thing you said last week, like there's two parts of me, one that's holding me back and one that's pushing forward.

Therapist: Yeah

Client: Like I always realized it was there, but once you put it in my head, like I realized that's what might be holding me back. Like it's, I know like, I feel it there. Like I wanna do it and then I tell myself no, I don't wanna do it, you know? I guess that's kinda, I think that's kinda like holding me back. And I'm like, I was thinking like why would I have these feeling s or whatever um but the whole week I was like going it over, I couldn't, I mean I don't really know.

Therapist: And who's the person who's holding you back?

Client: I don't know. I think it's just like a part of me. I was thinking it was like it's a part of me that's just like scared of something, uh I don't think it's that, I'm not really sure.

Therapist: Can you go in to that part of you right now? And if you were going to talk from that part of you, what would he say?

Client: That, uh, I'm still shy, I think. I think maybe it's like I'm still like a little shy like still like a little uncomfortable around people, I think. I'm not 100% sure.

Therapist: So as that part of you imagines himself in from of people, what comes out?

Client: Just like, it's like, just pulling myself back, you understand?

Therapist: Mhm. And as you're in that person, what kind of emotion comes up?

Client: I guess anxiety. I think.

Therapist: What is the anxiety about?

Client: Just being there.

Therapist: Just being in front of people?

Client: I guess so.

Therapist: And what are you afraid of, being in front of people?

Client: Just having to interact.

Therapist: And if you interact, what happens?

Client: Nothing.

Therapist: Well you're scared of something.

Client: It's like the not knowing how. Just not knowing how.

Therapist: You can try out. What stops you from trying out? Like you've seen other people do it, you know how to do it, you what the words to say, it's not that you don't necessarily know how.

Client: I don't know.

Therapist: Are you afraid that they would judge you negatively? Say something negative about you?

Client: I guess like maybe cause I'm approaching it in a like a less confident kind of manner like instead of approaching like chest out, like back straight and everything, you know like a confident like, like a um aura or whatever? I guess I'm approaching it more like to the side, more like with my hands in my pockets.

Therapist: And how come you're approaching it from that perspective?

Client: I'm used to it. I don't know like, I guess I just have to learn like how to day things, you know, like you can say anything depending on the way you say it, you can make it interesting, you know? I guess I just got to learn the like how to say it, I think.

Therapist: When you are at home with other people or cousins or family parties, is it that you don't know how to dialogue? Or does dialogue just happen?

Client: What do you mean?

Therapist: Like if you were at a dinner, you're at home with your parents or family or you're at a you know like if it was Passover and the parties, does dialogue happen or do you have to do a particular thing to create a dialogue?

Client: You know if um, in my own immediate family, not really. If like my cousins and stuff come over, a little bit.

Therapist: A little bit what?

Client: There's dialogue.

Therapist: There's dialogue. When you went to Passover and there's other people there, was there dialogue?

Client: Yeah.

Therapist: Did you create, was it an effort for you to create dialogue?

Client: Dialogue happened.

Therapist: Dialogue happened. What do you think makes that dialogue happen and then in another place dialogue doesn't happen?

Client: I didn't start it.

Therapist: So in the relative group, you don't have to start any dialogue, dialogue starts and then you participate.

Client: Yeah, most of the time.

Therapist: That you feel comfortable with.

Client: That I think I'm ok with.

Therapist: So the only think that you are having an issue with is that you can't open up a dialogue.

Client: I think so.

Therapist: What stops you from opening up a dialogue?

Client: I don't know. Like even when I do open it up, it doesn't really last.

Therapist: And when other people open up a dialogue, does it last?

Client: It lasts, yeah.

Therapist: How do you think that the dialogue with your cousins lasts? Who makes it last?

Client: We all do.

Therapist: Ok.

Client: I mean I try and make it last, but then like it just kind of dies away.



Therapist: Which one, are you talking about your cousins or...

Client: Oh, other. Not cousins.

Therapist: Ok. But what is your role in the dialogue that happens with the cousins?

Client: What do you mean? Like...

Therapist: What is...how does that dialogue last?

Client: I guess we all just like give a comment or something. Like we all like share to the conversation.

Therapist: So everybody has their own share of responsibility in the conversation.

Client: I think so.

Therapist: So if you are with another group of people or a girl, and even if you wanted to open up a dialogue, are you the only person who's responsible for carrying the dialogue?

Client: I don't know.

Therapist: Okay.

Client: I don't know.

Therapist: So if it doesn't last, um it just doesn't, right? I mean either the other person is not very talkative or they're not interested or they're not interested in the topic. Is that accurate?

Client: I think so.

Therapist: Okay, um so is it that you don't know what topic to speak about or you bring up a topic and there's couple of back and forthness and then stops?

Client: Yeah, bring up a topic, like a comment here and there, and then it like stops.

Therapist: Okay, and then if you wait and don't say anything, then there's no more interaction?

Client: Not really, no.

Therapist: They don't open up the dialogue afterward? Okay. Wouldn't you take that as they're just not interested?

Client: I guess, but like every time?

Therapist: What do you mean every time?

Client: Like every time I have a conversation with someone.

Therapist: Well is it someone new or is it someone you know?

Client: New.

Therapist: Yeah.

Client: Yes?

Therapist: I mean obviously it's someone, imagine this: if I open up a conversation, if we're sitting in a classroom or somewhere, right? I open up a conversation with you and then it dies, right? If you wanted to continue conversing with me, wouldn't you start the next one?

Client: Yeah.

Therapist: Or if I attempted two different or three different conversations and then I stopped, wouldn't you start the next one if you wanted to continue conversing?

Client: Yeah.

Therapist: And if you don't, what would it mean?

Client: He doesn't want to. So I guess it's ok.

Therapist: Right? I mean you and I are sitting somewhere, in a classroom or somewhere, and I'm like, you know, can you believe it's going to be 80s in the valley today? You know, it was just 60s yesterday, there's such a change of weather. Right? What would you say?

Client: Yeah it's hot (laughs).

Therapist: Yeah it's hot. Okay. Well, do you like hot weather?

Client: Sometimes.

Therapist: Okay. And then I'll stop. Now if you're interested in dialoguing with me, you'd probably pick it up. Because I opened the door.

Client: Yeah.

Therapist: Does that make sense?

Client: Yeah.

Therapist: Another thing with you is that I think that you give very short and one word answers.

Client: Really? So I gotta learn to like give more detailed answers.

Therapist: Well you're not having a dialogue. It's more of...it's almost like a close ended responses so there is nothing I can do afterward with it.

Client: Mhm.

Therapist: How do you, you know...

Client: Gotta like turn it around.

Therapist: Yeah, I mean I went on and on, like three or four sentences, it's hot, it's dadadadadada, you're like, "Yeah it's hot." Okay, now what do I do with that? Do you like hot? "Well sometimes." Okay now what do I do with that?

Client: I didn't know you wanted me to like...

Therapist: Hm?

Client: I didn't know you wanted me to like continue.

Therapist: It's not, it has nothing to do with me. I'm giving you the feedback...

Client: Yeah, yeah.

Therapist: But if, you know, if this is what happens, if like you say something and then the other person goes and you give one word, that's also a part of the dialogue just doesn't go back and forth.

Client: Mhm.

Therapist: Cause it, you know, you can have an open ended way of handling the dialogue or you can just shut it down immediately.

Client: Right.

Therapist: And one way of shutting it down is to give one word answers that are shut down.

Client: Mhm.

Therapist: The other one is to give an answer from yourself which is more about who you are, cause that's what you're sharing, what you like, what you don't like, you know, yeah, it's hot, you know, I really like being hot, it's like beach weather, you know, I wish I could go to the beach, or I don't or whatever it is, I mean whatever you have an idea about. Heat or weather or whatever it is, right? And then you formulate a question and you send it that way again. I mean, how do you like it or, you know, do you usually like to go to the beach? Do you ever go to the beach? Or...

Client: Ok.

Therapist: So that's how you continue a dialogue.

Client: Ok.

Therapist: A dialogue is about you opinions, basically. You give opinions.

Client: I got it.

Therapist: Does that make sense?

Client: Yeah.

Therapist: Ok. Now I want you to go back in front of the mirror and who are you as you're looking at yourself?

Client: I'm me.

Therapist: And who's that?

Client: I guess...a fun, confident, smart person who the other, most people like. (20:30)

Therapist: Mhm. Okay. So as you go on this path, the mirrors go away and the only thing that's in front of you is the nature, there's no human being, there's just you and the nature. What do you think about yourself in the nature?

Client: I think it's like nice to be with it. It's very clear.

Therapist: Clearly what?

Client: Clear.

Therapist: Mhm.

Client: Like fresh. Too, it's like a little too quiet, but it's, I guess it's like very pleasing.

Therapist: And who are you in the nature? Who are you in relationship to nature?

Client: (can't hear)

Therapist: Well you, you know, we all, everything for us there's a relationship and beyond the people that you're there when you are with nature only, no human being around, who are you then?

Client: I think I'm the same person, just like with my guard down.

Therapist: And who are you with your guard down?

Client: More...I guess kind of a lonely person. Kinda I think more of a lonely person.

Therapist: And how is that loneliness?

Client: Cause there's no one to be around.

Therapist: Mhm.

Client: It's like just me.

Therapist: Mhm.

Client: I guess I don't like it. Like I like the busyness.

Therapist: You don't like being alone, without other human beings.

Client: Yeah I think so.

Therapist: And going back to your guard's down, when you are there with your guards down, then who are you?

Client: I dunno, I think I'm still me.

Therapist: And who is that me, without the guards down?

Client: Same confident, like the nature. I guess like the same person that can like I guess take care of myself. I mean, I don't know. I mean, in nature...

Therapist: Are you independent, that can take care of yourself?

Client: Yeah that um, that's exactly what I was and I think that like in the nature, like be able to take care of myself and everything. Like here, I guess like I get lazy.

Therapist: Oh, that's interesting. Say more.

Client: Like I guess over there I would like build myself a fire or whatever, let's say I was stuck there. I would find a way to take care of myself. Like I would, it's more hands on.

Therapist: You know how to survive.

Client: Yeah.

Therapist: And you'll make it work...

Client: Yeah.

Therapist: Creating a survival.

Client: But then over here, it's like school, I gotta pay bills, like all this kind of stuff. I don't know, I guess I just get lazy, really lazy with that.

Therapist: So survival in the nature um it's something you would do. Survival in the urban life, you get lazy at. Because? What's the difference between survival in the nature and urban life?

Client: Because it's like more hands on. Like I'm building something there, I'm doing like...

Therapist: You don't like paperwork.

Client: Yeah.

Therapist: (laughs)

Client: I think that sums it up.

Therapist: Yeah. I mean this is also hands on, but it's, it's the pen and the paper.

Client: Yeah. Exactly.

Therapist: It doesn't thrill you.

Client: Yeah.

Therapist: But that one, you know, going, finding stuff, trying to find a fire, you know, fire.

Client: It involves a lot more.

Therapist: Yeah. It involves creation, it involves, you know, strategizing, it involves using your body, it involves your whole, your whole being.

Client: Everything. Yeah. I think that's exactly it, I would say.

Therapist: Okay. How do you feel about yourself in the middle of nature?

Client: I feel like more confident, like super confident, like I know I could do this. I mean like, I feel like I can find a way to fix things.

Therapist: Mhm. Okay. Now as you are in this nature it seems like you kinda like move away from Earth and you're part of the universe. Who are you now?

Client: Like I'm looking down on the Earth?

Therapist: Mhm.

Client: I guess like I'm just another star or whatever that's there. Like just there, you know? I guess I need like some significance.

Therapist: You need some significance?

Client: I think so.

Therapist: Do you feel significant in the universe or less significant?

Client: The universe? Less.

Therapist: So when you're there and you feel less significant, and how do you feel about yourself?

Client: Lonely, like cold.

Therapist: And how do you behave?

Client: Well I guess I'm just like there, just floating there, not really interacting or moving or anything.

Therapist: Um, and as you are in this universe, um let's say you're present with God. Who are you now?

Client: Like I'm right next to God?

Therapist: Yeah, like God as the way you know God to be.

Client: I don't know. I think like a little more comfortable. But like still far away from everything I know.

Therapist: And what do you think about yourself?

Client: I don't know, I guess like kind of self-conscious. Like (can't hear).

Therapist: Say more about being self-conscious.

Client: I guess I'm just like more aware of myself. Like I feel how I'm interacting. Like my body puts in much more aware of things.

Therapist: Think that you're being watched or...

Client: I don't know.

Therapist: What do you think about yourself?

Client: I don't know. Like it's kinda like lonely. Does that like answer?

Therapist: That's how you feel?

Client: Yeah.

Therapist: Do you think about yourself beside God?

Client: Self-conscious, but I guess the same. Maybe a little less, but still more or less like the same as before I think.

Therapist: Self-conscious, self-observant, do you have a, when you're observing yourself does it feel negative or positive?

Client: Little negative, like uncomfortable.

Therapist: And what's the negativeness, what's the uncomfortableness?

Client: Maybe like the way my body looks. Um, I guess like I've been telling myself for so long like I'm gonna have a six-pack soon, I'm gonna have a six-pack soon and like and I always like get really close then by the end I guess I get lazy and stop going, working out or whatever. Like something comes up and I can't work out for a while anymore. Like I gain it all back. I guess that kinda like, focusing on that. Because I feel like I guess like I want the six-pack and when I get anything else isn't good enough. I just wanna have it for once.

Therapist: So you want to have something, effortless though.

Client: Yes and no. Cause...I don't know, I don't know, I guess like I know how to work out and everything, but like if I have like a trainer like telling me what to do and pushing me...

Therapist: Mhm.

Client: I feel like it would be better. Do you like understand?

Therapist: But do you create that, do you get a trainer to work with you?

Client: No.

Therapist: Because?

Client: It's very expensive (laughs).

Therapist: So you need someone outside of you to push you.

Client: Yeah. I think I'm like that with a lot of stuff. No actually, I've gotten better. Not as much, but still with some stuff I need like a little push.

Therapist: What's the difference between the things you like to be pushed on and things you actually are motivated to do on your own?

Client: I get like guidance.

Therapist: You don't know how to do it and somebody knows how to do it and you like their guidance toward it.

Client: I think so.

Therapist: Now being in front of God, do you feel you get guidance from God for about anything? Or is it more people you get guidance from?

Client: It's more people.

Therapist: So what do you think about God?

Client: I feel like He's just there.

Therapist: Just there. So you don't know necessarily what the relationship is.

Client: I think so.

Therapist: Okay. But it does create self-awareness and self-consciousness about you looking at what you like about yourself or what you don't.

Client: I think so.

Therapist: And as you come back to the universe, um how are you with the universe now?



Client: A little more comfortable.

Therapist: And what's the comfort?

Client: I guess just like the image. I don't know. Am I like thinking of it right? I'm thinking of like me up there and like the Earth right below me. I guess just like the image of the Earth is very nice. Like brings comfort.

Therapist: And what is your relationship with the other aspects of the universe?

Client: We're neighbors.

Therapist: And as you come back to the Earth, um now who are you and what is your relationship with Earth?

Client: I guess I'm still me, but I feel like I'm not like really part of I think like not really part of the Earth.

Therapist: Say more.

Client: I think it goes back to like the significance thing. Like I wanna make something of myself. I think that's what it is. Like I feel like to make something of yourself you need all those other aspects that I'm working on. So like once I've reached like a goal like my goal or whatever, means that I'm comfortable with everything else.

Therapist: So you're not going to be comfortable with who you are until you actually reach a goal.

Client: Maybe. Yeah, I understand it. Yeah. Yeah, I think so.

Therapist: And who do you have to be in order to create a goal, plan for the goal, do the work of the goal, and reach the goal?

Client: I have to be me, but without the laziness.

Therapist: Mhm.

Client: Like to continue doing it, you know? Tell myself I'm gonna do it and do it.

Therapist: And who is that person? The me without the laziness?

Client: The hardworking person, like someone if I go to sleep late, I won't sleep in. Actually no, I don't do that anymore. Like when I get up, I have to get up, I get up. I guess just like more hardworking. Like getting the stuff I really need to do, getting that done instead of, instead of just like being lazy or whatever, like doing something else.

Therapist: Okay. And is that person part of the Earth or not?

Client: Yeah.

Therapist: In what sense? You said I don't feel I'm part of the Earth. So as you come to Earth, what do you think about yourself now?

Client: Like the way I describe it?

Therapist: Mhm.

Client: I think very positively.

Therapist: And who are you?

Client: I guess like a successful person who has his head on straight.

Therapist: Mhm.

Client: Who's not like crazy or whatever, you know? Down to earth.

Therapist: Okay. As you are on the Earth and then you come back to the pathway, you come back to the hall of the mirrors in a sense. And as you're looking at yourself only, it's you and you, you're looking at yourself, who are you now?

Client: Wait could we go back to the other one for a second?

Therapist: Yeah.

Client: I feel kind of taller.

Therapist: Good.

Client: Does that like...I feel like I'm taller. I don't know, that's...

Therapist: Sign of confidence.

Client: Yeah.

Therapist: So you're in front of the mirror, looking at you looking back, who are you now?

Client: With the same...like successful kind of thing. Like a taller, more like, I have a stronger like aura around me. You know like, I attract people to come to me kind of. I think that.

Therapist: So until next week what I want you to do is actually uh keep looking at yourself in the mirror and define who you are, really define the values, the characters, the strengths, and define who you are. You can literally keep looking in the mirror, not just your imagination. Literally, consistently, look in to your eyes in the mirror and define who you are.

Client: Okay.

Therapist: Does that make sense to you?

Client: Yeah.

Therapist: Good. Alright.

Client: So I should just like make a list.

Therapist: Yeah.

Client: That's fine.

Therapist: We're doing good, I'm assuming next week we should wrap it up. Depending on what you come back with.

Client: Okay. Um next week I think I'm going to Palm Springs on Thursday. So...

Therapist: Two weeks. You got two weeks to look in the mirror.

### **End of Session Five**

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### **Session Six**

Client: Be nice to myself anyway, you know? But in a good way.

Therapist: I know, I got that.

Client: Yeah.

Therapist: Yeah. So what's the distinct difference?

Client: I'm like more confident, more like comfortable with myself. Just that I'm approaching people more, joining conversations.

Therapist: Effortlessly.

Client: Yeah.

Therapist: You just mosey on and...

Client: Yeah.

Therapist: Handling it.

Client: Yeah, just going with the flow.

Therapist: What about girls?

Client: I'm still working on that.

Therapist: But what's the distinct difference on that one for you?

Client: It's becoming a little easier for me to talk and approach, I haven't really approached directly yet, but I feel like it's becoming, I'm becoming more comfortable with it.

Therapist: Mhm.

Client: But I don't think I'm even like close to where I should be, kinda, but I'm becoming more comfortable, more confident.

Therapist: Great. Uh, if we go back to the space of you and the mirror.

Client: Mhm.

Therapist: If you imagine seeing yourself in the mirror looking at yourself, what do you think about yourself now?

Client: I guess more like calm, comfortable with myself, like more easygoing, just go with the flow.

Therapist: Mhm.

Client: Kinda like the, like still quiet, but like in a good way.

Therapist: Mhm.

Client: Um...

Therapist: So somehow the quietness, where at one point it appeared to be a bad thing, now it appears to be a good thing, it's an okay thing.

Client: Yeah.

Therapist: It's part of you and the way it should be is that's just who you are.

Client: Yeah. Now I'm like playing it right.

Therapist: Yes, you're not hiding behind it.

Client: Yeah.

Therapist: It's just, when it's natural, it's natural.

Client: Exactly.

Therapist: It's not holding a space. Good.

Client: I think I'm doing, like I'm doing much better now.

Therapist: Mhm. Um, and if you put yourself, um, in to the nature completely, no human being at all, just you and nature, who are you now and what do you think about yourself?

Client: I think I'm, I think I'm about the same, but like in nature, I'm just a little more. Like more confident, more comfortable, but like the gap has gotten less, you know? Like I'm getting closer to like that person, like that I'm completely, completely like comfortable with.

Therapist: So if it's you in nature, there's this connection with you that is just you and you, and within that, you feel complete. But when it comes to human being, something shifts.

Client: Yeah, I think it's just like the experience that I need. Like, let's say in nature, I feel like total confidence like I could take care of myself, like build a fire, just like all the stuff I'm supposed to do, like I feel like I can get it done well. I guess like in like my nature, like home, I just need to get the experience. I need to get myself in the situation to practice whatever it is I wanna do, but like I guess I feel more comfortable, I'm getting better.

Therapist: And when you move yourself away from Earth and you are in the universe, then who are you there?

Client: I think I'm the same person. Same person, but like I'm trying to reach back for Earth. I guess like, when I'm up there, I feel like I'm not doing anything.

Therapist: Yeah, you're more of a being.

Client: Yeah I'm just, exactly, I'm just a being. Like at least in nature I'm doing something.

Therapist: Mhm.

Client: I'm being productive or whatever.

Therapist: And you like being productive.

Client: Yeah.

Therapist: And if you, if I put you back in the universe, uh, if you look at the being. Just that being, not, without the doing, just the being, then who are you in just that being?

Client: I'm me.

Therapist: And if you could describe the me, with adjectives, who would that me be?

Client: Um, more like comfortable, confident person. Is that like where you're going?

Therapist: Mhm. Anything that you say, it's fine. I just want to know who you know yourself as.

Client: Yeah. I guess I feel, I don't feel the same as like when I'm, when I'm like with people. Not like in the forest...

Therapist: Mhm.

Client: But like with people. Same more confident, more comfortable with myself, more like relaxed person.

Therapist: Mhm.

Client: But like when I'm in the forest, I guess I feel like more of all of it.

Therapist: In the forest you also feel competent, it seems like.

Client: What do you mean competent?

Therapist: Like you know what to do and there's a competency.

Client: Yeah.

Therapist: Like you have an idea, you've got the skills...

Client: Yeah.

Therapist: And the handle things. Where when it comes to people and the world and, you know, moving on with careers and this and that, there's a lot of areas that are still vague.

Client: Yeah.

Therapist: You don't know.

Client: I mean, yeah I guess so. I mean, I guess working with my hands just comes to me naturally, you know?

Therapist: Mhm.

Client: I'm just like good at that. That's why I was thinking for a while I want to be a surgeon.

Therapist: Mhm.

Client: But I can't do the school thing (laughs).

Therapist: Mhm.

Client: But I guess I just need some time. I'm past like the hardest step, I think.

Therapist: Mhm.

Client: Now I just, I just gotta keep pushing myself.

Therapist: And as you come back from this confidence and comfortable person and you look at yourself again in the mirror, what do you act with? Who are you now? Like you are on Earth, and you are, you

are with you and as you bring back this confident and competent and um comfortable person, got the three C's (laughs). The comfortable, competent, and confident, um and as you look at yourself in the mirror again, what else do you add to that? Like who are you?

Client: Just like someone more fun.

Therapist: Mhm.

Client: That people are comfortable around.

Therapist: Mhm.

Client: Like enjoy their time with. I guess. I mean just, that's like just like, just in general. I feel like, like when it comes to girls, like relationship-wise, I guess I would be more drawn back, like hold myself back, like I wouldn't, I guess like I wouldn't know how to be there, emotionally, or whatever. Like I don't have like the experience to be relation, in a relationship, something like that.

Therapist: Mhm.

Client: But in a general sense, I feel like, I don't know, kinda like a, (laughs) a party boy, kinda, but like not to the extreme, just like a fun person.

Therapist: So it's comfortable, confident, competent, and fun. And as you come in this path, in this road, and you see, uh, your parents, being that comfortable and uh confident and fun person, um, who are you with them now? Like how do you see your relationship together?

Client: I think it's like, I think it's about the same. Like I just want to still get out of there.

Therapist: Mhm.

Client: I think it's about the same.

Therapist: Getting out is normal.

Client: Yeah.

Therapist: In your age, I mean that's, that's your next progress.

Client: Yeah.

Therapist: So obviously that's something that you'd be, you know, inspiring toward. Um, but regardless of whether you're in the house or outside the house, what is, how do you see yourself from um, from the perspective of a confident person and a fun person, um, how would your interactions be like and what do you see there?

Client: Less reliant on my parents.

Therapist: More independent.

Client: Yeah, more independent.

Therapist: And less reliant. Okay.

Client: Like before, I would just like be lazy and have my mom call say the doctor or whatever.

Therapist: Mhm.

Client: But now like I'm starting to do it without even like, like without even a comment to her.

Therapist: Mhm.

Client: I just go and do it.

Therapist: Like you've taken on your life.

Client: Yeah.

Therapist: This is mine.

Client: Not fully, but like I've gotten like a lot closer.

Therapist: Like you're handling things on your own.

Client: Yeah.

Therapist: And as you come forward with your siblings, your pathway you're with your siblings, as someone who's confident, who, you know, self-reliant, independent, fun, um, comfortable. How do you see yourself and your actions with them?

Client: I guess, um, more friendly. I mean, we were never like enemies or anything, we were always close. I guess more friendly. Like, I dunno, I never really had a problem so much with them.

Therapist: And you might not necessarily have a problem.

Client: Yeah.

Therapist: It could be like we're at one stage and we see ourselves taking it to the next.

Client: Mhm.

Therapist: So it might not be a fixing of a problem, but in actuality going from one stage to the next.

Client: I guess like, more friendly with my brother's friends also. Like just more down to Earth.

Therapist: Mhm.

Client: (Can't hear). And with my sister, I guess the same. Like I'd probably take her out to a movie now with her friends or whatever.



Therapist: Mhm.

Client: Before I didn't want to like deal with it (laughs). Like now I don't mind.

Therapist: I'm hearing a bit of a reconnection to them. It's like at one point you kinda disconnected and now there might be a level of reconnection.

Client: Not really disconnect, but like just, like one level closer I guess.

Therapist: Okay. So moving forward.

Client: Yeah.

Therapist: Okay. So as we go on to the next level which would be the girls, um, as a comfortable, confident, competent, fun, self-reliant, independent, you know, more connected person, what do you see there? How do you see you being there? Who are you as you are being with them?

Client: What do you mean? You mean, like explain it.

Therapist: Imagine yourself, you, with girls. With the person who you, you know, you have become, you are, if you have, if you have all of those present, you know, the comfortableness, confidence, competence, fun, self-reliance, and little bit of more caring and connection in that way, if all of that is coming, you know, in this relationship with girls, what do you see?

Client: I see like they're more attracted to me, like more drawn towards me. Like they see the confidence, like the more like relaxed me, kind of. Yeah, I think like just like the more, less anxiety, I mean I don't, I don't feel like I have so much anxiety anymore, so like I guess like they're drawn to like the relaxed, relaxedness, or something like that.

Therapist: And it's easy to see yourself with someone?

Client: Easier. I mean, yeah, I think it's pretty easy. I feel like I still have a little more like comfort gap, kind of, to push through. Like I feel like I'm only gonna get rid of that once like I'm in a relationship or something.

Therapist: Yeah. It's on the job training.

Client: Yeah.

Therapist: You know, there's so far you can guess and project.

Client: Yeah.

Therapist: Some of it, it's just, it's a new thing that you have to experience, you know. It doesn't matter how much I tell you about a school, you know, you gotta go to school to experience. Doesn't matter how long somebody would tell you or you would look at other people go to work, you wouldn't have the concept until you actually got a job and went to work.

Client: Uh-huh.

Therapist: You know, you learned how is it to be at work, you know, how do you deal with coworkers, how do you deal with problems, how do you deal with, you know, stuff, how do you deal with gaining money and, you know, spending money. These are all on the job training without, no matter how much you know about going to work.

Client: Just like the working with your hands.

Therapist: Yeah.

Client: That we were talking before.

Therapist: Yeah. So as you go along in this path and you are with friends, as a competent, comfortable, you know, um, confident, fun person, who's self-reliant, relaxed and um, a little bit more connected, who do you see yourself as, as you are with friends?

Client: I'm just like another person that adds to the group. Like we're all just like talking, joking around. Um, yeah, just like another person that's like adding to the conversation, kind of. I mean still a little bit like restricted, but I feel like I'm gonna like get over that very quickly. But, I don't know, I mean, I felt a lot better about myself.

Therapist: What's the restriction about?

Client: I don't know if it's just, if it's restriction, or it's just like me being quiet, just my personality.

Therapist: Do you feel restricted or do you feel natural? I mean they might see and can it quiet, but when you're in your own body around them, does it feel restricted, do you feel like you're holding back purposely, or is it just that you're there naturally and the quietness is part of your natural essence?

Client: I think it's more natural.

Therapist: Okay.

Client: Cause like I'm looking at it from like their point of view.

Therapist: Yeah don't.

Client: Yeah.

Therapist: Cause I mean people have their own opinion about things.

Client: Yeah.

Therapist: I just want you to see, you know, check your own self and your body.

Client: I feel it's more natural.

Therapist: Yeah because if you're trying to overcome something for somebody else...

Client: Yeah

Therapist: It's not gonna work out because the way you are is partly because of your temperament and nature and you gotta respect that.

Client: Uh-huh.

Therapist: You can learn to behave in a different way, for particular reasons.

Client: Yeah.

Therapist: You know, you might be at a party and you choose, instead of being quiet, to scream and go and do whatever, like you were at the, at the Coachella, Coachella?, you were at the Coachella and you're like, you know, I just don't want to be quiet, I wanna be with everybody. That's a choice, but that you could go back to your quietness and you know kind of like resign kinda like, you know, that would be okay too.

Client: Mhm.

Therapist: But every time, if you're not looking at where your temperament is and what's natural to you, when you keep coming out of yourself and looking from outside, from, you know, friends idea of who you should be, um, it doesn't feel natural.

Client: Yeah.

Therapist: So. And it seems like you were experiencing another part of you, who chose to just out and be with everybody at the Coachella and when you needed to move back, to move back.

Client: Mhm.

Therapist: And that was more effortless. Just go out, come in, go out, come in and this was okay.

Client: I think like, once I went there, it was like a major like turning point, kind of. Like I just opened up and started having fun and everything. Except for like the approaching girls part.

Therapist: Mhm.

Client: That I'm still like eh. Like my cousin kept pushing me to go dance with some girl.

Therapist: Mhm.

Client: But like I like just stayed back.

Therapist: Mhm.

Client: That part I'm still like, I don't know how to do it.

Therapist: Not only you not know how to do, it seems like it's one of those things that you don't just jump in and practice.

Client: What do you mean?

Therapist: Like you don't just tell yourself that I'm just going to jump in to the pool and practice at it and even if I screw up, I screw up, I just wanna, you know...

Client: Yeah, I think you're, like, I think you're right kind of, but like I don't know I guess the way I'm thinking of it is like I saw like I see like so many people are like in relationships or whatever over there, I don't want to like just start, start going for like let's say someone that's there with her boyfriend or whatever. You know? I guess like, like I wanna meet, be sure that person's like single or something like that.

Therapist: Well that would be apparent within five minutes.

Client: Yeah, yeah, but I would have to approach and find that out, you know?

Therapist: No if you just observe, you'll find out.

Client: I tried that, like I couldn't really tell.

Therapist: That if they're there with their boyfriend or not?

Client: Yeah.

Therapist: And don't they come back together? Shouldn't there, isn't there usually a togetherness somewhere?

Client: It's like a really big crowd. Kind of like a rave.

Therapist: Mhm.

Client: So it was hard to kind of tell. Everyone was like scrunched up with each other.

Therapist: Mhm.

Client: So it was a little harder than usual.

Therapist: Well not just at Coachella, but right now if you wanted to go to clubs and you just wanted to jump in and practice something...

Client: Yeah.

Therapist: You know, even if it's the practice of just talking to someone, not necessarily asking them for a date. Just that, I mean it's okay if they have a boyfriend cause you're not asking them for a date, it's more of just jumping in and talking, jumping in and dancing, jumping in and, you know, just you know, having some interaction and you're right, maybe in that interaction you get that they have a boyfriend,

okay you back off. Um, or you go to the next level of asking something and it's more of just practicing. It's not like the person you're gonna go, is gonna become you're girlfriend and then your wife, no you're just gonna be practicing.

Client: That's true.

Therapist: You don't need to give it so much weight, you just need to jump in and practice. You know, with one hello, we're not, you know, we're not taking you and making you be in a completely deep, deep relationship yet, it's just, you know, taking every section of it and getting you to become a master of each section first.

Client: Mhm.

Therapist: You know, just the concept of how do I approach a girl.

Client: Just like hi and bye.

Therapist: Just like hi and bye. I mean, just practice this phase, you don't need to, you don't need to do anything else except this phase. After you feel, you know, okay with this phase, then, you know...

Client: Next one.

Therapist: We'll go on to okay, give em a couple of other lines and see what happens (laughs), you know. Practice with different kind of approaches and lines and see what happens.

Client: (can't hear)

Therapist: So it's more of just getting section by section cause if you put so much weight in to the first hello that within the first hello, I have to have all these assessments done...

Client: Mhm.

Therapist: It's never gonna happen.

Client: Yeah. I understand.

Therapist: And I don't think you did that with anything else either. Like, you know, when you say I'm good with my hand or you know, I do things, if I just put you right out of the blue in to the nature, you know, you can't do everything great all at the same time.

Client: Yeah.

Therapist: Right?

Client: Yeah, I don't mean like I'm perfect at everything.

Therapist: Right...

Client: But I'm better, I have like a better grasp on it.

Therapist: But how did you gain the better grasp? Because you handled it each by each...

Client: Yeah.

Therapist: And you, you know, kept making fire and you failed and you did it again and you failed and then whoa it happened again, and then you practiced, and it worked out and now you feel confident.

Client: Mhm. Yeah. I hear you.

Therapist: Right?

Client: Yeah.

Therapist: So creating that section by section...

Client: Yeah, step by step.

Therapist: Yeah. And as we go along in this path if um you imagine coming towards um money...

Client: Okay.

Therapist: What do you think of yourself from the confident, competent, self-reliant person as you come close to money? What do think of yourself in regards to money?

Client: I feel like...I don't want so much of it right now. Like I know I'll be able to get it later on. Like I just want enough to be able to do the things that I want to do, you know? Like I don't need to make a...I don't know. I guess I just like want enough for like what I need, for now, instead of like making a huge living and everything right now, I guess I want to have more fun.

Therapist: So making a huge living equals not fun?

Client: No, it does. But it just seems like you gotta work harder, like you can't sleep in if you go out during the week or something. Like that kind of.

Therapist: Like it takes a certain commitment and effort and time in order to make a lot of money and you're saying right now, um I still have a other priority, due to my age, to, you know, have fun. So I want to give some weight to that and then, therefore the amount of time and effort and commitment that I'm willing to put for earning money is um limited.

Client: Yeah.

Therapist: And I'm choosing it to be that because of this stage in my life.

Client: Like a priority to have fun and that like I'm still working on myself.

Therapist: Mhm.

Client: Both of those combined.

Therapist: Mhm.

Client: Like I need to get that down before I can like move on to the next stage.

Therapist: Mhm.

Client: I feel like, cause like once I get that, like myself like, once I'm done like, I feel like I'm comfortable completely with myself, that means I'll know how to socialize very well...or well, with like friends and everything and like business is like a whole nother level of... I feel like I'll be able to do it the way I want to do it, better, but like this is like the first step towards that.

Therapist: Mhm. Cool. And as you go along with uh like coworkers and people you know, as someone who's confident and you know, um connected and uh self-reliant, how do you, how do you see yourself with them?

Client: Just having fun. Like let's say with a coworker, I feel like now I wouldn't have as much of a problem as like, for, um like, going to get lunch with them, like on my first day on the job. Like I feel like I'd be much more comfortable doing that kind of stuff. Like my um I have, I had two eight week courses in school, one of them finished, this one just started, like it was very, much, much easier for me to like talk to people and approach people. We were put in to groups and I was like adding to the conversation, I mean, we had, I had something to add, cause we all went to Coachella, half the world went there (laughs), but like I felt it was much easier for me to add to the conversation. It's getting a lot easier to like talk. Like I don't have something on the side like holding me back really.

Therapist: Mhm. It's as if you're fully there.

Client: Yeah...ninety percent.

Therapist: What's the ten percent that's holding back?

Client: It's just the beginning. I just need some more practice with it.

Therapist: Okay, but what is it, what is it holding back?

Client: No, it's not really holding back, it's more like...

Therapist: Reaching the optimum level.

Client: Yeah, becoming totally comfortable with...it's not holding back anymore.

Therapist: It's just new.

Client: Yeah.

Therapist: It's a new thing, it's not a, a solidness, it's a new thing.

Client: Yeah.

Therapist: And you're saying that ninety percent is solid, but there's still ten percent that is new...

Client: Mhm.

Therapist: And it's not solid yet.

Client: Yeah.

Therapist: And as this confident person who is self-reliant and is looking at six and a half billion people in the world, how do you relate to them?

Client: Me compared to the rest of the world?

Therapist: Not only compare, but in relation to.

Client: I feel like (cough) I'm becoming better at like communicating with the rest of them and...like able to handle myself around them more. I don't...I don't know if like, it's like, I guess it's like kind of egotistic or whatever, like I feel like wiser than a lot of them. I mean I don't wanna sound like...

Therapist: So if who you are is a wise person, that's how it feels.

Client: Somewhat, yeah.

Therapist: Uh do you know about anchoring? You ever heard of anchoring before? Anchoring is when you uh have an experience in your body and your whole being and um you anchor with uh a kind of a hand gesture so that any point when you use that hand gesture, that hand gesture reminds you of the state of being you are, you know? Like if you're excited and that you put a hand gesture with that excitement, okay? Um and then when you're at any point or any place when you do that hand gesture, it doesn't, you know, it takes you right back in to that conditioning of that oh, this hand gesture just reminds me of that. Okay? So like if, if you're talking about a confident, competent, you know, comfortable person, if you knew, if you know someone like that, um what would be a hand gesture for them? To remind you of confidence, competence, um comfortableness, self-reliant, fun. What kind of a hand gesture would will you to go back in there and have that?

Client: I have no idea (laughs).

Therapist: You know, maybe goes like this (snaps), somebody goes like this, you know, somebody goes like this. Just a hand gesture, what kind of hand gesture would you want to give to this air, you know, to this feeling of comfortable, confident, competent, fun, relax, wise person?

Client: (Pause) (laughs).

Therapist: This, this, this. How would you, what would you do with your hands?

Client: Maybe like stretch.



Therapist: Okay. Let me see.

Client: Like something like this (snaps).

Therapist: Okay. So this gives you that confident, competent, relaxed, wise, yes?

Client: Yeah it makes me like relax sometimes.

Therapist: What?

Client: Makes me relax sometimes.

Therapist: Makes you relax sometimes, okay. Does it have power? Does this have power?

Client: Yeah, I think so.

Therapist: Okay. Alright. I'm going to actually ask you, I'm going to take back this.

## **End of Session Six**

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## **Session Seven**

Therapist: Ok. I'm gonna ask you to kinda just close your eyes and become very very comfortable. And as you know where to go in your own body to become very very relaxed and go to a place that you know that gets you in to a very deep deep connected place with yourself. Deep connected place and as you breathe inside, just allow yourself to become more and more relaxed, and go deeper and deeper in to connecting with yourself. And with every exhale just let go of any reservation that you have, just relax and allow yourself to become deeper in relaxation and deeper in connection with you. And as you go on to connect with yourself, imagine this light, any color that you like, comes toward you and this light represents confidence, comfortableness, competence, knowing how to do things, relaxing, being you, being fun, effortlessly being around people, engaging, becoming one, being confident in conversation, with girls and guys, with women and men, and knowing a wisdom and knowing that I am, that I'm solid inside, and as this light takes over your body and with every breath that you have, you take in this light and allowing the light to go in with your breath, in to your lungs and as from your lungs penetrating everywhere in your body and every fiber and every cell, as if every cell of your body is shining, radiating and who you are becomes and is a knowing that you have, a wise person. And as you experience this essence of wisdom, knowing that I am wise, comfortable, confident, competent, fun, relaxed, easy to get along with, easy with people, easy to approach, effortless in conversing, knowing who you are and who I am and with this knowing and these emotions I'm going to have a hand gesture of holding my hands and stretching and go ahead and stretch and anchoring this with this experience of my whole body feeling confident and relaxed and knowing that at any time when I do this hand gesture, how effortlessly it brings me to this place of me, connecting with me, with the highest essence of me, with the highest essence and the best that I can ever be at any moment in my life.

**End of Session Seven**

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