

Foojan's Model – Farinaz

Session Twelve

Italics indicate a translation from Farsi

Client: *Like always. This right now is just...*This is just taping.

Therapist: Audio.

Client: Ah.

Therapist: I don't have the video.

Client: Your video. Just audio.

Therapist: No, I had to take my video camera to um for um the conference we had last night.

Client: Uh huh.

Therapist: So it's still...and then I have to take for somewhere at something else tomorrow.

Client: I like your...

Therapist: Top. Thank you.

Client: Cute top. And cute, cute dress under it.

Therapist: And the videos are for coding anyways so if they don't have it they code it from the...

Client: From the audio.

Therapist: Audio. Yeah. Video is also helpful because of facial expressions.

Client: Mhm.

Therapist: You know audio doesn't have fac-all the facial expressions.

Client: Right.

Therapist: So...

Client: It was...

Therapist: I think we completed friends.

Client: Yes.

Therapist: Right?

Client: Well I..I still like have back and forth at work which is normal like when you go to work you like um...ok it's like my cousin came over there for quite a while and then she left. Then I was a favorite before her but then when she came, like everything turned to her, now she left and if I give any idea, nobody cares, and it makes me a little "so why don't you care what I'm saying." Then I talk to myself who cares, why do you care, like that's their business, that's not your business, but it's not about them, it's about me, it's not about what happens in the business or what not happens, it's about me to get approval for me. So I was a little irritated yesterday, like um I said like uh you know that pitch that we had before made more sales and this pitch that you brought recently, you change it, it doesn't sell. So he said "oh, yeah" and then he came and put a meeting and then what I heard from out there that it's not about the pitch, it's about like state of your being and all of those stuff, which is true, but still the pitch is important. So I was thinking like okay whatever I said to him he came over and then do this completely opposite (snaps). Of course, I, I just kept it very cool and then nobody knows that I'm like a little irritating, but I had a little fight inside me, why, why what I'm saying is not accepted or at least like considered, like why he came in and go for completely different, which, which maybe he's right, he has the business for long and um and I took it personally, I felt like because I said that, he did exactly...

Therapist: Mhm. That's why.

Client: That's why. It's not because he think like that. Then well, well I took it a little personal that's why it makes me, make me a little more...

Therapist: Angry.

Client: Angry, but then I figured that I was wrong because he, after that he came, said let's, I, I want to make a mistake, do you want to come tonight at (can't hear). No, no, that was not me, it's just the whole thing (laughs). So like a little bit of the angerness went away because I took it totally personal, but like I have these struggles, at four o'clock, I take everything personal like um and then my like when people back and forth come and ask me questions like uh when there are new people which are not really uh...they don't know the system yet and they come and ask silly questions and they already have to know or you know...and then back and forth come, like same things that like drives me crazy so I can't keep paying, keep it cool, like on my face, the poor people, they have to come no you are the best, they want to...even when they...

Therapist: Comfort you.

Client: Comfort me. Even when they do that I get more angry because I am just tell they want to comfort me, but I get angry with myself, why I can't keep it cool, like okay this person is new, I would've been the same when I started anywhere, so like I shouldn't get angry, um but I have to work on that too like when people come and they're new and they don't know, they come and like constantly ask me questions, and constantly, constantly order me. Since I don't, like today was not a very busy day, so I don't have to get bugged, I can like completely pay attention to them, but I can't. I totally like, for me it's like because I'm being for long, to me silly, but it's not silly because if I was there for the first time, so I get, and then I get angry why I get angry and uh right after that I start to struggle with myself because I get angry so this is two experiences that I have these two days at work, I just wanted to share.

Therapist: Thank you. Um let's go the next step is actually your siblings.

Client: Mhm.

Therapist: Your sisters.

Client: Mhm.

Therapist: Right? You don't have any brothers, just sisters.

Client: No I have sisters.

Therapist: Right.

Client: Well I have step-brothers, but I don't know them.

Therapist: You don't know them.

Client: Yeah.

Therapist: Okay. Let's talk about your sisters.

Client: Mhm.

Therapist: What do you think about them? And I don't know if you want to go one by one or is this something general.

Client: Mmm...

Therapist: You have three sisters?

Client: I have three sisters, one half and two um which I actually grew with them, I, I mostly can say my because I grew up with my other two sisters, that little one I think like she's my child, like, I, I, I love her to death, like but she's my child, it's not like...

Therapist: So let's talk about the two that...

Client: The two...

Therapist: One is your other twin.

Client: Uh...not my twin. They are twins.

Therapist: They're twins. Yeah.

Client: They're twins. They're twins, so what I think about them, my idea is like being more, they're more attack her.

Therapist: What is their name?

Client: Farish and Faria. F-A-R-...F-A-R-I-A.

Therapist: Faria.

Client: Farish. F-A-R-I-...Farish. And um well the from the beginning, uh well, well like from their childhood, they were more um attack her and then passive, like I'm, I'm more passive, more, more inside like I can't attack. They were more attack her, like for any reason, like they attack. And they were always like together, like this (snaps), so um so most, one of my sister is so control freak because uh since well we uh, since we were like, I was, let's say I was fifth grade at elementary and she was third grade. My father decided she's the most responsible person in the whole sisters, in the like, so she actually go that, she really thought that she's a really responsible persona and she's the only one she knows, who knows everything. And then my father gave a lot of (can't hear) because he got that idea of her then he gave her more, instead of giving me, which I'm the bigger sister, gave her more responsibilities and like well me and my other sister we both were so uh annoyed with that, we were so like angry, why they do that, especially my other twin sister was so annoyed because she was in compete and I'm like, I'm the bigger sister, like, like what about me so that's why at that time I decided uh that I'm not smart enough, that's why like my other sister because if I was smart, they would have give me more, given me more responsibility. The thing is, she, my other sister, she just like had a very bad pain in her stomach for long time and nobody knows why this is, and that's why my father for some reason, because she is the sickest person and she has a bad stomach, he felt like she is the responsible one, like that, that's it, I mean the real reason is this or probably one time she was carrying my other sister's

Therapist: Purse or...

Client: Purse or like whatever school and that registered like okay this is the responsible, that one put, and then that's it, this goes forever and the whole family started to give that eh not only my father, all of my aunties call, all of my uncles, oh *big girl* (chanoom bozorg), they call her *big girl*, like I, I got so offended and I um, so that's why how I started to block myself and deny it, like what's going on around myself because if I like let this go to me, it would kill me, it would have killed me like my other really, really, she's so strongly uh angry, angry with everything because um she, she didn't learn how to block herself, she just like attack everything or like she, once like she put her hand in the... I mean it was like seventeen year old, but from childhood like this so each of us like somehow um react to the whole situation that we were compared all the time. So when I think, they are, they are very, um but like I'm more passive, I think they are more aggressive and one of them is very controlling. I mean when it comes to the other one, that one is also controlling.

Therapist: Which one's controlling?

Client: Faria is controlling one. Farish also has kind of being controlling, but I think I probably am too, you know, in our different ways.

Therapist: How do you feel about them?

Client: Well I love them to death, but if they tell me you can live with them for long, I can't, I can't be with them all the time, like none of them. The one which is in Iran, I talk to her forever, but she's in Iran. I know as soon as she comes and live with me like for a month, we pick a fight or we can't uh because from the, from childhood this is what we learn, like all the time fight with each other.

Therapist: How do you behave toward them?

Client: Well um, well my sister um I usually less talk to my other sister in Iran like because we don't get a chance as much so when we talk right now, if we say about right now, we just love each other, and I listen to her and she listens to me, especially when she's sick, she has a mess, so I really try not to get offensive about anything, just listen to her, we're very nice. So I love her to death. My other sister, I love her, I mean I love them, that's, those, these people are my sisters, I die for them, I do anything for them, but when she calls me, for example, we talk um she okay she wants to put his, her finger on a point and say this is the true this and I'm, I'm telling and then that annoys me because this is from the...

Therapist: Farish or Faria?

Client: Faria.

Therapist: Mhm.

Client: This is from the childhood was like that, like what I am saying is a right, you have to listen to me, everybody should know. And then I, she always like push my buttons, she always (snaps) know how to get me and all of a sudden I get angry and say "why now you are so angry," she knows because you are irritating me, you know that you're irritating me, that's irritating for me. "I just said that, why are you so angry, you should, you should go and take pills or stuff, like why are you, why you can't control yourself." I mean you know what you're doing, you know how to explain, that's why it's like I, recently, I mean I started to be, I start, this is so recent, when she says stuff, I don't answer her, I don't reaction, I don't say yes or no or you're right or you're not right, she just keeps saying that, those stuff and I go for another story, you know she just like, like for example she knows I don't believe in uh eye (chesm), in like jinx or whatever, probably emotionally I do, but uh logically I don't. Rationally I don't believe in jinx and she just keeps saying this is a bad eye, this is a bad eye, and then I just...you say no, but this is a bad eye and then, I just, talk about something, I, I learned that I have to just totally ignore what she's saying. This is just recent, but sometimes it's too much that I can't, bad eye is not very important, it's just some idea I can totally, but if it comes to my personal things, sometimes it's really (snaps)...

Therapist: Throws you off.

Client: Yeah, I can't just not say anything, it just like oph, we, we fight a lot, and she has this idea that I'm a very angry person and I have to get pills and but like I'm not around everybody get angry like that, like she, that's controlling, that controlling behavior, I know like, like people come and ask me questions makes me angry too, that's true, um I'm not patient enough toward them either, it's not that she's totally (can't hear), but she, she a lot of pushes so, what like I always like, we pick fight, like she says

something, we pick up a fight, or sometimes like I totally ignore, I just listen, I just let the whole thing go away.

Therapist: Conversation to just pass by.

Client: Pass by, exactly.

Therapist: How do you think they think about you?

Client: Um...

Therapist: What does Farish think about you?

Client: Well uh...well when it comes to positive they think I'm a very quiet person, like I, but like I don't want to take responsibilities, they, they say it, like no you're not as responsible and eh you don't, like you're not a person who cares enough, but you're kind, eh at the same time. Which I don't know, it could be true, because like I see them, like they together like every day they talk to each other, I don't, like I mostly like probably two, every two weeks talk to Iran and every week talk to my sister, it's not like every day, like, like every second I know what they're doing, but they, those two together are like that. So they think I'm not, I don't care Iran enough and they think uh but I'm a very kind person and uh well like my controller sister thinks that I'm very, very angry person and she thinks that I don't know how, how to live the life because um like, like what, what money our father left for us I just didn't buy a home or something like that. She always judge me over those stuff. That's what, but my other sister in Iran, she, we're far from each other for long time that I like love that connection, you know, when we talk we have, we talk about good things, but overall she think I don't care enough, I mean that's what she always say. I don't care enough, but I'm a kind person, like that's what they think about me and I'm, I'm, I'm, I'm, I'm angry person, like my other sister thinks that. I'm so very angry.

Therapist: How do they feel about you?

Client: Well they, I think they love me, I think, I'm sure that they love me.

Therapist: And how do they behave towards you?

Client: Well uh, they uh, they nice, they, like overall they nice, but um we have a lot of diff-uh, differences. We uh, we, we, we...

Therapist: Argue.

Client: Can't be together for all, we always argue. But there are, we have good times too. Life isn't always arguing (laughing; not sure about this statement). Arguing happens a lot.

Therapist: And when you're going in this path, looking at them looking at you, what do you think about yourself?

Client: Well, umm, when I look at them looking at myself, I think, well always this part of not being the responsible one, I always think like, like my sister, like is in Iran, she's stuck, I think I'm the responsible

that she's in Iran and she can't come over. You know like I always think I have to do something and then the funny thing is, like when it comes to reality and I have to do something, I don't. I don't know how to explain it, like it's just the guilt all the time, it's not me, but the real action doesn't. And then the guilt, oh, oh I tried a lot to get a acceptance from university for my little sister so she can get visa to come here, but my other sister she didn't think that I really know what I'm doing and she totally put me away, say yeah, like she's saying "who cares about what university, get some, uh some acceptance from some university." I said she's having a child, she has to get a visa, there should be a, at least like, I don't say like the best because they probably don't give it to her, but she should have at least some sort of, you know, something, that she get the visa, she can't just come over there, go to the embassy and they, they, they won't give her. They, she didn't buy me, she totally like thought I don't know what I'm saying and I don't know what I'm doing and she totally like (can't hear) me so then recently I thought again about like doing that by, aside, myself, I don't share it with my sister, I'm gonna. Well I have a lot of stuff like going on, like that always go to the line for the next thing (laughs), but I want to do that for her myself, but what I feel is like, always I feel like I have some sort of res-, not to my other sister, to, to the one in Iran, I feel so responsible.

Therapist: Mhm.

Client: My other sister, I think she's my mom.

Therapist: Farish?

Client: Faria.

Therapist: Faria.

Client: The one who is controller. She has that thing, like I never feel like, like when, when I need her I get like, I said ok help me, but I don't do that toward my other sister.

Therapist: Farish?

Client: Yeah. So I don't know how, like they always give like this totally (can't hear)...

Therapist: What are you (can't hear) about yourself though?

Client: Um well, for long, long time I never thought that I... my idea is uh right idea and I always asked Faria (can't hear), for long time, even though I didn't want to ask her, I needed her approval and even if she um didn't approve, if she says something it, it was like come from word of God because she's the right one, it just registered, in spite of the whole fight that I have with it, but it was there. And she's the little sister, that's the funny, that's the funnier.

Therapist: She was wise?

Client: She was wise, she's the wise in the family. Then when I came here, it actually changed. I don't go for like, I don't ask for her opinion as much anymore because like well for long...still when she say something, it comes from that background, I really uh I don't know, *it hits me* (mezanatam), I don't know

how to say it in English, but um but um it doesn't, it's not like before anymore, like I do my own life, I don't share it as much so, you know, I try like, put everything like, keep everything inside me instead of like sharing. As soon as I share something, gonna have some, some argument happen so like because she always say like how irresponsible I am, how not good I am, and um the argument happen and the...well anyhow like since I don't believe in myself completely, anybody, anything said anything to hurt me (laughs) it really...

Therapist: Gets you?

Client: Hits me, gets me, yeah.

Therapist: Um how do you behave toward yourself when you're with them? Like in this path as you're looking at them looking at you, how do you behave toward yourself?

Client: Very, very hmm passive, avoidment, avoiding from having fight, like even like get a lot things, I hear a lot of things really hurt me because I'm so afraid of fight or everything I just put everything inside. So that's how um well I'm I'm just saying about this sister because last sister is like very far from me right now. I haven't seen her for ten years so (can't hear), she's, she's faded a little, just...

Therapist: Farish has?

Client: Farish. She...I, I see her pictures and we talk, but since we don't talk all the time, which I, I totally don't remember, I know when she comes back, everything comes back, I can give you a lot of stories (laughs), but right now I have no stories like my other sister Faria. Um whenever I go there, I try a lot to avoid uh and, and as much as I try to avoid having fun, at the end I'm the angry person and I have to take (can't hear; laughs).

Therapist: (laughs) So you blame yourself for being angry.

Client: Yes, I blame, I mean, I don't know, I mean, it's like, it, it becomes like whole, this behavior is so us we can't change it, you know what I'm saying? So like she always says something, she always hit exactly on my button, and I always explode, like I put it inside one time, I put it inside two times, I put it inside three times, sometimes I go and cry to myself, I don't say anything and sometimes it, it comes to the argue and then that's why I always avoid going to her despite of the love I have my nephew and my niece and even herself to see her. I don't want to go stuck there and sit my plane ticket is like for, for some day, I have to whenever she says stay another day, I really don't want to stay because I'm afraid of fight it's not that I don't want to stay there, I enjoy being with them, but like just like that I don't want to go through that process of fight and I think this is like something we learned from childhood, everybody fight with each other, everybody, every day is fighting, that's just too...this is the only thing we know. Even I, like by theory, I learned a lot of things, but because of that's just some kind of pattern, maybe that just happens, whenever I'm with them, there is a fight and like whenever I (can't hear) other people, there's not fights, but with them all the time, argument. That's just like very family thing too...Farima Ghazad(*farsi name?*) behavior and then me and Farima Ghazad (*same farsi name*) argument, we like to argue so like when, whenever I see that I'm arguing with Farima, I get aware of

that, um it's just you learn it, you know, even in her family it was like that too, like all the time arguing, like find something to argue about, even if it's about the shoes, it was just enjoy doing this all the time, I swear to God it's like.

Therapist: (can't hear) connection.

Client: Yeah.

Therapist: Uh, how do you feel about yourself?

Client: Well, I (laughs), what I, like what I feel about myself I have to learn how to like myself, you know that's just...I don't know how I really like myself.

Therapist: And when you're looking at them how do you feel about yourself?

Client: When I'm looking at them how do I feel about myself. Well it's ups and downs. Sometimes I think I'm the better one and sometimes I think I'm the stupid one like, it's like sometimes I'm smarter, sometimes I'm stupider, sometimes I'm like, I'm the wiser, sometimes I'm not the wiser, it's just back and forth.

Therapist: Right now, as you are in this path, looking at their eyes looking back at you, how do you feel about yourself?

Client: How do I feel about myself...mostly I feel lot of guilt.

Therapist: Guilt?

Client: Guilt is just the most um...

Therapist: Dominant?

Client: Dominant feel...dominant feeling is guilt. Guilt, a lot of guilt toward both of them. Like I, I have to take care of them and I can't.

Therapist: And where is that guilt inside your body?

Client: Hmm...it always starts from here then come up here (laughs). It's like most of the time it's just here.

Therapist: From zero to ten?

Client: Well, this guilt right now it's about four, it's not as much.

Therapist: Can you go in to it?

Client: Well when I see them, I see look at them like my little sisters, but from the childhood, like I always see them they are more little than me, like just I share that this before, like my always, my father take me and say like, you know, when I die, nobody gonna take care of me and you're the one who has

to take care of your children, so it's...take care of your sisters. So always I felt like this is my father which is dying and this is me who I have to take care of my sisters, so... (starts to sniffle and cry a little)and then the more it's like that, the more I decided not to like block myself of the whole situation, that's why then the guilt comes over like I always look at them and I feel guilty that I don't do anything for them because they are my little sisters just fight with them or I don't do enough for them.

Therapist: So what is the feeling?

Client: The feeling is a lot of um sadness and...

Therapist: Where is the sadness in your body?

Client: Emptiness. Right now in here.

Therapist: Okay. I want you to go in to the sadness in your throat.

Client: Well I'm already sad.

Therapist: Yeah, but just stay in it, don't talk, just stay in the sadness. Just allow it to (can't hear).

Client: (sniffles) It think, so little to take care of them, I can, just so little, I need myself like some, some care, I need somebody care for, take care of me (starts crying) how can I take care of them? So like myself I'm so lonely, so I can't, how, how do you put me over here, say you're dying all the time and then like always thinking what am I going to do with those two kids when they're so little and I'm little too. I don't understand why he said he's dying. Why he wants to die, he, he, he always wanted to die, my father always like deep inside wanted to die. He always prayed for that, he always wanted that, that's why he always like saying stuff to me, always I have to like every night I sit beside him and he told me these stories, most saddest stories, about how he's gonna die and how I'm gonna be the uh the (can't hear) who has to clean their home and how I have to be very very careful about my sisters (deep breath).

Therapist: And from zero to ten, how much is the sadness?

Client: (crying) Ten.

Therapist: Just stay in it.

Client: (crying) I just wish my father never wanted to die. I wish my father never said that stuff. I wish I had somebody to talk, talk to, I just, I just hear the most saddest story every night, I feel so miserable, so lonely, I just avoid my sister, who took the (can't hear) I don't want to listen to these stories and I don't wanna take care of them, it's not my job. It's not my job, I'm so little, how can I do that to them, how can I take care of them, so who's gonna take care of us, I mean the three of us are so lonely, we're so, we're so in, in crisis, our life is in crisis, my life is in crisis. Alllllll the time, alllllllllllll the time. It's like never happiness, constant, whenever I'm happy, I'm just waiting for a moment that happiness turn to the not being happy, like every second like I'm looking for something not happy. It's just, I'm gonna grab this moment because in a minute it goes away. Anyway, I never, I never, like with child, like people have a,

they want to get back to the childhood, I never wish, never wish to get to those places anymore. I never had a good, good time, never, and I never thought that I deserved this life that I was given to, I can't (can't understand) myself, I can't.

Therapist: Take a deep breath. Deep, deep, deep, deep. The sadness now from zero to ten?

Client: It's less. It's five.

Therapist: Anything else?

Client: No.

Therapist: Any other thoughts come up?

Client: No, I don't want to think about them anymore. (Can't hear) Can I open my eyes?

Therapist: Sure.

Client: (Exhales deeply, laughs, exhales again, laughs again) It's not fun to get back there.

Therapist: It's not.

Client: The funny thing is as much as you want to avoid it, they still there.

Therapist: They are. That's why you're very brave to go there.

Client: It's like...so hard (can't understand). Sometimes I watch myself at the mirror and I go and say I love me, I love you, but it doesn't work (laughs).

Therapist: Yeah, not until those things are kind of (can't hear).

Client: Doesn't work, it's just doesn't work. I don't know how to love myself.

Therapist: You will, you will.

Client: When? At forty five already like another forty five year olds (laughs).

Therapist: Yeah.

Client: Time probably. My honey moon and my...

Therapist: No this one, this will go faster.

Client: Okay (laughs)

Therapist: (laughs)

Client: My god.

Therapist: Good work.

Client: I still go there. Like, still go there. Like you say about my sister, like, you know, um, all the feelings like comes back. Then I figure, oh these are still inside me. I just try to forget them, but they are still in there. They haven't gone. They come back like it was yesterday. It's just when I close my eyes, they come back.

Therapist: Yeah you did, you went directly to it. Like right when I said well where is it in your, go in to the sadness, you went directly to that age. Directly to that age.

Client: That's why I say they still live with me (laughs). It's just like...

Therapist: I know, but it was, it felt like it was a little bit of a different conversation than before. Um, about your responsibilities. Okay, it was a different conversation, but I'm glad you were able to release some and then, you know, keep (can't hear).

Client: Yeah, like well we, that's the, that, that is not really fun, I just want to get out of there as soon as possible.

Therapist: Nooo.

Client: Just...it's not really fun.

Therapist: Yeah, it's not. So, you know, it releases in spurts.

Client: And after everything like this, how could I be in that situation at that time? You know?

Therapist: It is very traumatizing. It is very traumatizing to be there. To be with a depressed father in that case. It is very, very traumatizing for a child. Um, well you've come a long way, you've come a long way in, uh, where you have been and where you wanna...I mean experiencing joy, like you said it's never was joy, nothing was ever there as a joy, now you have spurts.

Client: Lately that's what like, I think I, I can't have relationship (can't understand) or anything, I'm so lost because I never had the experience, I don't know what relationship is.

Therapist: Yeah, well I mean the only relationship that you've ever experienced was very painful. So you know what relationships are, but to you it seems like it's painful.

Client: Pain.

Therapist: Yeah, it doesn't have a joy connotation with it.

End of Session

Session Eleven

Note: This session recording is only 11 minutes long so it will be transcribed later from video

Client: *I say now the way that I straighten it myself makes it poof a little.*

Therapist: No it looks good, looks good. *Just make it different.* Um, *are you feeling better?*

Client: *I feel better, thank you. This week and such, suddenly all week I'm down then when I come here, like when something happens, I have such grief with it and I cry.*

Therapist: We're doing intense work, of course you cry.

End of Session

Session Ten

Therapist: Anything new?

Client: Well, yeah. Yesterday my friend called, she works at non-profit, she's a teacher.

Therapist: Mhm.

Client: And then when she um well she works for them and right now she's got some new uh students.

Therapist: Uh huh.

Client: And these are apparently are more poor than the students she had during the winter. And um...well the she told a very sad story about how poor they are, and then she, and then she made a joke about uh giving chicken nugget for them if they uh like pass the test or if the actually read the, study whatever she, matter she gave to them. And she didn't know they were so serious and stuff, but anyhow she went and get it for them and they were so grateful and said we didn't have any money, and like we didn't eat anything from yesterday and then she started to cry and then, because you see these things, you know you hear the stories like something else, but when you see them like...

Therapist: In your face.

Client: People like in your face coming and like that and she's like it's not even chicken nuggets, it's not even steak or something, they just like so grateful for me giving them just chicken nuggets and she was crying and then she made me cry and then I, we both were crying (laughs). And um (can't understand) I was thinking oh my god like, during the day I'm thinking about how lose my, how I have to lose my weight and then there are people out there that they're thinking about or being bulimic like to lose another two pounds and then other people out there they're thinking about like having a little chicken nugget from McDonald's. So that was like some shock for me because, well I get, I feel guilty because those kids which are, like sometimes I donate money like to Haiti and whatever and then they also send me um brochure to sponsor a kid and it's like thirty dollars a month and right now for me each, each penny counts, but at the same time I go every week and fix my hair for thirty dollars and then I feel guilty like oh my god if I don't do that, like I can sponsor a kid instead. So like these things like come to my mind like it's why like people are so insensitive about what happens around uh around them, you know, like because you know you see them, you think about them, you cry about them, but tomorrow

you go on with your life, you totally put them away and you don't want to think about them, and then I feel guilty why I'm like that and like if I don't go out and fix my hair, I could sponsor a kid. Stuff like that. I don't know, like it's just all the time it comes.

Therapist: No, I hear you, it's the duality.

Client: Yeah.

Therapist: Like do I take care of myself and how can I take care of myself and take care of the world around me. Sometimes like if it's not in our face, we forget.

Client: Mhm, yeah.

Therapist: You know, we only go around people we know.

Client: Yeah.

Therapist: So it's only those people, we forget that there's...

Client: Mhm.

Therapist: A whole different way of living and breathing out there.

Client: Yeah. And then, well that was something that came to my mind and then about you said uh when you um...

Therapist: Look at yourself.

Client: Look at myself in the mirror, well actually um you know I said when I think I'm not good enough I'm so numb and I don't think about, like I don't feel anything about it, like just like I'm so used to it, well uh when I was looking I mean when I was thinking looking at the mirror, something really open, opened up for me, it's like, it's like I don't know any better, you know what I'm saying? I t's not, like when you hear a story, like the story I heard yesterday, you don't touch it, you don't feel it, it's just a story you, you, from like, like people being confident or people being happy is just for me, the, the story, it's like, you know what I'm saying, it's like more like when you hear like about actors and actresses how rich they are, again those are stories for me, none of them are real, none of them are tangible, they're something very far from me, I'm so used to, I'm so used to like, like a, like a drug addict which uh he knows that if he quit the drug, he would be better, but he doesn't know any, he's so addicted to be addicted, you know what I'm saying? So he doesn't know any better, just addiction is the only thing he can do, that, that, for me it's like that, it's like that happiness or that confident, like those things that um they tell I'm so used to whatever I am right now, like that I don't I mean it's so scary for me to come, come out of this, you know what I'm saying? It's just so comfortable, I'm so used to it, even if I'm not good enough and I suffer, I so used to this suffer. I mean I, I sort to prefer to be, to suffer.

Therapist: That's the only way you know.

Client: That's the only way I know, you know what I'm saying? So and I'm so numbed did it, I don't feel sometimes, eh, sometimes like I feel pity and I start to cry, but then again with something like I bring myself up, something fake or some movie or something, and then I again I get back but in like situations here and there...

Therapist: Mhm.

Client: Again situation proves me again I'm not good enough, and then again I suffer and then again, you know it's just the only way I know how to live, I don't know any better, I don't, like it's story for me, if somebody say "well I'm so...come" no there are, there are things that I'm good at and I'm confident, I'm not like completely, but there are just some sort of things, but in um in general I'm not a confident person. I don't see myself as a very confident person, like I'm like always follower, behind, you know, like I feel more safe like that and um I'm saying like I just I sort of this part of the suffer that I get I'm so used to it, I'm so addicted to it, I'm afraid if I come out of it like something hap- I mean I'm just, it's, I'm so addict...

Therapist: You don't have any other world.

Client: No.

Therapist: That's the only world that you've ever known.

Client: That's the only world that I've ever known and then even doesn't make me so sad.

Therapist: No, it's, it's just given. That's the only thing you've know, that's the only existence you've ever had.

Client: Had.

Therapist: That's the only experience you've ever had.

Client: Mhm. So like um so like, like I prefer always like to be with me or like um to prevent to be heard, as much as possible not to be around people, eh just work I have to pay my bills so I go to work and then as I see, as I go on, I see that I ignore even to do my own stuff, like I have to make a phone, phone call for the insurance, like I'm not even eh the person who has a fault, the other person has fault, not me, it takes me like two weeks to make one phone call, I just procrastinate, procrastinate, sit, and procrastinate, I just eh um I think it's like some sort of um depression, but I'm so used to it that I don't see it, you know? Um, or like avoidness or I don't know, like um that's a funny, that's very funny, I mean I don't even see how I feel about it.

Therapist: Well what is the thought about it? Because usually any of those states of being are attached to some sort of really strong, strong belief system. So...

Client: The belief is like, I believe it's not good.

Therapist: No, no, no.

Client: I believe in that, I just don't believe, I mean maybe in, in thought I say no I am good, in like in rationally I feel oh no what's the difference between me and somebody else, but emotionally, when it comes to...

Therapist: Experiencially, you know that you're bad.

Client: You're bad, exactly.

Therapist: Okay. And when you are bad...

Client: Mhm.

Therapist: When you know you are bad...

Client: Mhm.

Therapist: Not just sick, but you know...

Client: Mhm.

Therapist: You know you are bad, what kind of emotion comes up?

Client: I'm saying...um...

Therapist: It is.

Client: Yeah, it's like I just, I'm just, just nothing. You know, I don't know how to explain it, it's just I, I don't even get sad, I mean, I don't, like...

Therapist: It's a matter of fact that's the only reality there is.

Client: Exactly, that's what I'm saying like I get mad at other people like "oh why he, he came to me and ask me question" like "why other people don't understand this" like I know I'm mad at myself, I mean like subconsciously I'm more mad at myself, those are not people around me, that's me I'm always mad, but um I just know how to blame other people and, and uh that's just it, I, I mean I'm saying like I don't, when I uh look at myself or like "oh I am bad" or something, okay, you know, it's just like...

Therapist: So as you look at the mirror right now...

Client: Mhm.

Therapist: What do you think of yourself?

Client: I um I think about myself? Right now? Hmm...at this moment, you were saying, I can close my eyes to see now.

Therapist: I can imagine.

Client: Nothing actually comes to my mind right now.

Therapist: So as you look at yourself in the mirror, nothing comes up?

Client: Hmm...some tired...I feel I'm so tired, uh I feel right now thinking that thinking that nothing is changing uh thinking, well it's just I uh exhausting, I'm exhausted, it's like there's not possible and any change is possible, it's just like I'm sitting there and I'm just tired and...right now I feel like, I feel sorry for myself a little, right now at this moment that I'm looking at myself. Uh, I feel a little sorry that um lot of things in my mind I can't do it, I meant I can do it, but I don't do them, you know what I'm saying? It's like even for my, like I want to go to school, do something for myself, I just ignore them, I just ignore them constantly and I like, I hate myself right now for that. Uh, I'm looking myself like, just like, I just wanna go and sit down and don't see myself. That's how I feel. Uh...

Therapist: Like I'm tired and I wanna hide from myself?

Client: Mhm, exactly. I just wanna hide from myself.

Therapist: Where is the tiredness in your body?

Client: Um... well it's my, in, in, the tiredness in here, just it feels so tired. Uh, in my back. Just the whole back, my leg, I feel so tired and uh and a little sad, actually. When I look at myself right now I feel sorry for myself, I get sad a little bit right now.

Therapist: Sorry for myself almost like compassion? Or pity?

Client: Pity. I feel pi-I feel like, uh poor, I mean, it could be both. Uh...

Therapist: Where is that in your body?

Client: The sadness in here. But the like the whole body is like...

Therapist: Tired.

Client: Yeah, tired of like, I'm tired of myself, you know, I'm just tired of myself. I wanna go sit, just watch tv, I don't wanna see what I wanna do, what I have to do, just prefer to just sit, just I don't know what's wrong with me. Just like I don't even do like little freaking phone call. Best like just ignore, like I don't know, I'm just so tired and I really want to go to school, I go to internet and I, I really read and um...I can't...the word for...uh shoot. Research. I really research and then like different schools send me and then that's it. And everyday say oh tomorrow I'm gonna go and see what's gonna happen and then tomorrow I say oh tomorrow I'm gonna go and then it's months go like this and then just tomorrow again, tomorrow again, tomorrow again, just that makes me exhausted. You know what I'm saying? Um, but I don't want to do anything about it, just so like I don't want to do anything about it. What do I do with myself, like it's just like I don't know what, what to do with myself. Is this a depression, is this a...could be depression, right?

Therapist: Is it just this past week or is it uh...

Client: No it's just um always.

Therapist: Always.

Client: Always and this past week when I look at myself and all of them, I see that, you know what I'm saying, I just see that. Always like that.

Therapist: The tiredness.

Client: Uh the tiredness, yeah.

Therapist: Go in to the tiredness in your body and let it just take you. Close your eyes, go in to the tiredness and let that emotion take you to where that message is, where the memories are.

Client: Well life is so tiring, you know, it's just the whole life you have to struggle, you have to constantly struggle and it's just exhausting, you don't have any time, you don't have a like any time for yourself. It's just exhausting everything like, I don't know like, it's probably like I don't have any um I don't do anything, it's like I'm fucked up, I don't do anything for myself, I don't do, I don't have any rela- good relationship, I don't ha-I don't do any job that I like, I don't do anything for anybody and it's just like exhausting. Just, I'm just numb, I don't know what kind of emotion comes to me, just like exhausting, just I don't do anything for me, I don't do anything for anybody, I just have the routine, every day, go to work that I hate, come back home, and I don't do anything makes me really happy and um I just like, I guess I like this, I just like to be tired all the time and I'm just exhausted, not, not, no emotion really comes to me just uh a little sadness came but it went away, a whole exhaustion came over me.

Therapist: I want you to go in to the tiredness and exhaustion. I want you to go in to the exhaustion, take it all the way, and allow it to take you to the first memory, state that you've already experienced the struggle with exhaustion.

Client: Cause um...I don't know why nothing comes to my mind, there's a lot of things when I was kid was exhausting.

Therapist: You don't have to force yourself, I just want you to be in the exhaustion of your body and allow it to take you, if it doesn't take you anywhere, it doesn't.

Client: Just so blocking myself, I just uh it's like well I, it doesn't come. Can I open my eyes?

Therapist: Yeah.

Client: That's okay. There's just nothing, nothing comes.

Therapist: No problem.

Client: Um well everything, every experience from my childhood was exhausting and all, every day, every day was exhausting, but you know the whole stories about just...

Therapist: Yeah I don't know though if the exhausting today is because of that or it's because of you had your period, so that also just you know drains the body and it drains the brain also.

Client: Yeah that could be, that could be, that could be.

Therapist: So that's why I wasn't sure, I just wanted to check...

Client: Yeah.

Therapist: Is it going to take you anywhere, but it just seems like the exhaustion is more...

Client: Yes, maybe. Maybe it's that. Maybe physically.

Therapist: Physically today. Rather than psychological.

Client: Yeah. Yeah, it like, it affects your, it affects your emotions too, like the whole thing exhausting, you know?

Therapist: Yeah.

Client: And, well I'm actually tired of life. I mean, I don't want to kill myself or something, you know what I'm saying, but it's just I want, I really want to be effective, at least for myself for god sakes, I want to be hap-effective on me, like do something at least for me, if I don't do anything for anybody else, at least do it for me, you know? I can go to school, it's just like, I can do it, I can do it in the evening, I, even like I know I can go to college every evening and it's get some, some, some, something, like some certificate, or um...I just don't want to do that. I just come and sit and think. What kind of life is that? I can do something about, but...it's just my um...the whole existence of me say no, don't be happy, don't do anything for yourself, don't be productive, don't be creative, it's just not you, you can't be that. It's just not, you can't, you can't be that. And...it's not that I say those things to me, but it's just like...

Therapist: The resistance tells you.

Client: The whole resistance tells me, the whole belief tells me that it's just not me, life is not for me, or um I'm just sitting, waiting for some moment like um oh maybe like uh that king come over, like prince over and take me, like give me the whole thing that I want, but that's not it, that's not possible. And...

Therapist: You're saying that when it comes for you to actually put the effort...

Client: Mhm.

Therapist: To move forward, some part of you says that's not you.

Client: That's not me.

Therapist: You're not about making the effort to do it.

Client: Mhm.

Therapist: It's just not you. You're not gonna be able to do it, you're not gonna do it.

Client: Yeah.

Therapist: So I want it effortlessly. I wanna just be here.

Client: Mhm.

Therapist: And I want it to be here.

Client: Do you, do you remember like you know when you were a kid like they give you, um I don't remember that they give me the homework, uh like, you wanna just like, the homework you, you wait, and you wait, and you wait, and you wait, it's like eight o'clock, nine o'clock, you have to sleep and then go and write your homeworks, and then that's because you have to, because tomorrow your teacher gonna punish you if you don't, that's how, that's how I live my life, exactly the same pattern. Now there is no teacher to punish, punish me if I don't, I just, but there are like very very important thing to, in my life that I have to do, and I don't. It's just like the same pattern like I prefer to go and sit and resist it with the whole, uh, the whole thing, I don't know, just...that's, that makes me really uh angry, really tired, really angry with myself, but still...

Therapist: Doesn't matter.

Client: Doesn't matter.

Therapist: Then if you're angry at yourself, it's not going to motivate you.

Client: No.

Therapist: So it's more just creates blame.

Client: Yes. Just that.

Therapist: You blame yourself for not taking the effort and doing things. That's the blame.

Client: That's the blame. And then again, to, to resolve that blame, I mean to resolve that, uh, I go and then I just take off the, I mean the whole thought, that I, I mean the things that I supposed to do and I just watch the tv, just get uh...

Therapist: Numb.

Client: Numb. So just like, then, then one, one day I open up my eyes and I'm so old and I didn't do anything, I just did, just some...

Therapist: So you, you think it through, but the action, action does not happen.

Client: No. I just think about it, like I have to do this, it's not, I really like to do something for myself, but this like become have to, and then it makes, it makes me, it makes it hard for me and exhausting and...but at the same time I like to do that, it's just I don't know how to explain it. Whatever I like becomes a have to after sometimes, but there's nobody to force me.

Therapist: But again I'm hearing the effort. Forget that.

Client: Yeah.

Therapist: But it seems like when you actually have to take the effort...

Client: Mhm.

Therapist: To an action, you have to take an action in order to do it...

Client: Mhm.

Therapist: In that setting up the action, you say to yourself "no, later..."

Client: Mhm.

Therapist: "It's ok." So there's no motivation for action. You want to have it.

Client: Yeah.

Therapist: You want to have the result, but without necessarily taking action toward it.

Client: Yeah and what I (can't understand) is why I'm like that. It's just like...I'm saying I'm so getting numb to what I am and it's, it's, it doesn't happy, make me happy.

Therapist: Well I don't know if that's who you are, but I get it that that's, you know, that's the way it's been.

Client: Mhm.

Therapist: So, uh as you look at yourself...

Client: Mhm.

Therapist: In the mirror, uh what you see is a person who has a lot of potential to create things, but is not doing the action to create it.

Client: I don't see I have that potential either.

Therapist: You don't even see the potential?

Client: No.

Therapist: Okay. And so, so if you don't see the potential, then how come you're saying that I can do it and I will, you know, it's a possibility?

Client: Well, uh...

Therapist: So maybe because you don't see the potential, you don't get up and do it.

Client: Well, uh I...it's not that I don't see any potential whatsoever, but I don't see myself has a lot of potential either, but like I see um that if I decide, it's not that I can't, um maybe I do. Um, it's very complicated. Maybe I do feel that I can't. Uh...maybe I'm so afraid if I start and I can't, you know what I'm saying? Um, maybe, uh, when I'm thinking, a lot of like stupid things come, yeah, like one of the, one of the things that comes to my mind, like going to school, is like financial thing that really scares me to death and then uh, I think like how about if I can't pay it back if, how about if I go and I put myself through a lot of....

Therapist: Mhm.

Client: That's one of the thing and then uh, the other thing, uh, that I want to go to school, but makes me not to go is like I know I'm not gonna have that comfortable life, that comfortness, I have to come from, uh, my comfort zone, and lot of things gonna happen and that's why like there are things that makes, makes me scared about doing that, one is financially and the second thing is probably I'm afraid if I go and I can't and I just paid money and I, I couldn't do it, you know what I'm saying, probably like one of the reason is this that I say I have to do that, there is no, I mean, let's say rationally I think I can do it, but emotionally I'm afraid if I can't. That's how, I mean, that's also another thing that makes me resist of doing this stuff, like, but I don't understand why I don't make any effort for make a, make a phone call which has nothing to do, it's just picking up the phone and make a phone call. That I don't understand, that's not even like financially I'm scared or like some uh huge decision, it's just a little decision and picking up the phone and making some phone call. Even, even I don't like, that phone call like somebody hit me from the back to uh I mean to the back of...

Therapist: Accident.

Client: My car. Accident and that's her fault, totally, and I just have, I'm just supposed to call to my insurance. I don't do, it took me three weeks, oh tomorrow, tomorrow, tomorrow, it's not like something huge or something...it's just a phone call. That's makes me a little scared of myself like what is it, why I do that? Why I'm scared, like take, take a phone and make a phone call?

Therapist: What does that phone call represent?

Client: Well, accident and those are not really fun, like calling and reporting the accident and somebody, they ask you questions. Well, of course, but even like paying bills, even like...everything, everything.

Therapist: Seems like anything that's around, um, some sort of a chore or responsibility, you know, something...

Client: Yes.

Therapist: That's just not pleasant.

Client: No.

Therapist: You want to push it away.

Client: What I'm gonna do? I mean that's, that's not, I mean that's not the productivity, it's not nothing, it's just uhh what I'm gonna do with myself?

Therapist: (laughs) So what I get from you is when you look in to the mirror, you begin blaming yourself for not being efficient, proficient, you're not being um as good as you should be.

Client: Mhm.

Therapist: But when you say I'm not efficient, proficient, and I'm not as good as I should be, what kind of emotion comes up?

Client: Today there is no emotion whatsoever. I think probably I got my period or something, I "m like all the hormonal, uhh...I'm trying to close my eyes. Numb, numb. Today is just resistance, total resistance.

Therapist: It's not resistance, it's nothing is coming up. So when you look at yourself in the mirror, what comes up now?

Client: Uh...

Therapist: And that's ok if nothing comes up, we don't have to force it, we'll go move on to the next level. I just want to make sure there's nothing else here yet that is left.

Client: If something...can we move on because right now I can't go. Um if something left, can I get, get back to it?

Therapist: Yeah.

Client: Again.

Therapist: That's why I keep checking to the mirror, I'm, I'm keep coming back to the mirror, is there anything else, not even a thought comes up.

Client: No. Like... whatever it is I told you.

Therapist: Great.

Client: There's nothing new.

Therapist: Perfect. Alright. So, as we go on to the next level, um...the mirror tunnel changes.

Client: Mhm.

Therapist: And all you see is nature.

Client: Mhm.

Therapist: Okay? There's no human being here.

Client: Mhm.

Therapist: None.

Client: Okay.

Therapist: It's just you and the nature. What do you think about yourself, in this nature?

Client: Uh...I think uh well I, I see a lot of more freedom, which there is nothing else but the nature. I see...um...I see a little happiness, um...still a little loneliness. Hmm...I um...I think that...well nature is, I mean just I'm so happy in this nature right now. Um I feel...I think, I mean I think everything is so pretty, everything is so effortlessly pretty and uh...

Therapist: What do think about yourself in the nature?

Client: Um...I think...I think I, I, I think I can connect with nature, I think I um I could be, I could have moments which makes me happy in the nature. I think um...I think I sort of like, I'm like in the nature, I'm, I'm, I'm part of the nature, so I, I, I think I'm like part of this nature which is existing and I think it's very pretty.

Therapist: And as you are in this nature, how do you behave toward yourself?

Client: Um, how do I behave...toward myself...actually this is the only time that I behave positively toward myself. Um...well I totally forget the whole unhappiness or unefficiency or uh...I just am more happy, more sensitive, more, more happy. I enjoy the, the behave is like I so enjoy. If like one it's a beautiful nature, I'm not talking about earthquake or something like that, I'm saying like when I'm in the beauty of nature and just like feel free, feel happy and...well this is a time that I really feel happy. I mean, well, a little scary and a little uh lonely, but doesn't make me, that's not even bad, it's not the bad lonely or the bad scary, it's just a good uh good scare and good lonely. It's just like the moment that you're like enjoying even being alone or being scared.

Therapist: Mhm. Are you done with nature?

Client: Mhm.

Therapist: So as you move um away on this path to um it's almost like you get off the Earth...

Client: Mhm.

Therapist: And now you're in the universe.

Client: Mhm.

Therapist: So it's you and the universe.

Client: Me...

Therapist: What do you think about yourself? In the universe?

Client: Well when it goes to universe, it's like nothing really matters. Um, and I think it's just nothing really matters. To be, like when I go to nature, I even think I'm more free, I feel like free of any thought, I'm free of judgments or any, anything that happens in life and I don't see anything tangible. Everything is like uh it's just a pure freedom, like it's just pure, pure, freedom, but I, but I see um, but I see myself like in a universe, but it's like nobody's around me, it's just like me and the whole universe and I feel like pure freedom.

Therapist: How do you behave toward yourself?

Client: Um, I'm not mad at me, I'm not um sad, I'm not...uh I think I'm happy again and um I feel free.

Therapist: So, how do you feel about yourself? Free?

Client: Free. Well that's the only time I think I can like myself like, you know.

Therapist: (laughs) Are you okay?

Client: Yeah, some...uh insect or something ate my hand.

Therapist: Are you done with universe? Great. So as you go along in the universe...

Client: Mhm.

Therapist: Um, you come uh face to face with God.

Client: Uh huh.

Therapist: As you know God. Whatever is your version of God.

Client: Mhm.

Therapist: So what is your version of God? God as whatever it is. Spiritual.

Client: Um spiritual. Well, I can say what I felt like when I was a child since I don't really believe in God.

Therapist: Well whatever it is.

Client: Well whatever it is in my...

Therapist: You don't believe in God, say I don't believe in anything is there.

Client: Yeah.

Therapist: Whatever is yours, I'm saying what is yours.

Client: Um, well, oh, okay when it goes there, a lot of questions. Um, when I face the God, um...well, that's really hard question. And it, I mean there are feelings coming and going, sometimes I get scared, sometimes emotions comes, sometimes I gets, I get happy. Uh like different, different things. What I think about myself over there?

Therapist: What do you think about God?

Client: God. Well, if, if it's God, I say why you were so unfair to me, like or why generally you're so unfair, but I'm, when it's related to me, I want to ask question for me.

Therapist: Well not right now, just answer my question. What do you think of God?

Client: What do I think of God? In general.

Therapist: In general.

Client: Well an unfair person.

Therapist: So you think of a person.

Client: Well I think, oh how do I see it is like something that you cannot see, it's just like clouds, a lot of cloud together, but I say person because I have nothing else, I mean I don't know what to put for it, but I see it um the only thing I said is very unfair, very unfair. In general. If he has that power that I don't see any power in there, I don't see that guy has any kind of power, but if it does, He use it very unfair. I don't see that He has any power, like anything, I just don't see anything that He...

Therapist: And it's a He.

Client: (laughs) It's a He.

Therapist: It's a He.

Client: Very much He, yeah. I never see him as a She.

Therapist: And how do you feel about God?

Client: Uh, well I'm scared of Him. Uh, mostly I'm scared of Him, so scared of Him. And, even though sometimes I like hate him and I want to like blame him or something, but I'm so scared to do that too either, you know, like I'm so scared, I mean like in general, I'm just scared of Him.

Therapist: How do you behave toward God?

Client: Well the behavior is uh different thing, like I get mad, I pray, I'm scared, I get mad, I pray, um the behavior is like...the combination of hate and love, the combination of hate and love and whatever I behave, I mostly comes from my like my scaredness, like I'm scared of Him, that's just mostly um I'm scared if I getting punished like He's gonna punish me, He's gonna, if I do something bad He's gonna punish so I have to be very, very, very, very careful not to do anything bad so He won't punish me. Um, that's the behavior mostly, I'm just so scared of Him.

Therapist: How do you think God thinks about you?

Client: Um, I think that He forgot me, He doesn't like me. I mean He uh sometimes I'm thankful about me like sometimes, but um sometimes I feel like He could, He could be better, because what I feel

toward Him is so constant scaredness that comes like I'm all the time so um I think He didn't like me enough. Enough, not like He didn't like me at all, I think He didn't like me enough.

Therapist: How do you think God feels about you?

Client: I think He actually forgot me, He doesn't have any feeling toward me, that's it, He doesn't just...he doesn't hate me and He doesn't love me, He doesn't, He doesn't have anything toward me, it's just like there.

Therapist: And how does God behave toward you?

Client: He um...His behavior, He's like, His behavior is like be a good girl like when you do hundred good things I'm gonna give you a little happiness or a little of something, but if you do one thing bad, I'm gonna punish you back for the whole year (laughs). That's his behavior toward me, it's like, if you do bad, you're gonna be punished, but I'm gonna sometimes give you something, that like, like a lollipop you give it or if you get hundred things, I'm gonna count them and I'm gonna give something to you or probably God doesn't have enough time to see, to see all the people so like sometimes they put them away for the next round or something (laughs).

Therapist: (laughs) (Can't understand) all the time for you, maybe next round.

Client: (laughs) Next round, yeah like there's a lot of people on here, I have to think about all of them, so yeah...

Therapist: And you're not one of them. This time.

Client: This time. Yeah.

Therapist: This time you're not one of them.

Client: Exactly.

Therapist: Okay. And um, as you are in the presence of God, um what do you think about yourself?

Client: In presence of God...well, when it, when it becomes God, I think like I don't see that I have any presence because I'm like so little, I mean it's like I'm so little like I don't see any presentation of myself in there. I see myself so, I think like God is a huge thing and I'm so little thing, so like in presence of Him, I don't see any presentation of myself, you know? I don't see that I'm even existing there.

Therapist: And how do you feel about yourself while you're in this presence?

Client: Well, when I...hmm...about myself...the feeling about myself, it's not uh just something huge and I'm so little, so the feeling is like a little mostly um scary? I'm scared or like um I feel about myself, how I feel about myself, it's so huge that I don't have I mean you know what I'm saying, it's just, that's just like there is no existence of me now, there's no feeling for me now because um it's about something very bigger, (can't understand).

Therapist: Well universe was big...

Client: Yeah.

Therapist: Earth was big. But you still...

Client: But God is scarier. God is like, God is something who like gives you this or don't give you that so like I don't know how to feel about myself, or like...

Therapist: God has power.

Client: God has power, yeah. God has power, like universe don't...

Therapist: You weren't sure if He had, you said it weren't sure if He has power, but in some sense when you were in his presence...

Client: Well rationally, I don't think that He has power, but emotionally I see that power, you know like inside me, I see that He has power.

Therapist: So the universe and the nature don't necessarily have power, but God and his presence has power.

Client: Power. Yeah. It's like...and it's so scary because I have to be very careful about what I'm doing because he's gonna like, he's gonna see that as he's gonna punish me and...

Therapist: So he's an authority.

Client: Yeah.

Therapist: And how do you behave toward yourself while you're in the presence of God?

Client: How do I behave toward myself...umm...I watch myself all the time to be good...umm...don't do anything wrong...umm... What? I have to be I mean I have like a whole, my whole five senses gonna be present, like because there is a God over there I have to be like hundred percent like be careful about anything, you know? That's the behavior that comes to me...um...ok I have to be careful everything is perfect because that the God over there so my behavior is like...

Therapist: (can't hear)

Client: Yeah, the behavior is like, I'm gonna be like a hundred percent there so then there's nothing wrong.

Therapist: So when you say in this presence that I'm so little, I don't have a presence, and uh it's scary, where is this fear in your body?

Client: Well...well my whole body is so scared like there's, there's no particular place like (laughs)...

Therapist: Okay. Great. From zero to ten?

Client: Umm...well it's ten.

Therapist: Okay. Close your eyes and go in to this fear. I'm so little, I have no presence, I don't exist. Fear in your whole body.

Client: It's like night and I'm praying, like every, like every night I'm praying. Praying like everything's gonna be fine tomorrow, I'm gonna wake up and everything gonna be fine and it's just, it's just nothing happen, it's just like every day I pray and pray and pray, I'm just praying to somebody which is not there for me and like every night I pray like "Oh, my, my uncle come home, this time he can't come home because he had a accident or this time cannot come home," I'm so scared, I'm scared to death, that he's coming home and he's punishing me so I'm just, the only thing that I have is praying to God and I'm so scared and because God doesn't answer me. I see that little shade on the wall and I think this is God right now and I think like ooh, probably, that's, that's the God, uh, sitting there, in that shade and every night I pray to that and I want this time, like God help me. I pray a lot and nothing really change, it's like whole, it's like all the time punishment. That's why I'm so scared. It's just punish. That's why sometimes I think like no, I want to convince myself that God love me, that's just, that's just not my turn yet and my turn comes and that's, that's the only thing that I have, just like waiting for my turn, it's just nothing yet (Crying).

Therapist: I want you to become present (can't hear).

Client: Hm?

Therapist: Come, come back and be present.

Client: Eh, do you want me to open my eyes?

Therapist: Yeah.

Client: Okay (laughs).

Therapist: So the relationship of God is somehow attached to the memories in your childhood. I'm gonna ask you just to remain...

Client: Uh huh.

Therapist: In these memories and the presence of God.

Client: Uh huh.

Therapist: Till I see you next time.

Client: Oh, remain in the, oh, okay.

Therapist: So just be conscious of this presence, whatever it is for you.

Client: Yeah.

Therapist: And your relationship with yourself...

Client: And God.

Therapist: And God.

Client: Okay. It's over? Session's over?

Therapist: The time, isn't it? Do you see it?

Client: Oh. Yeah, yeah. *Today went by so fast. It seems I got less "thinged", everytime seemed much longer to me.*

Therapist: (laughs)

Client: *Suddenly, I'm feeling* (can't understand) (laughs).

Therapist: (laughs).

End of Session

Session Nine (Note: Partial recording, starts in the middle)

Client: I don't really deserve to be loved. Um, that's all I think all the time about myself. That's all the thing.

Therapist: Well when you say I don't deserve to be loved, what kind of emotion comes up?

Client: Don't know. Uh, I feel sorry for myself and uh...

Therapist: Where is the compassion in your body?

Client: Hm, here.

Therapist: Okay I want you to close your eyes and go to the place the compassion is.

Client: Ah...feel...never feel like, I'm trying so hard, I'm trying so hard, that make them think about me, I'm trying so hard to do everything right, to once do something good about them and then like a thirsty person, whenever they say something good about me, like I just get so happy, get so happy, it's like, once, once, once they say Farinaz is a good girl. Then, but as soon as I get some approval from somebody, I do something wrong again and I (can't hear) again and again I'm wrong and I'm bad (cries). I feel so sorry for myself, I can't, I can't forgive myself. I can't forgive myself because whatever I do to (can't hear) myself, whatever I do, always there's something wrong. There's always something wrong and, and they, they want me to go, like to go to more like school, they want to send me there to be a better person because there is discipline over there. I'm so scared. I mean, I prefer (cries)...

Therapist: How old are you?

Client: I'm like nine year old and like I'm so scared, I prefer to stay at home and they blame me and they punish me, but they're so mean (can't hear). I'm so scared. How could they do that to me?(cries) I don't want to go, I wanna home, I wanna stay home, I'm scared, I don't want to be somewhere that my father is not with me and I want my father be around me, my father promise me every week he comes and see me, but I'm so scared, I don't want him every week come and see, I want him all the time with me, even, even if he want to abuse me or (can't hear),he had to take, just, just be with, just don't send me away. Now I feel like I wish I was better person so my father didn't want, didn't want to send me away (cries).I don't know what to do. I'm so alone.

Therapist: Are you scared?

Client: I'm scared, alone, so little. No power, no power at all.

Therapist: Go in to your fear.

Client: (sobbing)

Therapist: Where ever the fear is. Just go in to the fear right now and just sit in that fear for a while.

Client: (sobbing) I'm scared, every second, every second, even, even happy I'm scared a moment from now something bad's gonna happen. I'm in between numb and happy, but I know in a moment everything turn to be bad again. I'm trying all the time.

Therapist: Just stay in the fear. Yes, you're doing good.

Client: (cries) I don't want, I don't want to be punished, I don't want, I swear to God...

Therapist: Are you afraid to be punished?

Client: (through tears) I read all my lessons, please don't punish me. Just...(can't hear) like I can come home, he's gonna punish me. He's gonna punish me for two hours, literally, and he kick me, he kick me out, all the time, I don't want to be punished, please don't punish me, please don't, I don't know what to do, I don't know what, I'm so scared of him, I'm so scared of him, I can't say anything to anybody, I'm so scared all the time, all the time. I remember to go, I have my dreams, sometimes I go, sometimes though when I'm lonely I dream that I'm a better person, that everybody loves me and everybody hugs me and everbody tell me how much they love me and I dream and everything is fine and that's the only time I feel okay, when I'm dreaming and it's not, probably that's why I don't want to see anything around me all the time I'm in my thought. I feel better from (can't hear)...

Therapist: Okay, okay.

Client: When I'm dreaming. I'm dreaming, everything is fine, everybody loves me, I'm so passionate, I'm so happy and everybody come say how much they love me, my father worship me and I'm like a queen. That's the reason.

Therapist: Stay in the sadness.

Client: (crying) Sadness is constant (some words muffled by tears) fear, sadness (can't understand).

Therapist: It will. It will go away, I promise you. You're doing great, you're doing an amazing job, it's all a waiting game. Sitting through it, releasing it, yes, yes. From zero, tell me what it is from zero to ten.

Client: It's ten.

Therapist: It's ten. Both fear and sadness?

Client: (cries)

Therapist: Ok. Any other thoughts around it?

Client: No.

Therapist: Just pure emotion. Where is it in your body?

Client: Huh?

Therapist: Where is it in your body?

Client: (sobs)

Therapist: Right there, okay. Just go ahead in your body, not in your head, but go where it is in your body. Right there, yeah. Focus.

Client: (cries) Then somebody come and tell me how good I am, hug me, sometimes my father do that, sometimes (muffled by tears) and he hugs me and tells me how good I am and he loves me. (can't hear) abuse, hurts, hurts, hurts (can't hear). Nobody loves is pure. I think everything is fake. Everything in the world is fake. All the people that come to you and tell them you love them, they are just fake, there is no love because it's with human being, there is no love. They just taking. It's a cruel world. It's a cruel world. Nobody knows what love is. Nobody care about anybody else. I'm so little, why'd you have to that daddy, I didn't do anything, I didn't do anything bad (sobs).

Therapist: From zero to ten, what is it now?

Client: Still ten (cries).

Therapist: Is it sadness or fear? What is the emotion?

Client: It's both.

Therapist: Both.

Client: It's both.

Therapist: Both fear and sadness.

Client: Both. There are both.

Therapist: (can't understand)

Client: Just constantly afraid of loving, of me, of everything around me, just so afraid of everything. Nobody is there to help me, who is there to help me, who can even understand me, who can, who can (can't understand). I'm just so afraid all the time, I have my sisters, sometimes they're good to me, we sometimes hug each other and tell each other how much we love each other, we have each other, sometimes I feel like that, like (can't hear) sisters. We fight a lot, but it's pure, we like each other.

Therapist: From zero to ten?

Client: I don't know. Even I don't know how big it is. It's so huge, I'm so hurt.

Therapist: Yes.

Client: (can't understand)

Therapist: What is it from zero to ten?

Client: It's probably a little less right now.

Therapist: What is it?

Client: It's probably eight.

Therapist: Eight. Is it hurt, fear or sadness?

Client: All of them together, like I can't even recognize them from each other, it's just always there.

Therapist: It's a clump, huh?

Client: Yes.

Therapist: It's a clump of eight.

Client: It is.

Therapist: Okay. I want you to take a deep breath.

Client: (Breathes in deeply)

Therapist: Yes, take another one.

Client: (Breathes in deeply)

Therapist: Yes. You did good.

Client: (Breathes in deeply)

Therapist: You did good. You're releasing a lot.

Client: (Breathes in deeply)

Therapist: Yes. Good.

Client: (Breathes in deeply)

Therapist: Now you're going to go in to the world this week.

Client: Uh huh.

Therapist: You're going to go in to the world this week and you're just going to bed times.

Client: (laughs)

Therapist: Imagine looking at yourself in the mirror.

Client: Okay.

Therapist: Okay? And then you ask yourself, what do I think about myself?

Client: Okay. So it's just constantly I have to ask myself what do I think about myself (blows nose).

Therapist: (laughs) You need a little water (laughs).

Client: (laughs) I can have my tea I guess.

Therapist: This time you were smart you didn't put your mascara on. (laughs)

Client: (laughs) That's true. No sometimes I go to my friend before I come here. That's why I put mascara. We go out and I have to put it (laughs).

End of Session

Session Eight

Client: *My eyes were closing. I was sleeping on this thing.*

Therapist: Lot of heat.

Client: Okay, there was a question about me uh with me, right?

Therapist: In the mirror.

Client: In the mirror.

Therapist: In the mirror.

Client: I felt that's the hardest part, that's the hardest part, especially when you look at yourself in the mirror, it's just like umm *aww* (val la), whenever I look at myself in the mirror I feel like (can't understand), I prefer to go, not to see the mirror, think about myself, rather than watching myself in the mirror for some reason. Um, and I was watching myself, asking me that question, and like, I, I, I think I sort of probably I want to hide myself from myself somehow...

Therapist: Mhm.

Client: Because I don't like, well I like to measure myself in the mirror, but I don't like to watch myself and ask myself question.

Therapist: So as you are in this tunnel...

Client: Mhm.

Therapist: Of mirror...

Client: Ok.

Therapist: And you're looking at yourself looking back at you.

Client: Mhm.

Therapist: What do you think about yourself?

Client: Um, what do I think about myself, well I have a lot of ideas about myself when I'm looking at myself, um, what I think, um, I think I'm, I'm, like, what I think I figure that um I'm, I mean, I know about myself a lot, one of the most important thing about me is I'm so opinionated person and it's not like it's just my opinion, it's, it's, it's my opinion becomes so me, which if somebody is not agree with me, makes me uh think that everybody else are so stupid. I mean, there are times that I feel myself stupid, but there are times that I fell other people are stupid and um they, they are not logic enough like I am, they don't see things enough that I do, and um, but at the same time when I look at myself, again I feel like oh how stupid I am or um, I mean it's like ups and downs, I don't know how to explain it. Sometimes I feel like I'm on the top and sometimes I feel like I'm, I'm very down there, like no good, no um not enough. So it's just like, it's like, up, up and down, uh about me. Sometimes, I think like oh I'm so smarter than everybody and then sometimes I think oh how come everybody is so smarter than me and I'm not. So it's just um...

Therapist: So you fluctuate from one...

Client: Fluctuate from one, yes.

Therapist: Strain to another. Okay.

Client: And um...yeah and then when it comes to whatever I think, everybody should listen to me, unless they're stupid or they don't understand. It's like okay people have different path, different ideas, as much as I tell that to myself, that people are different, they're not supposed to be me and live with my

ideas, they can, they can have their own path, their own thought, and they're not supposed to listen to me, I tell that to myself, sometimes I very hardly make myself, convince myself, but I know deep inside I'm like in fight with myself. This is a part of me I really want to work on, I really don't want to be like that. I really want to be mellow and listen to people and uh really uh think about, I mean when they talk about themselves, listen to them, probably when they have something that I can um learn from them, but I'm like from the beginning so blocked uh to other people, very, very opinionated. One of thing that I really like to change uh about myself.

Therapist: Okay.

Client: And um...what else I think...

Therapist: And when you say I'm opinionated that means that I think that I'm better than the others and I'm right and...

Client: Uh huh, I'm right, uh huh.

Therapist: Okay so there's a stance that you hold that is an upper stance.

Client: Yes. Yes. And um, um, what else...

Therapist: And what is that a reaction to?

Client: Hm?

Therapist: What is that a reaction to?

Client: It's...

Therapist: Cause on the other side you say with the flip, you'll fall right on to the other side.

Client: Yeah, exactly, exactly. Um...

Therapist: So how do you decide, in that moment...

Client: Mhm.

Therapist: What part of you decides that you're better...

Client: Mhm.

Therapist: Or worse? How do you know? At any moment, where...

Client: There are times, yeah, there are times that I don't do think that I as uh like for example there is something that I have to do and I don't and somebody else do it better than me, at that time I'm very down like I'm the stupidest person or the one who doesn't know anything or...

Therapist: So you have to be great...

Client: Yes.

Therapist: Or dumb.

Client: Down. Dumb. Yeah.

Therapist: There's nothing in the middle.

Client: Middle. No, exactly, exactly.

Therapist: Okay.

Client: And as a matter, I mean, as a result probably very angry person. Umm, I mean constant anger. Um...

Therapist: So there's a lot of high expectations here it seems like.

Client: Mhm.

Therapist: Because you either have to match extraordinary...

Client: Mhm.

Therapist: Or that's it, you're done.

Client: Yeah, and um well, I uh...what else...there's a lot of anger and um about me, a lot of um oh one, one thing is like um I, I figure about myself is that I can't listen complicated people. Sometimes like when they talk to me, my mind totally flies away and like if sometimes like I do this, but it takes like probably half an hour and I'm not listening to that person, I'm just in my thought. Very much in my thought, a lot in my thought. Either day dreaming or quote unquote to dream like what I like to be or like what if it was like this or that or that or like you know, or, or thinking about some, something that happened before or something that, that should happen tomorrow or all my anxiety about like when I have, should have done and I didn't, but like being present, hmm, most of the time I'm not which make me think that I'm, I may have some attention disorder or may not, it's just like I don't know what it is, but it's just there. That makes me sometimes think like I have attention disorder, I don't know what, to what extent because I saw a lot of people like very hyperactive, I'm not like that. You can ask me hey you're not listening, come back and then I can come back and listen, but at the same time it happens to me very much, very much and umm...

Therapist: I want you to look in the mirror...

Client: Mhm.

Therapist: And look at yourself looking back at you.

Client: Mhm.

Therapist: What do you think about yourself?

Client: Uh, right now? (can't understand) Uh...

Therapist: Right there.

Client: I know, but I'm saying, um well whenever I look at the mirror just I don't know, um I can tell what I feel like about myself, but I can't say what I think about myself. Um, I just, whatever I'm saying you is just based on whatever it is, like (can't understand), but when I look at the mirror, just seem myself, just uh, well it was very hard, to tell the truth.

Therapist: I'm asking you right now, imagine looking at the mirror...

Client: Yes.

Therapist: Or looking, either imagine it or look.

Client: Mhm.

Therapist: What do you se-

Client: Whoa, whoa, whoa, I can't do that.

Therapist: So what do you think about yourself, what do you feel about yourself?

Client: Um, well I if my feeling about myself I'm not, I mean I'm not comfortable with me and I know that, like that's why I can't even look at myself in the mirror. I can look at myself to, to like clean my eyebrow, but I can't look at myself, think about me. Um, not really com-I know I'm not comfortable with me, uh I'm not even comfortable with my look, um I'm not comfortable...I'm not comfortable with me.

Therapist: So what do you think about it that makes you uncomfortable?

Client: Umm...

Therapist: Cause when you say I'm uncomfortable-

Client: Just see, well yeah, yeah, yeah, I have to see myself, I mean it's not easy, you know, it's just like when it's like-

Therapist: When you say I'm uncomfortable, it means you're sca-you're having some negative thought.

Client: Yes.

Therapist: What is the negative thought that you have about yourself that makes you uncomfortable?

Client: Um...well...I don't like myself, I think um I'm not good enough, I'm not um, I don't like myself, it's just. I can hide, hide behind a mirror, but I can't think about me when I'm looking at the mirror, um why I see, just I am not comfortable with me when I look at myself in the mirror, I'm not comfortable, I'm-well it was so hard, I mean I practice like you ask me, I couldn't do that. It's just probably I have to take responsibility at this time, like it's very easy to blame other people, oh like your parents or your like

whatever other people is, but when you like look at yourself and you want to take yourself something that's a little scary, probably one of that, one of the reasons is that, like um I'm scared to look at myself, um...

Therapist: What is the fear about?

Client: Um, about, well, bunch of things. First of all you have to see the reality which is not really beautiful, I don't see um, I don't see myself like in reality I'm a good person and then um what else is like um, it's not easy to s- ah well like as soon as I take responsibility for my any action, the guilt comes over it, so I prefer not to take any kind of responsibility whatsoever so like then it becomes to guilt and pressure, some pressure is out there, I can't uh totally explain what it is, but it's, I'm pressured looking at myself and tell you exactly what I think. I can tell you about a lot of things in different ways, but like looking in the mirror makes me uncomfortable. There is like some pressure there (can't understand). I just, overall I think I'm not good enough, there is a fear that I can't do stuff myself so I like if I take responsibility, I'm the one who has to take responsibility and do stuff and I can't, I am not the person who can, like I don't believe in, in me enough, so like I prefer not to look at myself and blame other people for what happened to me, um that makes it easier. Um...well this is-

Therapist: So when you say I'm not good enough...

Client: Mhm.

Therapist: As you're looking at yourself in the mirror and you say I'm not good enough...

Client: Mhm.

Therapist: And I've been a bad person.

Client: Mhm.

Therapist: What kind of emotion comes up?

Client: I'm so used to it like um I know I'm, I all, I'm in constant anger and probably it comes from that, but when I say to myself that I'm not good enough, I just so believe in that that I'm just so nu-I mean, as I said to you I'm so numbed in there, I don't even get sad about it or I don't even feel uh angry about it, where I'm not even like, okay, this is what it is, this is what it is, just, just, just that, you know, just so used to this kind of thought about me so I just got totally *careless (beetafavote)* about it and I was just totally whatever, I'm not good, what I can do, or like whatever I'm going to convince myself to not feel so bad like say oh who is totally good, like everybody has some problems, make myself a little, you know, comfortable with the situation that I'm feeling (can't understand), but it's just not good enough is a constant thought about me, which I don't even get sad about it. I don't even...like I can get sad for a lot of things, but I don't get sad about it like I, I don't know how to explain it, it's just like totally nothing. Uh...

Therapist: Okay, so I want you to go, look back, in the mirror.

Client: Mhm. You want me really or imagine?

Therapist: It's up to you.

Client: Uh huh.

Therapist: It's either or.

Client: Mhm.

Therapist: Um and now that you're looking at you, Farinaz is looking back at you...

Client: Mhm.

Therapist: What do you think about yourself?

Client: Again? See I'm not brave enough again to look at that mirror, I prefer to imagine. Um...

Therapist: It's probably easier to look.

Client: Hm?

Therapist: It's probably easier to look.

Client: Well actually, I totally get blocked. Imagination help me better, but when I look myself, totally get blocked, you know? I don't know how to explain it. Um...well I feel sorry for myself, like um when I look at myself and myself look at me. Um, I feel like "I'm sorry for you, what happened to you" like uh...

Therapist: Compassion?

Client: Hm?

Therapist: It's compassion?

Client: Yeah, yeah it's just like um...

Therapist: *I feel bad (Delam mesoozeh)*

Client: *I feel bad (Delam mesoozeh)* and then, I don't even want to ha-hug myself, you know, I don't even like want to go and hug myself because um that's just so numb, I don't know how to explain it, it's just so, um...

Therapist: (can't understand)

Client: No feeling.

Therapist: When you say I have, then I feel sorry for myself.

Therapist: See what I'm sensing from you-

Client: Yeah.

Therapist: Is that you're angry at Farinaz.

Client: Yes, yes.

Therapist: Where is that anger in your body?

Client: Uh, in here.

Therapist: From zero to ten?

Client: Right now it's probably four.

Therapist: Okay. So let's go here in your anger. In you're not good enough, you're bad, and you deserve it.

Client: Now, I sometime, I sometimes like um think that I want to get approval like, like I need to be approved, and I'm not approve, I mean nobody approve me like even once. I mean, yeah, once in a while I get some appreciation like about something that I do which is like even like some stupid thing, uh but like I never, well most, most of the time, I'm low, I can get like um my score could be good, like a lot of time, and I, I come and I say hey I get star, okay, go work on the bad part, we know you do that good and I'm just like get so disappointed, at least like if I did bad things on, on my bad part like for example, if I has a good dictation might get the good score, at least like appreciate me about it. I never, I never get any uh approve from anybody, like even if like once I get someone approve, I blame for whatever, whatever, like even I walk, I'm blamed and like um (starts crying) I, I, I never, I never was in like, like I never felt good about myself. Um, when like I...little things, even like whether I want to go out, like my, my aunt come to me say, oh you don't, you don't have enough understanding of anything, like you go like, I'm like ten year old kid, you're going and you don't understand you have to ask for like if they need help or something, you're not polite enough, you don't know, you better stay home because you don't know. Like who, who expect a ten year old kid or like eleven year kid go and ask if people need help, I'm just a kid and, and I'm always sit down and blame myself how stupid I am, I can't even think about these things. Like anything I want to do, I blame for, even if I want to go to my friends, something, I say you better stay home because you, you don't, *you don't have an understanding of what to do (shoor nah dari cheekar kohnee)*, you don't have understanding of anything, you better stay home. I get that a lot, like everybody like my aunt, my uncles, I'm always compared to all of other kids and there's like, okay, this person is on the top, then this person, then you three girls are the worst, we, we three girls were always the worst, then even the family, even our cousins, just always ignore us like the three stupid Persians because everybody like treat us like that and when we got older we understood those things, but like um I was always okay, like yeah we three sisters are the worst people and then we don't have enough understanding of anything so we, we don't have to talk, we don't have to have friends, we don't have to go out because we are *idiots(beeshoor)*, we are all like that and nobody, nobody knew how to talk to eh, I mean we had nobody to really teach us how to live.

Therapist: So I'm going to ask you, when you say to yourself I am *idiot (beeshoor)*, what kind of emotion comes up?

Client: I believe I'm *idiot (beeshoor)* and....

Therapist: Okay and when you say I am, what kind of emotion comes up?

Client: (crying) I just feel like I wish I wasn't *idiot (beeshoor)*, I wish I could be a good person, somebody at least. Give me some...like a little approval, a little, just a little, whatever I did was wrong, I always was wrong, whatever I said was wrong and any mistake I made, they made a big scene out of it and it was told to everybody like do you know what she did and everybody laughed. Do you know what she did? And then the other person come and they tell the story from the very beginning and another person come...I mean like what the heck, I always felt like I'm stupid, I 'm stupid, I have (inaudible through sobs), like why should they tell the story to everybody, that everybody else make faces for me or laugh at me or like even if they don't say anything, I feel so embarrassed, so I have to constantly, constantly be careful not to do anything because if I do anything it's gonna be mistake and they gonna make fun of me, my father, my aunt, uncle, everybody, it's like so hard (breaks off in to sob).

Therapist: Where is the shame? Where is the shame in your body? In your throat, I want you just to go in the shame.

Client: (sobs)

Therapist: Yes. Yes, just go in the shame.

Client: (sobs) I feel so sorry for myself.

Therapist: Yes.

Client: I hate myself, I wish, I wish I was a better person, somebody loved me, somebody give me some appreciation, somebody give me love. They never give me love.

Therapist: You never had it.

Client: (breaks down in to more sobs)

Therapist: (can't understand due to cries)

Client: Nobody told me I'm good. Nobody told me I'm good.

Therapist: Nobody ever mirrored the good side for you.

Client: (cries) I was always verbally a- verbally abused and punishment and everything. I never was, never, never said to me you are a good girl, you did something good. You're (cries). Nobody said that to me, never, it's always (can't understand), I'm always lonely, lonely, lonely. Can't even love myself cause I'm the most stupid person, stupid, stupid, stupid. I did everything wrong.

Therapist: Go to the shame.

Client: (cries)

Therapist: Just go.

Client: (cries) I pray every night, I (can't understand) that God to help me, but there wasn't any God, you can't even call for God me (cries).

Therapist: Go in to loneliness.

Client: (cries – long pause) I speak to God, God followed it wrong, followed it wrong. I never have to be punished. Why, why, did everybody punish me? Why? Why even my own mother punish? Why even my own mother punish? (Can't understand) ten days (can't understand).

Therapist: Have you (can't understand) to the bathroom?

Client: *I'll fix it right now in the bathroom, it got thinged, it got mixed up (Alahn dorosesh meekonam bathroom, cheese shodeh, ja beh ja shodeh) (blows nose) I have to go to the bathroom and fix this (baad beram to bathroom inno doros konam)*

Therapist: Go ahead.

Therapist: *It becomes you (behet meeyad)*, you look very riveting.

Client: *Thank you, thank you (merci, merci)*

Therapist: *Is this right? Yes, do you see numbers? (een dorosteh? baleh...shomareh meebeeneen?)*

Client: *Now one to...it has recorded all my tears/cries here (Halah yeh besh...garyehayeh mano hameh inja zapt kardeh)*

Therapist: All (*hameh*). (can't understand). *Here for today's tears/cries (inja barah garyehayeh emrooz)*

Client: *For today, yes (Barah emrooz, areh)* (laughs)

Therapist: How have you been?

Client: I've been fine, thank you, I've been fine.

Therapist: Yeah.

Client: I'm ah I wasn't in this conversation for a lot, like because it was like two weeks.

Therapist: Yeah.

Client: You know, I totally forgot. Just...

Therapist: You've been away from it.

Client: Yeah I was like, but like things happened for me. I wanna like to share.

Therapist: Say it.

Client: I don't know if uh if it is like-

Therapist: Yeah tell me.

Client: Related to that.

Therapist: That's fine

Client: Is that okay?

Therapist: It usually is somehow because you know it's been things we've been working on, so ultimately the, you know, subconsciously, we kind of -

Client: Hmm.

Therapist: Carry on the same conversations in life. But yeah, tell me.

Client: Well there is a, there was a guy I saw um in a party, at a party, uh long ago.

Therapist: Mhm.

Client: It's not long ago, long ago like probably a month and a, like month and a week or a month like, probably recent, but just sort of long. And then, it was a party at my friend's and we were we talked a lot, like they were two guys and then reply I was talking to both guys and um, then at the end I gave my email out because one of those guys had um, camera and he took picture, I gave my email address. And then he, gave my, gave me his phone number, but I like the friend of his so I asked for that, hm for his to, to like to, find, find him for his last name to find him on facebook so I found him on facebook and I send a message to him and he returned that, but this, this new guys that I like he takes the time like for example, I facebook him but he turns, return my answer like in a week, the other guy like right away gave the phone number and everything, but the guy that I like takes it, take his time and then on facebook I started to like uh a little flirting and like, you know, laughing and being funny and all of those stuff, but anyhow, um those are um, I'm just thinking about my own obsession before this guy, the other guy which I don't like, come to facebook and find me on facebook, he gave me his phone number, I never call and I ignore the whole like two, both of them because I like the other guy, that other guy didn't happen, this guy so I forgot, like in two weeks he came and facebooked me, one of those guys, and all of a sudden that guy that I like and I started to facebook him and all of those stuff, he became like a big deal, he became an obsession right now, you know what I'm saying?

Therapist: For you?

Client: Until-for me, not the guy that I don't like, the guy that I like, it's like a little confusing. The other guy hit on me, I like the other guy, I hit on him, you know what I'm saying? It's like a-

Therapist: But what you said, it has become an obsession, it is become an obsession for you?

Client: But it wasn't for me, I don't know how come it's like, it wasn't an obsession because if the other guy never facebook me, I totally forgot the whole thing. So this guy himself is not important, you know what I'm saying, because if it did, I wouldn't forget about it. And then fin-when he, when his friend found, found me on facebook, all of a sudden, this, I started to hit on the other guy. Now, I just all the time waiting for his answer, when he calls me, when we're gonna go grab a drink, why, why he takes his time, probably doesn't like, probably, I mean like nothing really happen between us, nothing is like, I mean, worst come to worst this guy doesn't like me and he never comes, like, you know, he, he, oh he doesn't show that way, but he's like, I don't know, he's just being polite, he likes me or not, like he calls me sweetie, we'll go have, grab a dinner, we'll go grab a drink, and all of those stuff, but at the same time, he postpones. So I'm like wondering like what's going on. So, what, well he, what for me the question is why I'm so obsessed about him all of a sudden, like before that I wasn't, I didn't care, and all of a sudden this guy came, became a huge thing in my mind, like every five second I go and check my emails like it reminds me of that movie He's Not in to You. (laughs)

Therapist: (laughs)

Client: (laughing) You seen that movie?

Therapist: Yes. The book was great.

Client: I know that. I mean like um and then I um I'm thinking, what's going on? Before, I mean when the guy left, I never even thought about him and then as soon as I started to, to have some conversation with him, just conversation and nothing like not even like the extra date, going out, it's just like, it's in the plan, God knows if it happens or not, all of a sudden why this guy became so, because I love drama or because it's about my ego or because like I made the guy so much in my mind, like very, very big deal in my mind, what's going on, I don't understand myself. Like why this guy all of a sudden become, became, because

Therapist: It's like you're doing different things to capture him and he's not being captured the way you want him to.

Client: Maybe. So he became an obsession, that's, that's the only reason

Therapist: That's usu-I'm not, I'm not saying that's the only reason, but that's usually a pretty good reason for people who, you know, they want something and they'll want to go after it and it's a challenge getting there.

Client: Yeah, that's just became, he became a challenge for me, taking his time, he calls me we'll do it, and uh you're so sweet, you're so funny, and all of those stuff, he looks so sweet when he buys for me everything, but that's it. What he doesn't say, okay, let's go at that time, this is my phone number, let's, let's talk, like, let's, you know, he doe-he's not that, um, aggressive in that. Like the other guy's *type (tip)*, all of, (jumbled words) I mean, (jumbled words) he gave me his phone number at the first place that I

gave my email, I gave my email address, to give me the pictures, he, he wrote his phone number, I never called him.

Therapist: Mhm.

Client: I said okay, I didn't like you, I'm not gonna call you, so...

Therapist: Mhm.

Client: But he's just right there, right, he call, and then he finally actually made me call him, he has my phone number, I mean the other guy that I don't like he has my phone number, sometimes he calls me, the guy that I like is being like weird. Oh, okay so that's because he made himself a challenge for me, that's why...

Therapist: That's one assumption.

Client: Mhm.

Therapist: And the assumption is that you, you know, you're getting excited about him and then he gives you just enough teasers.

Client: Yeah.

Therapist: Like you put out something and then he gives you just about teasers...

Client: Yeah.

Therapist: And then he pulls back.

Client: Yes. So he's not that into me I guess (laughs).

Therapist: I guess not.

Client: (laughs) And I'm becoming like, like this is so exactly the way he does that, it became really a big obsession. Before that he, like he was like somebody else's who came to my life and left and you know, I didn't care.

Therapist: So what is it about this guy that you're actually being excited about?

Client: Well probably because he doesn't take a, he doesn't care as much.

Therapist: Mhm.

Client: I mean, like it's always been my...

Therapist: So you like a challenge, you like hunting.

Client: I like, I like...

Therapist: You like going after the hunt.

Client: Yeah! Something easy like is not, is not for me, I, I like....

Therapist: It's not exciting for you.

Client: It's not exciting. So probably this is why-

Therapist: Well we're in a good place cause we're talking about past romantic relationships.

Client: Okay.

Therapist: (laughs) We can definitely look at those patterns (laughs)

Client: Okay.

Therapist: So what do you think about them, as you look at the past?

Client: Um, uh, well exactly the same thing. I always go, grab the guys who are not available. If a guy is available, boy, I was in relationship, for, four years. The guy was always available, I got tired and tired and bored and bored and finally I just found a way to get out of that and the reason is he's just so there, he's just so there for me and I can't, I can't relate to that, I just want somebody to challenge me. Well, that, that was not fun either and I, I think it comes from my, probably daddy issue or something, I don't know, like I didn't live with my mom to say like I gain something of my mom, whatever I learned is like the reactions from my dad. So um....what I saw is my dad was divorced, he like all the time and then when he got married he found a woman like at a very old age a young woman to just take care of him, all the time saying bad stuff about women. No, he didn't trust women and all he wanted was just uh yeah he was after girls, that's what he said, all the time, that he, exactly like me, he was after girls who were unavailable.

Therapist: Mhm.

Client: As soon as they became available for him, he didn't like them anymore.

Therapist: Mhm. So he's no longer interested.

Client: Yeah. I probably because I want to get like a lot of attention, I didn't get enough attention from my father, I go and find somebody who doesn't pay, who don't give me attention so I just grab them, please pay attention to me, like, just something like that. And if, if the guys-

Therapist: It seems like the people who are paying attention to you, but you're not really are interested.

Client: No, exactly. The one who, I like the ones who don't pay attention to me and is challenge and I want to win challenge. It's exactly-

Therapist: (can't understand)

Client: The same thing that I had in, in home.

Therapist: Exactly, so there's-

Client: You know?

Therapist: The same dynamic at home with you father-

Client: Father.

Therapist: So you go in to the same relationship with someone who you can constantly ask for (can't understand)

Client: Ask for, ask for...

Therapist: And yet have this feeling that I'm never gonna get it.

Client: Never gonna get it. Yeah.

Therapist: Okay. How do you feel about, uh, past relationships?

Client: Well...

Therapist: Like the guys who were, you were dating?

Client: Well, I'm so scared of relationship, like, like, another reason, like just going around things and I don't make it obvious alright, you know, like, just don't go for it, because it's just, I think it's more harmless like writing on facebook is harmless, but when going to the very, very like huge relationships is so scary, so...

Therapist: What are you scared of?

Client: I'm so scared of being rejected, I mean the worst, worst, worst fear for me in relationship is like being rejected, like not to be loved enough, like, eh, um, just, just, the sadness that becomes after it, like another guy came to my mi-life and left me and I feel empty and then again not deserve and not, I don't deserve like a good life, I don't deserve-

Therapist: Where is the sadness in your body?

Client: Well, um, the sadness, is right like from here to here.

Therapist: And from zero to ten?

Client: Well right now it's four, it's not, I'm not that sad. Um, but, but, I can, I get really, when, when, I know how it is, it's just so hard because I feel like, again the same thing, I don't deserve that somebody really love me, I don't deserve that I can, I can be a good, in good relationship and somebody love me and then, then I have this, I have this, uh, explanation probably um...

Therapist: What's the explanation?

Client: Can't really remember the na-the, the name in Farsi, but I have this "No, I don't care, I don't believe in relationships, somewhere, sometime in future nobody get married," like I really believe in that too.

Therapist: (can't understand)

Client: And this relationship all sucks, they all come, they go get married and they just stay together, but they don't love each other, what I see around me is just uh bullshit, I don't believe in like something happily ever after, which, which I really don't and um like I have this theory, like, like theory, I have this theory that really there's no need to be in relationship, but at the same time deep in my heart, I need some, I need that attention, like I need somebody pay attention to me, but at the same time-

Therapist: So your theory is-

Client: I don't, like some sort of like different things, like I don't think that I deserve to get attention and then at the same time like, I feel like I wanted to be free, like all of those, I don't know, it's so mixed, like (can't understand) if I go to relationship, what happens, like my freedom, when my freedom, like if he say I don't like that thing or I don't like this thing, I don't wanna do anything for anybody, this is my life, I don't, you know, at the same time those things comes to my mind to I mean the whole, the whole loop, the whole cycle, like it's like, I can't, I can't know, what's, what is more, what is less, it's just a feeling, it's my fear, or it's like I fear commitment, I have fear of commitment because I'm so afraid like people come and tell me what to do and control me and I, I don't want be, to be controlled, it's one of the things that I don't like to be, and then I, I see like relationships are all in co-like everybody control each other. I don't see anything free, they just say it, but when it comes to reality all of them are controlling each other, it's just exhausting. So like I, I, but at the same time I like the feeling of excitement and getting it, I mean, I don't know how to explain it, it's just the whole thing together, so I just, I always stay in, in the same position.

Therapist: So when it comes to the hunt, you like the hunt because it's exciting.

Client: Exciting.

Therapist: But there's definitely a fear to go beyond that.

Client: Yes.

Therapist: And actually go in to the relationship because then it feels like you're being hunted and-

Client: Yeah.

Therapist: That you might be completely controlled-

Client: Yes.

Therapist: By the other person. That is a fear-

Client: Def-

Therapist: You don't want to uh even think about feeling like you're being controlled.

Client: Yes.

Therapist: On the other side, there is this feeling of I'm never gonna be loved, I'm never, I don't deserve to be loved, so all that's gonna happen is I'm gonna get controlled, but not loved.

Client: Mhm.

Therapist: And then therefore, there's this theory of who needs marriage, nobody should be married, and blah, blah, blah.

Client: Maybe.

Therapist: Because of this reason.

Client: Maybe.

Therapist: Okay. So there's two different kind of um feelings based on the belief systems. One is the fear you talked about, one is the sadness.

Client: Mhm.

Therapist: Right? Right now which one is more present for you, the fear or the sadness?

Client: The fear.

Therapist: Fear of being controlled? Okay. How much is the fear between zero to ten?

Client: Well, five.

Therapist: And where is it?

Client: It's in here.

Therapist: Okay. So can you close your eyes and go in to your fear.

Client: (breathes loudly) (laughs) Nothing comes to my mind.

Therapist: What do you have?

Client: It's so blocked.

Therapist: How much is the fear now?

Client: The fear...the fear is still five.

Therapist: Mhm.

Client: If I'm like, I'm a little girl, like I'm, I'm, I'm at school...

Therapist: Mhm.

Client: And...just walking and thing again I'm gonna go numb, it's going to be night again and I'm going to gain like, I'm gonna be tortured, why didn't I write this, why didn't I...Mm...once I just always scared so much, so much, like I'm, like I...when I'm at school like I don't, I don't want to go home because I'm afraid of the night and um that scare all the time is there, just, just constantly, constantly I-I'm scared.

Therapist: What is the fear now?

Client: Um, still in here.

Therapist: What is it? Fear of what?

Client: Fear of...because like my uncle all the time beat me up, cause I'm so scared to go home (can't understand). I mean he, he does that every night and just like I'm watching, watch when he comes home, when he comes home, he start to do that to me.

Therapist: So you're afraid of being harmed and controlled and harmed.

Client: Yes.

Therapist: And if you are controlled then definitely you will be harmed.

Client: Of course.

Therapist: And from zero to ten, what is it now?

Client: Well, right now it's a sad, sadness and I mean-

Therapist: Yeah.

Client: I feel bad for myself now um it's...ten? Nine, ten, it's just so much of fear in there, it's just the fear is so much, so much, I just, I hate it. (starts crying)

Therapist: Yes, so just stay in the fear and the sadness, yes, allow the sadness to just (can't understand), yes.

Client: (crying) Because I, I have no help, no help, no, no nothing. I'm just so lonely.

Therapist: Nobody to protect you.

Client: Not. Nobody. It's just me. I have to protect myself. I have to (cries). I'm so lonely, I can't protect myself, I'm so little, so little.

Therapist: You have no power. (can't understand)

Client: (sniffles, still crying) I have no power and I'm so angry, I'm so angry about my-I hate my life.

Therapist: Where is the anger in your body?

Client: Let's see, (can't understand). The hole...the hole from here to here it's just a lot of anger and my anger is just, my whole body. It's, ah, I'm so angry and I'm just put it inside me. I'm just so scared. Feels I have nobody, nobody to understand me. I have nobody there. Just totally lonely. (sniffles) Just it's constant fear, constant, constant, all the time.

Therapist: How, list, top of the list (not sure about this line)

Client: Powerless, helpless, lonely, fearful, full of fear. Insane (not sure of this word) to anybody because nobody's with me, nobody protect me, nobody, even one person, is not there to protect me, nobody, just me.

Therapist: Nobody's there for you.

Client: No (breaks off in to cry).

Therapist: (can't understand) the fear. As much as you can.

Client: (exhales)

Therapist: Just stay in the fear where the, where it is in your body. Yes, just go there.

Client: Why nobody loves me, nobody, nobody (cries and sniffles).

Therapist: From zero to ten, what's the fear now?

Client: It's less right now, I just...(exhales) Can I open my eyes?

Therapist: Sure.

Client: Ahh. I know why we are doing this with me (laughs). (can't understand). (blows nose) *I can't stay there long. I suddenly get tired (Nemeetonam zeeyad oonja bemoonam. Chasteh meesham yeho.)*

Therapist: I know. What are you present with now?

Client: Hm?

Therapist: What are you present with now?

Client: (blows nose) Um...yeah I am present today, present with what I am feeling, like now I know why I'm like this. Live in to this fear, not, not believe in that I can love anybody or love somebody that can really love me. I can, I can see, I can see exactly, it's like what happened to me made me feel like that. Still like I'm a forty five year old, I know these are my past, but still the feeling, I drag the whole feeling until now, to, to this day of my life.

Therapist: Yeah.

Client: To the point even if I talk to myself, as much as I talk to myself it's like I'm so cynical, I don't believe in anything positive that the, I could even happen around people, just when people say positive I

say no, no positive is just funny, there is nothing like positive like it's just, you should be realistic and reality is this and this and this, just reality for me is just constant fear.

Therapist: Mhm.

Client: That's just what I know. I just translate everything to fear. (blows nose) And if I, it's not fear, it's denial. There's nothing in the middle for me (laughs).

Therapist: So from zero to ten, how much is the fear now?

Client: The fear right now, it's, I guess it's gone. I just-

Therapist: Okay.

Client: I just like, I mean, still there-

Therapist: Yeah (can't hear).

Client: But I just didn't stay there.

Therapist: Okay.

Client: I don't have that numb right now (laughs).

Therapist: Well when you say I don't deserve to be loved-

Client: Uhuh.

Therapist: What emotion comes up?

Client: (blows nose) Well I get sad and angry, and fearful why I get sad and angry actually, angry like just this constant anger, anger, anger, anger, I just can't breathe.

Therapist: From zero to ten?

Client: The anger right now it's four.

Therapist: And where is the anger in your body?

Client: Well, all the time it's just like in here, between here.

Therapist: So close your eyes and go in to the anger, I don't deserve to be loved.

Client: (blows nose)

Therapist: And just allow the anger to be there, start with just focusing on your anger.

Client: If I had power, if I, if I could like change everything, I swear to God I would have, first of all I would've wanted killed my uncle, that he put me through that trouble. If I had power, I, I would've like

asked father not to drink this much alcohol, like I just, just tell him like don't curse, don't curse us, don't put us in situation, don't, don't all the time say that if you weren't there, we, I would do that, if you weren't there, that I would do that. It's just like I wanna ki-I wanna kill everybody around me, I wanna just, just revenge in every, all, all the people around me, I just (exhales). Just don't do it, I should be angry with who, I'm just so angry, I'm just so angry with everybody around me (exhales) because, like, like I'm so angry, angry, angry with my cou-ah, my, my, my uncle because he always torture me and I don't know why, why he has to torture me this much, why, why, what I did? What I did? What I did to him like...just I have, I have no power to kill him, I have no power but my dream I always like, always kill him, like kill him, like I just, I just wanna (don't understand) oh my god he's dying, just in front on my eyes, he dies. Then I can see he dies, just he's t-I want him to torture, you know, I want to torture him, but I can't, I don't have, I don't have that power to do that and I'm just, just, it just still here, it just (exhales) it just still here. I can't do anything, I can't do it, just so powerless, I have to sit down, just do nothing, just I mean I have no power to kill everybody around me, I kill my grandma just walking and feeling like it's nothing happening, I'm constantly getting tortured and just walk and then nothing, nothing, it's just nothing, just nothing. My (cries) my uncle dies, but it's not enough, he has to wake up again and again die and again wake up and again die, like constantly I want him to-want to see him getting tortured, just dying is just relief of life, just relief, relief of life, it's not enough, but I wasn't even happy when I fo- heard he died because it wasn't enough, it wasn't enough. (can't understand) wasn't enough. (breathing in and out, blows nose) Then I have no power. I never have and even when I grow up, grow up I still have that affection, I couldn't say anything to him, he couldn't harm me anymore, but I couldn't, I couldn't revenge him, never, couldn't revenge him. I don't know why (blows nose). The, the hate still there, that hate, that's constant hate still there, I just, just hate myself too , it's like just, just hate him and hate me. I hate me too. Just like, just I hate me because I'm there. I hate me because it just this life, I hate myself even more than him. Just not him, I hate just me. Can I open my eyes?

Therapist: Can you stay in the hate?

Client: No (cries). So hate myself. I so hate myself. So hate myself. I don't even hate anybody else but myself. It's just like whole life it's just everything is my fault, everything is just me, just me, if I wasn't there, I never got tortured, I never made (can't understand), just me, I'm, I'm stupid, I'm-just me, I hate myself. It doesn't go away, con-constantly hate myself. I can't love myself. I hate myself because I get beat up, I hate myself because I alone, I hate myself because nobody protect me, I hate myself because my father is depress, I hate myself because my father drink alcohol, I hate myself because I have no mommy, I hate myself because nobody to protect me. It's all my fault, it's just all my fault (cries). Can I come out of here?

Therapist: Mhm.

Client: (long pause while she cries, blows nose)(laughs)

Therapist: Lot of pain.

Client: Can you believe that this is me, I'm always laughing (laughing). (can't understand) this come out of me.

Therapist: Now tell me from zero to ten, how much is the anger?

Client: Still there, it just doesn't go away.

Therapist: I know, but-

Client: Still there.

Therapist: I know it's still there, but what number is it now?

Client: Probably seven.

Therapist: Seven.

Client: (blows nose) Angry with the whole whatever is around me, it's just angry with me, just, just angry, just don't like people to be around me, don't want anybody to talk to me, I just don't want anybody around me. Sometimes I feel like I don't want anybody even talk to me (blows nose). People come and ask me question, I just don't want, just leave me alone, don't ask me questions like at work and everywhere. Now I know why, what it comes from, I know...now when I'm present to like why I'm on guard, I'm constantly angry with people and I just, sometimes I hate myself why I am so bitch to, to people around me, especially at work. I'm just like being bitch and then the guilt comes and I go and say sorry, sorry to everybody- (cell phone rings) I'm sorry. *Let me turn it off (bezar chamooshesh konam). Shoot. Hello, right now I am in, with the psychologist (Aloh, man alan toyeh, peesheh ravanpezeshkham). Ok, hehe.*

Therapist: *Did you disconnect it? (Ghatesh kardee)*

Client: *I disconnected it (Ghatesh kardam). I was turning it off, the sound was still coming, it was saying hello (Dashtam khamoosh meekardam, hanooz sedash meyoomad, meegoft aloh, laughs). Ahh. Now I understand why I don't have the tolerance for people, someone comes and talks to me and I snap at them like a dog, then I go apologize to them, excuse me I am very edgy today and when are you not edgy, I'm always edgy (Alan meefamam chera tahamoleh mardomoh nadaram, yeke kalameh meyad baham harf mezaneh, man meseh sag beshoon meparam bad meeram azashoon mazarat mekham, bebakhsheed man emrooz kheily "edgy" am va key "edgy" neestee, hameesheh "edgy" hastam, laughs)*

Therapist: (laughs)

Client: Just like, I can't believe myself. Anyone who comes with a question for me or I ? about them for a...they are all scared of the look on my face, to come ask me a question. *(Harkee meeyad yeh so-ally azam dareh ya man bad yezareh rajehbesh sab beh kharg bedam vase yeh...hamashoon az gheyafam meetarsan, beyan azam so-all bokonam, laughs). 35:27*

Therapist: Because it's a lot of anger and pain inside.

Client: Anger. A lot, a lot.

Therapist: A lot is here.

Client: *A lot (cheylee)*. It's a lot of anger, like right now it present to me what it comes from, it's a lot of hate and anger and anger is just like there. Just stay there, it's just like it didn't go away.

Therapist: And I could see where if someone was in your life attempted at all to control you or pull away, uh that this rage would come out and it came out with Nader a lot.

Client: A lot, a lot. Like-

Therapist: Cause the anger and the rage you had with-for your uncle and yourself, it would just come out and lash out. The minute, the minute they would do something and either attempt to control or you thought they were controlling you-

Client: Yes.

Therapist: Or telling you what to do or if you wanted to control them and they would push back because it would either they would become your uncle or they would become your father.

Client: Yes.

Therapist: It would switch. As far as you were concerned, they were either your uncle who were gonna control you or your father who didn't care for you and it was either this one or that one.

Client: (exhales)

Therapist: And your rage was up for both. And even if they were at any point attempting to love you, then it would be "I don't deserve love..."

Client: Pfft.

Therapist: So, you know, what's this act that you're putting on because I don't deserve love. So they can't share it.

Client: Yeah, yes.

Therapist: You get that? Like there's no way they can be, if they tell-you know if they come close, lovingly, you won't believe them.

Client: No, I don't.

Therapist: You won't trust them.

Client: No.

Therapist: If they become forward with dominance, you'll get angry and rageful and then powerless and then angry and rageful. If they remove themselves, you'll get angry and sad because obviously, you think they don't want you.

Client: So poor people they don't know what to do with me (laughs).

Therapist: Well they can't really, they can't really do much, I mean anything they do, your reaction to them will not be that favorable.

Client: Yeah, I know, I know.

Therapist: So, so we know how you behave toward them...

Client: Yeah.

Therapist: What do you think they think about you?

Client: They, they usually, well I don't think they, like I just give you the comment they give me, they call me ? (*bamarafat*) (can't understand), they call me, the last relationship I was in he called me, like, there's a lot of anger in you, you can't get over it, like you should get over that anger, you can't help it. Well, now I get what, what it comes from, exactly, there's a lot of anger in me, it's a lot of anger just sitting in there and I heard all the time that comment from him, but I couldn't understand what he's talking about, I felt a lot of, I felt a lot pityness for myself, but I didn't see the anger as much. Today I really fe-I really saw how much angry I am, the most with myself and, and now it gets present what, what he was saying to me, like what he was trying to, what he was trying to give, give me like, what's going on-

Therapist: It was the feedback.

Client: He was feedback, but I couldn't understand like what I thought, if I'm angry it's because of you, you did something I'm angry, like yeah, he was, he did something I was angry, but it's just my own, my own problems and uh yeah instead of like being logical about like whatever they said or they do that they didn't have to (blows nose), the only reaction I have just, just, just lot of attack and a lot of anger toward them or, or sadness and pity myself all the time, like just not normal.

Therapist: And how do they, uh, what do you think about the way they felt about you? How do you think they felt about you?

Client: I never...I always thought like...okay depends on the relationship. The guy who I was with for long time that I didn't love him, but he really loved me, you really...but I don't, I don't, I don't see it it was love, it was more...a guy who...himself don't know what to do and just would hang on you, just like it wasn't true love, that person...it sounds like true love, you know what I'm saying, but it's just...

Therapist: And you wouldn't trust it, cause you don't think you deserve it.

Client: Yeah, ah maybe, maybe. I seen he's like around for me, but I couldn't love him. I don't know wh-uh well, but like for Andre, for example, who is my last relationship, the love he, the love he um, when he, he gave to me, I thought like if, if this guy really loves me, they wouldn't want to leave me, like I never, I never believe in that like just he, he just constantly ignoring me, pushing me away, and he says he loves me, what kind of love is that?

Therapist: The behavior didn't match the, the verbal-

Client: Yeah.

Therapist: Expression.

Client: With the verbal. Yeah. Well sometimes I really, I really felt the love, like I felt that time like when they say I love you, I really felt that, like there are times that I could see it, like especially, like when Andre when out, when he got drunk all the time, like snuggling with me, like pushing me and just, you know, I don't know how like all the time, like, like I felt like at that time, I felt like he really loves me at this moment that do that, do those stuff because it comes from his like heart all the time like, but then then all of a sudden it's just there is a wall on his face and and he gets like nothing, like just all the time constantly back and forth, he wasn't like that from the beginning, when the like, after a lot of time like break, break up and then come back, he became a little uh he couldn't trust me or something, so he, he just pushed back, well, he, he is a human being too, like he has his own problems, like I'm, I'm insecure myself, he has his own insecurities too, like just a combination, probably I need some, somebody who's like much more insecure than myself (begins laughing) so maybe I'm much more secure than myself, so when I get secure, like, because, because like for Andre, when I got insecure, instead of like, okay when yo-when a person is insecure, you don't say you are being insecure, you co-give that comment because you make them, you make them even more insecure, you don't s-like when, when, when the person is angry with something, you just like ca-sit down and calm that person down like because that person is just right now insecurity attack that person, right? You go and calm them down *not that(nah inkeh)* not, you don't go like "Again? You're insecure again?" like you just make it even double.

Therapist: Worse, yeah.

Client: You know like just-

Therapist: Much worse.

Client: You're not helping this, you're not helping the situation. That's what he did all the time like and I always tell him, you know by this you're not helping me, of course I'm insecure, you-you're not helping it, you're just making me even-

Therapist: Worse.

Client: Worse. And well, probably like sometimes I think like I, I need a very secure who when he, when insecure-because for me it's like that, if I see the insecurity that that person, like guys nev-never sh-guys never share their insecurities like as far as I saw in my relationships, I don't know if it's tr-included all the guys or the guys I pick up. They never share, they just show it, you know? There are time to time that I get confused, I don't know, like this guy is insecure about me or like, you know, but like if, if I, if the girl come and share about insecurity, I always like give, give her like very positive words, it's just everything gonna be okay, right now you are just feel like I, I just open, open up the uh the thing that she got, she gets back to the secure feeling instead of make her even more insecure. What well the guy, no guy until now or as far as I remember, talk about his insecurities to me, they're all so snobby and pri-pride...

Therapist: (laughs)

Client: (laughs) Too proud to tell me.

Therapist: They're all it.

Client: Yeah and even if they're insecure about something that I did, they just they revenge it, they ret- they retaliate in other way, but they never said like I'm, they never wanna say yeah, I'm insecure about this thing, you know, they never said really admit.

Therapist: Mhm.

Client: Is this a guy problem or the guy, the guys that I pick, I don't know.

Therapist: The guys probably don't like to, you know, um express that.

Client: Yeah. Like women-

Therapist: They want to be powerful.

Client: Women like to express themselves much better as far as I tell, so like they really say it

Therapist: I think we're used to it, I think we're um, we're uh culturally it's more okay for us to um express our insecurities than it is for men.

Client: Uh huh.

Therapist: You know? They're not tr-they're not really trained in that because even as a child whenever they go in to um like at school.

Client: Yeah.

Therapist: They're supposed to be tough and rough and you know-

Client: Yeah.

Therapist: They can't be a wuss-

Client: That's true. Yeah.

Therapist: And uh and this is just between guys, you know, other guys are constantly pushing you to be tougher and not just a wuss.

Client: I see.

Therapist: So I think you get trained, socially guys get trained not to express that part of vulnerability.

Client: Oh.

Therapist: And for us, you know, for girls, you know, when we cried everybody came to us and said awwwww.

Client: Mhm. Yeah.

Therapist: So I think we also got trained to um express our vulnerabilities-

Client: Mhm.

Therapist: Because we were gonna get attention and nurturance this way.

Client: Mhm.

Therapist: And they didn't. I mean if they expressed their vulnerabilities from the other guys or their father or somebodys like, you know, uh why are you crying, boys don't cry. Or-

Client: Yeah, yeah.

Therapist: So, um, I think that socially we just got raised that way, so it takes a lot for a guy to feel safe enough then to express.

Client: Maybe, yeah, I mean yeah, so that's, that's guys thing, it's not-

Therapist: It's a guy thing, it's not a you thing, it's a guy thing.

Client: Yeah, I see. Um (sniffles)

Therapist: You did good girl. Wow.

Client: I guess I did. Yeah. *It's the first time- (Avaleen dafahs-).*

END OF RECORDING

Client: *He's funny, I went to go to the restroom, he jumped forward like electricity. He thinks I want to play with him. (Een bamazas, omadam beram to dashooey, een meseh bargh pareedeh jello. Fehkr meekoneh mekham bash bazi konam)*

Therapist: So how are you?

Client: *I'm good, thank you (Choobam, merci).*

Therapist: Yeah.

Client: *Thank you very much. Good. How are you? Are you good? I lost my mind in this traffic. One minute I came to go to Studio City, I had something to do, what a mistake I made, traffic is very severe. (Khaily mamnoon. Khoob. Shoma chetoreen? Khoobean? Calafi shodobodam to een traffic, vay. Yeh deyagheh omandam raftam Studio City car dashtam , cheh ghalatee kardam, traffic khaily shadeedeh)*

Therapist: Anything-

Client: *Dear (Joon)?*

Therapist: Anything that came up for you, with money, more or should we move on to the next level?

Client: *Uh, it came, but it was in my soul to say, then I forgot again. I mean right now again it totally flew my mind what I wanted to say, but if I remember it, I'll say. At this moment, there's nothing in my head. (oomad valley to zehnnamam bood begam, bad dobareh yadam raft. Yaney alam dobareh az magzham kamelan pareed chee mechastam begam, valley agar yadam beyad meegam. Alan dar hal oh hazer heechee to een saram neest.)*

Therapist: Should we go to the next level then? And I'm going to ask you to speak English.

Client: Okay. Sure.

Therapist: That gonna be okay?

Client: Yes.

Therapist: Do you need, do you need it spec-other stuff to tell me about this week or should we move it so-

Client: Oh, I was looking for that (laughs).

Therapist: (laughs) Is there any particular thing you need to tell me about the week or should we move on?

Client: Well I had a lot of thing in my mind, I just all forgot about it.

Therapist: It's ok.

Client: Because I was in traf-traffic, I was so nervous. Well as soon as I remember I'm gonna tell you, but right now, I have nothing in my mind. I had a lot of thing, but just right now it's not present. Uh, when we go to next level then...

Therapist: It'll probably come.

Client: Yeah, they, they come. If for sure.

Therapist: The next level is actually your friends. Uh, you know, like extended family, friends, especially friends again. What do you think about them?

Client: Mmm, well I, for some reason I usually go on friends who are mo-much more controller than I am, um, like this is what I think about them, like I every friend that I pick is a controlling person, so controlling and uh so competitive, so controlling and uh I don't know why some how I like to go for that kind of person. Even if I'm not going for them myself, somebody introduce some-somebody else to me. It turns out like that person is pretty competitive, pretty much like in everything, like they want to say

I'm better, I'm better, I'm better like some sort of always go for uh like subconsciously I like to pick that kind of people.

Therapist: Then how behave toward them?

Client: Well, pesa, pa, passessive, uh passessive-aggressive, yeah.

Therapist: Passive aggressive?

Client: Passive, passive aggressive. I forgot the...um passive aggressive, yes.

Therapist: So you don't, you, you don't directly compete with them, and-

Client: Sneaky.

Therapist: But you do it in a sneaky way. And how do you feel about them?

Client: Well, um like a lot of time I really love them, love them, love them and then a lot of time and then I feel like I'm in a corner and they're trying to prove me something, like at that time I want to kill them, not to kill them, but like I'm not comfortable with the situation.

Therapist: Mhm.

Client: But I like them, I mean my fr-I like all of my friends and um yeah, I mean more than-

Therapist: Good. What do you think they think about you?

Client: Well um what I think is um well they think I'm a good person, they think I mean like they well this is what they say, not what I think, I don't know, I never thought what they say, I just they complement me a lot like I'm a good person and I'm caring and I'm like they are all behind me a lot of time and uh but they don't think I'm a confident person like I seem they say to me all the time like you're not, you're so emotional, you're not as confident, you don't want to take responsibilities...like I'm saying this is different people saying different thing to me so this is the negative stuff that they say and uh they say you don't want to take responsibility for your acts and um lot of thing, lot of people think you like have a lot of positive stuff that you don't see it for yourself um but overall I think they like me.

Therapist: How do they behave toward you?

Client: Controlling a lot time. I don't know, I like like, I like people control me sometime (laughs).

Therapist: (laughs) Or you at least allow them.

Client: So seriously. Yeah, I allowed them yeah. Like even if I'm a relationship or something, I go for person who control me. I don't know what's, what's with me like probably I just, it comes from uh behavior from my childhood, I always was in control so like, so I have to...

Therapist: You can pretend.

Client: What I pretend?

Therapist: No I said maybe you pretend that they control you.

Client: Uhh...

Therapist: Do they really control you or you kinda like-

Client: They can't control me, control me because that's my life. They person.

Therapist: Right. I'm think, I'm thinking maybe you pretend that they control you.

Client: Umm, I don't know how, how to explain, they can't like, they can't tell me what to do or what not to do, I'm a big person I can do it, but the way they control is like, I don't know how to explain it, like more like competitive sort of thing that they want to prove themselves over me and then like since I'm a passive person, I let them do that.

Therapist: Mhm.

Client: That's, that how I feel like I'm being controlled, like uh it's not that they tell me what to do in my own life and I listen to them, I don't, but like what I'm saying controlling like it's not what they say to, to, how they act around me to make me more pa-passive .

Therapist: Mhm.

Client: Like, you know, like I feel like I'm being controlled-

Therapist: Mhm.

Client: In that situation, you know, um and then yeah like my reaction usually is so emotionally so I get like I like get my little child gets so angry and I just shout or you know I, I'm, I'm, I get so insecure sometimes, I can't um, I can't uh, the only reaction I have like I get angry and like shout, I don't know how to behave toward when I get that feeling-

Therapist: Mhm.

Client: From them. And instead of like, you know, well, I mean a lot of time when I'm by myself I think like, like, I'm, a lot of positive attitude is there too, I'm talking about the negative ones right now, um there, there's, a lot of time they're so good, like most probably, more probably they're good tow-um they attitude is good toward me, it's not like they have a bad attitude or like, but like that that part, that makes me insecure. I'm talking about that part and when I'm by myself I think that um maybe if I like just you know like I just look and try not to uh get in-I mean I'm so afraid of to get to, to that situation then I'm being um like somebody being compared let's say in competition, like I'm being and then I always get past it, I hate that situation, I don't like to be in that situation and they like, they love to do that with me because they, they see like how insecure I get so they get power over me.

Therapist: Mhm.

Client: Some of them, not all. I'm talking like some situation that I'm saying and uh when I'm by myself, I'm fine, I say no I'm not gonna get irritated by this, but as soon as I get to situation I totally forget it, I just get irritated and I get so passive and so I feel I am like being in so much control I can't, of them, not myself, so I can't uh, I just get, I shut off.

Therapist: Mhm.

Client: I totally shut off. Umm, and then it, it could be with anything, it could be like with a guy or it could be with a um money or it could be with like even education, it could be with anything uh it happened to me in different situations, but overall I saw a lot of good things about them too, you know, but I like, I like to go um or a lot, I like, I think some, some, I like to be that like insecure somehow, like even if, but sometimes that I think like when I'm so happy-

Therapist: Mhm.

Client: I so don't believe that I deserve so happy, like I, even if, if that happiness is there, I want to turn it like to some disaster for myself, like I don't know, like I just do it to me because I really don't think like, I, I'm allowed to be happy all the time, you know what I'm saying?

Therapist: Yeah.

Client: It's like even if, even two of my friends, even when I'm with my friends, when I'm, when I'm in the relationship, when I'm like at work or whatever, I think it's just, I just want to make myself insecure all the time, um like even if there is nothing to be insecure about, I create something for myself to be insecure about.

Therapist: Wow.

Client: You know what I'm saying? If nobody is around me, I create something and think about some insecurity to make myself, to put myself through that.

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

Client: Well...

Therapist: When you say I don't deserve to be happy all the time...

Client: Mhm.

Therapist: And I have to go to this place of insecurity...

Client: Mhm.

Therapist: Um what kind of emotion comes up?

Client: Well, well sadness and a lot of fear, a lot of sadness and anger.

Therapist: Sure.

Client: Uh, I mean all of them are all together.

Therapist: Uhuh.

Client: Uh, it comes to me and...

Therapist: Where is the sadness in your body?

Client: It's right now, it's I mean from here to here, the whole uh here, uh I mean the, the sadness comes here, comes here and here and the anger both, both, it's both.

Therapist: And from zero to ten how much is the sadness?

Client: Um, right now...let's say six, five six.

Therapist: Can you concentrate and in go in here and be in the sadness? I'm not allowed to be happy all the time, sadness in your upper chest.

Client: Okay, now anxiety coming.

Therapist: Okay.

Client: It's, it's lot of anxiety.

Therapist: Any thoughts besides the anxiety?

Client: Well...it's just anxiety. I don't understand why I'm so anxious at this moment.

Therapist: Alright, from zero to ten.

Client: Um, seven.

Therapist: Seven. Alright let's just go focus on the anxiety and allow any thoughts that come up just be present for you.

Client: I'm just so blocked. Nothing come to my mind. It's just constant fear.

Therapist: Alright, that's alright let's just be in the fear and let's just focus on it and allow it to be and release. And if it does-

Client: Okay. I'm a like, I feel like a little kid, so lonely.

Therapist: Yeah, yeah.

Client: So lonely.

Therapist: Yeah. Loneliness comes up.

Client: (cries) The only person that I can talk to is myself.

Therapist: Yes, you're the only one you have.

Client: So I can make myself happy somehow.

Therapist: Yeah.

Client: So I could (can't understand) to my dreams like I'm not in the, I'm not in here and everything is a dream and then I come back to reality and see everything is so harsh, everything is so sad...

Therapist: You don't like reality.

Client: I'm so afraid. I'm so sad. I really need some love.

Therapist: Yes you do.

Client: Real love.

Therapist: Yes you do.

Client: Someone who really like me because of me, nobody really like me.

Therapist: No one really likes you for you.

Client: Feel stupid, stupid person who doesn't deserve to live. I can't be like my, my cousins, they always compared me to them and they say that they're so better than me.

Therapist: That hurts.

Client: Yeah. They have everything, but I don't have anything. I don't have mommy, there's no mommy to take care of me. My father is not there and then...

Therapist: That's where it's so vulnerable, there's no mommy.

Client: And still, still I want to be lonely all the time, it's like I don't want people around me. So used to myself, but at the same time I feel so lonely, I want to have somebody really love me. I cannot, I can't get any love, I can't accept any love from anybody, I can't accept that, it's just I don't deserve to be loved.

Therapist: When you say I don't deserve to be loved, what emotion comes up for you?

Client: Sadness. Sadness and loneliness.

Therapist: And where is it in your body?

Client: In here.

Therapist: Okay. Go ahead and go in to it.

Client: If there is nobody torture me, I have to torture me myself. Cause nobody's there to torture me so what I can do, I have to torture myself constantly, just my body doesn't accept anything but this, doesn't accept happiness, doesn't accept something happy. Just always, always, always insecurity. I'm so angry with myself I can't do anything about it. I just want to be there, I just want to be there, just, just the only place I feel comfortably, to be insecure, in fear, and angry. Just wanna stay there and I don't know anywhere else, I don't know where, I don't know if there's existing anything but this. This is the only thing that happens, constant anxiety.

Therapist: You're used to the torture. You're used to the loneliness.

Client: I'm so used to it. There's nothing, nobody that I have to do that with myself.

Therapist: From zero to seven, what is it now?

Client: Now it's a little less.

Therapist: Give it a number.

Client: Maybe five.

Therapist: Okay.

Client: Some, something my body block everything all, right away. I don't know what it is like it's just a constant fight between me and me. Right now I'm just, I just went out of that situation and I'm not there anymore. Can I open my eyes?

Therapist: Sure.

Client: (exhales, blows nose) Sorry! (pause) Yeah I think I even pick my friends like that.

Therapist: Pick you friends...

Client: Hm?

Therapist: You pick you friends for the people who can be controlling you, but they don't necessarily torture you-

Client: No.

Therapist: You do the, you do the torturing.

Client: Yeah.

Therapist: For them.

Client: They don't, don't, don't, don't, I mean like they don't torture me, no, no. My friends none of them really want to torture me. I think that's all my problem. This is all me. I mean even, even if-

Therapist: Well they, yeah, their competition-

Client: If they did something, yeah, if they did something, okay like this is ward around me, I have to be more confident, I, I shouldn't get this insecure, like oh my god I'm bad, I'm bad, I'm stupid, they're better than me, they're like oh my god something wrong is me or like I'll get pa-passive, like shut off and don't do anything, like this is life I have to be confident, but I, I, I know the whole thing, but I can't do anything, I just, just, it's like automatic in me, like it's just like from childhood it's like automatically this what I did, I always shut up and then, and then like go somewhere and sit by myself and think that I'm somebody else, which I'm, which is not in reality, and think that somebody else is so happy and that's me again, I make myself happy, but that's not true, like just when I escape from the reality around me, like at that moment I get myself happy, but like I'm so in my own thought that I don't see around me, I don't see what's going on around me and it's just I'm so used to it all the time like even from my childhood, because whenever I got sad, whenever I felt lonely, whenever I have nobody to talk to, I just-being cursed or they tortured me or they said something to me, the only person that I have is me and then the on-the only way that I, I find is going through, through my thought, which is different with reality, and then in reality I'm like this insecure all the time scared, shy person who feels like she's stupid and then in my mind, in my dream I'm like the most smartest, like most beautiful one, none of them true, I mean none of them, you know what I'm saying. Maybe they are true but like they're, they're so-I'm not in this world and I can't see around me clearly, I'm so used to it like when I'm driving, I'm daydreaming, when I'm sitting, I'm daydreaming, when I'm watching tv, I'm daydreaming, like it's like constant not paying attention to my-

Therapist: Present.

Client: Reality.

Therapist: I get that you don't really like the reality right now, I get that. There's uh, there's uh things that are going on around you which is a lack of a relationship, there's a lack of the, you know, the job you want, there's a lack of the finances, there's a lack of a lot of stuff where you just don't like and I get that when you come to the place that you don't like it you just wanna move away and you know there's, there's things that you're doing as far as career, but there are other areas around relationship which even if you don't like the reality now, you don't really know how to um grasp the next level to create another reality. So I know that at this time the reality is not up to par to what you really want. Um, but you know, thank you for uh being able to really go in and allow yourself to kinda be yourself in, in these different layers. My suggestion is until next week, which we have, we'll meet next Thursday.

Client: Okay.

Therapist: Am I right?

Client: Yes.

Therapist: Of, to just kinda like be present in your relationship with your friends and see if there's a distinction between friends who are men or women, okay, and um just watch, what do you think of

think, what do they think of you, how do you behave toward them, how do they behave toward you, and mainly, how do you think about yourself while you're with them. What do you do to yourself while you're with them? So kinda, you know, be observant of this piece so that next Thursday when you come, we'll kinda, you know, take on and see what else you actually captured from them, what's going on-

Client: I see like, like Farima is like somehow (can't understand).

Therapist: No.

Client: Right? Like with my other cousin. Like there's something like she doesn't do anything, she's like sitting at her room and doing like, she's being nice or but there is like some constant hate, not toward her, like hate of probably of myself or something, just I wanna be stubborn, like I wanna like make a piece of attitude to like tell her what I-

Therapist: Toward her.

Client: Toward her that I'm better than you. Like-

Therapist: Yeah.

Client: It's just like, it's like constant, it's just-

Therapist: So whether, whether their, the competitiveness really comes from them-

Client: Them.

Therapist: Or is it that you, it's you-

Client: Me.

Therapist: Another side of you creates that competition constantly-

Client: Yeah.

Therapist: Speaks to them, you know, that tries to prove to them that I'm better than you.

Client: Yes, yes. Like there's this constant, constant um anger and stubbornness-

Therapist: Proving.

Client: Proving like this constant desire, that I wanna show that I'm better than everybody and at the same time that my mind as soon as they do something better I feel I know I'm stupid, I'm stupid, I'm stupid, like, like it just get in to, you know, like it's this thought and I'm like, instead of like goal I get some information, study, like make myself even more, I mean I know all of these by telling them, but I don't do anything to all, I mean, I don't do anything, don't do anything about them, I just like constantly sitting and judge myself and judge other people, feed myself with that and then that makes me more angry.

Therapist: So it's like when you don't like the reality, it's not like you're actually doing anything about the reality, what you do is just sit there and pout about it and be upset and judge yourself and judge them about it.

Client: Mhm.

Therapist: And compete in your own mind and it's like you know you think you're a lot better than me, no you're not, I'm better than you and you go through this game in your head, but externally in reality, in tangible reality, you're not, you haven't yet done anything to uh promote you in a way that you feel good about your reality.

Client: Exactly. I can do a lot of stuff for myself. I can make myself better. I can make, I can go study. I can make a lot of, do a lot of like study information, like, like, you know, educate myself about a lot of things. Instead of that, I prefer to just sit down and think and then either day dreaming or watching movie or just being passive or like ignoring whatever is around me and like, I mean being lazy constantly. I don't know if I need like pills to make me like...

Therapist: No.

Client: No?

Therapist: Just let, let this model do its work.

Client: Okay.

Therapist: Systematically we're going deeper. We're just still at the beginning of the model. We're going systematically deeper, so just uh, just allow this to happen. Because you're functional in life, it's not like you're not functional. Um, you're functional in life, you're going to work, you're handling stuff. These are really just you know deeper, uhh confidence and self-esteem issues...

Client: Uh huh.

Therapist: That we're working on with the model. So let's wait until we go through this and see what we could do. Alright?

Client: Okay.

Therapist: So just go ahead and put it in your calendar for next Thursday.

Client: Thursday, okay sure. This, this week was so little.

Therapist: I know, you came only half an hour.

Client: Yeah.

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