

B5 sj Internalize

Pt. Nine out of ten times when I'm criticized, I feel like it's unjust because, like, my supervisor was complaining that I'm on my cell phone constantly, which sometimes my cell phone is in the truck cab, sometimes it's in my truck back at the warehouse.

***The patient's attribution of agency is completely external. He is a helpless victim, powerless to do anything about his supervisor's criticism.***

T. So I hear you saying that you feel unjustly criticized. But, I can take a guess who your worst critic is...who is the most critical of yourself.

***The therapist makes an internalizing comment, questioning whether the locus of criticism is primarily internal, rather than external.***

Pt. Myself

T. Yeah.

Pt. Yeah, I'm critical of myself. I criticize myself on certain things. Like, yesterday, I don't like messes for some reason and I criticized myself because my room got messy and I started an argument in my head, you know, with myself, like why did you do that?

***In response to the therapist's intervention, the patient has regained as sense of internal agency, admitting that he is very critical of himself.***

T. Yeah. And one thing that I see happening is that you go from either totally blaming yourself, criticizing yourself, getting down on yourself, to turning it outwards and getting really angry at other people, going down on others, and so kind of going back and forth between yourself and others.

***The therapist attempts to integrate the external and internal oppositions of agency by stating that the patient alternately puts either total blame and responsibility on himself or total blame/responsibility on others.***

Pt. Yeah, it gets annoying when I do that.