

*Transcript developed by Ken Critchfield, Ph.D. from Lorna Smith Benjamin's video demonstration in "Interpersonal Reconstructive Therapy for Passive-Aggressive Personality Disorder," American Psychological Association (1997).*

*Individual Thought Units for SASB coding are indicated by brackets. Each unit is numbered. A separate file shows the codes applied, organized by the numbered thought units.*

APA Series description

Introduction to IRT session 4

Session begins:

Th: [How's it been this week?1]

Pt: [Well it was, it was uh, pretty good this week.2][I, uh, work was, was ok.3][Um, no complaints (smile).4][And so I'm, it was ok, yeah, yeah.5]

Th: [Ok.6][Um, I had uh, asked if you would bring the consent form.7][Did you remember that?8]

Pt: [Oh, well I put it on the, on the table to bring it here,9][and then Helen started on me and,10][and uh, so I, I'll bring it next week.11][I, I, it's on the table.12][It was all ready to bring in.13][I just ran out of the house because I didn't want to be late, that's why.14][So, but um, so I'll bring it next week I promise.15]

Th: [Ok.16]

Pt: [Yeah.17][I filled it out --> 18]

Th: [Mm-hm?19]

Pt: --> I filled it out 18cont.][yeah.20]

Th: [It's, it's ok with you?21]

Pt: [Yeah, oh yeah. Yeah, yeah, yeah. Yeah.22]

Th: [Remember last time we talked about that and uh, I said well maybe we should really think this through and see if by the end of the session today we have a pretty good idea of whether we want to work together?23]

Pt: [Ok, sure (smiles).24]

Th: [Ok.25][So, that, that sounds good to you so far.26]

Pt: [Yeah, yeah, sure -->27]

Th: [All right.28]

Pt: --> sure.27cont.]

Th: [Um, remember too we talked about the, uh, the rest of the contract, the uh, that you were going to talk with Helen about uh, which, which payment plan you were going to do?29]

Pt: [Yeah30][well she, she, um we, we talked about that31][and she's, she has to, to see, I don't know wha- how the insurance works or anything like that32][so you know she handles that sort of thing33][and um, um, so I'll, she said that she would let me know what, what to do34][and, and I, that's fine with me, you know whatever she wants to do is fine, so.35]

Th: [Mm-hmm.36][Do you, do you have a sense of how that's going to go?37]

Pt: [Eh, I, um, no not really.38][I just um, as I say, yeah, you know whatever, what-, however way it works best is f-, is fine with me, that's, that's good.39][That's what she wanted and so that's good.40][And she knows more about it than I do, so.41]

Th: [So you're going to leave that up to her.42]

Pt: [Well she's you know, she's good at it43][so I uh that's fine with me (smiles/nods).44]

Th: [Mm-hmm.45][Ok, well maybe we'll come back to that a little later.46]

Pt: [Ok, sure.47]

Th: [So, do y-, do you have a sense of how you want to use the time today?48]

Pt: [(sigh)49][well um, last time it, it, it, what you said sounded pretty good50][um, that, that maybe, you know maybe it would be good for me to be here and, and stuff.51][You know Helen wanted me to be here,52][and I said ok53][but I don't know, I got to thinking that you know, I do lots of stuff like that I'm supposed to do54][and then it just kind of falls apart,55][so um, w-, b-, but if, if she wants me to be here I'll be here,56][and, and uh, you, you want me to be here57][and that's fine,58][and I'll do my best to uh, to do good, so (nodding),59][so sure, that's why.60]

Th: [I see.61][So you're, you're coming mainly because Helen wants you to be here62][and, and it feels like you're doing it to please me too?63]

Pt: [Um, well I wa-, I want to be here. I want to be here (nodding).64]

Th: [Well it's im-, it's important uh, that we talk about that and get clear about it65][because I want, as I said last time, to be on the same side as you are.66]

Pt: [Ok, sure.67]

Th: [I want to be working with you and for you.68]

Pt: [Mm-hm.69]

Th: [And remember I said I was uncomfortable being someone who is kind of making you come?70]

Pt: [Well, you're n-, you're not making me come.71][I, I want to be here.72][I want to, I want to, you know, see what happens73][and I'm not, I don't think anything will happen really74][but, but, I'm willing to try (nodding), and so.75]

Th: [Ok.76][Well, we um, also last time we talked about what it was that um, we could do here which was to learn about your patterns -->77]

Pt: [Mm-hm, sure.78]

Th: --> and uh, where they came from and what they're for.77cont.]

Pt: [Ok, yeah.79]

Th: [and uh, h-, how do you feel about that today?80]

Pt: [Um, I don't know. Fine I guess, um.81][(clears throat) Uh, l-, like I said things are going good at work82]

Th: [Mm-hm.83]

Pt: [and um, um, you know as long as my boss is away they're good.84]

Th: [(smiles)85]

Pt: [and th-, uh, the uh, the guests are all, at the hotel are all good86]

Th: [Mm-hm (nods).87]

Pt: [um, it, it's um, the week started off pretty good actually88][and um. So I'm (pause) I'm here uh, I, you know (nods).89]

Th: [(nods)90][So, well it sounds like, if we could stay at this moment and things wouldn't change you'd be ok, huh?91]

Pt: [Yeah.92][As long as everyone lets me do my job the way I'm, the way I want to do it and the way I've been doing it and, and not get all mad at me for stuff and just, and just lets me do my work and lets me be at home and, and you know, and be ok.93]

Th: [So you would like.94][Uh w-, it looks like your leg is hurting now, is that?95]

Pt: [(stops rubbing leg)96][It sometimes hurts, yeah.97][Sometimes it, it, more than other times98]

Th: [Uh-huh99]

Pt: [and sometimes it's ok100][but, but, actually when it, when I'm

taking that medication the um, it sort of helps me all over and, and, and my, my leg doesn't bother me as much sometimes, so.101]

Th: [So more, more Xanax then would102]

Pt: [Yeah.103][Yeah, I told that, the psychiatrist104][but wouldn't give it to me.105][So, you know, it works, I mean that's what works so,106][but um, I don't know. Just doesn't, doesn't want to give me any more.107]

Th: [uh-huh108]

Pt: [Um, so that's, but that's ok, that's ok.109]

Th: [Well, that's ok?110]

Pt: [Yeah,111][I mean you know, um, I asked for it112][and uh, so, I want more113][but, but, he doesn't seem to understand that it, it really helps,114][so I can't, I can't do anything about it.115]

Th: [I see.116][So, so your perspective is that that would be helped a lot if you could have more of the Xanax.117]

Pt: [Well yeah118][I mean it's not for my leg119][but, but, I, you know I feel better.120][And when I feel better my leg feels better.121]

Th: [Mm-hm.122]

Pt: [And when I'm not, not, when I'm feeling worse or people are bothering me or, you know, my, my leg also acts up.123]

Th: [Oh, so you've noticed that there's a connection there?124]

Pt: [Well, actually I didn't see the connection.125][Helen said that, that I always seem to complain about my leg -->126]

Th: [Oh127]

Pt: --> when, when she's getting mad at me. So that's what she said.126cont.][I mean, I uh, I suppose she's right, but uh but.128]

Th: [So she says that your leg gets worse when you're having trouble with people.129]

Pt: [Yeah, yeah.130]

Th: [And I'm not clear about whether you really agree with that.131]

Pt: [Well, I, I never noticed it.132][I mean I know it hurts and I know when it doesn't hurt133][but, she said that.134][And then, then I, then someone at the hotel said something -->135]

Th: [Mm-hm.136]

Pt: --> A f-, a friend at the hotel who, who said that, that my, my leg seems to hurt when my boss is around.135cont.][I, so I said ok (nods).137]

Th: [But what do you really think?138]

Pt: [Um, it's, uh, yeah, I guess it, that happens.139]

Th: [Could be?140]

Pt: [Yeah, maybe, yeah, sure.141]

Th: [Well, remember what I said about learning about patterns.142][Maybe we can watch that and keep track of it and see what you really think about whether the leg is made worse when you're,143][what? having trouble with people, what, what?144]

Pt: [I don't have trouble with people.145][I mean just, um, they're just, they just, they, they um,146][sometimes when I'm working, and like when I was working in the factory my leg was bothering me and stuff like that.147][And, and, um, but I thought I was ok.148][But but people kept telling me about it.149][And and I thought I did really well.150][151Like when I was on the assembly line -->

Th: [mm-hmm152]

Pt: --> and I felt like I was doing ok.151][But my, but that foreman I mean, just, I mean he kept being really nasty and stuff153][and uh, he, he didn't believe me about my leg at all.154][And uh, but I really did hurt it.155]

Th: [mm-hmm156]

Pt: [I mean, I got out of the army um, because of it.157][I mean I didn't want to get out of the army.158][I went into the army because I wanted to be there. I mean it was something that, that um, I wanted to be there159][and you know my father was in the army160][and uh, um. And actually when I went into the army it was ok for a while.161][But then I got hurt162][and they you know they discharged me and stuff like that.163][So it's a real injury.164]

Th: [uh-huh165]

Pt: [I mean and uh, the VA they um, they you know I have an injury.166][When I went to the doctor he saw that it was injured.167][I mean they had those um, um machines I went in168][and uh they said 'yeah, it's injured.'169][And one leg is shorter.170][So and I was in therapy for, I mean physical therapy for a while.171][Of course, that didn't help much.172][173I mean so I, you know, I got tired of that -->

Th: [mm-hmm174]

Pt: --> pretty fast.173]

Th: [mm-hmm175]

Pt: [but, but it's, it really does hurt,176][177I mean you know, but just sometimes it hurts more than other times -->

Th: [yeah178]

Pt: --> that's all.177][And and sometimes I can't, I can't do as much as I, as I, as I can do.179][But, but I'm still a good worker.180]

Th: [Yeah181]

Pt: [But, people just don't understand that sometimes.182][So that's all.183]

Th: [Ok.184][So let me just be sure I've got this straight.185][The leg really does bother you.186][And it feels a little like you're trying to convince me that it's for sure a problem.187]

Pt: [Well it is. I mean it is.188]

Th: [Yeah.189][And I hear you.190][And, but, people don't always believe you on that.191][And your wife is pointing out that it kind of seems to become an issue when you and she are having difficulty.192]

Pt: [Yeah, I guess so.[smiling]193]

Th: [Yeah,194][and so maybe, maybe not.195][But that's going to be as we go looking for patterns maybe something we can, can watch.196][Shall we leave it at that?197]

Pt: [Sure.198]

Th: [Oh, I'm trying to, I'm trying to work, um, toward whether we have a, can have a working relationship, a contract that will be helpful to you.199][And if it seems to you like the Xanax would kind of take care of it, and your boss leaving you alone would take care of it, then ...200]

Pt: [Well, I, I, I'm I'm, I'm ok being here.201][I mean I, you know I don't mind talking to you202][and and uh, um. And uh I know when I told Helen about you know our other um session she was really, she was really pleased about that.203]

Th: [Hm.204]

Pt: [And she seemed to be pretty happy about that. So,205]

Th: [Hm.206]

Pt: [that, that was good.207]

Th: [That was good?208]

Pt: [Yeah, sure.209]

Th: [Do you feel, how do you feel about how she felt?210]

Pt: [Well, I mean lately she's been kind of uh, she, she's, she changed a lot.211]

Th: [Has she?212]

Pt: [She's not, she's not as nice as she used to be.213]

Th: [mm-hmm.214]

Pt: [And um, she, she yells at me, and.215][I don't know maybe because she's old, older.216][You know how women get that way when they get older.217][So I can understand that,218][but, but, she does, she did, um, well, actually she, as I said she kind of made it really clear that I had to be here in the beginning anyway.219][But, but you know, that's ok.220][That's good.221][I, I want to be here.222][And I want to do as much as I can223][and um, just you know and hope that it doesn't get messed up, that's all.224]

Th: [Doesn't get messed up?225][What could, what could do that?226][Say more about that.227]

Pt: [Oh, I don't know.228][I try really hard to do stuff,229][and somehow for some reason I don't know why exactly, uh, things go bad.230][And, and it's not my fault,231][I mean I, but they go bad.232][And, and uh, so that's, that's what I'm I'm hoping this doesn't, doesn't, doesn't go bad.233]

Th: [So you're worried that this process might turn sour.234][And this is because it, well it's happened to you before.235]

Pt: [Yeah, sure, sure.236]

Th: [mm-hmm237]

Pt: [It happens all the time.238]

Th: [Yeah?239]

Pt: [Yeah, yeah.240]

Th: [What, what would be an example that comes to mind today?241]

Pt: [um, um, well when I was young, when I was you know just really young and everything was great until my father came home from the war.242][He was in world war II.243][And things were great with my mom.244][Um, and um it was really good, I mean it was.245][And then he came home and things kind of changed.246][And my brother and my sisters were born247][and that changed, and so it kind of changed that.248][Um, and so things change.249][I mean, when I got married to Helen it was great,250][and it was really happy.251][And then, then, things, you know I lo-, you know I lost my job and um, um.252][So and I wasn't working for a while.253][And then she got, you know I was taking care of the kids254][and she was working255][and uh, um. And then she got you know, didn't like that.256][So, so I had to start working again.257][Started at the hotel and, and um, that started off good258][and, and so a lot of things start off good, and uh, so259]

Th: [I see.260][So your experience has been when you get something good uh, in, in sooner or later you lose it, it turns bad.261]

Pt: [Well I don't lose it. I mean, I don't lose it.262]

Th: [It gets taken away?263]

Pt: [Yeah. Yeah.264]

Th: [Mm-hm265][Well, we talked a little bit about that uh, before.266][We talked about your, when your dad came home from the war.267][Um, how do you see that today?268][How is that feeling as you remember him coming back?269]

Pt: [I don't know, I just remember him coming back and it changing.270][And he, I don't know, he, I don't think he ever liked me.271]

Th: [Mm-hmm.272]

Pt: [So, so and, he liked my uh, he liked my brother and my sisters better.273]

Th: [Mm-hmm.274]

Pt: [You know, they were younger and they were there, there275][... I was already there by the time he got back from the war.276]

Th: [I, I'd like to know just a little bit more,277][[we won't spend too long on it,278][a little bit more about what that was like for you?279]

Pt: [Um, yeah, I was really young,280][I mean I was I guess 3 or 4.281][And, um but, it was just me and my mom282][and we used to do a lot of stuff together.283]

Th: [Mm-hmm.284]

Pt: [Um, we used to sit on the porch285][and, and she used to just sing to me286][and um, um, and it was, it was nice, it was really nice.287][Um she, she hugged me then.288]

Th: [You remember the good part there.289]

Pt: [Yeah I actually do.290][I mean, I was, I remember it because I was, because, because it didn't happen after my father came home.291][And I, I actually remember at night I would think about that before I went to sleep.292][So almost every night I would think about how it was before he came home.293]

Th: [Mm-hm294]

Pt: [And um, after he came home they didn't, he didn't want me on the porch anymore.295][And he always sent me off to do stuff.296][And then when, when my brother was born, you know, I had to do stuff for that, for him.297][And then when my sisters were born it was you know I had to do stuff.298][And, and I tried to do the best I could299][but it was not good enough,300][um. And I remember every night I remember thinking about that.301][And so its like really strong in my head.302]

Th: [Wh-, which part of it would you think about?303]

Pt: [Mostly about my mom.304]

Th: [You thought about the good part.305]

Pt: [Well she, when my father started, started um yelling at me and stuff she tried to, to help me and tried to, to protect me.306][But but then after a while she kind of gave up on that, and she stopped doing it.307]

Th: [308So, she, she tried to keep him from yelling at you at first and then -->

Pt: [Yeah,309][310she used to -->

Th: --> stepped aside.308]

Pt: --> she used to, I used to cry.310][And then that made him madder because I was crying.311][And, and I wasn't supposed to cry.312]

Th: [Mm313]

Pt: [And sometimes he would hit me.314]

Th: [Yeah?315][What, tell me about that.316][Tell me about a time when he did that, if you would.317]

Pt: [Well, there was a time when, when he told me I had to go to bed and, and it was really early.318][And so I, I, you know I was, I didn't want to go to bed319][and, and I started arguing with him.320][Not, not a lot because I knew that it would be bad news if I did.321][But he just, he just, you know started taking he, he went out and he cut a, a branch off of a bush and he started hitting me on my leg, my legs, so.322]

Th: [Hitting you on your leg.323]

Pt: [Yeah,324][and then, final-, I knew it was, I knew I better get out of there.325][So I went to bed.326][But he was really mean to me.327][He, and he never hit my brother and my sisters.328]

Th: [Just you.329]

Pt: [Yeah.330]

Th: [So he hit you for ... 331]

Pt: [He was like mad at me or something.332]

Th: [Do yo-, and he was mad because you didn't obey, or what was the, the point?333]

Pt: [I don't know, I don't know.334]

Th: [Huh.335][What else would he hit you for?336]

Pt: [Oh, when, when I didn't, when I didn't put the cereal on the table for the kids in the morning, and stuff, I mean.337]

Th: [So if, you had jobs to do?338]

Pt: [Yeah, they gave me jobs to do.339][Or when I didn't, didn't do well on a test.340][Um, I didn't do well on tests at all.341]

Th: [I see.342]

Pt: [I, I um, when I started to read when I was in school I would get tired real fast.343][And so I, you know I wouldn't do good on tests.344][And I would, wouldn't study very, I would try to study but I'd get really tired and sleepy, so.345]

Th: [So again you were, you were trying to do the job and uh, it didn't, it didn't turn out well enough.346]

Pt: [Yeah.347]

Th: [And, and you got punished.348]

Pt: [Yeah.349]

Th: [And he hit you.350][How did he hit you?351][With this, on the legs with the bush one time.352]

Pt: [Well it was a couple times with that.353]

Th: [Yeah?354]

Pt: [But he, he used to push me, he used to push me355][and um, and he used to call me 'crybaby'356][and 'sissy' and, and um.357]

Th: [He called you names.358]

Pt: [Yeah, and um.359]

Th: [How did you feel about that?360]

Pt: [I didn't like it (smiles).361]

Th: [No, you didn't like it.362]

Pt: [No.363]

Th: [Can you remember how you felt?365]

Pt: [Yeah366][it was really bad (still smiling).367]

Th: [You, you're smiling now,368][is that a pleasant memory?369]

Pt: [no, no370]

Th: [I mean I'm of course doubt it is.371]

Pt: [no, no372]

Th: [What's the smile about?373]

Pt: [Um, I don't know (shrugs)374]

Th: [Just feel like smiling?375]

Pt: [It just happens.376]

Th: [377Do you, do you find that interesting -->

Pt: [(restrains smile, uses hand to wipe mouth and bring corners down)378]

Th: --> that you smile as you think about your father hitting you?377]

Pt: [(shrugs) I don't know379][I never thought about it.380]

Th: [Well, remember I'm trying to see the world as you do,381][and I'm trying to work with you to make sense about all this.382][And I wouldn't smile as I was thinking about you being hit, so.383]

Pt: [I don't know.384]

Th: [It doesn't mean anything.385]

Pt: [I, I never thought about it.386][I didn't even know I was smiling.387]

Th: [So, all right.388][So we continue to work on this.389][How, how do you feel as we're talking about it?390]

Pt: [Ok (smiles briefly).391]

Th: [No feeling one way or another.392]

Pt: [Well, I'm remembering it,393][but it's ok.394]

Th: [Well the pattern I'm trying to identify here is what uh, would get your dad mad at you, and what would happen and how you would react.395]

Pt: [Well, pretty much what I said.396]

Th: [Ok.397][So we have, um, you're supposed to do stuff.398][You're doing well enough.399][It's not good enough for him.400][And you get punished.401][And your sibs don't?402]

Pt: [I'm sorry?403]

Th: [And your, and your siblings don't get punished?404]

Pt: [Oh, um,405][no they, I mean you know once in a while they would but, when they did stuff bad406][but, I don't, I, it seemed like, like407]

Th: [More for you.408]

Pt: [Yeah, yeah.409]

Th: [Maybe we could call that unfair.410]

Pt: [Sure.411]

Th: [Yeah?412]

Pt: [(nods, smiles)413]

Th: [You would agree with that?414]

Pt: [Yeah.415]

Th: [So,416][ok, so that family pattern has a lot in common with what's happening now, at least in terms of the pattern.417]

Pt: [Oh, ok.418]

Th: [In that you're doing a good job.419][You're being a good dad.420][You're being a good husband.421]

Pt: [Mm-hm422]

Th: [And people aren't happy with you.423][Is, is that fair?424]

Pt: [Uh, no, no it isn't.425]

Th: [Um, I'm sorry.426][I misspoke there.427][I meant is that an accurate summary of how it feels to you?428]

Pt: [Um, yeah.429][You know one more thing I went into the army like my father did. And um.430]

Th: [Yeah.431]

Pt: [And I told you I got hurt432]

Th: [Yeah.433]

Pt: [and um, he always, he always blamed me.434][I think he thinks I did it on purpose.435]

Th: [Your dad does.436]

Pt: [Yeah, and uh, he did.437][He died so not anymore.438][But um, but he, I, I didn't, you know I never really, I didn't ever want anything to do with him anymore.439][Just like, I left, um went off to Ohio440][and never really talked to him again.441]

Th: [So, so you, after you got out of the army you were mad at him for.442]

Pt: [Well I wasn't mad at him.443]

Th: [Oh, what, how did you feel?444]

Pt: [I don't know.445][I was just, didn't want to be around him.446]

Th: [So you decided to have nothing more to do with him.447]

Pt: [Yeah.448]

Th: [So you went your own way and didn't, didn't contact him.449]

Pt: [Yeah.450][And when he died, about the same time Candace was, my daughter was diagnosed with uh, um, being sick so um, he died at the same time, so.451]

Th: [Ok.452]

Th:[well all right,453][so, I guess, I guess I've got it clear that there's uh, a pretty strong theme s-starting and ending with your father as being uh, critical of you even when you're doing your best454] [and, and that this is just running through every i-important relationship.455] [Except maybe with your children huh?456]

Pt: [yeah, I love my, my three daughters very much.457]

Th: [ok,458] [well, I'm going to give you a little theory that might not make sense459] [you might, you know, think of it like an X-ray. Maybe there's something on it, maybe there isn't, or a lab test of some sort460]

Pt: [ok461]

Th: [and we'll see if it is something we can work with or not462] [and that is, well I call this my copy process theory463] [And I think that it's often the c-,464] [ooh that leg is hurting again isn't it.465]

Pt: [It feels ok466]

Th: [sure?467]

Pt: [yeah468]

Th: [um, the copy process theory goes like this469] [that current problems are connected to the early learning by a fairly simple route.470] [And that is we tend to act like somebody important acted,471] [or we act like they're still there and in charge,472] [or we treat ourselves as they treated us.473] [And um, I think I hear some of, possibly, some of uh, you doing the second copy process, acting as if your dad is still in charge of the universe, at, at least to the extent that that same pattern is happening.474] [That he was a demanding, critical, blaming person475] [and you keep running into that so it sort of recapitulates that pattern.476] [Do you... you look puzzled.477]

Pt: [I'm, I'm listening. I'm listening.478]

Th: [yeah?479] [so um, it could be, if this theory makes any sense at all,480] [that um, you've learned to expect that that's how it's going to go,481] [in a kind of a self-fulfilling prophecy kind of way it just kind of keeps happening again and again.482] [So those copy processes are in place for you.483] [You know you're smiling.484] [Can you tell

me how you feel?485]

Pt: [(sigh), I don't know I'm just listening, that's all.486]

Th: [yeah487]

Pt: [I, I didn't know I was smiling. I was just listening.488]

Th: [uh-huh.489] [well, wha- what do you think about that? that there might be some connection between how you learned to react with him and what you expect from the world and what's happened in all these other places at, at work and with your wife and with aging and you name it, it's happening everywhere?490]

Pt: [yeah it happens491]

Th: [yeah492]

Pt: [yeah493]

Th: [so, well, so it, so it's happening.494] [But what do you think about the idea that it might be somehow related to what your dad and you had going?495]

Pt: [I don't know,496] [I guess497]

Th: [Could be498]

Pt: [yeah sure, sure.499]

Th: [well I'm, boy I'm feeling like I can't find you in there.500]

Pt: [Well you're, you're, you know, you're a, you know, you're a smart person and everything so, you know what you said, you know, could be true.501]

Th: [yeah.502] [well, l-let me, let me put it this way.503] [I need to get on the same side as you are504] [and it's feeling a little bit like you're just kind of agreeing with me.505] [and uh, so I wouldn't want you to just have your therapy be a place where you come to just try to please me,506] [because that's not going to help you.507] [Why should you have yet another person to please?508]

Pt: [mm-hmm509]

Th: [And then get, end up getting blamed and criticized510]

Pt: [ok511]

Th: [you know what I'm saying?512]

Pt: [yeah, sure.513]

Th: [you're agreeing with me again perhaps.514]

Pt: [(smiles, sighs, looks down as smile fades)515]

Th: [Gosh we're kind of stuck here in a kind of an impossible Catch-22 aren't we?516] [How am I going to get uh, in touch with a part of you that wants to work for you and isn't just trying to please me?517] [I wonder.518] [C-Can you find any part of you that's mad at me or kind of saying 'oh yeah, for sure.'519]

Pt: [Oh, I-I'm not mad at you.520]

Th: [no?521]

Pt: [No.522] [Why should I be mad at you?523]

Th: [well maybe what I'm saying doesn't make sense.524] [Maybe you disagree with it.525]

Pt: [No, it's f-.526]

Th: [Maybe what you think 'so what, big deal'527]

Pt: [yeah528] [but, but that doesn't make me mad at you.529]

Th: [t-tell me a little bit about how you're reacting to what we're doing, if you would.530]

Pt: [well, I, I appreciate your helping me, trying to help me,531] [although you know, I don't know if, I don't know if I really need that much help.532] [But, but I, you know I appreciate your doing it533] [uh, um, I, I don't, I don't know what to say.534] [I'm just, I'm here,535] [I-I'll, you know I'm having some, some um, thoughts and some, some536] [you know my boss isn't happy at work sometimes537] [so I know that there's something that I need that, maybe I should do to help.538]

Th: [Can we go through the last time that you felt your boss was unfair and critical, blaming?539]

Pt: [sure.540] [What do you want to know?541]

Th: [w-what was, tell me, do you know what you were doing and what the context was and how that happened?542]

Pt: [yeah,543] [um, the other day I came in a little bit late, traffic and stuff544] [and, and um, um, I got in late and I got busy doing something545] [and um I didn't change the flowers in the lobby546] [and the, the the flowers need to be changed, they need to be fresh and stuff547] [and I didn't do it because you know I was busy because I had this other stuff to do bec-,548] [and um, and I didn't change the flowers.549] [And my boss came in and he saw the flowers that they were droopy550] [and he got mad at me for not changing them. Um, the flowers551] [and um, I tried to explain to him that, that um, you know, that that, um you know, I, because I come in a little bit late that day um, that I had these other things to do with, with, you know, with making all the bills you know, getting all the bills together that came in you know that morning and and so I didn't have a chance to change the flowers,552] [but I was going to do it.553] [But he got really mad at me anyway.554] [And so I, you know, I, you know I'm doing what he tells me to do555] [and he gets mad at me anyway for

not doing something else.556]

Th: [I see557]

Pt: [and so I, that's, he got mad at me for that, and558]

Th: [So it sounds like he's asking for more than you can do.559]

Pt: [Well I, I, you know, I I do the best I can560] [and and I do a good job561] [and I didn't change the flowers562] [and I was going to do it, I planned on doing it.563]

Th: [mm-hmm564]

Pt: [uh, but it just, but I didn't do it because I got in late565] [and I was late because of the traffic566] [567and, and, you know how things get->

Th: [yeah568]

Pt: it just, so567]

Th: [well, let's talk about what if anything you might have done differently there so that could have gone a little better.569]

Pt: [(sigh) well, you know, I can't do anything about my leg, if it hurts it hurts,570] [but maybe I could have driven faster or something and gotten there not so late, you know,571] [hope I don't get a ticket572] [but you know get there a little earli-, faster and and maybe not be so late573] [and then maybe, you know, maybe he wouldn't be so mad at me.574]

Th: [oh, I see,575] [dear, I, the idea of speeding sounds like more potential trouble, but576]

Pt: [mm577]

Th: [I do hear the part about l-lateness might be making him angry.578]

Pt: [yeah,579] [but you know I j-, things happen,580] [I mean it's, it's everything else was ok.581] [I just didn't, didn't do the flowers, that's all.582]

Th: [ok,583] [so it feels to you like his criticism was really unwarranted584]

Pt: [yeah585]

Th: [586and that's->

Pt: [yeah587]

Th: uh, that just keeps happening over and over586]

Pt: [yeah, yeah sure588]

Th: [so, uh, there's two parts of each of us, I think, at least,589] [maybe I should call this multiple personality therapy.590] [but there's (smiles) a, there's a,591] [there's, I think uh, a part of us that would like to rewrite history and go back and uh, have it be like it was only turn out better.592] [I call that the regressive loyalist.593] [And then there's the part that would like to grow up and be big and strong.594] [I call that the growth collaborator.595] [and uh the part that keeps you in trouble is the regressive loyalist.596] [and the part that would be healthy and do things well and be happy and enjoy life would be the growth collaborator.597] [That part got left somewhere behind in your story,598] [and I'm wondering if your growth collaborator is mad that the regressive loyalist is winning?599]

Pt: [maybe,600] [I, I want to be as good as I can be,601] [you know, as good a father as I can be,602] [a good a, as good a husband as I can be,603] [a good, as good a worker as I can be.604]

Th: [uh-huh605]

Pt: [so, I can see where I would want to improve myself606]

Th: [uh-huh607]

Pt: [and I can see where if I'm not, then, then something inside of me maybe gets mad608]

Th: [mm-hmm609]

Pt: [I don't know, is that what you meant?610]

Th: [yeah, yeah, it is, it is.611] [The part of you, the growth collaborator, the part of you that would like to do all those good things but your father didn't expect.612] [That, that's a, that's a part I'd like to work with. The part that...613]

Pt: [My, he didn't think I could do it, he didn't think I could do anything614]

Th: [Right615]

Pt: [and so he, he didn't expect anything of me616]

Th: [right617]

Pt: [in fact he expected me to be a failure618]

Th: [so, to the extent um, his, his uh, expectation has been met by your life, you're, you're kind of staying close to him this theory would say619] [and, and uh, to the part of you that would like to change would, would show him up to be wrong620]

Pt: [yeah, I'd love to tell him he's wrong621]

Th: [would you?622]

Pt: [oh yeah623]

Th: [ok624]

Pt: [yeah625]

Th: [well that we can work on,626] [that's a kind of contract I could, um, could help you with, if that part of you is big enough,627] [um, would that part of you want to um, look for a different kind of job or try to, you know, make a life change, set a new course?628] [um, or just kind of stay where you are and modify it a little bit?629] [or neither?630]

Pt: [Well, I remember last time you asked me about that631]

Th: [yeah632]

Pt: [and I talked with Helen about it633]

Th: [mm-hmm634]

Pt: [and we, we, you know, I like doing, doing drawing and stuff like that635] [and we were talking about it and, and s-she thought maybe it was a good idea if I went and did something in, in being an artist,636] [and I saw a TV program that they do art with computers637] [and she and I talked about that,638] [we watched it together, and639]

Th: [mm-hmm640]

Pt: [she thought that was a great idea,641] [and so, um, you know, I could do that.642] [I have to go back to school again, but643]

Th: [mm-hmm644]

Pt:[but uh, at my age I don't know if I could do that,645] [but um, since I work in the afternoons and night I, although I sleep in the mornings, I suppose I could try and go to school and learn new stuff.646][That would be ok. That would be nice.647]

Th: [So you did think about something that maybe would feel better.648][And you get to do graphics,649][get to be your own boss.650]

Pt: [Yeah,651][that would be nice.652]

Th: [Yeah, uh-huh [smiles].653][And, but there are problems.654][It would mean going back to school.655][And uh, I, I'm uh, I heard, I'm a little concerned that y-, Helen liked it.656][H- How about you?657]

Pt: [658(rubbing leg) She knows me better than anyone -->

Th: [I see.659]

Pt: --> in the world.658][660So um, and she's, she's usually right about stuff -->

Th: [I see.661]

Pt: --> when she tells me stuff.660][662And so I, I think sh- she's

right. I think she's, she's, I think she's right.662][I think I would like that a lot.663]

Th: [So, well that's nice that she's so supportive664][and you're so close665][and you trust her judgment so much.666][I, I think that's great.667][Um, I do need, though, as I keep saying, to work with you and what you want.668][So, um, I hope there's a part of you that really is interested in this too.669]

Pt: [Oh, yeah, yeah.670][Like I say, I like doing drawings.671]

Th: [Uh-huh.672]

Pt: [So, so she just helped me, helped me, you know, what to do with it.673]

Th: [Ok.674][All right, so675]

Pt: [It was my idea about liking art.676]

Th: [Mm-hmm.677]

Pt: [I mean she doesn't like to do art, I do. So I, that's678]

Th: [So, so you're, you're in there too.679]

Pt: [Yeah, sure.680]

Th: [That's good.681][Ok, well we're just about out of time.682][But to kind of summarize what, what I think we might agree to work on here,683]

Pt: [Ok684]

Th: [is the parts of you that are kind of setting you up to get clobbered like being late for the boss, getting him ready to, to be unfair.685][I'm not saying that you cause him to be unfair.686][But we're just talking about things that you might choose to work on differently t- t-, to do differently, um, so that maybe it would go a little better.687][And, at the same time looking into maybe having a job that gave you more of being your own boss688][and, and doing something that you really enjoy and feel creative on.689]

Pt: [Mm-hmm690]

Th: [And, we need to worry about whether your regressive loyalist is going to win or whether the growth collaborator, grow-691]

Pt: [(Pt makes face or gesture off screen)692]

Th: [Good!693][I like that anger there [smiling].694][That's great.695][With a growth collaborator who is, who really doesn't want696]

Pt: [I, I wasn't angry.697]

Th: [You weren't?698]

Pt: [No [smiles].699]

Th: [Oh, Ok, well all right [nods].700]

Pt: [I'm sorry for interrupting you there.701]

Th: [No, that's fine.702][I asked you to do that.703][That's good.704][I was, I was uh, I guess I was putting my hope on you.705][My hope that you would be angry at your father and the regressive loyalist so that you'd want to prove them wrong.706][And, go ahead and have things go better to the extent you could.707]

Pt: [Well, um, my father never let me be angry [rubbing leg].708]

Th: [He wouldn't let you be angry.709][Angry is not ok.710]

Pt: [711I got angry -->

Th: [Yeah.712]

Pt: before, and I got beat up for it.711][713And um, so I'm telling me not to be angry, so.713]

Th: [Yeah.714][So you're not.715]

Pt: [No.716]

Th: [Ok.717]

Pt: [I'm not angry.718]

Th: [Well, that's, it sure would be natural if you were angry about some of those things.719][Maybe if we continue to work we can, can go through what some of that was about, what it was like and what it felt like.720]

Pt: [I'm not angry.721]

Th: [Ok.722][Sorry.723][I'm not accusing you, really.724]

Pt: [(complex facial expression, shaking head and rubbing leg, covers mouth with hand and removes it)725]

Th: [I'm, I wish I, I wish I could make it clear that I'm inviting you to look at this stuff rather than demanding that you do.726][It looks like you're sad again.727][Is that wrong?728]

Pt: [No, no,729][I'm fine [smiles, still rubbing leg].730]

Th: [Oh you're fine.731][Ok.732][So we need maybe to, to talk some more about feelings too as we go over these stories.733][So anyway, that's the deal.734][735If you would like to come again and this time -->

Pt: [heavy sigh or yawn; still rubbing leg736]

Th: --> bring the contract,735][737because we do need a contract if

we're going to work.][And that will uh,738]

Pt: [[nods] I'll try and remember.739]

Th: [Yeah.740]

Pt: [I mean I remembered but I just forgot [continues rubbing leg].741]

Th: [Remember the billing.742][You get a discount if you, if you uh, for the, uh, the administrative part of the bill is waived if you.743][And Helen can figure out how to, how to uh, pay for it each time.744]

Pt: [Yeah.745]

Th: [That may or may not be something you want to do.746][But now I think I've made it clear exactly what I'd try to do with you747]

Pt: [Ok.748]

Th: [and, and, and not.749]

Pt: [Sure.750]

Th: [So that you know, you know what, what the contract would be and what the deal is.751]

Pt: [Ok.752]

Th: [So do you think you want to make another appointment, or would you like to think about it and give me a call?753]

Pt: [I think I'd better make another appointment.754]

Th: [Ok.755][We'll do that756][and we'll continue then.757][I'm really hoping that the part of you that wants to show your dad wrong is going to take over here and help you learn new ways to, to uh, do your part so that it goes a little better.758][And I hope it doesn't keep sounding like blaming.759][So is that a deal?760]

Pt:[Sure.761]

{end of recording}