

B2 af Integration-Recovery

Pt. It's like my whole life, all the illness and stuff is starting to make so much more sense to me. I think being traumatized so intensely, the emotions were so strong that like I could only handle having one at the same time, and I don't know if its like the person that I am or my character or what, but, of course I would chose love over hate, but if you can only chose one then you're screwed. You just are because it will like bog you down and leave you depressed, you know?

This patient is in the final stage of treatment (Stage IV) and is attempting to integrate her polarized feelings and attributions as part of developing a coherent sense of self.

T: Mm hmm.

Pt. And so now I can...sometimes I'm like...I'm at least...I'm like self-aware. Sometimes I can recognize when maybe one is consuming me too much and I can't let the other in...and so its good to hear you questioning me about it sometimes, like what you said about my parents and like how I've been feeling towards them lately and just you questioning me about it, you know?

The patient has moved from integrating polarized feelings towards her parents to expressing gratitude towards the therapist.

T: Well, let me question you now. You know, in the card you sent me you expressed some gratitude. Where do you put the hating part? That's the loving part. What do you do with the hating part with me?

The therapist explores whether the patient also has polarized feelings towards the therapist in an attempt to link past with present.

Pt. Yeah, the hating part with you. Um. Well, I kind of thought about it just a little bit. But like, I didn't like prepare an answer or anything.

T: Well, I'm not looking for a prepared answer either.

Pt. I guess if I didn't hate you, then I couldn't love you. I mean, everything that used to make me angry and, like, hate about you, its like I can finally recognize what's really going on there. So, it's kind of cool because I can like hate you and love you in the same minute now. So it's okay for me to hate you because I still know I love you. I think

that's what makes it okay. Yeah, that's what makes it okay. Because, like in group yesterday I couldn't really decide if I liked this guy for a while and we had this big breakthrough and things were going really good, and then like all of a sudden it got awkward between us and I was kind of, I don't know, I was kind of getting frustrated and then it got awkward. But I felt, I mean, I realized even there and then that I cared about him, and that I liked him and I didn't like him. So I didn't have to feel guilty about not liking a certain part of him or a thing about him.

The patient is able to find similarities between her relationship with the therapist and her relationship with a group member. In other words, she has been able to generalize her experience with the therapist to other relationships.

T. Mmhm. So that surprised you?

Pt. Yeah, really awesome. Because I used to carry around so much guilt, so much guilt, and like always proving to myself what a bad person I was if I was to have feelings of hate...because they were so strong and like, I hated myself for having them, like how could I, you know? But, now it's okay, because I can hold them.

T: So there's something about holding those feelings, which ties into self-acceptance and less guilt? Is that what you're saying?

Pt. Yeah, mmhm.