

B4 to percocet

Pt. I was alone on New Year's Eve, but I didn't drink anything. I don't get much craving for alcohol anymore. I got to tell you, I get more craving for those Percocet tablets, big time! But, I don't know, that's fun for me now, because it feels like I can go to sleep and get rid of some of the problems.

T. Okay, I see. So on the New Year's Eve, this is what you did then, you took some Percocet?

Pt. Yeah.

T. So you were feeling lonely and you took some Percocet and then you felt like you were having fun and you could go to sleep?

***The therapist is using here a technique (in the Ideal Other category) that involves simply repeating back a narrative sequence. This technique helps to reify the narrative sequence and also helps the patient to feel understood.***

Pt. Yeah, easy, yeah.

T. So what about this fun feeling that you have after you take them? See if you can describe that.

***The therapist is non-judgmentally exploring the patient's positive emotional response to the drug.***

Pt. I don't know, I get almost like...I guess it feels like I can bury some of the old problems...it's almost like when I am dreaming or something. It's almost like my mind is saying that I can put some of these things off to the side, and it's almost like a resolution or something. It's more difficult to deal with awake right now.

T. So, does it get rid of the negative feelings?

Pt. A little bit. But it comes back to the surface when I wake up in the morning. Not when I first wake up, but after I take a shower and I have a little time to think, it comes right back to the surface.

T. So, why not take more Percocet when it starts getting back to the surface?

***Note that the therapist is staying in a completely neutral position regarding the patient's use of Percocet. This position helps the patient to develop an internal conflict regarding his drug use, instead of developing an external conflict between himself and the therapist.***

Pt. No, no.. You see, the only thing is, I don't want to do that because I have to go work and stuff...because when I come here or go to the doctor's office....

***In response to the therapist's neutrality, the patient is able to acknowledge having some reservations about using Percocet.***

T. So, do you worry that Percocet may start impairing your functioning?

***Now the therapist is able to help the patient to explore his negative attributions towards taking the drug.***

Pt. Yeah, well I do know the crossroads. I know the line I'm supposed to draw to function in society. But when you're taking something that makes you drowsy all the time and you have to go to work and have to go to appointments, or even to go work out at the gym, I'd always be dead tired.

T. Mmm. I see.