

B1 af Uncertainty

T: What's been the hardest part about treatment for you? I remember you saying...you said last time that it was very, very hard.

The therapist is trying to help the patient verbalize her ambivalence so as to strengthen the therapeutic alliance.

Pt. It just hard because...I mean...there is no certainty, I feel like everything is so...I don't know. I just feel like I really don't know what to do next from day to day. And, like I realize I don't really know what I want.

T: So, "no certainty, don't know what to do, don't know what I want." That's what you said, right?

The therapist is simply using summation in order to clarify and reify the patient's statements and to help her to feel understood. Lack of certainty is a common cause of anxiety as treatment progresses.

Pt. Right. If I knew to put my mind to something...it's just like, I get so many ideas that are so opposite...and it's like I really don't put my mind to anything because I can't weigh out one thing more than the other and it's like I get frustrated because if I knew to put my mind to something, I would put my mind to it and do it.