

B3 dd integr DepAut

Pt. It's just like with men, you know, where a part of me wants to just be held and loved, you know, part of me wants to be controlled, like a little kid, something about this love, something about knowing that a man loves me. You know? And I think that comes from me being loved so much by my father when I was younger and the way he just abandoned me, the way he just left me. And I think in a lot of ways I still am looking and searching for that love, you know, and I'm still trying to find that...whether it's good love or bad love, I go for it as long as it's love. And then, part of me rejects it, you know? And when I say rejects it, I mean like, you know, "Now I got you, now he loves me," But then I'm doing anything and everything to just to distance myself, you know, just to push away. I'm doing anything I can to sabotage it. An so, I think that, for the most part, what I do is that I don't allow myself to feel what I really want to feel, you know? Like, I don't allow myself to love you the way you think that I love you.

The patient is in Stage II and is beginning to explore her polarized motivations of dependency and autonomy.

T. Okay, let me see if I've got it. So what you're saying is that part of you really craves for a strong man, and you being childlike and being held, and feeling like you can just collapse into his arms and being taken care of that way?

Most of the therapy in Stage II involves Attribution techniques, i.e. helping the patient to identify and begin to integrate her polarized attributions of value, agency, and motivation.

Pt. Being taken care of, yeah.

T. And then another part of you starts resenting it as soon as you start feeling that closeness. Maybe I shouldn't say resenting, but I guess feeling uncomfortable?

Notice that the therapist uses questions rather than statements to explore the patient's attributions. He is careful to leave room for her to disagree.

Pt. Yeah, it feels uncomfortable. Like, the second he gets too close, and I start to pull away, because I start to feel vulnerable.

T. Is it scary because you're becoming vulnerable...that because you are giving up your control?

The therapist is attempting to clarify the emotional response.

Pt. Well, you know, part of me wants to give up the control, and then the other part of me is still fighting, you know, and I feel like I've been doing that forever.