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A PHENOMENOLOGICAL STUDY OF PSYCHOTHERAPY -  
A CLIENT EXPLICATES HIS EXPERIENCE.

Thesis submitted in partial  
fulfilment of the requirements  
for the Degree of Master of Arts  
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TO MARGARET

INTRODUCTION .  
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This thesis involves a detailed explication of my experience as a client in psychotherapy. Being in therapy has brought about extremely important changes in my life and continues to do so. Being involved in the field of psychology as a student and therapist-to-be, the experience of therapy has also been a valuable source of a greater understanding of the process itself. The various facets of the importance of my experience of psychotherapy will become clear in my explication.

It is a fact that experience, which is an essential aspect of our humanness, has been sadly neglected in psychological research. It is surely psychology's task to explore all aspects of humanity, and this neglect of experience has only fairly recently been questioned. Its reasons have been psychology's bias towards the natural sciences whose methods are not suitable for the study of experience. The tremendous achievements of the natural sciences caused psychology to adopt this slant, as Sigmund Koch (1969) puts it, "The stipulation that psychology be adequate to science outweighed the commitment that it be adequate to man". (p 65).

A critique of the natural scientific slant and justification of the adoption of a phenomenological human scientific approach in psychology shall not be included here, having been adequately dealt with by a number of authors and researchers, inter alia Giorgi (1970), Giorgi et al (1971), Romanyshyn (1971), Kruger (1979). It suffices to reiterate that a human scientifically based phenomenological approach allows for exploration of experience as it is lived. Understanding the structure and meaning of phenomena as they are revealed to us becomes possible by the adoption of a non-specific phenomenological attitude. The range of phenomena available for investigation is no longer limited by the criteria inherent in the natural scientific approach, and psychology is freed to explore man as he lives in dialogue with his world.

As a therapist-to-be faced with the requirement of a Master's thesis it was natural that I wanted to do my research in the field of psychotherapy. Before this thesis was ever conceived, I approached M and

asked her to take me into psychotherapy. After she had agreed but before our first session the idea of using our encounter as the basis of a Master's thesis was born. Having studied at Rhodes University and there for the first time come into contact with phenomenological psychology, the possibility of enhancing the understanding of the process of psychotherapy by an exploration of the experience as lived was very exciting. Pioneering work as regards the client's experience of psychotherapy had recently been done at Rhodes by Eppel (1978), and I was faced with a unique opportunity of contributing to this important and relatively neglected area.

M was also involved in a Master's course with a thesis requirement and was excited at the prospect of exploring her own experience as therapist. Our original plan was to use, say, the first four sessions which we believed would probably provide sufficient material for the theses. Each session was to be videotaped and taperecorded. We would then individually describe and explicate our experiences of the session, before coming together and exploring further what had occurred. This was, however, to prove impossible, and the idea of a thesis was soon shelved. The difficulty lay in my being unable to explicate my experience. In trying to do so I had become extremely threatened and had soon to stop. Briefly (and this will be elaborated on) this was because explication involves bringing out the meaning of experience and in this way closely resembles psychotherapy. In the therapeutic situation the experience of the client is explored and its meaning brought to awareness. One can only explicate experience to the extent that this meaning is available to consciousness. Explicating my experience of the first session was only possible to the extent that I had gained awareness of its meaning in therapy, i.e. to the extent that therapy had progressed. Almost all that occurred in that session had hidden meanings, which were only to emerge in later sessions. Initially, I could have done little more than describe my experience, but with the perspective I subsequently gained with the passing of time and most importantly by working through issues and coming to understand the meaning of my experience in

psychotherapy, explication gradually became possible. I in fact started to explicate my experience of the first 2<sup>1</sup>/<sub>2</sub> weeks for the purposes of this thesis only after approximately 4 months of therapy.

#### Aim and Method

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The basic aim of this thesis is to communicate as fully as possible what my experience and the meaning of my experience of being a client in psychotherapy have been and are, as a contribution towards a clearer understanding of the nature of psychotherapy. In this sense I envisage that my thesis will be of value to the field of clinical psychology. Certainly it will provide an explication of value to those in the field who are interested in the client's experience. It is my hope too that this work will be of value to phenomenological psychology in respect of the method of explication I have used. Although not entirely novel (see Von Eckartsberg (1972)) it is a sustained application of a method which I believe to have been extremely efficacious in revealing the meaning of my experience of the phenomenon of psychotherapy.

A basic tenet of phenomenological methodology is that "...method must be relevant to subject matter ..." (Kruger (1979) (p 119)). In setting out to explicate my experience I at first formulated various strategies but I soon found that in planning a method I was in fact imposing limits on the extent to which I could communicate my experience. The method of explication which I finally used in fact evolved of itself. I knew that I wanted to start with the actual experience I had had in the sessions, that this was the crucial unalterable basis of my experience upon which I could then reflect. In the words of Merleau-Ponty (1962) (p XIV) "...radical reflection amounts to a consciousness of its own dependence on an unreflective life which is its initial situation, unchanging, given once and for all ...". My prereflective experience of the sessions in fact reveals its meanings through the process of psychotherapy.

My method has been to present extracts of the transcripts of my

therapy (i.e. my prereflective experience) and then to draw out the meaning of the extracts from the perspective I now have. My experience of psychotherapy has involved an interrelationship of a number of aspects. It has involved an experience of the process aspects (as exemplified by the transcripts of the sessions), also the meaning that therapy has had and has for me, and the experience of how the process aspects have revealed the meaning (in itself a process). My experience may not be seen in terms of any of these aspects individually, only in terms of them in relationship to each other. To isolate one would be to distort my experience. It is the complex interrelationship of these aspects and not the aspects themselves that is holistically my experience of psychotherapy. I believe that my method of explication retains to a large extent the holistic nature of my experience.

The method I have used is systematic in that I have explicated chronologically the first 2<sup>1</sup>/<sub>2</sub> weeks of my therapeutic encounter with M. It is rigorous in the sense that I reflected upon and explicated in depth the whole transcript moment by moment. However, the total transcript and explication is not included here in an attempt to avoid unnecessary repetition. What are included are extracts of transcript and explication which are sufficient to trace and reveal the content aspect of the meaning of my experience, as well as those which exemplify my experience of, and in terms of, the process, and reveal the emergence of meaning in and through the process. Where explication has led to a repetition of meaning this reflects, reveals and traces the nature of the process of moving from unawareness to awareness of the meaning of my experience. Often the nature of my experience of psychotherapy is determined by hidden meanings and these continually or repeatedly influence my experience until they are uncovered. Repetition of notable qualitative aspects of the process has, as far as possible, been limited to instances which reveal a new meaning or relationship to other aspects of therapy or my experience, or has been an unavoidable consequence of retaining the thread of content sufficiently.

The unfolding, and preparatory remarks.

The first therapy session was in M's room in the Psychology department. Videotaping was done through a oneway mirror and two tape recorders were present in the room. The session lasted for just under an hour and we agreed to each do our personal explication and then to meet that evening.

I went home and began my explication, but it became very difficult and more and more threatening as I continued. I found it hard to think and began to block off some of my thoughts, particularly the final insight which I had achieved in the session. I could not remember what it was, and this continued until I relistened to the original session some days later and after many hours of therapy.

Before actually going on to explicate my experience there are a few preparatory remarks to make. I had actually been in therapy with a male therapist for about 8 months during the year before beginning with M. M and I had had social and academic contact for almost a year before beginning therapy and had become friends. Apart from the initial session, therapy was done at M's home on a double mattress. The length of sessions was not planned (this will be discussed later) and we usually had at least one coffee break during the sessions which lasted for about 2 to 3<sup>1</sup>/<sub>2</sub> hours.

"K" will be mentioned a great deal during my explication. She had been my girlfriend for a little over four years and we had ended our involvement about a month before therapy was initiated. She lived in Johannesburg and we had spent most of the last year that we were involved separated when I came to Grahamstown to do my Honours degree. I will be "T" during the explication.

All transcripts from actual sessions will be italicized while my present explication and comments will be in normal type. All excerpts from the initial hour session will be italicized and will begin with (initial hour session) and end with (initial hour session off). At times we listened to the original session during a later session and proceeded to

discuss it. The bracketing of (initial hour session) and (initial hour session off) will distinguish which is which, since they are both italicized.

It should also be noted that the transcripts presented are but a part of the total interaction between M and me in the sessions being explicated. I have chosen extracts which I feel will best facilitate the explication of my experience of psychotherapy.

#### Explication .

We met again on the evening of the day of our initial session and in telling M what had happened when I had tried to talk into the tape during the afternoon, my words were:

*"I think that is what it was, I think that sitting there and talking to tape recorder .... made me scared. Um, you know I think that the whole thing why I am in therapy ... I want to call it my problem, right, just, just ... it is a helluva lot more serious than I am prepared to admit to myself and than I would like anyone to see ... even you and I know that this is true; you know, it's very difficult for me to say what my problem is, but I know that it is very serious it's something which is really, it plays such a big part in my life, and I think sitting there alone, trying to talk to this tape, I have had this experience quite often, that particularly since I moved into the flat, that I am alone and I am not quite sure what feeling I start to get but I immediately have to do something. I have to get up, I have to go and see somebody, just, you know .... take my mind off what's happening and it happens often that it's what happened when I was sitting talking to the tape. Something started happening and eventually I was so happy at the end to just press the stop button and get up and walk out of there, because it did frighten me, I am not sure what it was".*

As I now know, almost all of what happened in the subsequent few days involved getting in touch with what was happening when I talked to the tape recorder, coming to know that something that I had always run away from.

And that was the feeling of loneliness, and the knowledge that I had always been alone without allowing myself to feel it, or experience it in any way.

Before we got down to playing the tape I had recorded, I said:

*"The thing I wanted to tell you is that on this tape, although I did say some things, there are a lot of things that I didn't say, I couldn't say, I don't even know what they were, but the tape is very incomplete and very, um .... I don't know what to call it .... fragmented and just sentences amongst my thoughts, things that I decided I should say".*

I seem almost to negate the tape, or at least justify the "fragmentation" and incoherence which I feel to be present in a way which suggests to me protecting M from the tape and thus from myself. This idea that people need to be protected from me, that I am bad, occurs again and again and will be dealt with later. What is important here is that in actually relistening to the tape I was genuinely surprised at the sense of the content and the profundity of some of the things I'd said. I think that the reason for my experiencing it as "fragmental" and "just sentences" was the clouding of my experience by the threatening feeling of loneliness within me. It was actually difficult for me to know what I was saying just as it later was difficult for me to hear M when the feeling threatened. Here is an excerpt from the tape in which I actually say what I have said above, without understanding it as I now do

*...there is something within me which is stopping me from ... I am thinking in terms of my relationship with K now, stopping me from being able to listen to K, to understand her, and to let her be as she is, there's a need in me which has like ... um ... clouded everything. I could only see K in terms of my need ...*

I think that what I'm talking about is my feeling of aloneness which needed recognition. The feeling became too "loud" for me to actually be able to hear what K was saying. I heard her only in terms of my needs. On my explication tape I describe part of what happened in the original one hour session:

.... I was kind of talking while feeling sad and the talking sort of muffled my sadness ... it wouldn't allow me to concentrate on it, and twice M interrupted me, or M started talking and said things which lasted more than a couple of seconds, and in those times the feeling was incredibly intense and I actually found it very difficult to listen to what she was saying because this feeling was so strong inside me.

In the original hour session I had been extremely tense and had only realized this towards the end of the hour. Although I did not know why I was tense, I now know that part of the reason was that I was continually warding off the loneliness which was rising inside me. When I afterwards began to explicate what had happened, I was alone with the taperecorder and so didn't have to ward off the fact of my aloneness. But the feelings which are aroused by being alone began to grow and come too close to my awareness and I had to shut off. So when I was with M I was able to ward off awareness (which caused my tenseness) but when alone the feelings rose inside me until I had to shut off by walking away. It was easier for me to keep away the threatening feelings when I was with someone, than when I was alone.

I am convinced of the inevitability of what was to follow, I had somehow to get in touch with the feelings I was hiding from, and yet being in therapy with M seemed to make this more difficult as I think about it now. But I could not have done it alone, for the threat was too great. I needed the safety of therapy, and as I became more certain of that safety so I began to be alone and even to make myself alone within that safety, although I was then unaware of what I was doing. My explication continued "And I am thinking that perhaps this reflects something which I do in other situations too .... I don't express what I am feeling then I feel cut off when other people don't know what it is that I am feeling ... "

This had happened in the original hour session, many times before I had started therapy (particularly in my relationship with K) and was to happen more and more often as therapy progressed. I see the inevitability of what was happening in that I now understand that a situation or feeling which one has not yet adequately experienced or worked through, will continually,

re-occur or be represented in one's life until it has been adequately dealt with. I had never allowed myself to feel my aloneness and so I continually became alone in my relationships, increasingly so in therapy, culminating in a powerful experience of total loneliness.

The way I experienced my self-alienation in the actual therapeutic encounter is exemplified in my saying to M of the initial hour session: "*... some of the other things that you said, you know, I felt that you were thinking about something which was completely on a different track to what .. to where I was*".

I felt M to be "off onto her own thing" and could not understand how what she said related to where I was. And almost invariably after working through the area we were involved with I would understand how what M had said related to my thing, and often the link then seemed so obvious that it seemed hard to believe that I had been unable to make the connection in the first place. At the time of writing this it still often happens in therapy that I can't relate what M says to what I am saying, or that I fail to understand M's words. It is still a way in which I cope with a threatening suggestion or interpretation which I am not yet ready for. However, there is a change in that I now cut off from M's words and not M herself. In the current instances I am protecting myself from a threatening possibility and not alienating myself.

My explication of the original session continued:

*I think that most of the time I felt quite distanced from my words*

This was so, because I had strong feelings of loneliness inside me which I was not talking about, and in this I was aware that my words were not expressing where I was. It is one of my most basic ways of coping with threatening feelings, to intellectualize in the sense of becoming involved in the words I am saying at the expense of what they express. In fact I use the words to hide from my feelings even though the words may be those that describe appropriately the feeling preceding them. In the original hour session I had felt sad but when I began to talk the sadness was gone, and it became talking about, in an almost academic way. My feeling of aloneness however, I could not even talk about, it was something that I had never even allowed myself to experience.

T. "And I think .... that .. it's in this ... splitting of my words and my feelings, that I find it so hard to get into my feelings .... I somehow feel that there is a very basic feeling which comes before words, which I have cut myself off from".

In saying this, I had an awareness of what was happening and although it was only an intellectual understanding at that time, I am struck by the way I could pinpoint the problem so directly, without really "knowing" what I was saying. T.S. Eliot's words describe so beautifully what I have continually experienced in therapy:

"We shall not cease from exploration  
And the end of all our exploring  
Will be to arrive where we started  
And know the place for the first time".

I continued my explication by saying that I had gone totally blank about the insight that had come towards the end of the original hour session, an insight as to why I was actually in therapy. Repression is something so real to me, I have often experienced myself actively almost physically blocking out something I know, and the harder I try to remember, the more my thoughts become blanked out until I am unable to think at all, and all I experience is a trying and a blocking of something, lost to my awareness. My explanation as to why I had repressed the insight was that it was  
*so much an intellectual thing.*

I seemed to know that there was a feeling I was out of touch with, and the way I understand it now is that the feeling was perhaps becoming louder and louder, and eventually it blocked out the insight in its clamouring to be heard. M made me aware at that time of a double intellectual ploy that I often use - I overexaggerate the intellectual nature of an insight and then discard it. This was particularly easy to do because of the split between my words and what I was feeling. Intellectual understanding is extremely important and in my therapy seemed usually to precede total insight.

My explication continued

*I talked about my feelings of being cut off when I was on the grass next door, when I was a little child, and I actually felt quite cut off from M for most of the session, not close to her at all, very distant from her, I didn't look at her very much, and when I wasn't looking at her it was as if she was outside of my experience and a couple of times when she spoke and said something, um .... I felt it almost as an intrusion on what was going on inside me because it didn't seem to be very relevant to the way I was thinking about things and what I was feeling. I think the first time that that happened, she wasn't actually aware of the fact that I was feeling sad, sad without actually speaking about it, and M said something and ... I think I felt slightly angry at her, because it had nothing to do with my sadness .... it was as if she was out of tune with what was going on inside me. Although I hadn't even given her the opportunity to know what was going on inside me, I hadn't told her what was going on inside me, I was still angry that she didn't know and this is quite strange .... and rings bells for me".*

I had felt distanced from M when talking about feelings I had had as a child, to the extent that when I wasn't actually looking at her, it was as if she wasn't there. I could not really be into my feelings and be with M, I was only safe to be with my feelings if I was alone and so I cut myself off. Anything M said was obviously an intrusion into the safety of my aloneness, and to have heard what she said as reflecting an understanding of where I was would have been extremely threatening because it would have meant I wasn't alone.

I think that my not sharing or showing my feelings and then feeling angry at M for not knowing what they were reflects the ambivalence of what was happening inside me. I was genuinely motivated to be in therapy, with M, to get in touch with parts of my experience from which I was hiding and to feel and share my feelings. But at the same time I had not before experienced the safety of being able to have "negative" feelings without having them denied or being rejected for them, my safety lay in being alone. Yet alone I was too threatened to face what I must, I needed support which meant acknowledging M's being with me, which threatened my safety and meant I couldn't get into my feelings. I needed

to be alone and I needed M to be with me. This is typical of the ambivalence I experienced many times in therapy, being motivated to free myself of something inhibiting and yet being very threatened by the loss of the safety of my established pattern of coping, albeit a destructive one.

Having listened to the tape I'd made and spoken about it, we decided to go and watch the video-recording of our original session and begin our joint explication of what happened. But because of the very therapeutic nature of our encounter when we had listened to my explication earlier, and its having been in a relaxed comfortable setting (M's house) rather than the stark room in the Psychology department, going back to the department made me as uncomfortable as I had felt during that original session.

Although it was not what we had planned, the meeting at M's house had become therapy, and therapy I had experienced far more positively than our original session. That is how I felt therapy should be, I had felt "into" what was happening. It was almost as if by going back to the department I was losing what had happened at M's house and felt extremely uncomfortable about it. It is evident that therapy was happening and that the line between therapy and explication was, for me, almost non-existent. We decided to shelve watching the video-tape and merely to go back to M's house and explicate from a cassette tape. But explication continually became therapy and we gradually decided to cease our joint explication entirely and to do only therapy. We continued using the cassette recording of the original session as the source material, each moment seemed to provide a wealth of material to work on. It certainly seems as if the whole core of what happened and continues to happen in therapy, is contained in the original hour session; it is like a microcosm of the whole. It took over 45 hours to work through the original hour, and hours to work through moments which seemed to spiral into the whole core and meaning of my life. It is as if the possibility of the whole is contained in each of the moments, every part contains every other. Therapy for me is not a process of looking at a number of isolated problem areas in an isolated situation,

but an exploring of the total interrelatedness of the unity which is my life, and a bringing together of situations in which I am unaware, troubled and constrained with situations in which I gain awareness and understanding. Just as I bring the confusion of a situation I experience into therapy, and experience, explore and come to understand the confusion, so I take the experience of exploring and coming to understand as well as the actual awareness and insights I gain in therapy, into situations outside of it.

We began to listen to the original session which had begun by my saying that I was unsure of how to start and that I was nervous.

M had asked me

*Do you know what the nervousness is?*

and she now stopped the tape and asked me how I had experienced that question. What followed was

T. *I didn't like it, it wasn't a good question, that is how I experienced it ....*

*"Do you know what the nervousness is", um, I had to actually think to try and understand what you meant by that because nervousness is nervousness, um, I had to think beyond your question, to understand your question first, I had to actually work out what you meant before I could answer what you meant.*

M. *I wonder whether I wasn't, I don't wonder, I know that I was trying to get you to almost slow down, almost to stop and take stock of yourself, if I was calling you to halt and it was a question that I asked, I can almost say I could have said anything, that what I wanted was for you to stop to reconsider, but obviously the question wasn't successful.*

T. *Maybe that was what did aggravate me about it, that I did have to stop and think.*

M. *In other words, I was calling to your attention too soon, that there was this replay,*

T. *Ja, I was uncomfortable with the question because I was going fine with what I was saying.*

M. *Quite well on your own ...."*

What seemed to be happening was that I was talking about my feelings, quite immersed in myself, and M's question brought me away from being alone, away from where it's safe to feel. Being with M then, I wasn't really with my feelings and although I had said to her *I'm nervous of what I might find, I'm scared of what I might find.* I now stopped the tape and said *My voice reflects the discrepancy between the words and the feelings* I had spoken of my fear in such a cold, clinical way, because it was unsafe for me to be with M and my feelings simultaneously.

This is an extract from what happened some while later:

(Original session)

T. *"In my early relationship with K it manifested itself the best"*

(Original session off)

M. *You know, that is magnificent, off into the most superb intellectual spiel, I am in control of the situation now, ta ta ta ta ta, that was it, ....*

*Very very good.*

T. *Ja, I am very aware of that now.*

(Original session)

T. *"And I was just totally unaffectionate to her. I needed the affection I was getting, but I couldn't accept it, I couldn't, um .... be affectionate back to her at all. Um, in fact I was very scared of affection.*

M. *But you could .... you could accept the affection that she (K) was giving you?*

T. *Um, I couldn't accept it, no, I was scared of it. I needed it, but I couldn't accept it when it was there. If I'd accepted it I think I would have been able to give back to her, .... and"*

(Original session off)

M. *I need to know what you are thinking ....*

T. *Now, about that?*

M. *Now, what were you thinking when I looked up at you the first time.*

T. *You looked at me?*

M. *Yes, now when I stopped it, where were you?*

T. I was listening, um .... I was just thinking, I think that .... I don't know what I was thinking, I don't think I was thinking, I was listening.

M. You were here?

T. Ja, I was .... um, I was aware of the way that I was talking ... um, that I was trying to explain intellectually ....

M. Um ....

T. Why did you feel, why did you ask that question?

M. Um, I didn't feel that you were here. I felt that .... Ja, I felt that you weren't here .... but you know obviously I could be wrong .. (12 sec)

T. Can we leave it and say that I was?

I know now that M's reaction to the original session here was very threatening to me in that it was a confirmation for my negative feelings about myself. From the first, although I was not aware of it, I was quick to interpret M's words as a confirmation of my "not OK'ness" and it was only much later that I began to be aware of this. The way I now understand what was happening in the above extract is that I heard M's words to be a confirmation of my "not OK'ness" and withdrew into the safety of being alone. However, M sensed that something was happening with me while the tape of the original session was playing, and so stopped it and asked me what was happening. That was like being with me when I was alone and meant that I lost the experience of loneliness. This is reflected in my surprise and inability to tell M what was happening. Again, being with M meant being away from my feelings. Her asking me a question while I was into my loneliness, had the same effect as her putting her hand on my head during the powerful loneliness experience which I was to have later. (see ahead)

In the original session I had spoken of my need for affection and also my inability to experience it when it was there.

T. .... I don't think that .. I'm .. totally .. unaware .. of K's affection, when I kiss her .. um .. that I don't feel anything. .. I think that .. the feeling is there .. um .. and .. if we kiss for

*any length of time .. then it starts to grow, and it's when it starts to grow that I cut it off .. that I can't take it .... I don't know, maybe I'm intellectualizing now saying it .. but .. I don't know maybe I'm just finding it abhorrent to think that I don't feel anything.*

*M. I don't .. I don't think I'm wanting to say that you don't feel anything, what I'm .. what I'm feeling to be happening .. is that, in the moment of intimacy, you .. you need to withdraw.*

When I talked about the "feeling growing" I think I meant the feeling of K's affection (meaning I couldn't accept affection). But I know now that it was loneliness that was growing. I had physical closeness with my mother, but something had been missing and I had felt locked out and so became alone. This was happening with K too. It was too threatening for me to know that I was alone in that intimate contact and so I couldn't stand the intimate contact. The longer it lasted, the more the feelings of loneliness which I needed to hide from rose inside me, and the more uncomfortable the contact became. This was happening in therapy too, I became alone while with M (my tension in the original session was partially due to warding off awareness of precisely this.) It happened at many other times too, all of which led up to my total loneliness experience. With each of these incidents in therapy, my loneliness came increasingly closer to my awareness. I had said some insightful things in my explication of the original hour, an explication done on my own. It also seemed to happen that some insight in therapy seemed forthcoming at times when I was actually alone, like times when one of us was making coffee or visiting the toilet. I became aware that

*I think I find it easier to think when I'm by myself.*

This reflects my safety in aloneness, I was more in touch with myself when I was alone. It was because of my feelings of loneliness that I eventually shut off when I was alone, and immediately shut off when I was with someone, the latter because of the enormous threat of being alone while with someone. So my blocking off with M was in fact not resistance per se. Also, it seems to me that insights I gained while alone during coffee making etc., were to some extent facilitated by the

process occurring when I was with M. In gaining a sort of safety in therapy, a safety which meant I could be alone and not lose M completely, I was able to get deeper into the meaning of my aloneness when I was alone.

In the original session I had drawn a distinction between closeness and affection and I continued

(Original session)

T. *All I know is that they were both missing .. the way I think about my parents. You know it's just inconceivable that there was no affection in my life .... But I can't remember any times of affection.*

M. *Why do you use the word inconceivable?*

T. *I used that word just thinking about the people that my parents are. I mean, I know they have a lot of love for their children.*

(Original session off)

T. *That's actually quite interesting that I said there, "my parents have a lot of love for their children" ... I didn't say "us"*

M. *Yes - "I know my parents have a lot of affection for their children".*

T. *At that moment .. I had like flash thoughts .. about .. my parents and "their children" ... (sigh) .. somehow reflected "their children other than me" .. um ... It's not .. it's not as definite as that ... but .. by say, saying "their children" I think I was .. um .. not excluding myself .. but .. kind of making myself less .. less important than the others.*

The feeling of exclusion which was becoming evident was the exclusion at the basis of my loneliness and the core of my feeling that I am not good enough to love, or be loved, that I was bad. A while later I said:

*"Um .... ja, I can't say that .. I do feel excluded from the family"*

but I think that my part in the family was perhaps a way of rationalizing my feeling of exclusion from my parents. In my family I had physical proximity to my parents, and this was an important source of security,

but the "closeness" that I talk about as missing, was I think my basic need for affection and trust. As a child I must have believed I was being excluded because there was something wrong with me, and believing that, I could not trust myself, nor consequently anyone. My needing to be alone reflected in part my lack of basic trust, a trust which has begun and continues to grow in therapy.

I was getting more in touch with my exclusion eg. M said  
 M. *The phrase that's knocking at my mind .. is the one that .. you used this afternoon .. You know, which was quite .. incongruent, because you're a little child of 4 or 5 .. and you .. are sitting with your nanny, in the other garden (next door), your parents go into the bedroom and they lock the door .. as if .. the locking of the door .. was the final exclusion.*

*I mean how did you know that the door was locked? .. That, that's not important .. but the fact that you used that phrase.*

T. *Mm*

M. *They went into the bedroom together and they locked the door.*

T. *.... Mm .... I don't want to say anything .. I think that I've said it .. and you've said it too ...*

It was in coming to be aware of my exclusion that I got closer to my feelings of loneliness. In actual fact we did not stop our session at the end of the above quote, where perhaps we ought to have. We moved on to talk about something which was on a somewhat different track. We should perhaps have stayed where we were and not moved on so quickly, but as will be clear later (when I came back from Mountain Drive), this moving so fast helped to precipitate the powerful loneliness experience. So although we moved away from the area where my hidden feelings lay, this did not detract from the inevitability of my getting in touch with them. We had reached the part in our original session where I described my experience "on the grass, next door" when I was a young child. That morning I had seen a neighbour attacked by a black man, and I remembered him running around the house with blood running down his neck. I had been quite frightened by the incident. That afternoon I had to go and sit

in a different neighbour's garden with my nanny and (original session) .. and my parents went into the bedroom, and they locked the door, I knew they had done that too, and I remember sitting there very very frightened and very very angry and I wanted to know why I couldn't be with my parents .... and like that afternoon really dragged for me, there was still a police-van outside ... but, you know, I felt so completely cut off, I think, from them ...

I continued that it was a scene I'd thought about often and spoken about in my previous therapy, indeed, one of my ways of defending against a threatening situation was to discard what I said as "rehearsed". And yet I noticed in relistening to the tape with M that there were certain minor details, like the door being locked, which I'd actually never thought about before. This again reflects something that I experience often in therapy, the therapeutic process, seems to have an impetus of its own, it seems to draw out things of which I am unaware.

In staying with this scene I realized that the words I had used "angry" and "frightened" had been appropriate but they weren't the right ones.

(Doing what is appropriate rather than what I feel, has been a pattern typical of my life. Some of the reasons for this became clear later).

I was out of touch with what my feelings had been, and came a little closer by recognizing "desperation" as part of what was really happening. I suspect now that the scene on the grass was, although largely accurate, more collective than just one scene, e.g. the door being locked. The affect of other times seem to be attached to it too.

M: "By simply sitting you were accepting the situation quite passively .... you think that

T. I was rebelling inside me against it, but I don't know, the authority was just too much" (original session off)

T. You said I was accepting the situation, but I think I wasn't, that's what I mean by when I said just now I was feeling desperate, but I was still fighting for all I was worth inside me, but without actually doing anything.

This passive anger and impotence against authority became a predominant aspect of therapy at a later stage (see ahead). In my submissiveness to my parents I somehow knew that my being excluded was "right" hence my "non OK.ness" and consequent loneliness. Whenever M said anything, I believe that if it was at all possible for me to interpret it as a confirmation of my "not OK.ness", I did so. This was present at the early stage of therapy that I am describing here, but very covertly and neither myself nor, I believe M, had any idea of it at the time. It too became overt and of central importance at a later stage, but its presence at this early stage had a definite effect of which I am only now aware. My way of coping with such a confirmation was, as it had been throughout my life, to withdraw (to feel rejected) and to become alone. An example at this stage (and it happened many times) was in discussing payment, M told me that she was getting as much out of this therapy as I was and I interpreted it to mean that it was her thesis which was important and not me. I was not important (thus not O.K.), I was being excluded and so I became alone. At the time I didn't experience what I am saying now, it only became difficult for me to "stay" with M. The inevitability, in terms of my whole life pattern, of making myself rejected and consequently alone in therapy, again reflects the inevitability of getting in touch with my loneliness. Even in the intimacy of therapy I could not help but become alone, indeed intimacy was something threatening and so I needed to become alone in this situation more so than in any other. The nature of therapy seemed to be forcing me towards getting into and in touch with my loneliness.

As the original hour had continued M had said (original session)  
 M. *"...All I wanted to emphasize was in the various ways you were cut off from your parents, it felt as though it was a feeling of separateness that was being emphasized time and time again ... You were in the garden, you were not with your parents, you were playing with nanny, they were in the room together, the door closed; the door was locked, so the separateness sort of gained momentum, with each of these things ...."*

In the original session I had shied slightly away from this exclusion, but M had certainly been on the right track. I had shied away, I think, because I had not been ready to acknowledge it at that stage, but as therapy was progressing (as I have shown) I was getting more and more in touch with my exclusion. I said in the original session (original session)

T. *"Um .... and sitting there without crying ..... maybe I was feeling a block inside me ..."*

M. *What are you feeling now? ..."* (original session off)

I had answered that I was feeling sad. In relistening to the tape with M I actually "gave in" in that I had earlier said that there had been a time in the original session when I had felt sad and M had not known, but I now allowed the possibility that this was that time. This was in fact not that time, so in a way I am reliving the old pattern of denying my feelings (the sadness M hadn't known about) to make the authority figure right.

M had then gone on to ask me what I was doing and I stopped the tape of the original session and told her that it had been a bad question because I wasn't doing anything, I was feeling. (What I was doing was cutting myself off, making myself alone - but I had had no idea of that, only that I was feeling sad.) The following ensued:

M. *As you are feeling, you are building the block ... You see what happened there, I, I, my insight found expression in my words, that was my mistake, I was quite accurate, but I, I ... you know, I, by the way that I phrased it, I ruined the whole thing ....*

T. *Ja, um, I still have the feeling somehow that "doing" was a word that was much too premature to use, because, um, now we can talk about what I was doing, but then we couldn't because then I was feeling something, and whatever I was doing, was irrelevant at that time.*

M. *Mm-Mm*

T. *It was*

M. *Mm-Mm, sorry, ja, gosh it's very difficult, um, it isn't irrelevant because this is exactly what we're talking about, that you are feeling*

and not .... and not letting your feelings come out.

T. Ja, hang on

M. That as you are feeling inside

T. But M, I could never have told you that, I could never ever have told you that because I didn't know that I was doing it, I was feeling

M. Ja

T. And that's the only thing I knew I was doing ...

M. But don't you see, at some point or another ... very prematurely, I, I totally accept, it was important that we come to this moment where, as you are feeling, and you're wanting care and to know that you are feeling, what you are feeling here, is not available here, the more you feel inside you, the more you cut off outside ....

T. Ja, ja,

M. It's an unconscious defence ... that as, as you're going inside, you're, you're cut off outside, and the person outside you is not available to you and my crude question was, was, was trying to, to say to you ... you're feeling but you are going away with it,

T. Mm, ja ... the thing that was missing was, that the question didn't say anything to me, about feeling ...

M. Mm

T. As far as I was concerned, that question was a total denial of any feeling that I had in me, or just, er, showing me that you didn't have any idea that I was feeling anything.

Because of my tendency to interpret M's words as confirming my "not OKness" I heard M to be denying my feelings in concentrating on my building a block. Even though I could now see what she was talking about, I still construed her emphasis on what I was "doing" as a denial of the feelings I had had. Although the whole issue of my "not OKness" is so evident to me now, at the time it was something of which I was completely unaware. We continued:

M. But don't you see that this is the outside barrier that you were busy erecting? And this, this is what I was trying to say to you.

T. Ja, I see that now, but I could never have seen that at that moment ....

M. But that, this is so important .... I think what we're having here is that same kind of thing of what we spoke about earlier, that my insight was totally appropriate but I wasn't able to use it effectively.

T. What I was thinking in this break also was ... that .... um, what we've been saying now, has been an exact repeat of what was happening in the therapy, um (8 sec) that .. in therapy I was feeling something I didn't know, and you didn't know what I was feeling, I thought ... and, in some way what we've been saying now, has been a similar thing, um, I have been trying to put something across to you ... but I felt that you haven't been ... you've been sort of on your own thing .... and you haven't been able or willing, I don't know, you haven't been listening to what I have been saying.

M. Mm, we had it last night on the mattress in the videotape room as well.

T. Ja.

M. That more last night and now, a little while ago, go on .... And I felt that, that .... um, ... I, I felt that I knew what you were feeling .... but that there was something beyond the feeling that was happening .... and I was trying to rationally convince you of that.

T. Ja, something beyond the feeling that was happening but the feeling was happening first the feeling was the important thing, this is the way I am looking at it .... um .... ja ... maybe, ja.

M. You see, and what I am saying to you is that like last night on that mattress, that you are feeling that feeling inside you, and you think that I am not with you with that feeling, but for instance, last night .... in the way that you were talking, it was almost impossible for me to stay with your feeling .... you know, it's as it feels to me as if two things, it's like an ever-increasing distantiating split,

fork split, you know, that that you have the feeling, and the more that you think that you're trying to make the other person aware of your feelings of sharing your feeling, the more ... it's driven away from that person's availability, from my availability in this case ....

The way I must have unknowingly interpreted this, was that M was saying that when I feel, I am not available, i.e. when I'm "O.K." I'm "hot O.K.". This would have meant that I could not have my feelings in therapy, and to some extent this actually happened - I started to feel lonely when I was alone on Mountain Drive (and in my powerful loneliness experience it was almost as if M wasn't there).

An interesting observation at this point is that I believe that the one feeling that was not threatened by therapy was impotence ("frustration"). This was so because impotence is that which I feel when I can't express my feelings (what I feel when I'm "not O.K.", i.e. when my feelings are denied, or M's "thing" is more important than my own). The authoritarian level was the dimension of feeling most freely available to me in the early part of therapy. It means being either submissive (impotent) or dominant as in the "power games" which arose later (see ahead).

We continued:

T. Ja, um, I have just been feeling in what happened just before we had this break, I have been feeling very frustrated, frustrated .... er, whew, I wonder what I was going to say now ... I have forgotten what it was, um .. (10 sec) ..... whew, I have forgotten it completely now ...

M. Try not going back to it directly, try and get to the moment before you knew it ..... (5 sec)

T. I've lost what I wanted to say, but, um ... um, I was feeling frustrated ... and .... my frustration had something to do with ... you talking about, I was talking at the moment of the feeling and ..... I somehow knew and know, that that feeling, itself is ... something far more basic, there is something far more basic there, .... in that feeling .... than what is going on when I had the feeling ... and I was frustrated that we were talking about something which was, that I

experienced to be, um, less important (5 sec) .. I can see, I think about what you're saying, that it is very important what was happening ....

M. Can, can I just try and say it again ....?

T. Ja.

M. Because of how important that feeling is ... it is going to be so important for us to be able to get at moments when you can have that feeling, when you can let it be, when you can share it .... where you can become one with it.

T. Ja, and I think that that's what I wanted ... and I think that that's what you were not allowing me to do.

Possibly what happened when I couldn't remember was that I had an "O.K." thought in the midst of my experiencing everything as "not O.K.". Because my hearing everything as "not O.K." is something that I know I actively do, (without being conscious of it) I wouldn't allow myself to have the "O.K." thought. It is almost as if it's safer for me to reject myself (the "O.K." thought) than for M to reject the "O.K." thought (me).

I continued (above) by saying that I felt I needed to be with my feeling and to know what it was all about before looking at what I do when I have the feeling. The difficulty of the situation can be seen in what followed.

M. Mm, and this is what I am trying to say to you, part of it is my clumsiness, and part of it, is my mistake ... but at the same time, as this, as this, as this genuine feeling, as this true feeling is happening, you start warding off .... and .... it happened last night with the mattress as well, and it happened to a lesser extent just now ... but in that moment in therapy when it happened, .... your .... two things were happening to you, and the one, the one seems totally unconscious, but in the one you were consciously, you experienced yourself to be with that feeling, but externally, you were pushing me away completely ....

T. Ja.

M. As if inside you were feeling and outside you were negating ... and I am overemphasising the outside negation because we want to get to that, to that feeling.

T. Ja, and I somehow feel that what happened now is different, somehow, that .... I can get to that feeling ... without understanding what I am doing to it outside ...

M. Ja?

T. Because I was in touch with that feeling ... but you want me to go outside and to understand what I am doing before I can get into it.

M. Mm-mm, mm-mm.

T. That's what I experienced.

M. Yes, whereas I am saying to you, one of the things that you are saying is that you block your feelings, this is something that has been coming up in the session time and time again that you block your feelings ... Instead of feeling isolated in your feeling, your feeling can be shared, it can be expressed .... it need not only be inside, ....

T. That's exactly what I want ...

M. But you aren't allowing it to happen.

T. But I experienced myself as trying to make it happen.

M. I know.

T. And I experienced you as detracting from it happening .... by wanting me to look at, to understand .... what I am doing to the feeling, um, I want you to share the feeling, there and then ... without thinking about it, I just wanted the feeling to be understood.

M. Look, I think we must leave it ....

T. I think we're talking to each other, but we're not talking on the same level at all.

M. Mm, because I know that you feel that I am not hearing you, and I am feeling exactly the same thing, I am feeling that the essence of what I have said to you, I haven't been able to say so that you could hear at all ....

T. Ja, um ....

M. Because, I hear you to .... I am hearing you to say to me, that, I want to feel that feeling but you won't let me .... whereas what I am trying to say to you is that I, I, I know that this is what you're feeling, and I know that this is what was happening to you .... but in actual fact you weren't allowing you weren't actually allowing it to happen ... that you wanted this to happen, that you wanted it to happen.

T. Mm ....

M. But that, that you start blocking the sharing ... and because of my clumsiness I facilitate that ....

T. I think that I was at the stage of wanting it to happen (6 sec) ... and I don't think that I had blocked off yet ... the happening, I don't think that I had made it impossible yet, I was at that stage of wanting it and this is the stage that I have been at all the time that we've been talking, wanting it to happen, and I have experienced ... you as ... as if I have cut it off already, although I feel in myself I haven't yet, but I'm still wanting it, and at the moment of wanting it to happen that I haven't cut it off yet ... but I, I think that you, um .... are feeling that that moment has happened, and that you want me to understand what has happened, but it hasn't happened yet for me .... what you're saying ... comes long after what I am saying and it's not time yet .. because it's not appropriate at the moment .... because it hasn't happened yet, there is something more basic what's going on and it's going on in me ....

M. Go on..

T. Whew .... I think I have said it in that .... that, you are experiencing, I don't know whether I have actually cut it off completely.

M. Not from you ....

T. No, not from you, but I don't think I have cut it off from you, I think that in all my talk, my frustration has been that I have been trying, I have been actually trying to talk about it, but .... I think that I experience you as not listening, because, or not hearing, because, you have decided that it's been cut off already, that it's past that moment already ... and I say it's not, I experience it as not, not yet ... I don't know if you understand what I am saying.

The way I experience this is that M seems to be saying that the feeling need not only be inside me, which is true, but what is the feeling? When I am feeling "not O.K." (when I'm rejected, or feel that I am) I make myself alone. Throughout my life I had been

rejected and yet never felt the loneliness. In therapy I was being rejected (by interpreting M's words as confirmation of my "not O.K.ness") and so was making myself alone. This is when I was closest to the feelings that rejection aroused in me. I can only come to know the feeling in my aloneness, and so I was making myself alone. M seemed to be saying I could share getting into the feeling and I was almost saying that I must feel (rejected/alone) before I could share my feelings (of rejection/aloneness) In a sense I needed to be rejected and I was saying that M wasn't allowing me to be. What followed was that I did effectively cut myself off from M, the inevitability of the approaching loneliness experience again showed itself. What happened also closely resembles what happened in the "power games" which followed (see ahead).

M. Are you talking about now or about the tape?

T. Now .... um, it's, let me try and put it like this .. um, you want me to look at what I am doing ... as if it's done already, but what I am saying is that I am fighting not to do it at the moment that I am talking to you .... and yet you want me to tell you what it is I am doing, when I am trying not to do it ... do you understand what, what I am saying?

M. I think so, but I am wondering what is happening right now ....  
(5 sec) ...

T. I have been feeling frustrated, but, I am feeling better and better because I am putting it into clearer and clearer language, for myself anyway .... and ... the last thing I said, I think, I have got it clear in my own mind the way I am experiencing it ...

M. What is happening between us, or what's happening inside you?

T. What's happened between us

M. And what is happening between us?

T. I will answer that question by saying what I have just said, that ....

M. Aren't you angry and frustrated with me?

T. Ja.

M. So, why don't you say it? Why don't you?

T. I said I was frustrated

M. Frustrated?

T. But ... I am ... that's actually quite interesting .. becoming less and less frustrated because I think I have been becoming more and more cut off from what .. from you

M. Ja

T. Like you're playing less and less a part in what I am saying

M. Sure

T. That I am cutting away from you.

M. But when you were angry and frustrated with me, why didn't you say it to me?

T. Um, I was angry and frustrated with you because you weren't understanding what I was saying ... I felt ... and instead of telling you I was angry and frustrated with you, I was trying to make you understand what I was saying, but in actual fact what was happening was that .... I think what was happening, was that, as I tried more and more to explain it, it became clearer and clearer for me, and I moved further and further from you.

M. And now? ...

T. I actually don't, I don't feel that you are a part of this at all.

And shortly afterwards:

M. The thing inside you, won't you just try and talk it, say it, when that tape clicked, what did you feel then, what did you think?

T. .. (6 sec) .. Um, .. (5 sec) .. ja, .... I am experiencing ... frustration again, the frustration that you are getting your way and I am not being heard ....

M. Ja .. (12 sec) ..

T. I am feeling very sad now.

M. And very ... very alone? And very let down?

T. Ja .... I have experienced what happened .... this thing that bugs me is that I have consciously been trying to be understood. I have been consciously trying to tell you ... what's going on in me. I have been trying to make myself understood. The more I try, the less chance there is, or the more I try the further away you go .... but it's not that, it's just that the more I try the more aware I am becoming that you don't understand .... because I don't think you are moving further away, I think you are at the same point that you were .... and I think that I have been moving further away .... I

have been becoming more and more cut off as I have been trying to make myself understood and I have been experiencing myself not as cutting myself off, but as trying to make myself understood ...

M. Why are you smiling?

T. Because this moment is very intense and I feel that it's .... I am very much alone .... if you weren't here now and I was just talking to the wall, I'd be in the same position ...

M. Is there anything that I can do to come closer? .. (20 sec) ..

T. I can't say something, you know, do this, and you will come closer ....

M. If I could make you ....

T. Um, .....

M. If I could, in some way .... make you know, that I am understanding it will help

T. Ja, but I would have to believe it first .. and I don't.

M. And I cannot convince you, so I will not even try.

T. And the more I have tried to make you understand, the more I have had the feeling that you're not ... and that's why I have been moving away, um .. (15 sec) .. ja, it's ... I've just thought of like an analogy, like .... there's this building and there's something wrong with the building and you and I are looking at it together, and you're up on the fourth floor and you find a huge crack there, and you want me to come and have a look at this crack, but I am down in the basement and I can see in the foundation what caused the crack and I am trying to make you understand that, but you are too much with that crack up there, to know that this is where it starts.

M. How about you feel that I am too much in the upper storey, is it not at all possible for you to conceive that I can understand?

T. I can conceive it, but at this moment, in terms of everything that has just passed between us, you don't ... I experience it like that, and if you tell me, I am not going to believe you because I really don't think you do .. (5 sec) .. it's like I've been experiencing that you are .. (7 sec) .. um .. (15 sec) .. pre-occupied ... with ... something

*theoretical which has followed from what's happened between us, whereas I am stuck with the feeling.*

One of the important aspects of what was happening was that I was actually experiencing my cutting off from M, experiencing something which had happened many times during my life without my being aware of exactly what it was. I actually said (above) that *"I am very much alone"*

An intellectual and rational awareness was growing. I have always felt safest on an intellectual plane, but even so an intellectual awareness of aloneness was a big step forward and a sign of movement in therapy. Because of the safety that therapy was affording, it was for the first time O.K. for me to be cut off. In previous situations which I had encountered, it would have been too threatening to acknowledge that I was cut off. It is also true that these previous situations had been far more subtle, and that what was happening in therapy had a great deal more momentum. It was almost a magnification of a pattern recurrent through my life. I shall enlarge on this attribute of therapy later on.

M went on to question how we could overcome what had happened and I said that I would like to merely carry on with the tape as if nothing had happened. This is a typical pattern of coping that I used (it later became clear that it was my way of coping in that scene on the grass - when I was back with my parents I pretended that nothing had happened). And yet as the session continued, there became evident the novelty of it being O.K. to acknowledge the split between us - there was no denial of what had happened.

M. *So I have had my chance?*

T. *In terms of where we are now, that is what I feel, ja, you have had your chance. No, I am prepared to give you another chance but not in terms of what has happened now, no we can go on with the tape and that is something you can come with me on, you know. I am prepared to give you that chance .. but what has happened now has happened. I don't know how to come back ... and I, you know, I don't think I want to come back .. if I was motivated to come back ..*

*perhaps I could think of a way to come back ...*

*M. But how can you be motivated if you don't know how to come back?*

*T. I am not motivated to look for a way to come back, because in a way I'm here and that's O.K.*

I seemed almost to want to treasure the (bad) experience because for the first time I was safe enough to be with it. This safety was extremely important and I believe contributed towards the powerful loneliness experience in that I was able to start going into my rejection with some sort of security. There was also another dimension to my treasuring the experience:

*T. I am actually quite comfortable, it's sort of like a masochistic thing.*

It was O.K. to be cut off because to be cut off was familiar and safe. Needing the safety of a familiar (although unpleasant/lonely) place rather than risking losing that, to possibly gain something far more positive, although it rationally seems paradoxical to me, has revealed itself to me as a total reality. In my submission to authority I have denied my own feelings and thus made myself "wrong" and the authority figures "right". It has been important for me to maintain that because to consider the possibility that I am "O.K." and the authority figures (parents) "wrong", would have meant that they were not trustworthy and hence that there was nobody that I would be able to trust (a very lonely prospect). But the paradox of the situation is that I have learnt that I can only trust someone to the extent that I trust myself, so while I was "wrong" I couldn't trust myself and, consequently, anyone else (meaning I was lonely anyway). My interpreting M's words as confirming my "not O.K.ness" becomes understandable in the light of this. I needed to trust M but I seemed to move away from her, towards the loneliness of having been rejected and having nobody.

A short while later I began to get involved in feeling something, and said to M that the same splitting was about to happen. M tried to get me to stay with the feeling but I couldn't any longer.

T. Ja, um .... ja, before when I said, you know, it's going to happen again, I knew it was a moment I wanted to hold, and then you gave me the chance to do that, and .... when I had it, I didn't have it, it wasn't a moment to hold.

M. It's like that sand.

T. Ja, um .... you know what it is? (voice sad) I want to distance myself from you, um, and yet I don't, and that's why, I said it's going to happen again, and I thought it would happen again so I tried to get into the feeling, or tried to keep you on the feeling and you did stay on the feeling, then I couldn't get away from you and so the feeling was nothing .....

This was the beginning of an important insight. (which again points to the inevitability of the forthcoming experience of loneliness).

When I was with M I lost the feeling and when I was with the feelings I lost M. Although I consciously didn't want to be away from M, I knew somehow that I needed to be. I think I needed to feel alienated but I couldn't while M was with me. We continued:

M. Ja,

T. So what I am trying to do is get away (laughs)

M. And that's very frightening .. (6 sec) .. yet I think you are frightened that you haven't got the feeling at all, ....

T. It's nearly right I think, I can't say how ....

M. You ... started almost smiling and then you stopped, do you know why that was?

T. Because I wanted to say you are wrong, and I almost could, then I couldn't.

T. What you say feels right, and I can't really think of it as being right. I mean, that I am scared that .... am I doing it again?

(M was smiling)

M. No, you said, "what you said feels right" ....

T. Ja.

M. Not "sounds right", "feels right". And I am sorry I shouldn't have reacted but it was very good and I couldn't not react.

T. (laughs) No, it does feel right, but I can't think of it as right, you know, it's not ... it sort of feels right inside, but I can't

think of it as right, I can't actually say, "ja, I am scared that I actually don't have the feeling", I can't say that and believe it ... but I feel it inside.

M. Is that what you are frightened of? ... (15 sec) .. Let me correct that a little bit, clarify that a little bit, it's not that you don't have the feeling, it's that when you want to touch the feeling, feel the feeling, I'm sorry, let me just become very intellectual and very clinical. I don't want another thing to happen here for you to become frightened of, "Oh, hell, I haven't got any feelings", that's not what it's all about, it is that you can't come with your feelings ...

T. And the only time that I can, is when I am alone, so I try to make myself alone, does that make sense?

M. Yes, this is what the whole big argument was about. That when you were feeling it, you, you ... wanted to chase me away and I facilitated that totally .... because I was trying to convince you that you were doing it.

T. Ja.

M. What are you feeling now, what was your reaction to that?

T. You know, it's, that's right. I am just scared that I am going to forget about it now .... (laughter) shall we stop now? ...

M. Ooh ja, definitely ....

This insight, with which that particular session ended, contains in fact the whole kernel of what had been happening in therapy and what eventually led to my experience of total loneliness. The loneliness coming closer and closer to my awareness, here was the discovery that I needed to make myself alone in order to feel.

An insight that followed out of therapy and that I told M in the next session, was

T. That I can't share the feeling, but if you want to share with me .. I can think about it .. I can share on the thinking level.

I could not yet share the feelings because I felt lonely only in my aloneness.

T. Um ... when I feel sadness and I am with somebody, I start to think, if I want to be with that person .... otherwise I just cut myself off.

Some time into the next session we reached the part on the original tape where I had felt sad while M had been talking. I stopped the tape and said

T. So I was feeling my sadness the most when you were talking .. because I was .. because there wasn't even the connection of words .. connecting me to you .. and I just cut myself off completely ... I didn't even have to maintain any contact with words.

M. Empty symbols, both ways?

T. Ja, but even more so when you were doing the talking because you know, then I'm not making an effort at all and I can just go my own way.

When I had talked I had retained contact with M but when she had talked and feelings were present (loneliness) I had become immersed in my feelings. This happened sometimes to the extent that I actually didn't hear M, and she thought that I did, and proved to be the trigger for some of the "power games" in therapy (see ahead).

A while later we came to an important part of the original hour session. (Original session)

M. Did your parents come out of the bedroom, can you remember?

T. Mm-mm, that's not important, the thing that I remember was sitting on the grass ... away from the house the fence between ...

(original session off)

T. It wasn't important, the feeling's what's important. This whole thing again, you know, this whole cycle that we went through again just now ... of ... whew, I can't even put it into words very easily.

M. Tell me.

T. Um .... I was feeling the feeling that you didn't know about, that you didn't show me you knew about, and you asked me something ...

M. I was again too quick.

T. You were too quick and my answer was, in a way I was telling you you were too quick, but I didn't know that I was telling you that, I didn't know that you were too quick. I was trying to get back to that feeling that wasn't important, what was important was ... the feeling

*that I had on the grass, and that's where I want to be .... because I am alone there. And if I talk about when they came out of the door then I will be talking to you and I'm not alone then, I'll be sharing it with you, and the place where I am alone is on the grass, I am alone with that feeling and that feeling is something that you're not with .... does that make sense to you?*

*M. Oh yes T, I'm sorry something else has just happened and I am again going to do the thing which we are busy trying for me not to do, my words "and your parents opened the door" T, I am trying to open the door to you ..*

*T. Ja ...*

*M. And by trying to open the door in the way that I am doing, I am shutting it and because I am opening the door you're shutting it.*

*T. That's absolutely right (laughter)*

This again points to the inevitability of what was soon to happen. It is also interesting that the part in the original session where I had spoken of being alone on the grass was the part which we were now looking at.. It seems to me almost as if this too played a part in bringing on the loneliness experience - it was obviously a very emotionally charged scene and we did indeed seem to be "working through" the original session in the sense that we could not, I believe, have passed beyond this part of the tape until the full impact of that scene had been uncovered. Therapy has often seemed to me to focus on and magnify emotionally charged incidents, without my conscious will (or, I believe, M's) directing it to do so. It is as if the therapeutic process itself knows where to go. Relevant "material" just seems to "arise" when I am with M in therapy. Also extremely difficult situations or impasses which seem totally unresolvable seem to resolve themselves in the process that happens. I have on occasions experienced therapy as almost a "force" which I believe is based partially in M's openness to me and partly in my motivation to uncover areas in myself which limit me (and I am sure on other factors too), which seems to draw out of me relevant material at times when it is needed. I am not intending to reify therapy, but I experience it as

a process which has a reality and way of "touching" me which I do not understand, but which I nonetheless "know" in its manifestations.

The original session continued:

(Original session)

T. "Mm.mmm, that's not important, the thing that I remember was sitting on the grass ... away from the house with the fence between .... the house where I was and the house where my parents were. I remember feeling quite small, like and the house being very big.

M. Mm.

T. .... And quite helpless to do anything about .... about the house. Because the house was .... it was brick, it was very hard and impenetrable ... and I wanted to be inside and I couldn't ... And I think that the main feeling I was feeling was anger, and frustration."

(original session off)

In relistening I became very aware of three times in the above where I hesitated, and I knew that I had done so because I didn't know the right words to use:

1. the fence between .... the house where I was and the house where my parents were
2. quite helpless to do anything about .... about the house
3. the house was .... it was brick, it was very hard and impenetrable.

I said at the time of relistening:

T. "Ja, and like those houses are sort of .. I don't know ... they are too much things, it's as if I am using the "house" instead of what I really mean."

I still didn't know what it was that the house stood for or what I really wanted to say. I can now restate the above as I believe I would like to have said it:

1. ... away from my mother (house) with a barrier (the fence) between ... me and the basic closeness that I wanted from her.
2. And quite helpless to do anything about .... my being and feeling rejected.
3. My mother (the house) was ... hard and unyielding ... and I wanted to feel her love but didn't.

Despite not knowing what I now do, I was coming closer to experiencing the loneliness of my rejection by being aware that there was something else that I needed to say, that there was something that I was out of touch with.

We reached the part in the original session where M said  
(original session)

M. *"I wonder what did happen when your parents came out of the bedroom?"*

T. *Why do you say that .... ja .. I can imagine what probably happened ... um ... I wouldn't have said anything to them .... I would have just carried on ... as if nothing had happened" (original session off)*

M's question had seemed to me to be "out of the blue", I'd been into myself when she'd asked it, hence my surprise, almost shock, before I answered it. We spoke about this surprise and suspicion for a while and then I said:

T. *"Hang on a minute ..... Ja, I'm just thinking that you ... by asking me what happened when my parents came out of the room you're putting me back with them (prior to the question I'd been describing the scene on the grass), and I don't want to be back with them, I want to be by myself.*

M. *And you don't want to be back with me, you want to be back with yourself.*

T. *Ja, on both levels.*

M. *You don't want my warmth you don't want my gentle caring?*

T. *Ja.*

M. *"Why do you ask that ...."*

T. *Why can't you just leave me alone, just let me be alone, because by bringing me back to my parents, you are also showing me warmth ....*

M. *By bringing you back to your parents I am also bringing you back to me?*

T. *Ja .. and I was O.K. when I was by myself because that's how I am O.K.*

M. *It's unimportant what happened when they came out.*

T. *Ja, because what is important to me is being alone.*

My insight into my aloneness was steadily increasing, but as yet I had no idea of the feelings of loneliness which I was blocking inside me. This session ended shortly after the above. It had taken place in the morning and we were to meet for our next session that evening. During the afternoon I went for a drive up Mountain Drive, the feelings inside were coming closer to my awareness. It had not yet been safe for me to have feelings while I was with anyone and so my being alone was essential in order for me to start to get in touch with them. This is how I described what had happened shortly after the start of our evening session, and what followed:

T. After I went to the Department I went home and I was very, very tired and I fell asleep and the phone woke me up, a little while later. Someone phoned, and .... after .... like, I don't know I became filled with thoughts and sort of insights, about things that happened in .... earlier in the day, and also about things that we hadn't talked about that were related to them ... and ... I don't know, I had to put on some music after a while, and I'm not sure why I think I had to try and block out all these thoughts, I listened to some music and the music I chose to put on was um ... some "punk" music, and particularly two songs, on the first side of the tape, that I'm very, very attracted to, that are very aggressive songs, the music is very, very aggressive and it makes me aggressive to listen to it, sort of very good beat and it's a very heavy sound and like I am very aware of the aggression in the music and .... then, um .. I ... when these songs were finished, like the tape was playing on and I went and lay back on my bed and I couldn't get the thoughts out of my mind and then, um ... I looked at the bookshelf and, I decided I would have a look at a book, the book I took out was, um, The Primal Scream, um, and ... I can't really explain it properly but .... I think it was significant that I took that book out. Um, and I read sort of the introduction which described the first two people that Janov came into contact with primalling and, I don't know, I felt very emotional about it .... um, and then, I put the book down and, I don't know why but I had to listen to that music again, I had to listen to it in my car

because my tape is a little tape and it makes a very flat sound in the flat, and I wanted to listen to it in my car tape where I could put it very, very loud; and I went, um, along Mountain Drive and I stopped the car, sort of in a very quiet place where there were no people, and as I was driving, and as I was driving quite fast, I had the feeling that I was running away from something, trying to get away from something and ... I stopped the car and I listened to the music and the music again made me feel very tight inside ... and um, I almost cried, and I stopped myself from crying, I don't know why um .. and I thought a lot of things as well, um, I am not sure if I can now in this situation, recall those things .... I think .. I don't know if I am bullshitting myself by saying I have cut them off again like I did with that tape yesterday, when I was speaking into the tape, I actually thought maybe I should have had the tape with me now and been saying what I am thinking and feeling into this tape, um .... the one thing that I am aware of is that this therapy is very exciting and like it really got places this morning, but, I am feeling inside me a strong resistance to it, to going on the same way. I don't know, the way I think about it, um, what I keep doing is, every time I think something I negate it somehow, whether I use my intellectual thing, or what's happened in therapy, and I can't really ...

M. I'm not with you now.

T. Ja .. I can't think a thought through at the moment, as soon as I think it I say to myself "what am I doing?" and I come up with at least two alternatives of what I am doing and the actual thought isn't really what's going on. But let me just try and put across some of the things that I have been thinking. And I think the first one is that, um, .... when .. my resistance is a feeling inside me now, it's not an intellectual endeavour, I am actually feeling that this is going too quickly .... and I'm not sure whether this feeling isn't a defence in myself against doing what is right, that what we are doing is the right thing ....

M. Does it worry you when I close my eyes by the way?

T. No, .... um, I ask myself are we moving too quickly, or am I just frightened of the way we are moving? Um, fear of us

M. Something else that comes to mind is your finishing so quickly.

T. Yes, this came to mind to me too um, .... ja, as far as this book, *The Primal Scream*, is concerned,

M. Sorry, can we just do, do you want to go on talking, or can I say something about that little bit, what do you want?

T. Let me talk a little bit more, um, .... now, like, I feel that what happened today in therapy, .... was good, that, the insights that I achieved were very meaningful like I was with them when I achieved them, they weren't just totally intellectual, but .... I really feel that emotionally I am left behind, I'm behind where we are in therapy emotionally, like, there's a lot of feelings that should have come out with what has gone, that started to come out when I was alone afterwards, and I don't want to lose those feelings again, um, you know, I feel that we have gone very fast to get to where we are .... and .... that inside me I have to catch up. You know, in a way I am where we are, in a way I am left behind.

M. That's almost a jet lag.

T. Ja, and it's very much the emotional part of me that's being left behind ... because I really felt so emotional in the car and I had all sorts of thoughts about ... um .... not so much thoughts as thoughts and feelings together, um, of (6 sec) .. well, like .. (5 sec) .. um, an intuitive feeling inside .... that there is a hell of a lot of aggression inside me about what happened today, that I haven't expressed, and I don't want to go on until I have expressed it .... and there's a hell of a lot of sadness in me .... about what happened today, connected with the things that happened to-day that I haven't expressed.

M. Or felt all the way.

T. Ja, maybe. I hadn't felt it like, you know, and I was, and I started to feel these things when I was by myself afterwards, and the fear that I had was coming back here, and going on the way we were, and, because something, what was happening in the car to me was very important, and it's something that has to happen here, or something that has to happen fully before we can go on .... um, I don't know if that makes sense.

M. Mm

T. And, that ... perhaps this is an um, intellectual way of looking at it and um, an academically orientated way of looking at it, but, you know, I think that that Primal, that book *The Primal Scream*, it was very significant that I picked that book out to read, that .... I've got the intellectual insights but I'm not in touch with that deep pain inside me and I started to feel that pain, I, you know, I'm not saying that what I need is to primal, but I think that something along that line is what's lacking.

M. At least what you need to do is to stand still for a while.

T. Ja. .

M. And to let whatever be, happen, not have anymore stimulation.

T. Ja, because if I think about it now, having felt what I felt after, after, when I was alone, I am just amazed at the lack of emotional expression that came out in therapy. . Because there's so much emotion inside me and I didn't express much at all, and I felt sad a couple of times, and I felt scared a couple of times, but there's so much more inside me ..... and the way I am talking about it now is kind of talking about it, and I'm not in touch with it.

M. Why do I have the impression from you that you are almost pleading with me?

T. Maybe I am, to stop, to stop going on with the way that we were going on.

M. You don't have to plead.

T. Well, I didn't experience myself as pleading (smiles) um .... and the thing that .. this double intellectual game that I keep playing, or I don't know if it is that, but I keep asking myself, what I am saying, what I have just said to you, is that just a way of keeping away from .... um, the real work that was done today, you know, carrying on with that, but I somehow don't think so, because you know, if, if that was right, then a lot of the feeling that I felt today was .. um .. a feeling of fear, when I was alone, because I don't know, I'm not quite sure, I felt sad, I felt mad and I felt scared, um, I'm not sure which I felt when and how I felt each of them, but I felt all of those .....

M. And how do we now get to a point where we can stop talking and stop trying to convince me that we need to stop going about it the way that we have, that we've agreed that we will stop until you've caught up. It

feels as though you have become a tightly winded spring, um, it feels as though, I feel as though I want to say, I've heard what you said, we will stop .... but it's as if I won't be able to convince you ....

T. No, um ... I know that you have heard what I said, um, .. and I know that you would like to do that as well, the same way that I would like to .... now, I, I think I am finished trying to convince you ... it's just a matter of how to do it .. (50 sec)

M. You almost cried in the car and then you stopped.

T. Ja, I was feeling that now too ... In that silence I started to feel sad, and now I have lost it again ... um, .. (35 sec) .. I think I am trying too hard.

M. I wonder if you wouldn't just share with me what is happening inside you, headwise and otherwise, I don't think we must try and get to the feeling ..

T. Um, .... I'm feeling very sad ... and I am keeping it in. And I want to let it out ..... but I can't.

M. How're you keeping it in? ... (12 sec) ...

T. I don't know, the way that my whole body is tense, that I ... I know that I am keeping it in ... (10 sec) ...

M. Where do you feel the sadness? .. (15 sec) ..

T. In my stomach ... and in my breathing .

M. How does it feel? Your stomach, your breathing?

T. I'm breathing very shallowly ... (20 sec) ... and my stomach is very tense and I am looking at that tape recorder and saying to myself that that tape recorder is stopping me ... (5 sec) ...

M. Why?

T. ... (12 sec) ... I don't know.

At this point M switched off the tape recorder and I began to cry. What followed was an incredible experience of total loneliness during which I cried uncontrollably, and which M said lasted about half an hour. As I had started crying M had touched my hand and then my head and this had almost "switched off" what was happening and I had stopped crying. When the experience was over I switched on the tape again and we spoke about some of the things that had happened, and I described the experience I had just been through. Included (ahead) are my descriptions of that experience during that same evening that it happened, but they came out

gradually, and with several other important issues between.

When the experience was past M asked me if I wanted a cushion and she picked up on the way, I refused it. I said that I had felt as though I was glad she had asked although I had refused to accept it almost angrily. I said that I would gladly have accepted it if she had given it without asking, but once she had asked I had to say no. The way I understand it now is that if M had given it to me unasked, it would have meant almost that I deserved it - almost like the unconditional love a child needs from its mother in order to feel it is deserving of love, that it is "O.K.". That is what I wanted, but when she asked, I had to decide whether I deserved it or not, and of course my feeling of "not O.K.ness" by which I lived my life determined the answer. Also, the fact that she had to ask confirms that I am "not O.K.". The first time that I felt I deserved anything, that I asserted my "O.K.ness" was in the confrontation which was to happen later in therapy.

A while later I said of the experience I had just had:

*T. What's just happened until now, um, that was what I knew, like, I don't know if it's all of it but that's what I was talking about in the beginning saying that ... I wasn't there yet, all of me. I mean, we have done very little talking tonight, but, um, I, I like I experienced a helluva lot I felt a helluva lot and discovered a helluva lot, and a helluva lot that didn't involve many words, that didn't involve any words .... and like I think that words were a bit ahead of the feelings ..... and I'm .... I also feel that to actually go on with the tape now, is also still too early. I don't know what else there is but I think there's more, more catching up that has to be done first .....*

We had a short break for coffee at this stage, and when it was over M spoke about her having touched me when I'd started crying:

*M. I had the feeling that you didn't want to be touched at all.*

*T. I think so too.*

*M. And also on your head it wasn't quite as bad because it was through your hair.*

*T. And also on my hair .. on my head, you were touching me in one place, when you touched my hand too, you were touching me even more ... I think*

*you're right when you say I didn't want to be touched at all, and .. you know, that was proved right as soon as you stopped touching me I could really get into my feeling.*

As I have pointed out from early on, it was inevitable that I get in touch with the feelings of loneliness I had cut myself off from, and to do that would mean that I must in fact 'be alone. The same way that I had seemed to lose touch with my feelings when I was "with M" or when M understood my feelings, i.e. when M was with me, I began to lose touch with my feelings when M had put her hand on my head and hand. My eyes were closed and the room was dark but as long as M touched me I couldn't be alone. In fact I think that "touch" that I talked of in the broader perspective of my life means more than tactile stimulation. When M had been "in touch" with what I had been feeling at any stage, she was in fact "touching" me, and this was something that I couldn't "feel" (I lost touch with my feelings and began to "think"). The kissing which I mentioned earlier caused feelings to grow so that I had to stop, was a tactile touching and a closeness, which I hadn't "felt" before and so couldn't "feel". The rising feelings were of loneliness, the feeling caused by not having been "touched" in a way that I could "feel" the "touching". This goes back to very early in my life, and one of the things which therapy has meant is that M has been the first person to "touch" me in a way that I could feel. It has been a very slow process and is in fact still continuing, but to actually allow myself to start feeling caring, has brought my unconscious belief that I am not good enough to be cared for into question, and also meant that I have a growing caring for other people which is no longer so clouded by an unfulfilled need to be cared for.

We continued:

*T. ... you were saying something like "even though you're alone, I'm still here" ... That I also found .. um .. very moving .... that made me want to cry more ...*

*M. Mm ... I'm smiling because I only said "I am still with you" ... and ... how you felt, then was, I think, one of the most raw moments just after that.*

T. I did experience you as so, so far away, like even your voice came from very far away, you were on this mattress and you were actually a yard away from me, but whew, when I closed my eyes there was so much darkness between you and me, so much space, you were so far away, you were so small, very far ....

M. You know .... you rolled over onto your tummy, and, your elbow was like this, on this side of you, and it came very close to my knee and I thought, I must watch it, you mustn't touch me and you pulled your arm in and I almost thought, I didn't almost think, I was almost sure that you became aware of my knee and pulled your arm in.

T. I didn't consciously.

M. I know, sure, because I was just about to move my knee so that you wouldn't incidentally or accidentally touch me, and it was just after that, a little moment after that I said to you, "I'm still with you ....."

T. It was a very strange experience, like, that, that loneliness .. it was .. the darkness was like an integral part of it .. um .. and the great distance between you and me, with all that darkness between us .... like I was just totally alone at that moment even though you were there ... and the loneliness was something so tangible, and so dark, I could almost have touched it .. and it was very dark, I'm not explaining it very well, but that's as close as I can come.

M. Was it impenetrable?

T. I'm not sure that that's what I was trying to say, it was .... it was such .. tangible darkness, it was such thick darkness ...

M. I'm thinking about you talking of the little child there on the grass .... the house that is so hard, that is impenetrable, because the darkness is so dark, even though you were only a yard away ... "I was so frightened" ..

T. Ja, when you said that I suddenly, um, sort of remembered that while I had my eyes closed and you were that distance away, that had something to do with the distance, a distance .. in my house as well .... um, I'm not sure what it was, but, it was the same as the

distance between me and something in the house, in the lounge, just now I told you about lying on the couch, um, and waiting for the bell to ring on the clock so many times before I could get up, and, it was a distance between me lying on that couch in that lounge, it was the same distance as the distance between me and something, I'm not sure what ....

Somehow the experience of that darkness and loneliness wasn't totally alien to me, I seemed almost to recognise it. I am not sure of this but I somehow feel that it could have its roots in when I was a baby. As a baby I cried a lot and apparently my parents were advised by a doctor to just let me cry when they sought his advice. They did this and have told me that I cried for about 6 hours before they could no longer stand it and came to me. I certainly don't remember the incident but I felt an intuitive recognition of something dark and lonely long ago, when I had the experience in therapy.

T. .... you know, like it's, I think somehow, what's going on is that, um, .... feelings and ... thoughts ... are actually becoming material, where actually becoming material in what I was experiencing, like they became so real that they were almost material, I could .... I don't know if it makes sense at all, um .... like the loneliness was something I could almost have .. it was .... very dark and I could have touched it, I could feel it, ja, I could feel it with my hand.

M. You could feel it with your body,

T. Ja,

M. It was a tactile thing, it was inside and outside and this is why you didn't want to be touched, because any touching would intrude and the feeling would ... if this is what you're talking about, then to touch would be too separated ...

T. Break the emptiness

M. Yes, and it wouldn't be all round, there would be a channel through, there would be ... sorry, that umbilical cord.

T. And I think, ja, ja ... and ... that distance that I felt you from me, when I had my eyes closed, you were very far away, that distance was actually a physical distance that I was imagining, but I don't think that it was actually a distance which, I think it was, um ... a non-physical distance which was actually involved ... but it, was so real, that it actually became a physical distance in my experience, I experienced it as a physical distance away ....

M. Were you a breast-fed baby?

T. I think so

M. When you were talking about that .. I don't know how to say it without using too many words, I was ... seeing a mother holding her child, feeding her baby, with no distance between her and the baby, and the mother feeding the baby and although there was only a little space between her and the baby, there was a world of space, you see there isn't a holding.

T. Ja, I know what you're saying and it sounds ....

M. And they almost become one and the ..... baby is there ..

T. .... and, that's dead right, and if I open my eyes and I look, like a baby opens his eyes and looks, when the mother is very close, in actual fact in physical terms, if he closes his eyes, he might as well be a million miles away ....

This again emphasizes the important difference between physical closeness and the need to "feel" closeness and basic trust. At this stage I coined two terms which I used often in the therapy that followed, the "eyes-open-me" and the "eyes-closed-me". The former is me very much as my life has been, gaining security in physical closeness, filling my mind with the "reality" of what I can see, keeping my eyes open rather than closing them and feeling, being logical, rational, intellectual and "realistic". The latter is the "feeling-me" which I had largely cut off from my awareness, the sometimes "irrational", far more sensitive me who has been lonely, felt I wasn't good enough to love or be loved and much more besides. I have always had the "eyes open", physical closeness but lacked the basic "eyes closed" closeness. There is an important difference between the closeness I see and the closeness I feel. When I have the physical closeness, I can see it and fill my mind with it and it is easier to block off my lack of basic closeness, to pretend it's not

there. "Look, M is with me so how can I possibly be lonely". When I close my eyes I don't see the physical presence, so all my life I have kept my eyes open as much as possible. Above I mentioned lying on the couch in the lounge as a child, waiting for the clock to ring "X" times before I could get up and be with my parents, I remember not once closing my eyes during that time and filling my mind with the couch, the chair, the pictures, etc.

The most basic insight which I gained through the experience was that I was lonely. If someone had said to me a week previously "you're a lonely person" I would have said "That's nonsense". It was an incredibly important thing for me to know, it was something basic to the way I led my life, which exerted an influence on almost everything I did and definitely every relationship I was involved in, and yet of which I was totally unaware. It made so much of my life so much more understandable and continues to do so to-day. I continue to encounter situations which were previously uncomfortable or in some way inexplicable and understand them for the first time. Awareness of my loneliness has also meant and continues to mean a change in my way of being in relationships in that I am now aware of and acknowledge what was previously exerting a strong but covert influence on the way I related. In some way it, and other experiences in and of therapy have helped me to become self-aware where I have not previously been, I am far more aware of my feelings in most situations.

An important aspect of the insight into my loneliness became apparent as follows:

*M. I may be totally wrong, but I had a feeling you were going to say, maybe I can cry so easily with K, because I am not sharing with her. You also said ....*

*T. Ja, what you said there rings a bell, because that's something I thought about when I was experiencing that loneliness, um, ... and you said, you can be lonely even when you're with somebody, and that immediately made me think of K and that immediately like hurt me so deeply ..... and made me cry. That although .. ja .. that although .. um I'm*

with her .... I'm still totally lonely in that situation.

M. And that loneliness is more alone.

T. That lonely is more alone than just being without anybody, ja, that was .. ja .. That was something very real .... (25 sec) ..... and I find it so easy to cry when I am with K, because that's the worst kind of loneliness, to be with her and ...

Although I have often stated that e.g. "I was becoming lonely while with M", it was an insight I gained only through the loneliness experience and something of which I was totally unaware prior to that point.

The confrontation which was to occur later in therapy was centred largely on K and the seeds seem to be present almost from the time therapy started. My suspicion of M as regards K is clearly visible in the beginning of what follows:

T. Can I ask you why you said, um, why you picked on the fact that I said I find it easy to cry with K now?

M. Because that's what you said.

T. Ja, but ... why is it important that I said it now, why do you think, why was that important to you?

M. I was very struck by the little word 'now' when you said it the first time ... because ... in all the things that we have already said about your relationship with K .... it felt as though in the time that she was giving you affection, you couldn't cry ... when her affection was no longer there, then you could cry, because then you were safe, .... that you would be, that your ... self-fulfilling prophecy of expectation... would be met, you would be isolated in your loneliness with her.

T. Ja, that all is dead right as you say it, but I'm not going to remember it five seconds from now.

M. It's premature, this is why ..

T. Ja, can I just get back to something else that I have just been thinking? When I started crying, when the tape was off, um, ... I think in a way, I wanted you to touch me, ... and then you did, and then it was wrong, .... I don't know whether you were touching me wrong ... or, whether I wanted you to touch me, but when you were touching me, then I didn't want you to touch me ....

M. *What does that do to you? ... (10 sec).*

The latter part of this is again talking about "touching" and I believe that why the touching was "wrong" was that it wasn't as yet touching which I could feel inside.

T. *I don't know.*

M. *Your face is difficult to see because of the shadows, was of ... .. ooh .. no. But that's not what you were saying. I am a very "touching" person and I'm always struck when I am with people where I continuously pull back my touching, and I've known that the few times that I have touched you I felt as though it was touching not this bed, not this board, when, when I was seeing G (a mutual friend) off, you know I was ... so, not worried, concerned when you came, and I decided there's just nothing I can do, so I just let happen what happens, um, and then I went to see G off as I passed you, I just touched your knee and ... my, my inclination was to have touched you before, put my arm around you, I withheld it, and even when I touched your knee, it was if I touched this board or this wall, cold and not giving.*

T. *I didn't even know that you .. until you said it now, I didn't know that you did touch my knee.*

M. *Can you remember it now?*

T. *No.*

M. *I'm not at all surprised.*

I believe that what was happening covertly here was that I was hearing M to be confirming my "not O.K.ness" - M doesn't feel safe to touch me therefore I am untouchable. This is similar to the incident with the cushion described previously.

M then touched my arm:

M. *So what did you feel when I touched your arm? How did your arm feel?*

T. *It felt outside of me, it felt apart from me.*

M. *Yes, that's how it feels, that's why I said, "not like the bed", because it's warmer, slightly more giving, more like that ....*

T. *I'm actually resisting this whole thing too ... I'm finding it very difficult to think about.*

This is, I believe because of the continuing "confirmation" of my "not O.K.ness". It is also typical of part of the bases of some of the "power games" which followed. Shortly after this we ended the session for that night.

We met again the next evening and in the time between the two sessions I had become aware of a real dependence on M which seemed to be growing. The concept of transference began to take on a reality for me and when I told M shortly after our next session started what I had been experiencing, I in fact said:

*T. And there is something there and like .. to be actually.. to be able to think about it .. in .. in abstract terms .... and to actually be experiencing at the same time, it makes me want to laugh, it's just so amazing.*

Some time later we got back to the theme of my "transference" and I described another aspect of my experience the previous night:

*T. I am, I am breaking through defences that ... I haven't broken through before, and, .... the feelings and, um, emotions that are underneath them, ... are being expressed or are, .. available for expression now, and you're the person that is near to me, while this is happening so it seems also appropriate that, um, I am expressing these things towards you. Um, the other thing I was thinking was, um, when you said last, was it last night or this morning about Freud being onto a very good thing with his couch, I think that that's what happened last night when I had my eyes closed, .... um, thinking about it again, I wasn't aware that it was actually you, M, that was here with me, there was somebody there, it was very far away, when I had my eyes closed, but, you know, whether or not it was you M, I couldn't say, it was just somebody there.*

M had become featureless, without a particular identity, perhaps almost a collective person. A while later:

*M. How do you feel about it now? .... how do you feel about me now?*

*T. I'm not really sure, um, .. (8 sec) .. this isn't going to answer your question but, um, in a way I am very pleased that what is happening is happening, because somehow I know that it is a very important part of*

therapy and that it is a very appropriate thing to happen and a very important thing to happen, and I am very pleased that it has happened in that sense, but you know, I said to you just now that the reason why I am laughing so much is that it frightens me, and somehow like that, that's not saying it right, um, I don't feel frightened, um, ... (20 sec) .. I don't know, I can't get in touch with what I am feeling, um, the only word that comes to mind is nervous, um, .. (20 sec) .. - no, that's as much as I can, as I am in touch with .. (20 sec) .. , um, hang on, ja, maybe I am ... scared, maybe my excitement about the fact that, you know, it's a good thing to happen, is not letting me experience that properly, that the excitement is sort of ... clouding it, um ... maybe I am scared because I don't want to be dependent and yet I do (laughs) I don't know ... (M stopped the tape and replayed what I had just said)

M. I played that back because I wanted you to hear that again

T. Ja, I sound like I am trying to convince myself.

M. Where?

T. That I am scared.

M. No, I thought, I thought the dependent thing, you were saying, talking about being scared, in one way and then when you were saying the dependent thing, it sort of came tumbling out, I am wondering whether that was as, as ... sincere as the previous bit .... How do you feel about me right now? And I've asked you this before.

I think that I unconsciously interpreted the above as M questioning my sincerity and in that way questioning my "O.K.ness" (confirming my "not O.K.ness"), and my reaction seems to confirm this (although I had no awareness of it at the time). On relistening to the tape I think I may have been growing angry without allowing myself to feel it.

T. Um, .. (20 sec) .. I feel that I am a little bit distanced from you, I feel that I am distancing myself, that I am actually doing it at the moment and I think that all this talk is trying to do that as well .... I am still not answering your question though, am I? ....

M. No. .... Are you also saying that all this talk is making .... is changing what .....

T. What is underneath?

M. Yes.

T. I don't think it's changing it, but I think we are talking about it, um,

M. We are talking about it .....

T. I don't know how to talk about .. I don't know how to talk what is underneath ... I don't know what is underneath, I am not letting myself know because I am thinking about it, .... and I am trying to understand it and I am trying to think of it in terms of transference and all sort of nice cosy theoretical concepts ..... um, this, like dependence that I have felt, and, the sexual arousal that I felt, .... and .... the resentment towards the other people that share you .. that you are going to do therapy with, um, those were momentary things, like I am not experiencing one of them towards you now, .... they happened like at particular moments, ... and I am not experiencing any one of those things at the moment, about you, or about me.

I think that when I unconsciously heard M to be confirming my "not O.K.ness", I split from her because in a way that was a rejection. But whereas before I would have become alone, from this point onward I seem to become more angry (in the power games). It is almost as if I have expressed my hurt at having been rejected and the next thing that must happen is that I express the anger connected with rejection. What seems to be happening in the above extract is that the mere fact of my becoming dependent is enough to confirm my "not O.K.ness". This is because in my life history, to be dependent has always meant to be "not O.K." in the dual sense firstly that the person I am dependent on is always "right" (so when I feel differently I am "wrong"), and secondly that I haven't felt the caring of the person I am dependent on so I am not lovable. In the above instance the split did not lead to a "power game" but it built up to a point of being ready to. What followed is nonetheless interesting in terms of the "eyes open, eyes closed" aspect which I discussed above:

M. And what are you experiencing .. (15 sec) ..

T. I think I am experiencing keeping myself away from, either from you or from me ... sort of distancing myself from the reality of it.

M. What is the reality of it?

T. Those moments where it did occur.

M. Or is it when you look at me, that the reality changes? Do you think about me, that's the difference, but when you look at me, then it changes ....

T. Mm, ja, when I look at you, like I can fill myself with the reality of everything and when I close my eyes, um, I think about you then I think about the dependence and I think about, um, I don't know what I think about, but .....

M. Then it becomes like the person that was here last night ..

T. Ja

M. Yes, and as difficult as it is going to be, that is the way that we will keep it because that is the way it is because .... in a one-to-one reality we have a therapeutic relationship, and we have a relationship which, as I said, to me is one thing, the other feelings that you are having, is that of a transference, it is ... the coming into this relationship of many things that have happened before that need to be expressed again .... um, you are going to get hurt, and as much as I would want that not to happen, it will happen.

T. You know, talking to you and looking at you while I, while we are saying this I want to say, no I can't be hurt because I walk around with my eyes open, and as long as I have got my eyes open then anything that happens will be O.K. I mean I will be able to handle it.

With the loneliness experience behind me, most of what followed in the next days of therapy were the "power games" I have mentioned. It was in fact the day after the loneliness experience that our first "power game" occurred. It was not as intense as some of those that followed, but led to my consciously experiencing for the first time, the type of power position I often got myself into, particularly at times when I was threatened. In what follows I will trace the path of that first "power game" up to the experiencing of my power manoeuvre.

We were talking of where to go next and I expressed a reluctance to continue with the original session at that stage. What happened was that M said she thought it a good idea to carry on with the original session the next day, I said that my natural reaction was to disagree, M continued as to why she

thought it a good idea and I heard that to be a failure to hear what I had just said:

T. Um, ... I know that at the moment there is nothing prepared that I have got to talk about, ... and that, if we were to work now, it would be, it would have to be unprepared.

M. Or the session (original hour session).

T. But I am still reluctant about the session.

M. Ja.

T. Um, ... and working unprepared is threatening, like it's, I feel secure working with stuff that I have thought about.

M. T, um, ... whew, this is difficult, because there's so many factors that are influencing it, when I said "T", I wanted to say to you, we must have a session tomorrow morning, um, a session stimulated from our first session, but your eyes just get very big and very frightened when I say that, I think, you've in more than one way indicated that ... you have caught up with the jet-lag and I think actually we are ready to continue ... not now, but possibly tomorrow morning .....

T. My natural reaction is to say to you "No, I haven't caught up with the jet-lag, but I have gone some way, but that I haven't caught up", um, I don't know why that's my reaction.

M. There is also something else, um, what came out in that first session is the germ and, it feels wrong to me to, to go this far with it, and then to have a gap and then to start with it again, it feels, within what's happening within our therapy, it feels that we should keep it in a unit, that we shouldn't allow this jet-lag to develop again, sure, but to leave what we've done, here, (gestures) and to continue with the tape, there, (gestures) that doesn't feel right, we're losing the unity ..... but you look very worried about that.

T. Um, ... what happened last night, um, was an unpleasant experience while it was happening, .... and, what it was, was an experience of loneliness, which is a single experience, and something that was .. missing .. um, in what we had done so far, the actual getting into that experience. And, I somehow feel that there are other experiences ... like what happened last night that must come before we go on, um, and yet, what I am doing, is, .. (6 sec) .. defending against actually having another one of

these experiences by wanting to go away and prepare and by bringing prepared stuff all the time, that's why, you know, it would be very comfortable for me now to get up and go because my prepared thing about the whole transference although it's very valid and is something very important, um, was .. prepared, you know, and,

M. Yes, I am right.

This last reaction of M's was to me a confirmation that she was into her own thing and not hearing to me. At this stage of therapy it was extremely difficult for me to assert myself in contradiction to M (an authority figure), hence the tentativeness of my statement, and my qualifying what I said with things like "I don't know why I feel that", etc.

T. And the feeling last night was an unprepared thing.

M. And that feeling, that, that ... that happening, will happen now, whenever it's ready to happen, whenever you're ready for it to be .... I think the most important thing that has been achieved in the standing still time that we've had is that you've ... you've become upright again, you know, you haven't just been going flatout, you've sort of established yourself again, and I don't think you will lose that .... I, the more we're talking, the more I am convinced that we should finish that session ....

T. For some reason, I am not understanding you, and, I am doing the same thing that I keep doing, and that is, because I, I, I didn't understand what you said, M, and now what I am doing is that I am saying to myself, um, "I've just told M that I don't want to go on because there's something else and now she's telling me she wants to, so she is not listening to me, she's not hearing what I am saying", it's that whole thing again ... am I doing that, am I actually doing it to repeat that experience?

The reason why I wasn't understanding M is that she was again saying the opposite of what I was feeling I wanted to do, and for me to agree with her would again have been to deny my feelings, make the authority figure right and myself "not O.K.". Perhaps the reason I could resist doing this is that I had just felt feelings (loneliness experience) and not been rejected for them. "O.K.ness" is integrally tied up with feeling my

feelings. The tentativeness of expressing my feelings is well-illustrated by the following extract from well before the loneliness experience:

T. *(tone angry)* ... *Shit, you're asking me to justify myself again ... well .. you're not asking me to .. but that's what I'm going to try to do ... It's kind of a cross-examination .. "you said this and now you say this"*.

M. *Ja ... I'm ... I'm.*

T. *Yes .. I think that was a ... very valid point .. a very valid thing you picked up .. um ... (voice much more subdued).*

M. *But?*

T. *... Ja .. No .. I .. I don't know .. I'm just over-touchy about trying to justify things .. um ... It put .. it put me on the defensive ... I needed to be put on the defensive .. it was like being cross-examined in court.*

My natural reaction had been anger but then I had begun to block it out and make M right, justify M.

Returning to the developing power game:

M. *Can I just actually leave you and do the thing that you're frightened of me doing and just do it for a brief in brackets moment?*

T. *O.K.*

M. *Um, remember that "'pow' moment" (the insight near the end of the original session).*

T. *Ja.*

M. *I think it's very important for us to get there, I think it will be, I am sure, I think it's very important for you to know what that was, and I think it's very important in terms of what you have ..*

I believe I again heard this to be a statement of the necessity for us to go on with the original session. I reacted this in my increasing inability to hear M:

T. *Whew .. I am so aware of what I am doing, it's .. you .. I am getting sad, M. Because, you ... it's this whole thing, you're doing what I don't want you to do, or what I want you to do, I don't know which it is ... whew ... um, you know if I, whew ... I can't even switch off that "eyes closed" part of me.*

M. *Don't do it.*

T. *To listen to what you're saying and to try and understand what you're saying because it's that "eyes closed" part of me that's not letting me.*

M. *Letting you do what?*

T. *Listen to you ... and try to understand what you're saying ....*

M. *And that "eyes closed" part of you is clamouring for what?*

T. *For you to listen to what I have said and to comply with what I have said.*

M. *And do you know what you've said? There is another part of this whole experience that we haven't dealt with.*

T. *"Stop. Don't go on with the tape, ..."*

M. *But you're not convinced and that complicates it for you .....*

T. *Ja, but the part of me that says stop is stronger than the other part, that tries to say, no. ....*

The way I now experience the above is that I believe that my compliance with authority and basic unconscious "not O.K.ness" was at the core of my making statements or qualifying other statements with words that gave M the impression that I was experiencing ambivalence about wanting to stop. My "feeling self" wasn't, but my submissiveness to authority and my "not O.K.ness" being confirmed (being closely connected) needed expression. So the ambivalence was between what I wanted and what I was afraid M wanted. When M went on questioning this ambivalence I began to become sure of what I wanted and blocked out my fear. The other part of me was effectively "removed" from my experience and in acknowledging it in M's questions I was in fact being compliant. But in this way I was confirming for M the existence in me of that which I wasn't consciously experiencing. At this stage my statement as to what I wanted to do had been ignored (as I experienced it) and it certainly had not been answered as I needed it to be.

We continued, and my voice had changed. It was more "cold" with a ring of efficiency about it.

M. *Tell me, tell me how the two parts are saying it, the part that's*

saying stop, don't go on with the tape, um, talk about it .. (8 sec) ..

T. It's very much a ... an intuitive part, it's ...

M. Why stop? Intuitively you know that you should stop, why?

T. Because something's missing.

M. What's missing?

T. Something is still missing, the same thing that was missing yesterday when I said stop, but ... the experience that I had was part of what was missing ... whew, now I am talking intellectually again .... now I am playing that bloody double game again, (laughs).

M. And the part of you that says go on?

T. I can't listen to it now ... I can't listen to it now and that's why I started to withdraw from you and couldn't listen to what you were saying.

M. Is it happening at all .. about the tape? Or is it simply happening between us, is the tape simply becoming the medium of what's happening?

..... Is what's happening happening, because I'm, you're experiencing me as forcing you into compliance as coercing you, I remember you saying ...

T. Um, I don't know, I don't think it is that.

M. I remember you saying yesterday at one point, "I can see what you're saying but then that means that you're having your way", can you remember that at all?

T. Ja, no there is that element too, um, it's an element but it's not the ... not where it's really at. Um, .. (15 sec) .. it's .... you know, it's not the fact that you're having your way and I am not having my way, but what it means to me, what it will mean to me inside, to get on that train again, the train of the tape and just shoot off again .....

M. And yet, well .. now we're getting into that troubled waters again .... and yet having been on that train, got you to where you were last night.

T. Ja, ja, but I am not in a shopping mood (laughter).

M. Did you say stopping was shopping?

T. Shopping, (laughter) shopping, that was what I did say.

M. Why shopping? Shopping for mushrooms?

(buying mushrooms for M was one of the things which had made me aware of my transference).

T. Because I imagined a station,

M. Shopping for mushrooms ....

T. Shopping for mushrooms .. (5 sec) .. somehow yes, I am not sure, how  
.... but it's much more than that and it's something different to that too.

M. Mm-mm, please say more.

T. Why Mm-mm?

M. Because, it's like using those dishonest mathematical symbols,  
"something like that but more".

M's "mm-mm" angered me somewhat because I was interpreting M's position to be against mine and "mm-mm" sounded like a negation of what I'd just said, almost like "Mm-mm that's not right, please say more and maybe you'll discover what I know to be right". Her then equating my statement with something dishonest was an unconscious confirmation of my "not O.K.ness", of my basic "wrongness" and her "rightness". However, at the time I was not aware of all this and my reaction was to become more cold, distanced and angry.

T. Oh dear ... (12 sec) ... um, this is not answering you, but, when I went for my drive in the car yesterday, by myself ...

M. Sorry, I have to interrupt you.

T. Yes?

M. Do you feel that you still have to convince me "that we must stop?"

T. Ja, Why, are you convinced?

M. I don't need to be convinced either way.

T. I get the feeling that you still want to go.

M. That, that's exactly what I am busy saying.

T. That you do want to go?

M. No, no, I don't need to be convinced either way.

T. Why didn't you tell me that?

M. Because you couldn't hear it.

I started to tell M of something which had happened in my car (on Mountain Drive) the previous day, i.e. something I was in touch with and M interrupted me. So again she was not listening to me but into her own thing. My conviction that M wanted to carry on with the original tape is obvious from

the above dialogue and was in fact not altered in what followed. What I actually needed was for M to say that we would do as I wanted and stop. Her final statement above was again something which I unconsciously heard as a denial of my "O.K.ness" -- "I don't tell you things because I know you can't hear them anyway".

T. *I heard you saying that you wanted to go.*

M. *Oh ja, that was when we were considering.*

T. *But I am still trying to convince you that we've got to stop.*

M. *Yes.. Because ....*

T. *Because you haven't said "O.K. we'll do what you want to", or you haven't said "O.K. we'll stop".*

M. *Um, yes, because why do I need to say it? ... When is the moment of trust happening, or going to happen? ....*

T. *When I am convinced.*

M. *When you can trust ... that what is right for you will happen, then you need not be convinced.*

T. *Um, ja, but I can't, I can't think of it that way now because I don't see you at this moment on my side, as facilitating what is right for me, I see you as saying you want to go on with the tape, that's the you that I am experiencing now.*

M. *This is why I said to you, "stop, let's just stay with this thing a bit more". What makes it so complicated is that because one is never sure of what is .. because there is no absolute in right and wrong, there's a part of you that says stop, but a little part of you that says, no, to find out between us which part is the better for you, this is why we're talking about it.*

But at this stage I was entirely convinced, and had been for some time, that to stop was what I really wanted and what was better for me. So by saying that there were still 2 alternatives and that we must see which is best to follow, I experienced M again as not having heard me.

T. *I said to you also that, um, there are those two parts, but I can't listen to the one that says "go" anymore, I can't. I can't hear it at all, the other one is too strong, it's clouding that one completely.*

M. Yes.

T. And that's the point that I am working from and I am putting you as the person who wants to go on, and I am just totally wanting to stop.

M. And the more we talk, the more you want to stop .. (5 sec) ..

When we started talking, there was a part of you that wanted to stop and a part of you that wanted to go on, the part that wanted to go on, gradually became less, until you couldn't hear it anymore, and until it became me, so the more we talk about it ...

T. Hang on, hang on, hang on .... I want to say no, because you did say that you wanted to go on.

M. That's quite correct.

I see the "two parts" of me not as one wanting to stop and the other really wanting to go on, but as one wanting to stop and the other being submissive to authority. But M was, as I experience it, seeing things not as a conflict between a want (my true feeling) and a need (the safety of an established submissiveness) but between two things I wanted.

Indeed, at a time when I was trying to assert my "O.K.ness" by doing what I really felt, M's wanting me to look at the other side of the coin, i.e. my submissiveness ("not O.K.ness"), was in fact what I was experiencing as M trying to force me into "not O.K.ness" (submission). To confront one's problematic areas is the work of therapy, but it meant being "not O.K." at a time when I needed to assert my "O.K.ness". Our unawareness of this at the time was total.

T. And, well, maybe that's right, but I certainly didn't experience myself as .... whew, .... I experienced myself as overcoming that part of me that wanted to go on.

M. And that was ...

T. But not overcoming your wanting to go on, and that's what I have been doing the whole time because I am convinced, I am convinced that I want to stop, and now what you're saying means to me, that despite that, ... I am still fighting against myself about it, I am trying to convince myself but I really don't experience it like that, I am trying to convince you, I am convinced, I am convinced.

M. Sorry, T, can I just play that one sentence back?

(M replays part of the above)

M. You see, you said "I am trying to convince me" and then you went on to say that "I am trying to convince you, M", and this is exactly what I am trying to say to you, and when we've had these clashes, I became the projected part of you, and talking about transference, that really is the most totally projected transference and, and, sorry, you have kept on experiencing me as pushing you into something that you didn't want, and because of the situation, I gave you all the evidence and it became increasingly impossible for you to, to, to know, in this situation, that it was as O.K. for me to stop or to continue, as it became ....

T. Ja, I can understand exactly what you're saying M, but I don't want to believe you, like, I really don't want to believe you.

M. What will it mean if you believe me?

T. That I am fighting against myself.

M. A part of you.

T. A part of me is fighting against another part of me, I am actually angry with you now, for correcting me then.

M. Sorry.

T. Because I want to say it the way I said it first, that I am fighting against myself, because that's what it means to me.

M. Ja, you're actually right, ja, you're right .. (18 sec) ..

T. And I don't want to believe that because I am totally convinced that I want to stop, that we shouldn't go on with it, pursue it any further. I can see what you're saying and I can see that it is very possible, in theoretical terms, ... but I am convinced that I want to stop and I am not fighting with myself about that, I am fighting with you about that, and I don't want to believe that you are a projection of me, that your wanting to go on is a projection of me wanting to go on, a part of me wanting to go on, and it's just making me totally angry ... (18 sec) ..

What seems to be happening is that I am becoming angry at what I am unconsciously interpreting as M trying to make me "not O.K." The time up until the loneliness experience had been concerned with my getting in touch with the loneliness, the hurt I hadn't allowed myself to feel. This was the loneliness of being "not O.K.", and this was the way I unconsciously

conceived myself because of my experiencing others, particularly my parents, as rejecting me when I was very young. In the same way that the loneliness experience was the expression of the hurt of loneliness which I had blocked and so badly needed to express, I believe that possibly one of the most important functions of the "power games" was the expression of anger which they facilitated, an anger at having been rejected and an anger that I had never expressed before. I could never have expressed the anger because my rejection was in fact a submission to rejection, and inability to rise against it and be angry. How could I be angry if I "knew" I was "wrong", that I was being rejected because I was "not O.K."? Anger would have been an expression of some sort of trust in my basic "O.K.ness". This trust had its seeds in what was happening in therapy, and particularly in my being able to feel the pain of loneliness and still be accepted by M. The seeds of trust in myself were there and so for the first time I was beginning to express anger at my rejection. That the "power games" happened was inevitable, because M was an authority figure and I continually interpreted the words of the authority figure as confirming that I was, or trying to make me "not O.K." ("not O.K.ness" and submission to authority being the same thing in my experience).

So I necessarily experienced M as rejecting me (my conscious experience was usually that she hadn't heard me and was into her own thing). I could not trust that M was in fact accepting because that was not what I experienced, in fact just the opposite, until our "power game" on the balcony many hours of therapy later. To return to the first "power game":

M. *What do I want to do at the moment, do you know? Do I want to go on or do I want to stop?*

T. *Well, if I think about it, then I think you want to do what I decide, which is stop, so you want to stop, no, no not that you want to stop, that you will stop, but that you want to go on .. (7 sec) ..*

M. *That's how you ...*

T. *And I am still feeling very angry with you .. because of that .. or no ... and that's part of it ... you know, I am angry that you won't stop*

because you want to stop, I am angry that you're stopping because it's what I want to do, and that you're stopping for me, but you really want to go on, that's part of it ...

I couldn't trust that M accepted me, what I wanted. To a large extent that was due to my inability to trust myself (my "O.K.ness") with conviction, I almost needed some sort of objective verification of what I wanted to do. But trusting that M accepted that I knew best, would have meant almost trusting that someone who has time and time again been telling me I'm "not O.K." was now suddenly convinced that I was "O.K.". That was something I couldn't believe.

M. And that's what you believe, completely? ....

T. Ja, and I am getting frustrated that you keep reflecting, and you don't say what you are thinking ... and you don't deny it or say .. "yes it's true" .. (30 sec) ..

M. Sorry, the reason why I am so silent, is I am trying to ... just get to exactly what is happening .. (15 sec) ..

I was saying something and M was trying to see what was underneath it, so again I experience her as not hearing what I was saying and off into her own thing.

T. (sniggering) I can tell you, in your terms, exactly what is happening. Well, sort of in your terms, um, ... I want ... a part of me wants to stop, and a part of me wants to go on, and the part of me that wants to stop is the part that has got the upper hand, but I am not prepared to admit ... to myself and to you, that I really want to go on as well, and I want to say that's bullshit ...

M. What is happening?

T. I don't know, I just feel totally angry, mad at you .. (5 sec) ..

we're wasting time just sitting here .. (6 sec) .. because I have decided that we must stop ... and why can't you accept that?

M. I have no problem accepting that.

T. I am saying that sort of .. thinking that I am saying it to myself, no, that's bullshit, because I am not saying it to myself, that's what you want me to believe ...

Acceptance was something I could not feel, perhaps I was being accepted because I was "crying" (angry) i.e. not because of me (the "O.K." me).

It was finally in the power game on the balcony (ahead) that I again "cried" but M didn't come, and I realized she wasn't gone in the first place. Anger is a result of hurt, being angry was the way I had cried as a child on the grass next door.

M. I am totally a blank, I just can't get at what's .. (15 sec) .. Has all this happened because you needed to be angry with me?

T. That's possible, can I tell you why?

M. Ja.

T. I started saying something just now and you interrupted me, when I went for a ride in the car yesterday, one of the feelings that came up in me, apart from upset, was anger.

M. In the car?

T. In the car ... in the car, and I expressed "upset" last night, I expressed "alone" last night, but somehow, you know, that wasn't the only thing that I experienced in the car and somehow I think I have got to express anger too, but I, I have known this and have been aware of this before I started becoming angry with you. I was thinking about it, I even started to tell you about it, before this whole thing happened which made me angry with you, and then I think, ja, this being angry with you is serving a purpose somehow ....

I somehow knew that I needed to be angry, and in what follows I knew whom it was I needed to be angry with, but it was more of an idea than a conviction. I "knew" it without really knowing it. Again this is an almost intellectual idea which came before the more total insight which I have now. The tone of my voice was calmer in what followed, but I still used angry words like "violent", "bullshit", "stuff K". It feels now almost as if my anger went underground, but that it was still there in the words I used. I was almost vicious without being angry.

M. What was the anger that you felt in the car yesterday?

T. I am not sure ... the music, which is very violent type of music and ... like the beat was like how I wanted to beat my fists and I am not sure, I thought I ... maybe the anger that I want to express is to my parents in terms of what happened before I went for the drive in the car, talking about their excluding me from ... well my feeling of exclusion

from them, maybe I have to express anger about that, and then, also I thought today twice about phoning K and normally if I think about it, normally you know, I am not resistant to it, but, both times I thought about it today, I thought no ways, bullshit, I am not going to phone K, stuff K, you know, and I think there's anger there too, and I don't know if the two are related, or if the two are relevant to what's going on, but ... (15 sec) ... ja, um, the anger in the car ... I thought about being angry towards my parents, and somehow theoretically that sounds right, but I don't know, you know it didn't feel right, it didn't feel, "click ja, that's who I am angry with". But, ja, as I have said it now, it certainly feels right, it is right, that I am angry with K, and I am not sure what about ... and I think maybe, ja, maybe I do know, maybe it's got something to do with the loneliness that I felt, despite being with her, I didn't realise then that it was loneliness but realising it last night, that you can be very lonely when you're with somebody, I don't know, maybe that was a trigger for it ... um, I actually want to ask her the question "why the hell couldn't you see?" .... (8 sec) ....

M. K, did you say K?

T. I want to ask K the question "Why the hell couldn't you see, why the hell couldn't you understand?" Ja, I am feeling quite bitter towards her at the moment ... and I don't know whether that goes, you know, that goes beyond that, I somehow think that it should go beyond that, to my parents.

M. And to here ... or your fear that it was here as well.

T. Can you just hold that I want to go to the toilet quickly, will you say that again when I come back, we'll play it again. O.K.

It is interesting that this is the first time in therapy that I had asserted myself by telling M that I wanted to go to the toilet.

Previously I had always asked her if I could. On returning I said:

T. Going to the toilet served a very good purpose, I think, because it made me think about something that you said, um ... (5 sec) ... about the ... scared that the anger here was inappropriate, just talking about the anger here being inappropriate and me feeling that, something like that, but, ... that made me think about my relationship with K and

... I didn't express a lot of anger that I felt towards K at the time I was feeling it, because it was inappropriate, because I thought it would spoil our chances of making a go of it ...

M. Yes .. (20 sec) .. Time and time again your parents and K have forced you into a position where you could not be true to yourself, when you were lonely and you were angry, that is not what you expressed, you expressed what you thought what they wanted.

T. Ja, ja .. (10 sec) ..

M. So it's not so much the ... not so much that the feelings, the emotions were inappropriate, but as you said, that it would spoil the chances of the relationship.

T. Ja.

M. Feelings are never inappropriate.

T. Expression is inappropriate, that's what I said.

M. Expression? Ja.

T. That's what I meant; if I didn't say it.

M. Mm, but then it's inappropriate to the relationship, not to you.

T. Ja, inappropriate to the relationship and the relationship is something important to me.

M. More important to you?

T. More important than expressing my feelings ... which I guess, means being true to myself.

M. Expressing your feelings .. being true to yourself.

Here the tape ended and after M had turned it over, I said:

T. I was going to ask you not to turn it on .. um ..

M. I think that you've become separated from K, I don't know whether that's quite what I want to say ... why are you so tense?

M's words were again a reflection of her not hearing me. Also her saying that I'd become separated from K was I think, premature. It was something that I had not yet felt and was thus one step further than I could go at that point and consequently M's own thing. My separation from K (emotionally) was also to be an extremely charged and precarious area, and was in fact the medium of the later confrontation. K having

loved me, separation would have meant separation from one possible source of confirming me as being lovable.

T. I don't know ... You know, the obvious thing that springs to mind is because I am angry, but if I say that, it's not right. I don't know, but I am tense and I am holding my hands very tightly together .. (6 sec) .. maybe I am angry but I am not letting myself know that I am.

M. Are you still angry with me?

T. Mm-mm, I don't think so .. (35 sec) ..

M. I think to be tense is often to ward off ... an impending happening, and I think, today when you wanted, when it came to mind to phone K and you didn't, you sort of started on that period of separating from her, and separating from her means that she couldn't see that she too contributed towards the latter part of your relationship. But that means ... that you can no longer bluff yourself, about the fact that the relationship is over, and I think you still need to defend against that .. (10 sec) ..

T. Sounds possible.

My voice tone changed with the above words to one of almost "if you say so".

M. Mm, what did that voice mean?

T. It sounds possible, um, that's all, you know, the words sound like they could be right ..

M. Why was your voice so clipped?

T. Could be because I was keeping the reality of the thing away from me? .. (10 sec) .. Could be, I don't know. I didn't feel it was right, what you are saying, but you know, if I still need, if I ... still need to work through that separation, then it wouldn't feel right, if I am defending against the fact that we are separated .... (5 sec) .... but now I am justifying everything intellectually again.

M. I must say that if I had to translate your response to that, in terms of feelings, I would say "who the hell do you think you are" ....

M was right, but it was a totally unexpressed anger, like when I'd been on the grass as a child. M's going one step further than I could go threatened me and I had started to become submissive.

M had said something that I couldn't identify with on the feeling level, so my submission and attempt to make her "right" had to be intellectual. But by making myself submissive I was becoming impotent to do anything about the fact that submission confirmed my "not O.K.ness". My voice began to acquire a tone of impotence. The way out of the situation was to distance myself from it and this is what began to happen. This was the beginning of a very strange experience facilitated by therapy.

T. *Could be .. (11 sec) .. and that made me think ... that it wouldn't be appropriate for me to say that ... Maybe I was saying, it in an appropriate way, the way that was appropriate, but I didn't I didn't actually experience, ja, maybe I did, but maybe I wasn't open to it, I don't know.*

M. *Um, I feel that, that ... you've become a whole sort of contained egg ... and that one almost needs a sledgehammer, which is inappropriate. Cos then it would be humpty-dumpty .. (5 sec) ..*

T. *I'm distancing myself because of what you're saying.*

M. *You're just what?*

T. *I am distancing myself because of what you're saying. You're kind of distancing me by saying "no, you're kind of like an egg, and what I need is a sledgehammer", so you're already putting me at a distance and that is fine because I am quite prepared to go, to take that distance and go with it. And that bit about humpty-dumpty, I don't know what the hell you were talking about.*

M. *No, sorry.*

T. *I wasn't interested .. (8 sec) ..*

M. *And it is these moments, that we need to overcome, and I feel totally incompetent, (T laughs) because I can't ... the appropriate means just simply don't become available ... and I can only say that you are warding off totally, .. (10 sec) .. That your prophecy must be*

fulfilled ... that you are alone, that you will be left out.

T. Somehow your saying that makes me feel quite happy, not unhappy, I actually want to smile, I actually was smiling just now, because I am at a distance from you now and you're saying there is nothing you can do about it ...

By my becoming distanced my position had switched from one of impotence to one of control. This was the beginning of the true power position of the power games. In a way M was almost blaming me for what was happening (as I unconsciously chose to hear it) and so I distanced myself more. I wasn't scared of her saying I was "not O.K." because I was becoming powerful, I was in control.

M. Because you don't ...

T. Well, for whatever reason, that's just, that's just the way it is. That's the way it's gotta stay, and I don't find that like something to be sad about, you know if I think about it, then it should be something to be sad about, but that's not what I feel.

M. No, you feel quite victorious.

T. I do, that's right (laughs), and I know that these are moments that we have to overcome, but I know that intellectually, and I know that from my knowledge of what has to happen.

M. And you're being quite masochistic as well ... you're playing quite an effective power game.

T. Explain that, um ... masochistic sounds right, in terms of other things, um,

M. Do you know what my response to that is?

T. What?

M. Why should I, if you're being so smart, you needn't have an explanation.

T. That's O.K. .. that's O.K. You can say that, I don't care ... We're about as far away right now as we can be, and nothing you can do can hurt me, nothing you say can hurt me, can touch me .. (12 sec) .. and somehow it's a very powerful position I am sitting in, it feels powerful, I actually feel quite cruel, but it's good .. (5 sec) ..

And you're leaning forward like this but I can keep you away ... it's easy. And all these things I am saying, I don't know where they come from or what they mean, but ... and they're not rational things but they are just, they are what's going on, because you know, I am in therapy, not to run away from you, but this is just a very real situation and I am not going to .. (5 sec) .. why am I not going to, I was going to say, I am not going to try and overcome it ... I think, maybe I should, and I say why the hell should I, you know, I am in this good position at the moment, I actually haven't felt so powerful with you ever, as I am feeling right now ... I don't think I have felt so powerful with you ever, as I am feeling right now ... I don't think I have felt so powerful with anybody for a long time ... I don't actually know what's going on, but it's very powerful .. (16 sec) .. I almost feel like in this position I can really do things .. (8 sec) .. whew, it's like while we've been talking here, I have been sort of facing you and climbing backwards up a mountain, and now I am at the top and I am looking down at you, and now I can sit down and rest and I am at the top and you're at the bottom ... whew ... I can hardly believe the things I am saying, but they are just very real ...

What was happening was as a result of that which therapy is. I was living an almost larger than life experience with incredible impetus. I was almost on two levels of awareness, or vacillating between two levels - I said I didn't know where it came from, what it meant, or why it was happening, but the momentum of the moment was so great (and some sort of safety so much present in my being with M) that I carried on allowing it to happen. It was an incredible expression and release of power.

What was happening had happened often in other situations but to a much lesser extent and far less consciously, and was being blown up out of proportion by the process which therapy is. I have previously mentioned that quality of the therapeutic process which seems to draw things out and magnify them, and this was the most blatant and almost surrealist expression of this which I encountered. I have learnt that I can only

work through a behavioural pattern in its manifestation, not in the abstract. Therapy seems to induce the manifestation of such patterns as limit me in some way, and to magnify them in my awareness. In fact there have often been times when I have spoken to M about something (or she to me) and that has acted as a sort of trigger for the precise thing we are talking about to start happening between myself and her. Talking about a way of relating seems to invite a presentation of that way of relating, a sort of reliving what I am talking about. My involvement and scope for understanding is so much greater when we are analysing something which is actually happening.

To return to the above power experience: What was happening was typical of one of the ways I had coped with the threat of the confirmation of my "not O.K.ness" all my life. Power has meant being above being threatened (and hence alone). I was using M's words, or my understanding them, to distance myself into safety. I became almost cynical, perhaps because of the inevitability of my becoming distanced, I was safe and strong in that inevitable place. It was a masochistic place, sort of "I am in a strong safe place, even if it hurts (lonely) I enjoy it because I don't feel that hurt where I am now". There is the sadistic element too, "cruel but good" i.e. "I am safe and have the power not to let you touch me or get close to me".

In what followed I almost lost my power position, I think because M for a moment seemed to be "with" me rather than "against" me in the way she responded. Then when she tried to goad me, she was "against" me again and I was back into it:

M. *What is at the bottom? Dirt? Unconsequential?*

T. *Um, no.*

M. *"No" meaning*

T. *Can't touch me ... Whatever it is, can't touch me .. (7 sec) .. and not can't touch me physically, but can't hurt me, nothing to be scared of .. (15 sec) ..*

M. *I feel you to be all outside on your skin, because whatever is in you, is outside, there is nothing inside you.*

T. Ja, I think you're right, um, .. (5 sec) .. ja, I am actually not having any feelings inside me, I am just in a very comfortable position, I am just comfortable, um .. whew, um ...

M. Don't lose it now.

T. I am trying to say more about it, I don't think I will lose it for a while.

M. You've lost it.

T. I haven't lost it.

M. You have.

T. Yes, I have (laughs). How have I lost it? Now I am going to get angry because I have lost it, I can feel it.

M. Now, why don't you get angry? What makes you think that I am scared of anger?

T. I haven't lost it completely ... you're trying to goad me, you can't.

M. Aha, you're that untouchable are you?

T. Absolutely and now we're going to play a game and I can be as intellectual and as funny as you can be .. (5 sec) ..

M. I thought you were on top of the mountain.

T. We're sort of facing each other now. (laughs) I feel we are on a level.

M. T, when do you do this? .. (15 sec) .. Do you know what I want to do now?

T. What?

M. I want to put my arms around you and say it's O.K. .. (10 sec) ..

T: And I, I, I think I can say to you, you can do that if you want to because I can make myself not feel it .. (8 sec) .. however warm you are I can still be cold and it's funny that you say when does this happen, because it happened today, with C, and I am aware that it happens with C a lot, that I get really right above her and I play with her, and I can do what I want with her.

M. Do you know why I am closing my eyes?

T. Ja?

M. Because I'm hurting for her (at this point I sat back on my haunches, almost as if to make myself bigger than M).

T. And yet when I do it, I am aware of it, and like I do come down and I go up again and I can't help it, and I come down and I go up again.

M. And I am not playing, but at this moment I am so angry with you .. and I am being very unfair to you.

T. Why are you being unfair to me, I don't care if you're angry with me, in fact (laughs) I'd like to stand up now, because I am back up there ... but, you're saying that you feel, you're feeling for C, that sort of did touch me a little bit, and made me think.

M. There's one thing ... and I am not being a therapist now, this chauvinistic game that men play, makes me angry, it makes me angry ... cos it's a hard game.

T. I don't think, M, maybe I am bullshitting myself, I don't think it's a chauvinistic game, I don't think it's a men's game, I don't think it has to be a man doing it.

M. No, I agree, ja, sorry, I agree.

T. And you know what is happening between you and me now is very much an exaggerated .. it's very exaggerated, I have never actually experienced it like this before but this is very exaggerated, but it is an exaggerated example of something that does happen.

M. Well, of course the moment that you've got an emotional response from me, you've got yourself into the position where you were taller than I am.

T. Ja.

M. So that you could physically look down.

T. Um, Ja, Um ...

M. Hi!

T. Very high thanks .. (10 sec) .. how did this start, M, um, was there a feeling, was there something happening that I couldn't handle?

M. I think it was a revenge against C, that started it.

T. A revenge against C?

M. Sorry, I.

T. Against K.

M. Ja, sorry I slipped.

T. That's actually quite interesting, I can't be like this with K, I cannot. In fact I feel some, no I don't feel, um, I was going to say I feel sometimes that she can be like I have been with you, with me, but I don't think that that's true, um, but I certainly can't be in the position I was with you, with her, she's too strong for me ... to do that ...

M. Mm-mm

T. Or maybe I am too vul ..., maybe, maybe there is some vulnerability there, I don't know, hers or mine, which stops me .. and you know what, M, hang on, I think I could be like that with her, and I think I was a bit like that with her sometimes, for the first few years of our relationship .... um, I can't say definitely, but I think that there were elements of that perhaps, um, ja, I wouldn't let her touch me, I don't mean physically, I wouldn't let her touch me inside ... and then that changed, and then after that, ... she touched me a lot, she touched me all the time, and when I am being touched I can't be like that ... what does that mean? (laughs)

M. It's the iron mask of your vulnerability.

T. Ja, when I can ... ja, when I can handle a situation, then I don't need it, but as soon as I am threatened with vulnerability in a situation, ... that's my defence.

M. Soon as there is the aura of dependency in a relationship and dependency is another word for closeness ...

T. Ja, um, the only thing I am thinking is, ja, that fits, that really fit, but how does that fit with K, because she actually .. I couldn't be like that with her.

M had been right in her assertions both that I was angry with K, and that dependency and closeness were the same thing to me. The latter was something which seemed to "fit" but I did not yet really understand it or its implications. I didn't yet "know" that to allow myself to be close

to someone meant that I became dependent on them, and that this is what had happened in my relationship with K. But because dependency aroused the guilt of "not O.K.ness", I could not be angry with K and needed to make her "right" and myself "wrong". In therapy up until the time of the confrontation (ahead) I defended K from any responsibility for what had happened in our relationship. I needed her to be completely "innocent" and all the guilt to be mine, but at the time of the above passage and up until the confrontation I did not yet "know" of my dependency on her or what it meant and how it was connected with my defending her innocence and retaining my "not O.K.ness".

The reason I could no longer be in that power position with K was that I had become dependent on her. I was now becoming aware of my growing dependence on M, and the "not O.K.ness" which it meant was time and again being confirmed for and by me in my interpretation of M's words and attitude. The thing that was at this moment (above) happening between us was that I was trying not to let her close to me where I would be dependent on her. An unfulfilled dependency need had been an ever present element of my relationships throughout my life, and the way I had defended myself against it (needing to because of the "not O.K.ness", and consequent loneliness, hurt and guilt it meant) was happening in therapy in a magnified form. The ambivalence of my whole life situation is evident, I needed closeness, but that meant dependence which meant "not O.K.ness", which was something I needed to defend myself against. Early in the initial hour session I had expressed a manifestation of this:

*I have a need for affection, but I also can't accept it when it's there.*

Because I was becoming aware of the way I defended myself against closeness (dependence), I could no longer unwittingly use it to keep my dependency on M at a distance. The nature of the power games that followed seemed to involve a vacillation between two positions or two expressions of the same position: Firstly, my being dependent on M (also as a representative of others on whom I'd been dependent) and

consequently "not O.K.", and not able to do anything about it because of my "not O.K.ness". This was the impotence I experienced. Secondly, I was able (because of the safety of therapy) to express anger towards M (which on another level was an expression of anger against K and especially my mother), the anger I had never expressed at experiencing myself as rejected in my dependency. My dependence on M was inevitable because of the closeness involved in the therapeutic relationship, and it was only in dependence that I could have got in touch with the anger it had evoked in me. With the power games as the medium I submitted to and fought against M as my rejector in dependency. She had inevitably become the one by whom I was being rejected and made "not O.K.", and it was not until the power game on the balcony that I had the first glimpse of the fact that it was not M herself but my own "not O.K.ness" that I was fighting against, and that M was in fact accepting me.

The session in which the power experience occurred continued for a while and I then said:

T. *Ja, K got past a barrier which, which that, um, this whole game erected, and once she was past it, I couldn't play that game anymore.*

M. *You mean she was closer to you?*

T. *She was closer to me, then she was inside the barrier.*

M. *And when did she then start moving away?*

T. *She never did, she still hasn't.*

M. *She has, she's not available to you anymore.*

T. *But my feelings for her ...*

M. *I am not talking about your feelings for her, now, I am talking about K and closeness to you ....*

T. *Um, M, there's something not right, um, the ... I think that her getting past the barrier had something to do with me admitting and expressing my feelings for her, K. And once I began to really let my feelings go for her, then she was inside the barrier, or whilst she was inside the barrier I could let my feelings go, and I could really feel the love that I do feel for her.*

M. *And when did she start moving away from you?*

T. *That's not right, M., U, ... I, I still could not, you know if I don't see her for another three years, I still could not play that game with her, because I still have those feelings.*

I could not acknowledge that K had "moved away", because I was unconsciously dependent on her and to say she had moved away would have meant letting go of her. That was something I couldn't do. Although in a physical sense I had lost K and I rationally knew it, I could not acknowledge this emotionally, emotionally I still held on to her. Part of the great difficulty which the issue of my relationship with K presented in therapy was as a result of my feelings for K being genuine love too, and not only dependency. Feeling feelings was an integral part of my being "O.K." and so my real love for K was something which I needed to hold on to. Very basically, when M questioned my relationship with K (a necessity in terms of my dependence on her), I heard her to be questioning my love of K, (which stood for my ability to love) and hence my "O.K.ness". It is interesting that because of the threat involved in acknowledging my having lost K (manifested above in saying that within me she hadn't moved away) I actually forgot about the above moment and subsequently others like it. This happened so completely that when the confrontation occurred, it seemed to me to be "out of the blue" and I experienced us as not ever having tried to resolve the issue of my relationship with K. In fact M's suggesting (above) that K had "moved away" was her "own thing" as far as I was concerned, and not really something that I understood. My reaction to the confrontation was as if I had never heard any of what M had said to me about K, and certainly reflected the unalteredness of my dependent attachment to K. The seeds of the confrontation were in fact present almost every time we mentioned K prior to its occurrence.

A while later I again failed to answer one of M's questions as I understand it now:

M. *Your feelings for her, are there, but where is she?*

T. *She's still inside the barrier, as long as I have the feelings for her that I do have, I could never play this power game with her, it's*

no longer, it's not a matter of where she is, it's a matter of where I, I was going to say this, where I perceive her to be but that's not right, I don't want that to be right ... um, ... it's as if, um, somebody tries to undo a plug in me, and I am threatened by that and I play this game to keep them away, but if that plug can be undone ... then I can't play that game with that person because, whenever that person is in question, that plug is undone ... and it can't be done up again ... Is that understandable?

I could not see K outside of my need for closeness/dependence when answering M. Part of the problem in my relationship with K had been precisely the same thing, I could not let her be as she was, I related to her in terms of my needs.

A short while afterwards M asked:

M. *Why does K need to be the pure one in the relationship?*

T. .. (15 sec) .. *I must say it ... because I think she was.*

M. *And I want to say because you need to believe that.*

T. *I want to believe you .. I'd love to believe you .. (10 sec) ..*

M. *Why do you want to believe me? It doesn't let you off the hook.*

T. *Just .. I have lost what we said now ...*

My belief in K's purity was so total that we could not move beyond it and it was later the cause of the confrontation (ahead). I really wanted to share responsibility for the failure of our relationship, but could not because of the element of dependence. As a child on the grass next door I could not have allowed any of the responsibility for that situation to be with my parents, I had been there because I deserved to be.

What followed was an attempt by M to show me that K had some responsibility for what happened, and I could not see it. We tried to convince each other, here is an extract:

T. *That's the way it worked M, that, um, as I grew, I hurt her, and ... I was kind of growing at her expense all the time and that is the way that things are, that even these holidays, I grew a fortune by just being with her, but she suffered a fortune as I grew, and that's why we're not*

together M, because I can do nothing but hurt her ... as I grow ... (10 sec) .. And that's dead right ... and it's not some little dynamic that, she couldn't take my love as I started to give it, the reality was that every time that I grew and became more capable of loving her, I hurt her more and more and more.

(M played the above).

M. When you listen to it; again,

T. That's right M .. (20 sec) ..

M. There's something wrong somewhere, T, either then your statement of as you grew and were able to love her, that in your growing and being able to love her, that that was not real.

T. Um.

M. Or otherwise she could not handle what was happening.

T. No, M. No, M.

M. Hang on, what I am actually saying is true, without doing, without using any of the words that you've been looking for, whatever was happening in you, was something that K couldn't handle.

T. No, M, that's not right, whatever was happening in me, was happening at K's expense.

M. That still means that she couldn't handle it.

T. M, she handled it for four years.

M. Right.

T. And at the end of four years, ...

M. She

T. M, stop defending me.

M. How do you mean stop defending you. No, I am not defending you.

T. Stop trying to put blame onto K, because she's not to blame, ... stop trying to make her responsible at all.

M. At all?

T. At all. Because it's making me angry, and upset also.

M. Why? ... (5 sec) ..

T. Maybe because I have guilt about what I did to her during those years, because I had an understanding of what I did to her, that I grew at her expense and every step I grew, she lost something and that doesn't make me feel good .. (8 sec) .. I think what I am doing M,

is I am not prepared to acknowledge my hurt, and everything that is happening ... um, ... (10 sec) ... I don't know what to say, .. (8 sec) .. Ja, I am not prepared to acknowledge my hurt because I was to blame, blame is not the right word, but I was the cause of it .. (6 sec) .. it was not K's fault that I was hurt, it was my fault that I was hurt because I took from K, every time I, I grew, I hurt her ... so I don't feel justified in feeling the hurt .. (6 sec) ..

M. But you said ...

T. Ja .. (8 sec) .. and that's the reality of it .. (10 sec) ..

Do you believe me? Are you prepared to accept that as the reality of it? I'm not asking myself that question, I am asking you.

M. I know you're asking me. Why is there an ultimatum in the question, I am not avoiding the question, I will answer the question, but I feel ...

T. Because I am feeling a bit antagonistic towards you, um, there is an ultimatum there because ... I feel that you were ... trying to defend me or trying to put part of the blame on K, not to defend me but trying to give K part of the blame, and that you weren't doing her justice by .. mentioning that dynamic and not being able to accept that they were wrong .. (35 sec) .. Do you still feel justified in either of them?

M. It's not a question of being justified, nothing to do with it.

We continued talking for a while and then M said:

M. We can't work on your relationship with K and get it into perspective while you are defending her.

T. What I want to say right now is that we just can't work on that relationship ... because at the moment I am defending her, and I can't .. I don't foresee not defending her at the moment.

M. Ja, which you see is part of the ultimatum that has been going on all evening.

T. Well, that's as maybe (laughs)

M. Why do you laugh?

T. I don't know .. um .. (5 sec) .. perhaps with relief, because I think

*I am feeling that power thing again, that's as maybe, you can call it an ultimatum if you want to but, you know, things are as they are and you're not going to change them for me.*

*M. I cannot change them for you .. (10 sec) .. it's up to you .. .. (40 sec) ..*

This was a statement of the block we had reached, and our trying to convince each other of our points of view was an element typical of the power games that followed, although the actual content varied. The block and dilemma I faced about K was out in the open (although it was something I soon forgot) and M's last words above were in fact a precursor of the confrontation. It was I who would have to make the choice between defending K (and blocking therapy) or deciding that I was in therapy primarily for self growth. My experience of this dilemma even at the time of the confrontation itself was quite different to how I have just stated it and understand it now.

M felt a while later that I should listen to the insight I had come to towards the end of the original hour session, the insight I had subsequently forgotten. Below is an extract from the original session, part of what I listened to at M's request and some of my reactions. I had been talking about a feeling of asking for something when I cried when I was with K:

(Original session)

*T. Like it doesn't seem to fit with ... the way things are ... I mean ... if I think about why I would want K to protect me ... I find that very difficult to answer. But there is that feeling ... when I cry ...*

*M. I think possibly you want her to protect you from ... being alone ...*

*T. Ja.*

*M. And when you cry here?*

*T. .. (18 sec) .. I was going to say ... when I cry here I am alone anyway.*

*M. You were going to say ..*

*T. Ja, and then I didn't say that, and then I did. I didn't want to say that ...*

*M. Can I ask why you didn't want to say that?*

T. I am not sure ... um ... I think because it doesn't fit with our situation ... cos it's not supposed to be like that ... but I think that it does fit with the feeling ... now that I have said it .. (5 sec) ..

M. Am I hearing you correctly, that with this situation .. you will be alone .. in the situation. (Original session off)

T. That's very much the case that I am saying all of this, but I don't actually know what I am saying.

M. It's almost like automatic speaking.

T. Ja, and, now I know what I was saying, but then I didn't know what I was saying.

M. And this I think is the, you know, this is why, I knew that we had to get here tonight, what did you say a little while ago when you, you said something to me and I didn't quite hear you.

T. I said you're very clever (laughs)

This is another example of what I have often found in therapy, that I have been able to say where the problem lies without actually having any idea of the truth of my statement. Some sort of intellectual awareness was often the starting point for a more total insight. At the time of the original session I didn't really "know" what I was saying, but after the loneliness experience and all it meant I could for the first time really understand my words on relistening. Recall again

T.S. Eliot's statement                    "... And the end of all our exploring  
will be to arrive where we started  
And know the place for the first time".

On relistening I knew what I was saying for the first time, and yet not all, for there are elements of submissiveness to what is "appropriate" in my words and that was something I had not yet worked through and so could not know. It is as if the kernel of therapy is contained in any of the things that happened (e.g. the above paragraph of the original session) and therapy involves working through one level of what is happening so that one "knows it for the first time". Once that is done other levels are available for exploration and so on, in an ever increasing spiral which, if total awareness were possible, would encompass the totality of one's

life. In this sense I believe that therapy is not a process which ends, but continues as long as one encounters different people and situations. (Original session)

T. Ja, in this situation ... I can't ask you to protect me from being alone ... But with K I can ... with K I want to.'

M. Yes, maybe that is why also you want ... to be in your back yard ... in the house where you lived.

T. Mm ... when ... when I get upset ... when I'm with K ... and I don't cry ... then I become totally silent ... and I withdraw completely into myself ...

M. Mm ...

T. .. (12 sec) .. And I think that that's ... sort of how I ... how I've always coped ... with things, by withdrawing .. into myself. But (interruption)

M. Ja, sorry.

T. But only recently ... in my relationship with K ... have I been able to express ... I don't even know what it is that I am expressing in my crying ... But, um, ... that's not withdrawing into myself, that's letting someone else know about it ... it's letting it out ... and asking for something ... rather than just keeping it inside and accepting that I haven't got it ... This all sounds like very intellectual talk ...

(Original session off)

T. Very intellectual talk, it's .. it's exactly, I am saying exactly the right things but not really knowing what I am saying, and in that way it is intellectual. It's not ... I don't understand what I am saying while I am saying it ...

M. I think you were almost trying to pretend, that this was intellectual.

T. (Laughter) That double intellectual thing.

M. I don't quite know whether it's quite that ...

(Original session)

M. It sounds as though ... the difference between ... expressing feelings with K, and expressing them here ... is that here ... it almost became a situation of expressing them, feeling them ... whereas with K

*it became translated into .. asking ... with your feelings.*

T. *Ja, ... sounds right ... and I don't know whether I can express my feelings without asking.*

M. *Isn't that why you're in therapy? ...*

T. *Very much so (laughs) ... that is absolutely right ... that ... (laughs)*

(Original session off)

To my surprise and consternation at relistening I failed to understand the insight that I had reached in the original session.

T. *I was more there in the actual session for that moment than I am now .... um .. I think I am somehow not allowing myself to understand what I am saying*

About a minute later I was able to understand the content of the insight when M restated it:

M. *.. Why I said to you you were in therapy at that moment .. was to facilitate you to be able to express your feelings, to feel your feelings, and not to have to use them as a means of getting something for them.*

T. *Mm ... ja, I can understand what you're saying ... ja..*

I believe that the reason I could not understand when relistening to the original session and could a minute later, was that K had been very much involved in what had led to the insight and my block as regards my relationship with her was so great at the time of relistening that I failed to understand anything in the least bit threatening to my unconscious dependence on her. The actual content of the insight was in itself not threatening and I could therefore understand it when M said what it meant again, but only when K had been out of my thoughts and our words for a while. At the time I did not realize that K had anything to do with my barrier to understanding, and this reinforced the fact that the confrontation came as such a complete surprise to me.

We ended the session fairly soon afterwards and that night I had my first dream since starting therapy. It was on that dream that we began to work the following day.

Dreams were to prove difficult to work with, I had known that M held them important and I was actually quite excited about bringing a dream to therapy. Dreams were often to take a very long time to work through, providing much material for diversion into important areas or aspects of the area we were currently involved in. I had no need to be convinced of their relevance to therapy, being interested in and having studied dream interpretations to some extent, particularly Freudian theory.

It was because of my basic lack of trust in myself and (consequently) M that interpretation proved difficult, dreams I knew were my deep unconscious understanding of what was going on in therapy, and on other levels what was important in my life as a whole. I was reluctant to provide an interpretation until I had heard what M thought that the dream was saying, partly because of my submissiveness in dependence and not wanting to be "wrong" in what I said, and partly because I was afraid of what the dream might be expressing (this being in terms of my lack of self-trust). It would be easier for me to negate a threatening interpretation if it came from M than if it came from me. It was precisely these reasons which made our sessions of interpretation so difficult, although at the time of my first few dreams I was unaware of them. As well as being an expression of anger, the power games were my attempt to fight against the "not O.K.ness" which submissiveness meant, and so in making myself submissive by asking M to tell me what she thought a dream meant, it was natural that the dream would become a vehicle for the power game (as sometimes happened). A further aspect of this is that because M was suggesting to me what the dream was saying, when her interpretation was either inaccurate or threatening, it was easy for me to experience her as "off into her own thing" (a common aspect of my experience of the power games). When the content was threatening, it was made doubly so by coming from the authority figure, who in my experience always made me "not O.K."

M has a remarkable ability to get at the meaning of a dream, and since dreams have meaning on many different levels it often happened that when M offered an interpretation which I was not yet ready to understand,

I experienced it as her own thing and perhaps even strengthened my resistance to it. If I had offered an interpretation of the same part, I experienced her as not hearing me if she offered something different (although they may both have had reality on different levels). I was so sensitive to being negated that it even happened that if M was only rephrasing what I had said, I could no longer understand it. Not being able to understand M (the always "right" authority figure) meant that I was inadequate ("not O.K.") and so I doubted myself even when her interpretation was off the mark, not knowing if my denying or not understanding what she said wasn't just resistance on my part.

Dreams were from my unconscious, they were expressions emanating from my core "O.K.ness" or "not O.K.ness", and because I experienced M as confirming my "not O.K.ness" in her words and my dependence on her, I heard her interpretations as confirmatory of my core "not O.K.ness". I believe that dreams express a truth, if they had said (in their interpretation) that I was "not O.K." then it was true, hence my resistance to M when working with dreams. Dreams were my most intimate expressions of self which I was afraid to share with M.

On the other hand, in dreams and their interpretation I have discovered the incredible creativity of my unconscious and interpretation has been very exciting. I am a person who enjoys playing on words and punning and I have found that I do the same in dreams. Very often an element of my dream is a pun on what it actually denotes. The words I use to describe my dreams seem usually to be extremely important, and in writing down a dream shortly after awakening I often "slip" in the word I am writing, and the slip always reveals a hidden meaning. In playing around with the words I have used I come upon a meaning which I intuitively "know" is right. At times an ordinary word had struck me as strange and on looking at it for a while I have suddenly discovered that it is an anagram of e.g. the name of a person who I then know it represents.

Dreams express what is happening in my life, often things of which I am unaware, and so I have discovered that there is a wisdom in myself which is available to me even when things seem extremely complicated and I feel

very confused as to what is going on. Yet dreams are but a creative expression of that wisdom, the wisdom I believe to be present in all humanity. As therapy has progressed I have found that my wisdom is available in other ways too, it is expressed in the intuitions I feel about people or things in myself, intuitions I still find hard to trust but which seem almost invariably to be proved correct. There have also been times when M has asked me something and a word or sentence has seemed to just arise inside me. And it is almost always the most accurate word or description possible, more so than if I had actually thought before speaking. Here is my reaction to this happening in a later session. I had produced a word that had surprised me, but was on reflection a profound answer to M's question:

T. *Um, I am going to get away for a moment now, um, ... when I said "open", like it's amazing that, that's not what I was consciously thinking, it just came, um, ... and it happens, it happens quite a lot, you know, the word just comes out from somewhere, it's not a word I am thinking, you know, if I was to try and think about it, I am sure I would come up with a different word, but that's just the word that appears, like, out of the depths of the unconscious or whatever it is, it just comes ... you know, it's almost like, um, I am apart from that word and that word comes up inside me.*

And soon afterwards

T. *O.K., um, it's ... it's like as the word comes up, the word is separate from me, I don't identify with the word, the word just comes up as a word, and then, as I look at it, I can join with it and it happens to be the right one every time. Ja, it's very, very exciting. Like it, it's amazing ... that's the best word for it.*

And later

T. *I still feel this part as alien from me, these words that come up, they are alien from me until I can actually look at them and ... try to understand them and then they are right and then I can join with them.*

M. *Ja.*

T. *Ja, it's like ... I will tell you what's it's like, with those*

mountains, (which I had drawn) um... it's like, I am ... ja, can we have water half way up the mountains, and then the mountains straight underneath, and I am part of that island, ... part of the mountain, um, the part that sticks out above the water, the conscious me, and suddenly this word appears above the water, and ... only when I ... and like it's different from me, it's separated from me by water ... and then when I look at it, and try to understand it, I realise that it's actually coming from me and I am underneath the water and it's not separate from me, it's actually joined to me underneath and it's part of me, it's like .. it's amazing, I experience it as sort of an island popping out of the water, ...

I have come to believe that the unconscious part of myself is an essential part of my humanity, an intuitive, wise, feeling part of myself which I have until recently tried to hide from and block out, fearing that it was a dark, evil place and the core of my "not O.K.ness". In learning to trust myself in therapy I am allowing this part of myself to "be". And I know that the more I can know, trust and accept myself as a whole, the more spontaneous and intuitive I will become. I am discovering more and more freedom in relinquishing the fight to protect myself. It is, I am discovering, the fight against myself, against that dark, feared, alienated part of myself which is in fact rich, creative, wise and inseparable from "me".

Dreams have also been important in providing a "distanced" expression of something which would have been too threatening to confront in its immediacy e.g. if I were angry with M at a time when it was too threatening for me to become aware of it, I could readily accept that my dream was saying I was angry with her (slightly removed) and only then would I gradually begin to get in touch with the anger. Dreams have at times proved to be a vehicle for an intellectual understanding which has then "attracted" a more total insight. At other times they have merely pointed to an area which needed exploration.

It is also interesting that almost all the dreams that I have had in therapy have been at times when I had decided that I needed to dream

(e.g. because of what I felt to be an impasse), or when M had suggested to me that I should dream. My first dream was in fact the night following M's saying that I had not yet had a dream while in therapy. Fairly recently I was going through a particularly difficult time with M and was in fact feeling rather angry and disappointed with her. During this time I stopped dreaming. I believe that this was a way of expressing anger at M, especially in my knowing how important dreams are to her and that a dream may have been a help at that particular stage. At this time I was feeling that merely doing therapy was more important to M than the fact that she was doing therapy with me (there had been hints of this from early on). There had been times previously when I had felt that my dream was more important to M in terms of her knowing where therapy was, than the fact that it was my dream saying something about me. So in a way it was natural that I withhold dreams as an expression of anger, and this was confirmed for me some time later. We had seemed to make progress in sorting out the difficulty but I was unsure and due to a vac I had not seen M for a while when she came to visit me at a time when I was ill in bed. That night I had my first dream in about 5 weeks and on waking I was very excited and knew that we had in fact got to the root of the problem which had been making therapy so difficult.

Returning to my first dream, I am not going to include the dream, and its interpretation here, for it took several hours to work through. But I will include a few aspects of relevance to the power games. Part of the dream involved my being in a hall with certain other people, we were there to watch a movie but I didn't see it at all, nor even the screen. M asked me what a movie is and I replied:

T. *Um ... a movie is a projection onto a screen of ... a story or a situation or something. I like movies which are an escape from reality, I like to go and sit in a movie and not have to think too much, just ... get into another world for a while and be able to forget about it when the movie's over.*

M. *That's absolutely superb, whew ... you really are motivated to do therapy ... apart from the fact that a movie offers an escape, it also,*

*the first part that you said, um, it is the projection of something onto a screen. There isn't even a screen that's ... quite, quite amazing, really quite something ... You're, your own person, you no longer need a blank screen on which to project,*

*T. Hang on, hang on, say that all again ... I don't know what you're saying.*

We continued for a while and then M explained that my being at the movie, but seeing neither it nor the screen reflected:

*M. Your motivation to become wholly you, to take responsibility for who you are. You no longer want that blank screen on which to project yourself, you want to be you, here.*

*T. You know, what you're saying sounds right, but I can't actually make the connection from the dream to that. I can see how you are making the connection but I could never have made that connection myself, it's very much your connection.*

*M. Sure, and until you can make the connection yourself, it is my ... my thing. And ... but, it's only when it becomes a reality to you, that you think "Aha, I am experiencing this as my dream, this is what my dream said", only then can we be certain that I have made the correct interpretation.*

I believe that it was threatening to hear and accept anything about my deeply personal dream from M in terms of my experience and expectation of a confirmation of my "not O.K.ness". What she said was not such a confirmation, and I could understand and accept her words, but not as connected to my dream because the usually rejecting authority figure must not be allowed access to my core self. As it was, I accepted M's interpretation this time, probably because it would have meant inability if I hadn't (and possibly also because I didn't want to reject what I heard as something positive about myself). This pattern continued but my resistance to M grew each time.

Another complicating factor was that C was an important character in the dream and we discussed the possibility of her standing for K. I

made a slip of the tongue a while later, calling C K, and this confirmed it for me. But because K was such a threatening area for me when M suggested the dream was describing an obligation of loyalty to K, I became threatened and couldn't understand how that was so in terms of C, thus denying the C - K connection because I could no longer think about it.

Even before the dream, M had spoken of a "leap of faith" that I must take, almost a conscious decision to trust her, as I understood it. But I didn't really know what she was talking about, I couldn't experience that that was what I must do although I knew there was something I was afraid of. The final part of my dream had involved being on my knees with water falling on my head, and being able to breathe only in gasps. I had then thought of a jet of water, like from a fire hose, being sprayed into my face.

*T. Then there would be no chance of breathing any air in, if the water was a complete jet and there was no .. there wouldn't be any air, it would be just all water, um ... and I think it was actually happening that the water was being sprayed into my face, and, um, but before I could actually try to take a breath, I woke up and that was the end of the dream ....*

M spoke of that final breath that I didn't take in terms of my "leap of faith" and I then couldn't play along any more:

*T. I have to get something off my chest, can I?*

*M. Yes.*

*T. It's bugging me that we're talking about a "leap of faith", you're calling it that and I don't believe, I, I won't believe it, it's not a "leap of faith" for me ...*

*M. What is it for you?*

*T. Um,*

*M. Can I just warn you, that we're approaching the alienation battle and it's no longer necessary to have an alienation battle (power game).*

*T. Ja, then just listen to me and you won't be alienated.*

*M. I can listen to you.*

*T. O.K., I won't say that you won't be alienated, I will not be alienated.*

Um, it's not a leap of faith, if it was a leap of faith, um, it wouldn't be so threatening, well, it's something much more material than a leap of faith, a leap of faith sort of makes it less than what it is for me, a leap of faith isn't something which should frighten me, it is something very much more frightening than a leap of faith sounds ....

M. What is it to you? To you is it, it is ...

T. Absolutely drowning, a leap that will mean absolutely drowning.

M. Ja.

T. I don't even call it a "leap" just a letting go that will mean that I will drown.

M. Sure, sure.

T. And drown that I won't be able to come back, you know, drown that I will be dead.

M. You won't wake up.

T. Then I won't wake up.

M. Um, .. (5 sec) .. have I, did I hear you?

T. I think so.

M. How sure are you?

T. I was sure until you asked me that question. Because that question is already um, reflecting not reflecting what I said itself, it's, you're thinking about something else, you're thinking about whether I think you heard me, not, you're not thinking about the actual words I am ... I spoke about.

This is typical of the beginning of a power game, I was unsure as to whether M had heard me. This doubt had arisen because in my expectation of being denied by authority figures I got hold of even the slightest piece of evidence suggestive that my expectation was confirmed. And no amount of convincing would remove the doubt, but if M were to try to convince me I would hear her as not understanding my doubt and would in turn try to convince her. I would become angry and then "impotent" and continually feel I wasn't being heard, this would be a power game.

This however, didn't happen as yet:

T. I understand that it may well be a leap of faith, I am just telling you that that is just so totally removed from what I experience it as at the moment, that for all intents and purposes I don't want to even talk about it as that now. If, you know, I come to understand it, if I come to feel that it is a leap of faith, then I am prepared to call it that, but at the moment I don't feel, you know it's um, ... I wish right now that I wasn't doing um, psycho, because, that ... "leap of faith" rings intellectual bells.

M. Oh crikey.

T. You know, but if I knew nothing about psycho then I would be able to say absolutely "bullshit, it's not a leap of faith".

M. Gosh, that's amazing, you know, because the leap of faith is totally ... is nothing I've ever read in a psychological context, ... but that is in square brackets.

T. Ja, but I know it in a psychological contest/context ....

M's last words were an aside (in square brackets) but I couldn't step aside from the therapeutic moment and so related it to what I had just said. I heard her to be saying that I was wrong in knowing it to be a psychological concept, and then slipped by saying "contest" instead of "context". The power game that was starting was something that I experienced as a contest, against M, the way I experienced all the power games until the one on the balcony (ahead).

At a later stage we had been speaking about my "drifting away" from M less and less with each power moment trigger (the less I drifted the more angry I became, but we weren't as yet aware of that) and she said  
M. You must also remember that I also let you down when I show you the inappropriateness of your defence.

T. Ja, that's ... I don't think that that is as important a let down (as the actual trigger and content of the power game).. That's a let down that ... in a way it's .. I'm letting myself down by seeing it. Although we left this almost immediately, it was important in two respects. Firstly I think it reflects some slight awareness that I

needed to maintain my known and safe ways of coping, even though they may now be inappropriate. I certainly did not understand it then as clearly as I am stating it now. Secondly, I now understand my words as reflecting an aspect of what I now clearly understand; that my disappointment, frustration, anger and conflict with M was in fact largely (although not entirely) an externalisation of the conflict that was going on inside myself. It was only at the end of the power game on the balcony that I realised that M was in fact with me, and not against me.

Shortly afterwards I said

*T. ... I can take letting myself down far better ... than I can take someone else letting me down ... because I am much stronger when I am by myself than when I am with someone.*

M. Mm.

*T. That's why when I am with somebody and I am threatened .. I be by myself and I cope, I think.*

In the beginning when M had "let me down" I had just drifted away, but this as I have pointed out, happened less and less. And yet even in the midst of the power games, by experiencing M as against me, as in conflict with me, I was managing to be alone. M was on the other side and so I could take her letting me down (although painfully and hence angrily) because I was still alone. At the end of the balcony power game I felt for the first time that M was with me. I let her in for the first time and this was an important step. After this the power games changed somewhat, they still continued although more subtly. This was because of the added vulnerability of being with someone, something I could only allow very tentatively, and I was still extremely sensitive to rejection. The next crucial step came with the confrontation where I experienced M as letting me down totally, but was then able to allow her back and to be with her again. I survived the worst thing that could have happened (worst in terms of my unconscious expectations). I was strong enough to take what I experienced as her blatantly letting me down, and so to a large extent I no longer needed to be alone.

It was very threatening to let M in, e.g. two sessions after the above quote I had started the session feeling rather frightened and we had spoken about a recurrent dream I had had as a child, the affect of which I had experienced in a dream the previous night. (I could only remember the feeling). Having spoken about it, M asked me:

M. *And now, what are you feeling now?*

T. *Threatened I think.*

M. *Threatened from where? Inside or outside?*

T. *Um ... outside ... I just looked away from you and I didn't feel the same as when I was looking at you.*

M. *Look away from me and see what it feels like ...*

T. *... (18 sec) ... Um, .. It's like ... if I don't look at you ... then ... I am threatened a little bit, but that's O.K. If I look at you I am threatened, and I have to bring that "threatened" out into the open, like I have to show you that "threatened".*

This is reminiscent of my saying in a session early on -  
*"When I don't look at you, it's as if you aren't there".*

At that earlier stage I had been able to make myself completely alone by looking away, and although this had changed, the threat of closeness was obviously still present in the prior quote. Although I wanted closeness, to have it would be a great threat, and I expressed this ambivalence a while later. It is typical of the ambivalence I experienced in therapy. In telling M how I had felt when she had phoned me the previous day having come back from a weekend away, I said:

T. *.... maybe there was excitement, um ... it was .. (7 sec) .. not so much excitement of "goodie", you know, "M is back!" .. um, more .. it's like this approach avoidance type of excitement, um ... something good is going to happen, but ... it's threatening, you know, um ... The right situation is here, but at the same time, um ... I am scared, um ... excitement's not really the right word .. (5 sec) .. you know, it wasn't that I wanted to come, it was excitement that I wanted to stay away.*

The one aspect of the ambivalence, that therapy is safe and is going to help me to be me, that I will be close to someone for the first time, is the aspect which seemed to have little overt expression. It wasn't something we talked about often and never became an issue. But it was very much present and a source of great security, indeed it helped me to remain in therapy at difficult times. On the other side of the ambivalence was the threat of closeness, the anger and hurt at rejection and fear of it, the doubts and frustrations. These were the things which became issues, which were and are continually expressed and worked through. They are the things which are present in my life in a way which detracts from me being myself and feeling my feelings. So the ambivalence is in fact internal, it is ambivalence between not wanting to give up the safe known ways of coping with my "not O.K.ness", and on the other hand wanting to be "O.K.". It is my wanting to be "O.K." that keeps me in therapy and motivated, and my not wanting to let go of my familiar safety and hence of my "not O.K.ness" itself, which becomes the issue and needs to be understood.

There was much ambivalence involved in feeling anything about or towards M. An example follows:

T. *Ja, the other thing which quite amused me last night was that ... I said to you when you asked me if I was angry ... I said "ja, but only for a very short while" and then I proceeded to tell you, like it did seem like a very short while when I thought about it, but when I started to tell you, like there was much more than I remembered ... And even telling you, I was trying to censor it ... somehow ... I didn't want, you know, I didn't want to be angry with you ... as I was talking, um, ja, like I was trying to shrug it off as I was talking.*

Shortly afterwards M asked:

M. *What, what would anger to me mean? .. (5 sec) ..*

T. *It would be inappropriate, um, because you're trying to .. you're only trying to be .. do things which are good for me.*

M. *Can I play that back to you?*

T. *Ja.*

M. *Or can you hear yourself saying that quite clearly?*

(replays the above)

T. You know, I know what I said there is, um, is bullshit, um, in that, it's not really inappropriate, except that I do experience it as inappropriate, I mean, the rational eyes open, having-studied-psychology me, you know, that's not ... it would be something very natural, but like I just can't ... But what I feel inside is different to that.

M. What do you feel inside?

T. I am scared to be angry with you.

M. What would I do?

T. What comes to mind immediately is, you wouldn't, you would think I wasn't grateful .. (15 sec) .. ja, you know, I find it difficult, like to separate, I, I can see two you's, as I am thinking about this, I think the one is you when I have got my eyes closed and I am lying on the bed and you're very far away, and the other one is you M the therapist, that I know, and .. I know that nothing would happen, I mean if I was angry with you, but you know, it's this eyes closed ...

M. That collective maternal parental

T. Ja.

M. Me.

T. And when you say, "what would I do, if you were angry with me", I have these two like forces fighting in me, as I am trying to think about it, and the one that came out first was, um, you'd think I wasn't grateful, and that was, you know, if I think about you, M, you sitting here, the M I know, that's bullshit, I know that's bullshit .. But, you know, before I actually thought about you M, that "I" wasn't really "you", you know, the "you" that are here. Um, and I am trying to think of, um, other, other things that you would do, the you that's not really you.

M. The collective.

T. The collective you.

M. Yes.

T. And I can't because, um, the "real you" seems to be blocking, blocking me thinking about that.

M. Just close your eyes. You're very tensed, don't hide it from me because

T. I am not hiding it from you M, I am hiding it from me too.

M. Oh, O.K. in fact, sorry, I, I? I don't know whether this is right, I have decided, I have the feeling that you are more tensed at this moment than you have ever been, or maybe you're showing it more.

T. Maybe I am showing it more, I don't think I am more tense than I have ever been.

I was really living the ambivalence, afraid to be angry and yet tentatively expressing anger, tense because of my fear but showing it more than ever before because of the growing safety of therapy. We went on to talk about the trust which I would learn in therapy, but which would take time because of my deeprooted mistrust, and continued:

T. And it's ... you know, I can pretend that I trust you, I can trust you outwardly as M therapist.

M. Rationally, intellectually.

T. Rationally, intellectually, yes, and I do trust you that way.

M. Oh yes. And this is, this is why therapy is also a function of time, one doesn't switch on trust, it needs to grow very gently. And what makes it more difficult, is that the ambivalence between the "eyes-open" and the "eyes-shut" T, is that ... some of the fear there, is real, I will let you down, I will make mistakes, I will go away, I will see other people, so I also in my every day being, confirm your fears. I will threaten you, I will misunderstand you, you know, I will say things at the wrong time ...

T. And even when you do that, I think, the eyes-open-me, denies that you have done it. You know that, um, because I think, well, maybe I am going back to, to that tightrope place, but where we were at that tightrope place, um, ... I felt that you weren't understanding me, and when I went home, (and that was real, I think, you weren't listening to me at one stage there), and when I went home and I thought about, you M, the therapist, "eyes-open-me" um, I think of you as completely infallible, any mistake you make, is not really a mistake, it's just a resistance on my part, or something like that ....

And it was precisely because of this attitude to M as my parental authority figure that I was continually confirming my "not O.K.ness". She had to be infallible for me to be able to trust her, but she was human and so my fears that she would let me down would always have confirmation available. I would have to learn to acknowledge her fallibility, and to trust my own "O.K.ness", and so be able to trust her despite her fallibility. I wanted to be "O.K." and I needed M to be perfect in order that I could trust her. But by making her perfect I made myself "not O.K.", and by being "O.K." (say expressing my anger) I was making M fallible and so untrustworthy. This was again the ambivalence of therapy.

M. *And now you're wanting me to say ... I don't make mistakes?*

T. *Um, no, you've said that .. you've said that you do, and, you know, I know, I know you do.*

M. *But you look at me.*

T. *But I don't.*

M. *Pleadingly, or I saw your look ... pleading in it.*

T. *It was, not pleading, but, um, ... "don't hit me for saying that" ... I don't know why, that sounds crazy now.*

M. *Don't hit me for saying which?*

T. *It sounds crazy now, don't hit me for saying ... this sounds crazy, but don't hit me for saying that, er, even when you make mistakes, I don't see them.*

M. *Whew.*

T. *And that sounds really crazy.*

M. *No, you're saying to me, "please don't tell me that you make mistakes, don't threaten me, don't hurt me, don't disturb the balance, let's just play this game, that you're infallible, I don't want to know that you can fail me because then I am totally vulnerable".*

This was exactly right, but I immediately changed the subject because at the time it would have been threatening to acknowledge. But M felt I hadn't heard her and so played it again:

T. Ja, that really didn't register though ... it's like I was listening to you sort of, if your words were like a mountain range going up and down then I was listening to you at a level sort of half way up the mountain and I was getting the peaks of the mountains, bits

M. The conscious, the safe conscious.

T. Ja, that's exactly right.

M. But the suggestions of the unconscious things that are happening ...

T. Ja.

M. You see, it's threatening on two layers. First, to trust, is to be in a position where you can be hurt and let down, and to trust is to become dependent. And it goes further, to become dependent means that you can take that leap of faith, and to take that leap of faith means to go into the valleys as well as to the peaks.

T. Um, that sounds very interesting.

M. That .. What does that mean?

T. Um, I still can't identify with this "leap of faith" thing.

We were in a very threatening area which I was unconsciously trying to get away from. I was hearing selectively and was ready to interpret M's words as a rejection at the slightest provocation. Had M tried in any way to explain the "leap of faith" at this point (which she didn't), it would have certainly triggered a power game. In a way therapy meant looking at my "not O.K.ness" and I often experienced this as my being made "not O.K.". (At this point let me say that I will include much of the power game on the balcony ahead, and am leaving out the power games until then).

The following session we became involved in the issue of guilt. I had seen M as sad and this had immediately brought me down from my power position. I also recalled M having been sad for C when I'd had the larger than life power experience, and its being the one thing that could affect me. I came to intellectually understand that part of what was happening was a projection of my own guilt at having hurt people. At the time

I had no idea that it went even further, to guilt at my "not O.K.ness". But my "not O.K.ness" which I have been using instead of "not good enough to be loved or to love" was something I didn't yet know about, and it was only in this session that I began to get in touch with it. I could understand that I would feel guilty about hurting C, and people generally, but when M asked me about K matters were complicated. I was well aware that I had hurt K and felt terrible at having done so. M asked me:

M. *And the eyes closed T? ... How does it feel?*

T. *How can you be held responsible for something that you didn't know you were doing? ... (5 sec) ..*

M. *Mm ... why would you be so .. (5 sec) .. to be found guilty in all this?*

T. *I am guilty in all this, I can say it.*

M. *Ja, but not so cleverly, why, what would you be? ....*

T. *What I am.*

At this point I was as yet unable to answer that to be guilty when I didn't even know what I was doing, would mean that I was intrinsically bad, i.e. "not O.K.". We continued:

M. *Just put your head down, close your eyes ... to hurt people, to hurt K, what are you? .. (12 sec) ..*

T. *I don't know, um, I can't think of a word, um, I just know that the thought of that is very terrible, um, ... (8 sec) .. ja, I kind of deserved the worst punishment that there is available, I would deserve it.*

M. *And what is the worst punishment to you?*

T. *Losing K.*

M. *To lose ... to be separated ... to be left alone .. to be abandoned?*

T. *What I was thinking as you started talking was .. (10 sec) .. I have known sort of known that ... I have hurt K and I certainly deserved to lose her, in that respect, and yet, losing her is just too terrible to, was just too terrible to accept, even though I deserved it.*

Many things were happening in the above passage. To be "not O.K." would mean that I would lose the people I loved. My guilt was deep down

because of my "not O.K.ness" and so the worst punishment for my being guilty would be to lose the person I loved. I was as yet unaware of the first two points, but could say the last. M's words as I hear them now:

*"To lose .. to be separated .. to be left .. alone .. to be abandoned"*

are a very insightful statement, and in fact what I have since allowed myself to experience. These are the things which I experienced (but blocked out and denied) in terms of my parents and which I have since painfully come to terms with. But at the time of the session above I didn't hear all of M's threatening words, as my reaction shows. I got back to the things which I was aware of and immediately made a slip saying that losing K "is" rather than "was" too terrible to accept, and then corrected it. Although at the time we did not look at the slip, it shows that despite my having intellectually accepted the ending of my relationship with K, emotionally I had not yet done so. I was still clinging to her in a way, and this was partially due to the dependency in my relationship with her, and partially because she had loved me and I loved her, i.e. it was in my relationship with K that I had a glimpse of my "O.K.ness" and this was something I desperately needed to hang on to. In hanging on to K, I was making her my "O.K.ness". Although our relationship was over, she had become a part of myself. This elaborates on the difficulty involved when K was at stake, I was defending her as a part of myself, my "O.K.ness" which it was vital that I retain. Apart from my genuine love for her, I also had a need to love her to prove that I could love (and hence that I was O.K.).

Some time later in the session we got onto the topic of dependence and part of what was said follows:

*T. And my "eyes-open" side says .. is asking me the question, wants to ask you the question .. um .. does one have to be dependent before one can be independent? Is independence something which involves leaving dependence?*

M. No, not quite ..in dependency ..

T. You don't actually have to answer it, the "eyes-closed" part of me knows the answer.

M. What is the answer, "eyes-closed"?

T. That .. one .. does have to be dependent first. I know that that is the right answer, I do know. But, like I don't want that to be the right answer .

M. Mm ...

T. I want to find another way ... I would like to find another way.

M. Of course .. not wanting that to be the right answer .. also involves looking at .. as I've said you're unnecessarily trying to defend K, you're also intellectually and unnecessarily trying to defend your parents ...

T. Um ..(5sec) ..

It had been in my initial dependence that I had become convinced of my "not being O.K.". Because I had needed to trust my parents, I had needed them to be infallible and so had made them so. When they then rejected me or let me down in any way, I decided that it was because of a basic fault within myself. As I have pointed out, part of the power game involved my fighting against the inevitable "not O.K.ness" which my growing dependence on M would mean. It is understandable then that I was experiencing reluctance at my needing to be dependent before I could become independent, although at the time I did not really understand my reluctance. Acknowledging my need for dependence would involve my getting in touch with the need that had not been fulfilled when I was a child, and how I had reacted to this. What it had meant to me (that I was "not O.K.") was something that I was not aware of, but was something that was influencing my entire life negatively. M's last comment (above) was threatening (as will be seen) but true, in fact to the extent to which I defended my parents, I had made myself "not O.K." as a child.

M. Acknowledging that dependency is necessary, you're also acknowledging .. the loneliness, the isolation of being a little child.

T. I wonder why the book title that I was looking at while you were saying that was this

M. Which one?

T. "Kitsch" .. um (laughs) .. No that just made me laugh to think that I was looking at that book as you were saying that .. Um .. ja .. you're going ahead of me .. what you're saying is right, but there's something in between that I have to come to first .. um .. You were kind of asking too many questions .. and as I was trying to think you were asking the next one, or as I was trying to think about the one thing you said, you said something else, and ... you were going too quickly .. um .. if you would like to, um .. I'd like you to start again and say the things one at a time, and I'll tell you when you can ... go on. Like, you said, "you're trying to defend your parents ... in the same way that you're trying to defend K", I knew that was right, but not in terms of ... I was trying to link that up with what we'd just said before. I just thought to myself, ja, I was trying to defend when I said (in the original hour session) "I must have had that sort of affection". That connection I made very easily but I don't know how what you were saying related back to what started it off.

I initially deflected from the moment, and in a way tried to laugh off what M was saying. Laughing things off, making a joke of them is a defence I often use when threatened both to try to get away from the threatened subject, and to have the release of tension which laughter affords. But I intellectually recognised some truth in what M was saying and so returned to the topic. After a slight diversion we continued and began to get in touch with something of crucial importance.

T. Hang on, if you can tell me .. I'd like you to tell me what it was that I'm trying to link that to, then maybe I can make the link myself.

M. Um, .. (5 sec) .. I don't think I can find my exact words, but it was

something to the effect that .. you have to defend your parents because in defending your parents you are warding off some intuitive insight which you are trying to avoid.

T. .. (15 sec) .. Ja, that I think makes sense, because .. you know I said to you there are certain things I've always known about myself and been able to talk about without actually "knowing" them, and ... the one that's been very easy for me to talk about is that I lack affection ... And I've known that that's been true, without "knowing" it. And to actually "know" is very threatening ... that's why I'm trying to defend my parents. If I stop defending them then I will "know" it ... the way I need to know it ... I wonder if there's not the same thing with K ... (5 sec) ...

M. Stay with your parents .. (7 sec) .. What will you know.

T. .. (5 sec) .. Ja, that's the funny thing, they won't be to blame anyway. I'll just know that .. and I'm going to blame myself then, if I say it .. Um .. let me say it anyway ... um ... that I could not take my parents' affection. .. I'm still defending them by taking for granted that it was given. But, you know, it's very, very difficult for me to conceive of it not being .. um .. (5 sec) ..

M. In other words? ...

T. And the only way that I can conceive of my lack of affection is by saying that it was given but I couldn't take it. And that makes me guilty of something, or not guilty of something .. but puts the .. responsibility for that on me.

M. And what does that mean?

I was almost there, but could not yet say that it would mean I was undeserving of affection.

T. ... That's, in a way that is bullshit. How can I be responsible if I am a little child ... which reminds me of .. with K as well, um .. the "eyes-closed" part of me saying how can I be responsible for something I didn't know I was doing? .. (17 sec) ..

M. It involves the fear of not having been good enough to be loved.

This is how I came to be in touch with what M had just said, and my words reflect the conflict of my not wanting to know.

T. .. (12 sec) .. That could be, it sounds like .. a logical sort of thing to say. But doesn't feel right .. at this moment. Maybe it will .. it feels .. I don't know .. hang on, (voice softer) because I was thinking in terms of not being good enough to be loved, "being good enough" made me think of "succeeding", and the fact that from the age of .. schoolgoing age, I always succeeded incredibly well at everything that I did. And .. in a way .. that .. made me lovable ... good enough to be loved ... and I was going to use that as a denial of um ... as a denial ... of the fact that I wasn't good enough to be loved, a denial of that fear. But in actual fact it seems to be .. um evidence of that, it seems to .. evidence it in a way .. (5 sec) .. It makes sense, M, um, I can't say to you "yes that's what I felt", because I can't imagine feeling that.

M. Do you remember a little while earlier when we spoke ...

T. Hang on, M, wait ... um ... ja, hang on .. (13 sec) .. I'm connecting that feeling I had on the grass with the feeling in R's flat (R is K's brother) .. if that was a feeling of frustration, anger, out of fear that I wouldn't be loved, that I wasn't good enough to be loved, if that was right ... um ... that makes a lot of sense in K's brother's flat. I think that I was dead scared there, that does feel right ... that ... I wasn't good enough to be loved. Um .. it was very twisted, I didn't experience it like that but it feels right now to say that.

It is my "not being good enough to be loved" that I have been referring to as my "not O.K.ness" and it is here that I was getting in touch with it.

M. Do you remember saying this morning that you "deserved" to lose K, that you deserved punishment?

T. Ja .. and, ja .. that's right. Maybe I'm, there's something in this that also has to be worked out - I deserved the punishment therefore I should have been able to take it. I wasn't able to take it because it

didn't involve just punishment, it went deeper, to involve the fear that I wasn't good enough to be loved.... That fear is right, M. I can't identify that fear when I was little, I find it very difficult to do that, but after being .. as I started to grow up .. um .. I had that fear before I ever took out any girls. Um .. like when I was at primary school .... um .... yes, that's something very important that we've come across ... I was very scared that no girls would like me, that I would never be able to take out girls because girls wouldn't be able to like me um ... and now, being away from K, being away from people, um ... I've been to movies a couple of times and seen pretty girls .. and I've thought jeeppers, I'd really like to take one of those girls out .. but I've thought to myself no, why? ... what are you trying to prove to yourself. And this is what it is, and it's quite right ...

[5 sec] .. Somehow my wish to be in a relationship with a girl ... is to prove ... to myself ... that I am, um .. that .. um .. and yet that's not enough. I think that even in my relationship with K the jealousy I told you about was guilt about my feelings for other girls .. that, it wasn't enough to know that K loved me, I had to still prove to myself .. that I was lovable. I really wanted other girls to love me too. And I get the feeling that however many girls tell me that they love me, it wouldn't have been enough, I would have needed more, because I'm not going to be convinced. Hell, this is ... it's dead right.

M. This is also why you're in this peculiar limbo of wanting to be away from situations, social situations and also wanting to be there.

T. Yes.

M. Wanting to be away because then you can't be rejected because you're not good enough.

T. Ja ... that's not the way I'm seeing it. But maybe that is the way I'm seeing it underneath, maybe that's why I'm doing it. The way I'm seeing it is that, um .. I want to be away from social situations ... because I know that what I'm trying to do is prove something to myself, which won't be proved anyway.

M. (laughs) You've just said it, haven't you?

T. ... What have I just said? I know that everything is just right at the moment, I haven't said anything wrong ... Um, I know what I've said, what are you saying I've said?

M. The confirmed fear, you also ..

T. OH, yes, yes I see that .. yes, um .. and it's amazing I'm operating at a level just above (intellectually) just a little bit more intellectual than what you're operating at. And .. you're understanding it in a, in a way just deeper than the way I'm understanding it. And I'm understanding .. I'm understanding the right things, but .. not quite deeply enough .. (5 sec) .. a little bit higher up the mountain.

M. I want you to listen to all that again

I was understanding something crucial which I had previously been unaware of, and was very excited and apprehensive. What I now knew had ramifications for so much of my life that it would take time for all to become apparent. After a while I said:

T. ... this is right and I know that somehow this touches very deeply, and I have got to feel that.

I also ended the session by describing how the insight had occurred how I'd believed that what M had said was wrong, but when I'd try to show how, I'd shown myself she was right:

T. Ja ... I am just, amazed again at what's just happened, like, .. you said, you used the words "fear that you're not lovable, fear that you're not good enough to be loved", and I said no, and then I said, wait a minute and then phew, it all came out, and you know, it's just amazing that it's all ... At the moment I said no, it just wasn't there, and then as I started to make a connection, something clicked then more and more things just came out, like the whole thing was just right.

I went home and during the afternoon spoke some of the insights which came to mind on to a tape. Some of these will be included ahead. I also went for a drive up Mountain Drive and became very afraid, of what I did not know. Our following session was in the evening and I remained afraid and tense until it began, and even then.

Having spoken about my fear I played the monologue I had made for M to hear. Almost as soon as it was over we became involved in a power game, which I believe was inevitable in terms of the tape being laden with very charged material. The fear I experienced too was I believe a result of my recognition that I feared I was not good enough to be loved. It had intensified my vulnerability to rejection and as I have pointed out, (and will be evident in the exemplary presentation of the power game on the balcony), the main precipitate of the power games was my hearing M's words as a rejection.

At this point I will include some of the insights and understanding I came to during the afternoon, and which I played to M that evening:  
*T. The power game has something to do with the feeling that I'm not lovable. That when I'm with a girl, I have to be in complete power, um .. over her. Cos if I'm not and she's anything but submissive, then I run the risk of .. rejection .. Of having confirmed that I'm not good enough to be loved. And I think what happened with K, was that somehow I stopped playing that .. power game. I don't know if I stopped it completely but I stopped it in its very overt and obvious form, and became vulnerable because of that, and .. in breaking up with her I've had that thing confirmed, that I am not lovable .. (stop tape)*

*She's the first person I think, that I've allowed close enough to me to let me .. to be vulnerable, and .. she's let me down, and I think that's why I'm defending so much against taking the "leap of faith" or whatever you want to call it. And I took the decision when I was little, um, not to let myself be vulnerable because then I would have proved to me .. that .. I'm not good enough to be loved (stop tape)*

*And I've gone through my whole life not letting myself get into the position for that to be proved to me, and now the first time that I have, with K, my expectations are realised. And that's why I think I find it so very difficult, to make the break from her finally .... that's why it's been so painful and why it still is so painful. Cos it means actually acknowledging the fact that I am not lovable. That's what it means to me .. and I don't want to acknowledge that. (stop tape)*

In a way this expresses my making K stand for the possibility of my "O.K.ness", and this would mean that by relinquishing her I would be relinquishing my "O.K.ness". It should be understood that my words now express an understanding which I did not have at the time of making the tape, indeed if I had known then what I do now, the confrontation (ahead) would either not have taken place, or at least not come as such a shock to me. I did not realise that I was defending K as my "O.K.ness" despite my almost saying it in words. To put crudely what was happening, when M tried to make me understand that K did have some responsibility for what had occurred in our relationship, I reacted to her as saying that my "O.K.ness" was "not O.K." i.e. that I had no "O.K.ness". It was in fact through the confrontation which occurred later that I made a conscious decision to relinquish my defending K and so began to take responsibility for my own "O.K.ness".

*Maybe the reason why I won't take the so-called "leap into faith" .. I think I've said it before actually, on this tape, is .. that it's risking finding this .. out again, that I'm not .. good enough to be loved. I risk rejection again and obviously I was rejected when I was little for some reason, or somehow .. and now I've been rejected more recently by K. And those are the only two important times that I ever exposed myself to rejection or to the possibility of it, and both times I was rejected .. so I think it's understandable that I am resisting .. or that there is resistance in me. I don't feel that I'm openly consciously trying to resist, but there is resistance in me, and it's very strong. (stop tape)*

I was expressing some understanding of why I found it so difficult to trust M. Trust meant vulnerability, and both times I had trusted I had been rejected. Towards the end of the tape I said it even more clearly. In talking about the possibility of having my lovableness confirmed if I let someone close to me,

I said:

*"The odds seem to be against me because for some reason when I was little .. and .. um .. I could be, I could know then that I was lovable .. for .. some reason I got the idea when I was little, that I wasn't good*

enough to love / to be loved .. and .. that was the one time that I could have been told that I was good enough, and the other time has been now with K. So far my record is two out of two against .. and that's a hundred percent record against .." (stop tape)

I was living in terms of my fear of being unlovable, and was resisting trusting M in terms of my expectation of rejection. I was so attuned to this expectation that I could hear rejection in most of M's words as soon as she came close.

In writing down my first dream I had slipped by writing "a war of my body" instead of "aware of my body". In my monologue I was reminded of this and certain bodily complexes which I had earlier spoken about in terms of it. I spoke of them now as things that

... my mother has ceaselessly drummed into me and one of the causes of my .. um .. antagonism towards my mother .. um. Ja, and I think maybe they became such big complexes apart from having them drummed in and uh, having them picked on in front of other people .. uh, because .. maybe I blamed them .. for my not being loved .. or for my not being loved .. or for my not being good enough to love, then I would be at war with my body. My body is the cause of my not being loved, that makes sense (stop tape)

Particularly in view of the fact that it was my mother that used to pick on them. Um .. hh .. (stop tape). And I think it was probably my mother in the first place that .. or in relation to whom I felt that I wasn't good enough to be loved. And when afterwards she began to tell me about the couple .. uh these .. imperfections with my body, I think maybe I associated them, unconsciously, with .. my not being .. lovable.

This seemed to make further sense in terms of my knowing that my brother was my mother's favourite child, and that he was the good-looking boy in the family. My mother's looks were an important source of self-esteem for her and it seemed to make sense that she would prefer her good-looking son. This was one of the insights that helped me towards realising the full implications my expectation of "not O.K.ness" had on my life.

I also gained some insight into my trait of wanting to please people even to my own detriment, both generally and in sexual encounters. If I "do" for others and don't let them down then they won't tell me I'm not lovable. This went back to early in my life:

*There's also an element of "I have to do, to be loved" Um .. If one does, one is appreciated .. but I seem to .. take it past that to "If I do I'm loved". And I don't know whether this is right, but, um, my success in school, at sport .. um, in everything I did when I was younger, was very important to me .. um. In a way I think I was doing it to please my parents .. although I did get personal satisfaction out of it too. I think that there was an element of pleasing my parents in it .. Pleasing my parents so that they would love me perhaps .. or that .. they wouldn't tell me that I wasn't lovable (stop tape)*

Also

*Um ... and you know I've said to you M that .. um, the reason why my relationship with K didn't work was that I couldn't listen to her, I couldn't let her be, I needed her to fulfill a need in me. And I think that need was to confirm ... the fact that I was not unlovable. (stop tape)*

*Or at least keep telling me that I wasn't unlovable.*

This is in fact one of the main reasons why I am in therapy, so that I will gain enough trust in my own "O.K.ness" not to relate to others in terms either of a fear of confirmation of my "not O.K.ness" or my pressing need to have my "O.K.ness" confirmed. An important aspect of the process of therapy seems to me to rest on trust, the therapist's trust in the "O.K.ness" of the client, and a building of trust on the client's past towards the therapist. But to trust another one must trust oneself and so I needed a trust in myself to grow before I could allow my trust in M to grow.

*And every time I hurt K and she cried, I think .. maybe .. that confirmed for me that I was unlovable and that's why it hurt me so much .. when she cried that I actually wasn't good enough to be loved, I was only good enough to hurt her (stop tape)*

This proved to be an insight into my fear of hurting people, particularly K.

I believe too, that one of the things which struck me in fact held the seeds for understanding an important aspect of the power game.

*I think you said something like .. because I was the first person ... one of the reasons was because I was the first person .. in sort of academic circles, your academic circles .. where you were actually letting yourself be as a therapist and you said then afterwards um, and also in terms of the person I am, er uh, you said that to me, you said, these were your words I think "and also in terms of the person that you are". And I was struck that that seemed to be an afterthought .. um, and I had the feeling .. kind of, ja, it was a nice thought M but it wasn't for real, that's not really what is important .. um .. And this like, is again, I said something yesterday about .. being angry with you because therapy .. your, your knowing where we were in therapy seemed more important than my dreams. And .. like I'm just reminded of that, it seems like that your .. um .. excitement at letting yourself go, you know, listening to your intuition .. to your intuitive self as a therapist. ... Um .. is something very exciting for you, and as an afterthought working with me, but you seem to say that, rather than mean it. And I think may .. I'm probably projecting horribly .. um .. but that kind of confirmed for me, that .. I'm not really lovable .. if that's, no that's not really the right word but .. um, anyhow that I'm kind of serving a purpose for you. And that's good you know, like, to do something for somebody is good .. but .. and you're giving me the recognition that I want, but kind of like an afterthought, not really meaning it.*

(stop tape)

This exemplifies my using M's words as a rejection, as a confirmation of my "not O.K.ness". I carried a fear and expectation of rejection particularly at moments which were threatening to me, and when at such moments I unconsciously experienced myself on being made "not O.K." we often slipped into a power game. It is also interesting that from the time when I got in touch with the fact that I had the expectation of being

unlovable, that my feeling impotent became predominant in the power games. I see this slight change in the nature of the power games from this time in terms of my previously fighting against closeness and consequent dependence without really knowing why, and after this time having some idea of what I was fighting against but often feeling helpless to do anything effective. Whereas previously my being made "not O.K." was happening unconsciously, now it was happening consciously and I often felt powerless to stop it.

*And I think it's because I am not good enough to be loved .. that I don't let people get close enough to me ... um .. to disappoint them ... and in that way be disappointed myself. (stop tape) I'm actually surprised at the way that came out, what I was going to say, I think, was that I don't let people get close enough ... to disappoint me, but it went the other way, I said somehow the words that came out were that ... I don't let people close enough to me ... get close enough to me for me to disappoint them.*

*Maybe its not affection that I lack so much as the ability to accept it because of the premise that I have that .. I'm not good enough to ... deserve it, don't deserve it. (stop tape)*

Apart from the above being an important insight, my being surprised at my words exemplifies something else which has happened often in therapy. I tend to think about what I am going to say before I say it, and often I know what I am going to say but then say something slightly different. This seems always to be one step ahead of where I am intellectually, it is that bit closer to the core of what I am talking about. The words I say come as a surprise and I need to think about them before I actually understand what I have said. It is almost the same as my finding the perfect word to describe something and yet not at first identifying with the word, as I have previously described. The difference is that in the occurrence I am now describing, I have decided what I am going to say but then say something different with which I don't at first identify. I believe that I unconsciously know what I consciously do not at such moments, and that my unconscious thought somehow becomes "louder" than my intellect.

At the moment of speaking I hear myself saying words that seem alien, it is almost like automatic talking. This again is an occurrence which has contributed to my discovery that somehow I am unconsciously spontaneously wise, and that the more I allow this part of myself to be, the more spontaneous and intuitive I shall become.

M had wanted if possible to reach the end of the original hour session before a supervision session which she was to have two days from the time of recording the tape I have been quoting. I ended the tape by saying that I was angry because doing the monologue of some of the things I realised, would mean that we would be distracted from the original hour session and would certainly not be able to get to the end of it in time. I said too that even if M were to tell me that that was a bad thing for her to have said, or that it was really not important, I would not believe her. My final words were:

*And I'm bitter towards you cos I know I'm going to let you down, not so much ... that I know I'm going to let you down, but what that means, letting you down makes me not good enough ... to ... love ... (tape ends)*

This seems almost to be a description of the basis of the power games as they then were arising in therapy, culminating with the one on the balcony. M's words confirmed for me that I was not good enough to be loved, and no amount of convincing on her part could alter the fact that I had experienced her words as a rejection. And for M it was necessary to try to tell me that her words were not a rejection. But by so doing she was negating my experience and so reconfirming my "not O.K.ness". The power game on the balcony will exemplify this well.

As I have said, we got involved in a power game when we'd finished listening to the tape I had made, and the theme of impotence seemed to come to the fore for the first time now. I had become angry and M asked me how it felt and what I wanted to do.

T. *I want to just turn away and walk out.*

M. *Mm, that's not expressing it though.*

T. *But that is my way of expressing it, that's the way I do express it.*

*It's not the right way to express it maybe, but that's what I feel ... and I feel that you're here for a reason and that I must humour you, you know, so .. if you want to have your interpretation and you don't want to listen to mine, that's O.K. I'll listen to yours or try to ... but I still feel angry about it ...*

and

T. *And I think it's precisely because I can't touch you, I can't hurt you by expressing my anger, that I don't want to express it.*

M. *Mm*

T. *It would be hopeless, what's the point?*

M. *An impotent rage*

T. *It's the same as the little boy on the grass, I don't think that I would ever have expressed my anger because it just would have .. would have been nothing ... and they won't be hurt by it.*

In my dependence on my parents I had learnt that I wasn't heard and so concluded that I was "not O.K.". But I never expressed the anger I felt at rejection because on the one hand I was wrong to feel it (my parents knew what was best) and on the other they weren't in the habit of listening to my feelings and so it wouldn't have helped anyway. In my dependence on M I continually experienced myself as rejected because dependence and rejection were synonymous for me, and now that I was more in touch with what rejection meant to me I wanted to do something about it but in my "not O.K.ness" couldn't. I was caught in a vicious circle of being unable to express my feelings (O.K.ness) because of the fear that I was "not O.K.". In order to break this circle I would have to trust my "O.K.ness" enough to assert it, and this is what happened in the confrontation (ahead).

Something which added to my frustration and impotence in the power games that followed was that I knew that M wasn't infallible, but that was an intellectual knowledge and I couldn't ever experience her as wrong. In terms of my expectations there was always the strong doubt that I could be right and M wrong, and in that doubt I always bowed to my "not O.K.ness".

*T. Somehow therapy seems to push that you can't be wrong.*

and

*T. If you were to make one single mistake in a thousand hours of therapy, it would pass unnoticed because it would be seen in terms of my defects or my resistances or something like that.*

And that is the way that I experienced it. I knew that M made mistakes and that I could be right in my feelings but I never experienced that because of my deeprooted fear that I was "not O.K."

This is basically similar to other experiences I have had in therapy. There have been times when I've intellectually known what I was doing by experiencing something in a certain way, known why I needed to experience it as I did, but this knowledge hasn't altered the way I was experiencing. This was probably due to the deeprooted nature of what it was that I intellectually understood. It has at times been frustrating, but the impotence I felt at the time from which I have been quoting has disappeared at the time I am writing this. This is because I am now more able to trust that I will work through my problem areas in time. My growing trust in myself has also meant a growing trust in M and therapy. On the same point, it is true that therapy seems of necessity to focus on the areas of my "not O.K.ness". These need to be confronted and worked through if therapy is to progress. But in therapy I am also learning that I am basically O.K. I am learning to be and trust myself. Part of doing this has involved getting in touch with my "not O.K.ness" and in a way this made me feel "not O.K." This seemingly paradoxical situation has also been a source of discomfort and resistance to therapy at times. I wanted to be "O.K." but when M pointed out something that I was doing, I at times experienced her as pushing me into my "not O.K.ness", and so I resisted therapy. I believe this has been partially due to my fear of trusting M and an insecurity about knowing that she believes in my "O.K.ness". On a slightly deeper level it is because of the continued existence of the fear that I am intrinsically "not O.K.", the lack of conviction about my own "O.K.ness".

Having to some extent resolved the power game we had become involved in, we relistened to the tape I had made, bit by bit, and explored in more detail some of the insights I had reached. I had learnt very much, and the position I was then in is well expressed in my words:

*T. I do have this basic premise .. that I'm not lovable. Somehow I do have it .. and I do base my life on it. And I mean just knowing that, I don't know if that's going to change that for me.*

One of the most important turning points was to be the confrontation where I actively did something to change it for myself. But many hours of therapy before the confrontation was the power game on the balcony, which was also an important turning point and happened the session following the one I have been describing above. Unfortunately the actual moment of the turning point is not on tape, and so my description of it will be from memory rather than being my actual words in the session. The power game on the balcony is probably the best example of the power games that were occurring at that time. Each one seemed more intense than the previous, and the one on the balcony was the most intense. I shall include a large part of the power game leading up to the turning point because of the importance of the power games generally. This should exemplify their nature, and I shall also explicate aspects of it from my current perspective.

The following occurred the day after we had been through the tape I had made of the insights following my getting in touch with my "not good enough to love or be loved" expectation.

In the morning at M's request I had taken her for a drive to Mountain Drive, the place where I used to go to be alone. I had been fairly excited about showing M "my place" but once there I had felt her to be intruding, I could either be with her or with myself, but not both. On coming back and starting our session we spoke about it, M having recognised my discomfort. M said that it was in fact "my place" and thus her

presence had been an intrusion. But by her words I experienced her as almost giving me permission to have my place, so it was no longer mine because I had the power to choose that to be the case, but because M was relinquishing her power and allowing me to have Mountain Drive. In that sense it was a rejection, and I felt almost bitter. M emphasized the fact that I had allowed her to come with me, so that at a time when I'd experienced a subtle rejection from M and was almost becoming angry, I heard her to be saying it was in fact my fault that she came, my fault that she rejected me (although this is certainly not the way I understand her words now). Even then I accepted that I was trying to shirk responsibility, but to accept that also meant to accept my submission, because I experienced myself as having been unable to assert myself, and understood this in terms of my dependence on M.

T. *Ja, I'm saying that I'm not strong enough to do anything about it'.. that you are the only one that is strong enough to .. um .. to change anything .... That however strong I am, you are stronger.*

M. *Ja, .. um .. just before I respond to that .. if at all .. um .. you see it is actually not a question of dependence - independence, because that "ownness" precedes independence and therefore the dependency thing has become superfluous.*

T. *Mm*

M. *Alright?*

The way I answered suggests that I wasn't in fact taking in what M was saying, being too caught up in my own experience of what was happening. At times my saying "ja" without really hearing M was a further trigger for the power game in that M thought that I was expressing agreement with what she had said whereas I hadn't really heard her at all.

T. *.. (quietly) .. ja ... we kind of seem to be very much on different sides at the moment .. that I'm trying to make you responsible and you're trying to make me responsible.*

M. *Again, I stay on that side that you're pushing me .. by saying .. I'm not trying to make you responsible, I'm trying to show you your responsibility in it.*

T. .. and I'm trying not to see that responsibility.

In all the power games I experienced myself and M to be on different sides, the resolution of this power game was the first time I attained insight into the fact that we weren't. Also, although I did not know it at the time, "responsibility" and "not O.K.ness" were synonymous for me, and this is why I couldn't accept it. By trying to show me my responsibility M was trying to make me "not O.K." and her saying I was pushing her onto a different side was also a confirmation of my "not O.K.ness". To understand what was happening in the power games it is important to realize that my experience at the time was only of M as an adversary, and I had no idea of what accepting responsibility meant to me, only that it was something I couldn't do. I was fighting against being made "not O.K." without consciously knowing that this was so.

M. What would happen if you.. do? What are the implications?

T. Um. Um .. what I'm feeling is that I couldn't .. the power is just too big. I can't, you know, I can't conceive that I could be responsible. ... (15 sec) .. It's very much like, if I am sitting on the grass there, and you tell me that I'm partially responsible for what's happening ... and I ... can't accept that .. um .. I just feel that circumstances are just too big, and that wall is just too high, and those people are just too far away. There's nothing I can do about it ...

M. On the grass .. And now?

T. Um ... Now I think I could be angry with you ... um ... that wouldn't solve anything I don't think, but maybe that's what I should be, instead of just accepting it. ... I don't know, I'm not quite with what we're talking about, you know, the things I'm saying are not quite with me.

That was because I was too much "with" the scene on the grass. This is evidenced by my getting back to it moments later. M was involved with my not being "with" what was being said:

M. Let me give it some context ... it's somewhat of the feeling you've had with K, that when you hurt her ... (10 sec)

T. I know what you're saying, that when I hurt her I .. (8 sec) .. I don't know how to put it in words but I know what you're saying ... um. I don't want to think about that, I want to think about the little boy on the grass .. and when I hurt my parents then they go into their room, and that's not right.

M. Mm

T. You see, I'm very much .. I can't get away from the little boy on the grass at the moment, and there it doesn't seem to work, where is my responsibility when I'm on the grass?

M. ... I'm hesitating because there are 2 important things that come out of that .. (5 sec) .. and the one I don't want to mention yet. I don't necessarily want to stay in this moment, but I also know that we can't yet move from the "unlovable" ...

T. Ja, I just know that um .. thinking about on the grass and thinking about that question "where is my responsibility?" ... I don't know where my responsibility is but I must have had some sort of guilt when I was on the grass

M. Right .. you've opened it yourself.

In M's saying there were 2 important things, one of which she didn't want to mention as yet, I believe I unconsciously experienced impotence and rejection, in that M knew the answers and I didn't. I think too that part of my being stuck with the little boy on the grass was due to subtle and unconscious attempts on my part to lead. When M led I was dependent, impotent and "not O.K.", I didn't really hear her because I experienced her to be into her own thing or else I couldn't understand her. The little boy on the grass was my "thing", M's wanting to be with "now" was her thing, so there was a covert motive of wanting to be in control which contributed to my returning to that scene. There was of course also the fact that I experienced M's wanting to be with "now" as an inadequate acceptance of what I was saying, as I have pointed out. In this sense I returned to the scene because I wanted to be heard, feeling that I hadn't been.

T. But guilt about what? Guilt that I was not lovable? Guilt that I had done something to make my parents do that?

M. Um, let me say the other thing, the one aspect of the responsibility on the grass was .. not doing anything.

This I certainly heard as a rejection, because it was something that M was saying I should have done and didn't. I was a child and so I must have been a "not O.K." child. M went on to qualify this but I had experienced the rejection and was into reacting to it.

T. Ja, but I was powerless to do anything. I was so little, and my parents wouldn't have let me, and I was too far away and there was just nothing ... it was just totally much too big for me.

M. Right.

T. So how can I be responsible?

M. Um .. the responsibility is in allowing that, let me call it defence, which was absolutely appropriate at that moment, to have lingered with you into your adult life.

T. .. (10 sec) .. You know, the trouble with everything we're saying now is .. um .. responsibility .. I'm trying to get away from guilt at the moment .. responsibility .... for not doing something that I should have done, means that I'm guilty of something. And, I'm guilty of carrying this thing through into everyday life, and I don't want to feel guilty about that, because I wasn't to blame in the first place, and

M said she would try to explain the dynamics to me:

M. Um, the little childie on the grass is totally threatened, and goes into this passive impotent rage. And it is impotent because his parents are too big, the wall is too high, and in that moment there was nothing else that he could do, except that he could have shown his anger, he could have expressed his anger, but that's not a question of guilt.

T. Um .. it is.

M. I want to come back to the guilt, I'm not excluding the guilt.

T. I'm going to be stuck there, I'm going to think about it .. because somehow ....

What is important in this is that it evidences my readiness to hear almost anything as a rejection. There was something I didn't do as a child, and perhaps should have, and in terms of my expectation of rejection this was a confirmation of my "not O.K.ness". Despite M's saying it was not a question of guilt, to me it was. Despite M's not consciously rejecting me in the power game, I experienced rejection.

M went on to explain part of the guilt I had experienced as a child on the grass but I found it very difficult to understand. During our conversing I made a slip by saying "this morning" when I'd meant to say "that morning" (referring to the morning of the day I was on the grass next door). We discussed it, and then M suggested that the connection between "that morning" (on the grass) and "this morning" (Mountain Drive) lay in my being pushed into an impotent rage in both cases. I was unclear about the connection, and then M went on to interpret something else that had happened when we were together on Mountain Drive. I completely ignored what she said and went on to describe something I had felt when alone in the car on Mountain Drive the previous day. This I believe was also an instance of my unconsciously trying to take the lead, rather than be led.

*T. There is something I felt in the car yesterday, I thought about it but I didn't tell you about it ... maybe I should, I don't know whether .. I'm sure it is relevant somehow ... And that is that .. that whole scene with, like, those cut down trees and the standing up, ... and the sort of misty expanse to the mountain on the other side .. um, I could see the mountain but it was misted um, yesterday um ... I was sitting in the car and I felt, ja this is just like somehow where I am in therapy at the moment ... and what I should actually do is get out of the car and take a walk around .. um .. and somehow that's what I should do in therapy too, and it was incredible, like, something wouldn't let me get out of the car. Somehow I wouldn't let myself get out of the car .. um .. and like I was fighting with myself, you know, I must get out, I should get out, um .. but I wouldn't let myself and then ... I did and I don't know if you ..*

where we parked to-day just in front to the right there was a big white tree trunk sort of thing that was lying sideways .. and I went and stood on that, um .. (5 sec) .. and I think I couldn't wait to get back into the car. It's like I felt quite safe in the car and once I got out I didn't feel safe anymore .. I don't know.

M. T, amazingly enough, a question that has been in my mind all morning, not all morning but every now and then since we've been on the balcony ... were you forceps delivery?

T. No idea (softly)

M. Just check with your mom how you were born.

T. .. (12 sec) .. I thought you were going to ask me about my car, and really enjoying being in my car, it's a very safe place for me. I love to be in my car.

After describing something that I had felt, I was amazed at M's question and it certainly must have confirmed my expectation that I wasn't being heard and that M was off into her own thing. But instead of going into what she said, I returned to what I was involved in and began to answer the question that I had expected her to ask. Having done this I asked her almost sarcastically how I had been delivered. She told me what she thought, and then interpreted what I had been saying about my car in terms of something P (a member of staff) had said during a discussion we had had with him.

T. .. (20 sec) .. I'm not with you when you .. from the part when you said P's symbiotic relationship .. I can't make that connection.

M. I'm not with you, "remaining?" ... you didn't understand what I was saying .. Right, um ... one of the reasons why you're slightly angry with P, is because he pinpointed a very important issue about what's happening with you.

T. I'm slightly angry? .. ja, alright.

By interpreting my thing M was in a sense making it her own, and so I distantiated myself from it somewhat. There have been times, in the power

games when M has merely rephrased what I had said and I have then been unable to understand her. This was due not only to my hearing her in terms of my expectation of rejection, but also partially to the fact that it was very threatening for me to know that I was being understood, i.e. that M was close to me. This is because in my experience closeness meant rejection. Closeness was threatening so I found M's understanding of my words dangerous and when she understood me, I was unable to understand myself. My hesitation in accepting M's saying that I was angry with P is partially explicable by this. I was also ready to experience as a rejection her telling me what I felt, (something that did in fact happen later), despite the fact that I had told her that I had been angry with P.

I again returned to talking of what I felt in the car the previous day and how it was similar to the fear aspect of the ambivalence I had felt while waiting for one of our therapy sessions. We talked over it for a while and then M made a very pertinent point:

M. *To let me in is to let you out.*

T. .. (5 sec) .. (laughs)

M. *To let me into your prison is to release you from your prison.*

T. .. (18 sec) .. *I don't know .. um .. the thing that I thought is that, I was thinking that to let me .. to let you into my car is to make the whole place unholy, like it's holy when you're not there, but once you're in, then it's nothing special anymore.*

M. .. (10 sec) .. *Yes, we're saying the same thing .. yes*

T. *I can't ... I find it very difficult to understand what you're saying ... I could understand the words ... just say what you said again.*

I was finding it very hard to understand M's words at a time when we were saying the same thing, and her telling me that was a confirmation of my "not O.K.ness". If we were saying the same thing then I must be very stupid not to be able to understand.

M. *I said ... (tape off because of disturbance of a car warming up and a dog barking) (tape on) are you still as available as you were before the intrusion.*

T. I think so, but I'm thoroughly pissed off at the dog and at the driver of that car. I'd like to throw my cup at that bloody dog.

A lot of anger had been building in me and so the disturbance was opportune in the sense that it allowed me a reason to be angry, albeit a substitute reason.

M. (laughs) I actually thought you were going to jump over the balcony and just get into everybody (laughs) .. um .. why don't you say what I said? I'm not trying to trick you into anything.

T. O.K., no .. um .. to let you in is to let me out (9 sec) .. um .. whew .. and the way that you said it sounds to me like to let you in is to .. free myself .. but that's not the way I'm saying it. The way that I'm saying it, is: to let you in, I just want to get out.

M. Because it becomes no longer a safe place.

The tape we were using ended here and changed tapes rather clumsily and we both became irritated.

M. It's no use apologising for that intrusion, and my technical incompetence .. um ..

T. I got very angry with you and I think you got angry with me.

M. No, I got angry with myself, because I was giving you such a stupid .. um .. out of the context reason to be angry with me. You know, because I was just being so totally stupid and incompetent .. (11 sec) ... I was angry with myself, I was irritated with myself.

T. (voice quiet) I didn't know that, I thought you were angry with me .. because I'm totally irritated with your total incompetence, and you're saying "No! Bigger off, I know what I'm doing."

Expressing anger made me very vulnerable to rejection, and so I experienced M as angry with me. When she then said she was not, that was another confirmation of my "not O.K.ness", I was wrong in what I experienced and M was right.

M. I didn't know what I was doing, I was making a complete ballsup of it .. (8 sec) ..

T. I don't think I'm very settled .. at the moment ..

M. Yes, I'm just wondering why I allowed the incompetence to happen, you know, I really don't believe that anything happens without a reason .. (5 sec) .. Have you any ideas?

T. I don't know, but I'm in the middle of that .. impotent rage and I'd just like to get up and walk out .. (12 sec) .. And I think that what happened, confirmed that impotent rage for me, cos I think that I got angry and I started to snap at you a little bit, and I thought you snapped back .. and that was enough.

Being angry had been a true expression of my feelings but I had experienced a double rejection from M as a consequence. The result was my feeling the impotent rage for which I would not be rejected. I then expressed anger somewhat more directly and again experienced rejection.

M. Mm ... and that's what I mean when I said I was increasingly angry with myself, because I was .. just totally involved in my own irritation with myself ... and I was allowing you to feel rejected by my anger, because I gave you a whole opening to feel that I was expressing anger towards you.

T. .. (5 sec) .. Ja, I'm in the middle of this anger at the moment and what I want to say when you say that is, "what the hell does it matter, I don't care, you can say that, I don't care".

M. .. (7 sec) .. And this is where the impotent rage changes, or can change .. It becomes a moment of trust because I cannot convince you, that my anger was with me. For you to accept what I'm saying is a moment of trust ..

T. .. (6 sec) .. Ja, except that .. um .. you didn't say it, I got into my "thing" before you could say anything. And it's too late then (voice getting louder and louder) because ..

M. Mm - mm.

T. It is! It has happened!

I was telling M my feelings and my experience and her "Mm-mm" was a complete negation of them as I heard it. I was really caught up in the anger of the power game at this point, the anger of fighting against being rejected.

Our disagreement and thus my rejection continued time and time again ...

M. *Ja sure, it's happened, sure*

T. *And I can't step back out of it, M.*

M. *This is what I'm saying to you .. having recognised the impotent rage, you can now consciously take the step back, not impotently but consciously.*

T. *Whew .. (9 sec) .. I can't .. (5 sec) .. even if I were to say I believe you now .. I'm, I'm just angry M, it's not going to make any difference .. whether I believe you or not. Like that moment is passed, I said that before once when we had that thing that .. that was past history, nothing can change that.*

M. *No.*

T. *So now what do you want me to do?*

M. *Nothing can change that, that is past history, we are here, now.*

T. *O.K., so we're here now, so what?*

M. *So how are you going to handle now?*

T. *.. In a couple of minutes I'll .. the anger will subside, and it will be as if it didn't happen.*

M. *But it has happened.*

T. *Ja, but you know, that is past history and the anger will also be past history just now .. (7 sec) .. but I can't change it until it has happened, I can't change it at all. Like it's happened, you're saying now I can consciously do something, I don't know what you're saying I can do. That I can stop my anger, or something like that ... or that I can believe you now and then the anger will go away. That's bullshit, I can't do that .. (8 sec) .. (laughing). Why are you smiling with me?*

M. *.. (18 sec) .. I'm not answering you, we'll come back to it ... and now?*

T. "And now"?

M. Where are you now.

T. "We'll come back to it" .. that's fine, I'm impotent to do anything about that, when you're ready to come back to it, come back to it .. (10 sec) .. I'm totally dependent on you and I'm totally impotent to do anything.

Almost everything that M said was making me "not O.K.", and so I finally became impotent to fight against it any longer. My saying that I was totally dependent on M was true in the following sense too: At that time I was hearing only rejection in M's words, so from my side she would have to stop rejecting me for me to regain potency. My "O.K.ness" had to be confirmed from outside, I didn't have enough trust in it myself.

M. Rubbish, and you know that.

T. (laughs cynically) Ja, alright, but I'm not talking .. when I said that, M, it was my "eyes closed" side, it was my feeling side ... if I think about it rationally, O.K. I'm not .. but ... when I'm full of anger, I don't want to think rationally. The eyes ... I don't even know ... if it's that I don't want to, the "eyes closed" part of me is much bigger than the "eyes open" part of me.

Intellectually I could distance myself from the reality of my feelings but by so doing I was myself rejecting my "O.K.ness". In a way I was fighting to have my feelings accepted, because in feeling my feelings lay my "O.K.ness". I could see intellectually that my feelings seemed irrational in the situation, but to stop feeling them because of their irrationality would have been to live in terms of the expectations of others and accept my "not O.K.ness".

M. You are simply angry ... sorry

T. Now you're telling me what I am which makes me even more impotent ... whew ... Can I go and make some coffee .. please?

M. .. (8 sec) .. By answering "yes" .. you are forcing me to ..

T. *Do it again.*

M. *Yes*

T. *And if I stay or if I go you will do it anyway*

M. *You will let me do it, T.*

T. *Whew .. (12 sec) .. hang on, I will let you do it ... now, you're making me responsible for my impotence .. whew .. I can't take that responsibility at the moment.*

M. *Fine .. but ..*

T. *How can I be responsible for being made impotent by you? That's the way I'm experiencing it.*

M. *How can I make you impotent .. if you .. I don't have to finish that sentence do I? ... (5 sec) .. I can only make you impotent if you will allow me to make you impotent.*

I was experiencing myself as being made impotent by M because I was hearing rejection in almost all she was saying. I was tuned to the confirmation of my expectation of rejection, I lacked enough trust in myself for it to be any other way. M was doing it to me. And M knew that she wasn't, but in telling me that, she was continuing the cycle of the power game.

She was saying that what I was experiencing wasn't what was in fact happening. The circle seemed unbreakable.

T. *.. (11 sec) .. ja, and the only way I can resist being impotent, and feeling impotent ... and feeling smaller than you, is to get up and walk out .... and that's why I want to go and make coffee .. Because although that is impotent in itself, at least .. at least I'm doing something.*

M. *But .. then do it, don't ask my permission for it. (loudly).*

*Because then I confirm your impotency and that's what you want me to do .. and I won't! .. because you are not impotent. But you need the safety of the womb, it has been a familiar place for so long .. to leave it is bloody threatening.*

T. *.. (15 sec) .. I feel you're angry with me now.*

Had M at this point denied that she was angry, that would have been a negation of my experience and so a rejection. When she didn't, it

was a confirmation of the rejection I experienced by her anger.

M. I thought you had that total vacuum of isolation for a moment, just so alone.

T. I also thought I had it .. um .. whew .. (8 sec) .. whew .. (15 sec) ..

M. Can I say something?

T. Um .. let me say something first?

M. Mm

T. There's something that I would like to do more than get up and walk out .. but I won't do it ... And that is I'd like to take this cup and smash it against the wall .... Maybe the reason I would like to do that more than walk out is because I can do that, I'm not ... and by not doing it I'm making myself impotent again.

M. No ... aren't you taking responsibility, sorry T .. I must qualify that "no" at some point, see? By not doing it aren't you taking responsibility, .... Do you know what you are going to feel like if you break that cup .. especially that cup.

T. Ja .. um .. (11 sec) .. ja that's what I said isn't it? That .. I chose this cup because I knew that it would make me impotent ...

M. By breaking it?

T. No, that I would like to break it but this is one thing that I can't break ... won't break.

M. Ah, and you're saying by not breaking it ...

T. I am making myself impotent .. by choosing an expression which I can't make anyway.

M. And I'm seeing it as the evidence of not being impotent, because you need to .. you have this tremendous need to find some expression, but by knowing how destructive it will be for you .. to break that cup, because you will feel terrible once you've broken it, because it's that cup, you become potent in your anger and you know that that would be an inappropriate expression.

T. .. (22 sec) .. I don't understand what you're saying .. (6 sec) ..

What had happened in the above was that I didn't feel that M had been hearing what I had been saying because she didn't acknowledge what I'd said and was saying something different. I was being negated by not being listened to, being negated because from leading I was now being led (which made me dependent and so "not O.K."). In my dependence I was having my "not O.K.ness" confirmed because I couldn't understand what M was saying (and M as authority figure was "right"). The way I was experiencing the power game is well-illustrated in what followed:

M. *What do you want to do now?*

T. *Whew ...*

M. *Sorry, I'm phrasing that very badly, because I'm leading you into a trap which I didn't realise I was doing ... UM, I don't know how to phrase .. (sighs) .. that a coffee break would be good, without phrasing it in such a way that I'm giving you permission to go and make coffee ... So I'm going to say let's have a short break.*

T. *And I'm angry and I'm going to say no, let's not.*

M. *Right .. then we won't*

T. *And the only reason I'm saying that, it's not that I don't want a cup of coffee, I would like a cup of coffee, but you're saying let's have one so I'm saying no let's not.*

M. *Ja, and you see, I can't get out of that, but you can.*

T. *I can do what? I can get out of what?*

M. *.. Out of a situation in which you need my permission.*

T. *.. (5 sec) .. But what have I just done? You've just given me permission and I've said I don't want your permission .. (8 sec) ..*

M. *What do you want to do T?*

T. *.. (16 sec) .. stop all this bullshit, and smash this cup against the wall ... (24 sec) ... And it's bullshit because we're like playing games, that I'm saying something, and you're saying something different and I don't understand what you're saying .. and then I say something else and then you say something else different, and then I still don't understand*

what you're saying .. (10 sec) .. and I understand what I'm saying and I think what I'm saying is relevant, but then you're saying something different .. (5 sec) .. and then the whole thing's going to start again .. (38 sec) .. and somehow that's why I feel impotent, because I'm trying to play a power game with you ... and you're not playing it with me, you won't let me have any power at all. You have the power all the time.

M. I cannot give you your power

T. No, but .. uh .. it's like everything I say is trying to exert my power, and as I say something you say something else and your power is bigger than mine.

M. It need not stay like that T.

T. Whew ... (8 sec) .. and I have the feeling that it's up to you whether it stays like that or not, because .. (15 sec) .. I don't know (dejectedly) .. (17 sec) .. (angrily). If I say something, if you would, just shut up and listen to it, instead of telling me what I'm saying in some way that I don't understand .. then things would be easier ... (30 sec) ... But somehow this .. impotence is just, it's never-ending because as soon as I say something you tell me what I've said, in a way that I don't understand it, and that makes what I've said impotent, because I didn't, you know, because what I said is not important. It's what I actually said, the way you see what I actually said, or what's actually going on ... So every time I try and exert myself ... every time I say something, "no that's not what you're saying, what you're saying is this", every time. And it can never end with me, it's got to end with you, and me trying to understand it. (Phone rings) .. (14 sec) .. I think you should go and answer the telephone.

The circularity of what was happening was extremely frustrating particularly in view of the fact that although at the time I was unaware of it, I was in fact fighting for my "O.K.ness" and being thwarted time and time again. I said to M that she should just shut up and listen to

me, and this was in fact what actually happened to resolve this power game later on. M answered the phone and on coming back asked me if I knew what was happening. My expectation of rejection was so finely attuned at this stage that even that question seemed to trap me into "not O.K.ness".

T. *The question you asked is "have you got any idea of what's happening?" M, that makes me impotent again. Because if I have got an idea of what's happening (voice very angry) .. that's not what's really happening.*

M. *Mm*

T. *You know what's really happening, and I don't know what's really happening, and that makes me impotent. And that's what is happening.*

M. *What is happening?*

T. *That I'm being made impotent every time, or that I feel I'm being made impotent.*

M. *Mm*

T. *Um .. (8 sec) .. The only way I cannot be impotent is if I say something and you're prepared to accept it at face value, and say O.K. that's fine. And even then I will be impotent because .. I know that that's not what's been happening ... with us ... That even if what I say is absolutely O.K. at face value, that I will think that you know what's really happening, that that's not really what I'm saying.*

M. *Almost as if I'm placating you, even if it is right.*

T. *Ja, ja*

We continued in this vein for a while. I continued to express the way I was experiencing what was happening almost as if I needed to convince M. In a way I was perhaps pleading for her to stop making me "not O.K.", and trying to make her hear me. But the more I tried, the further away from M I seemed to be and the harder it was for me to know that I was being heard. Each rejection seemed to remove me further from being able to trust her, because it was she who was doing the rejecting.

T. Um, I don't see any way out of it.

M. I think there was a way out of it and I spoiled it .. um .. (7 sec)  
.. in a sense you did it, when the phone rang ... because you took the initiative.

T. .. (15 sec) .. and you let me ... you didn't say "no I don't want to answer it", or "I don't think it's appropriate to answer it" and that's what's happening right through therapy that -- I'm taking the initiative and you're saying "no I think what's really happening is ..." and .. uh .. you know, the "eyes open" side of me says "ja, you're quite right", and the "eyes closed" part of me says "ja, I am impotent" ... (20 sec) ... and that's I think why I resist so many of the things you say .. (5 sec) .. because you are leading me, and that means that I am impotent .. (6 sec) .. and when I talk about resisting the things you say, I'm not consciously resisting them, but somehow, you know, I don't understand them very easily .. (15 sec) .. and now I'm fascinated to see what you're going to say next ... Because whatever it is it's going to make me impotent ... because somehow something has been happening here of which I am not aware, or maybe I am aware of it .. I'm not going to come to it .. (8 sec) .. And as soon as you start to tell me what it is ... then, you know, that's going to flatten me again.

M. And if I don't?

T. Then therapy is not getting anywhere ... it's just a happening, it's a happening like what happens through my life and why I'm in therapy, because there are certain things happening over and over again which shouldn't be happening .. (6 sec) .. Hang on, I've just thought of something - maybe this impotence is dependence, that I have to be totally dependent on you, um ... and being totally dependent on you makes me angry, but it's just no good, it's just useless anger. It's hopeless, because I have to be totally dependent .. (12 sec) ..

M. How was the total dependency expressed in what's been happening?

T. .. (35 sec) .. The way that therapy has been going has been very much the way that I have been totally dependent, that you have done all the leading .. um .. and I don't want to be totally dependent so when you do

*all the leading, I feel I'm impotent.*

M. Mm

T. *And that makes me angry, and however much I try to express that anger, or not however much I try to express that anger, however much I try to explain to you why I am angry it just .. the cycle keeps repeating itself .. in everything we say to each other. You know, um .. it's like, this is how the cycle goes! I say to you "I'm angry because I'm dependent" ... And I, I can't accept being totally dependent without being angry ... and ... I can't express that anger because I'm totally dependent. .. (5 sec) .. I don't know if that makes sense or not ... I don't know if I understand what I've said.*

M. *Do you want to listen to it again?*

T. *Whew .. (14 sec) .. No I think I know what I've said .. (12 sec) .. But now I've expressed this to you, and I think that you will somehow not want me to feel this total dependence, um .. (7 sec) .. so you can't actually answer me back, all you can do is reflect what I'm saying, and get me to lead, and I don't know that anything is going to come of it, that therapy can move that way.*

M. *At the moment I want coffee (tape off)*

Over the final few minutes above there seems to have been a subtle change in what was happening in that M's words were no longer coming across to me as rejections. I was doing most of the talking from a position of impotence, having been rejected over and over. It seemed to me to be inevitable that the pattern continue and what I was expressing was my experience of what had been happening and what for me was still happening. I seemed to be caught up in the impetus of being rejected and was trying to convince M of what was happening even when it had stopped. This happened more clearly at the resolution of this power game.

After coffee the tone was initially less angry, and I expressed how tired I was of what was happening. I said too:

T. But it must be a difficult position for you because whatever you say .. if you don't say anything, then I feel impotent, and if you say something it makes me feel impotent.

M. I think that is quite accurate.

T. I know, that's why I'm tired of this situation.

M suggested that we go back to where the power game had started.

M. This whole cycle .. where .. for you, did it start .. and that's of course where we start the cycle again .. ja?

T. When you asked me if we could go to Mountain Drive .. (7 sec) ..

M. True .. true

T. Not "true", "ja, I understand", but not "true" because when you're saying "true" then you're saying "ja, you're right, for once I agree with you".

M. .. (6 sec) .. at that moment I became angry with you .. um.

T. When you said "true" I became angry with you.

We reverted to the old cycle, perhaps the trigger here was that M's first words were a confirmation that I was "not O.K.", perhaps also that we were returning to what had started the whole cycle of my "not O.K.ness". M's words were a rejection as I heard them and when we began to disagree then I wasn't being heard and this was another confirmation of my "not O.K.ness", and provided additional experiences for me to fight against.

M. Mm .. because .. I think if I'd said "I understand", you could have criticised that as well.

T. Um, you could have said "Mm", you could have realised that. You could have realised what I was saying was right, you could have um ... did you ... was that ... is that where you had in mind when you said starting from the beginning.

M. No, no

T. So, right, so I did say something which made you realise that's where it started.

M. Mm

T. But instead of saying "Oh, ja" ... you know "I realise that's right" ..

M. (loudly) *In exactly the way that you are saying, T. When I said "true" that is exactly what I meant .. but then you see .. (softer) Oh, no, never mind I'm going to, to ... I agree with you I could have been non-committal and said "Mm" but I'm not an "mm-therapist".*

T. *Hang on, just wait .. (21 sec) .. See, the way you said "true" was kind of you were telling me that I realised where it was .. that I started feeling it, instead of expressing that, oh! you were realising it, you were telling me "oh, I realise it" .. (5 sec) .. .. (voice raised) .. it's this whole thing M that this was one moment when I was potent.*

M. *T, ja of course.*

T. *And the way you said "true" made me feel "no, you're making me feel impotent again".*

*Even when M was in full agreement with me I seemed to continue to try to convince her, as if I was unable to know that I was being heard.*

M. *Absolutely, absolutely, T ... because when I was saying "true" ... um ... I was saying it the way that I said it, the way that I felt it was all the way ... All the things that you wanted to hear ... which was totally relevant to the situation for you .. And somehow in what I said, and in what you heard, the confusion set in again ... Look I know that I cannot convince you, but when I said "true" .. what you're saying about how it was for you, that is exactly what I was expressing.*

T. *Um, you know, I could have had my moment of potency, I'll tell you what I would like to have heard you say when I said that ... "Ohhhh"*

M. *Sure ... but I cannot be that which I am not.*

T. *Ja ... and that which you are, cannot make me feel anything but impotent.*

M. *No ... (T laughs) .. No T, no*

T. *Tell me why (sounds resigned)*

M. *Because .. the meaning of situations, when they come .. when they are expressed in words, mentally have to be translated, because words are only symbolic and so are expressions like "oh" and "Mm".*

T. *Ja, just .. I wasn't listening because something caught me.*

Although M had been hearing me, I wouldn't allow myself to know it and continued to try to make myself heard. When M then said "No" it was a confirmation of the "fact" that she hadn't heard me all along, because I'd been saying the same thing over and over and now she was negating it. When she then began to tell me what she thought, I switched off, by having my attention caught by something inside me. Her telling me had meant she was then leading and so I was dependent on her and thus "not O.K.". My switching off was a way of fighting against "not O.K.ness" by just not listening, and having my attention caught was an unconscious way of trying to lead again. What had caught my attention turned out in fact to be the way I would have liked M to answer me, also an attempt to negate my rejection. In a way I was almost creating my own version of M as I wanted her to be.

M. Mm?

T. Um, the way the whole cycle starts, um .. I said something and you said "No, no T", right, so that made me impotent. And then I said O.K. tell me how, tell me why not. And what I expected you to say then was "No, you tell me" ... And like I got stuck with that thought, that .. that's what you should have actually said.

M. Yes, and I think you must be quite right, because I'm on the defensive by now ... And that's very possibly .. and we can even play it back and you're probably right .. Mm .. (7 sec) .. Does that however get us away from this very crucial thing that's happening?

T. I wish I understood .. ja, I know, what this crucial thing is that's happening, I just .. where's it going, is it doing anything, but happening and happening and happening? .. (6 sec) .. (laughs). No I don't think it is doing anything but happening and happening and happening. Well, I, I think I understand it better. I'm more aware of it as it happens and happens and happens, but it's still happening.

M. .. (6 sec) .. How will it end? When will it end?

T. .. (12 sec) .. *I wish I could answer that .. (42 sec) .. when I'm no longer dependent on you at all ... ah, but I don't even know that it would end then.*

In a sense this final statement was true - because dependence meant "not O.K.ness" and it was that which was at the core of the power games. But my "not O.K.ness" was present more than only in dependency, and the power games would only end when my trust in myself and M increased. And my trust was certainly increasing, the fact that I could be involved in the expression of anger which the power games facilitated was evidence of this. The original power games had involved merely distancing myself to an unreachable and safe place, but as therapy progressed I had become more in touch with why I needed to be inaccessibly safe and had increasingly expressed the anger at rejection of which I had never allowed myself even to be aware.

M. *I know that we will work through it.*

T. .. (8 sec) .. *I also know that we will work through it, but you know, I'd like to work through it now, but I don't know that we can just work through it now. I mean, it's going to happen, but whether we can actually do something now to work through it, I don't think so ... I mean I really trust that this is going to sort itself out, I know it's going to somehow, but how the hell it's going to happen and when it's going to happen .. (10 sec) .. Somehow therapy will take care of that, it will just happen .. (5 sec) ..*

M. *That is true.*

Partly because of M's conviction and largely because of my experience of therapy I had come to "know" that therapy works, that however difficult things seemed, the process of therapy would facilitate sorting them out. This was a source of some slight comfort at times when I despaired of ever working through a particular problem, like the one above.

T. .. (5 sec) .. *But what I've got to say now, I don't want to have to say it, is that until that time I must just feel impotent .. (15 sec) ... I'd like to hear you disconfirm that for me but, even if you were to I wouldn't believe you .. (11 sec) ... Now let's get on to something else.*

M. .. (5 sec) .. *I want to add one thing .. "until such time I will feel*

impotent" you said, and both resent me and, I can't quite find a word, not quite detest yourself but .. just feel disdain for you.

T. Ja .. (20 sec) .. and this disdain, it's like with my relationship with K, um, the disdain with myself is much more important, because .. you're actually innocent. I'm the one that's that's doing it all.

M. Mm ... and of course the moment I want to say that's not true, we're in the danger of the cycle again, but I must say it ... Because if I was the perfect, infallible therapist ..

T. Um, but M, what I'm .. ja .. no .. maybe it's not a good argument, but if it was somebody else here with you this game wouldn't be being played with you. It's because I'm here with you .. And not because I'm here with you, but just that I'm here with you. If I wasn't here this game wouldn't be being played. And if I was with somebody else the game would be being played with somebody else. It starts with me.

M. It starts with you, but the other, in this case I, is a participant in the game.

T. All right, ja, there's a couple of dynamics at work, but, ja it's like ... but I am being ..

M. I'm not denying that you ... ja, I don't need to say anything more

T. Ja, no I'm prepared to accept that um ..

M. I am a participant in it

Part of what was beneath what I was saying when talking about the disdain I felt for myself was the guilt associated with my "not O.K.ness". This was something that I only really became aware of much later. At the end of the above quote the power game had again momentarily subsided and M and I seemed to be in agreement. Unfortunately it is from about this point until the end of the power game on the balcony that I do not have the transcript available. So I shall describe what happened as best I can.

Our agreement was fairly short lived when we again became involved in the power game. Something that M said I again unconsciously heard as a rejection and began to fight against it. In trying to make me

understand what she was saying I was again rejected and the tone became extremely angry. I began again to tell M in different ways what I was experiencing and was angrier than I had ever been. At some point while this was happening M stopped saying anything, and for a long while I was so caught up in my continual angry restatement of my experience that I didn't know that M was no longer talking in answer. What then occurred was a very strange experience. I was very bitter and angry and fighting very hard against M not knowing that she had stopped 'fighting back.' I still experienced her as fighting and then began to become aware that she was not. I tried to block this out and return to the vicious fight I was waging, in a way almost fantasising M to still be fighting. But I was becoming aware of what I can only describe as a very strong vibe from M, a vibe in the face of which I couldn't be angry even though I tried. It was an amazing experience of one minute being totally caught up in my anger and the next minute the anger absolutely lifting from me despite my trying to get back into it. Within moments I was smiling, quite amazed at what had happened. The way I understood my experience was that I had suddenly become aware of a strong positive vibe from M which I had been able to feel when she stopped responding to my anger and which made me realise much to my amazement and contrary to so much of what I had been experiencing for so long, that she was actually on my side and not against me. I think there were other important hidden meanings present too. This experience gave me the closest glimpse I had yet had of the fact that I was actually involved in a fight against myself, a fight between my "O.K.ness" and "not O.K.ness". This was also a fight to keep M's closeness away. Although I had been convinced that M was against me, she was actually for me. In a way I had been using her as an externalised vehicle for expressing my doubts about my "O.K.ness". It was less threatening to feel M was making me "not O.K." than to allow myself to know that I was in fact unconsciously making myself "not O.K." in the way I was hearing her words. In my fight for "O.K.ness"

I had needed my "not O.K.ness" to be outside of myself.

Another important thing had happened in that I had allowed myself to feel this vibe, even though I had at the time felt that it had forced itself into my awareness. I believe that this evidenced the growing of my trust in myself and M. I don't believe I could have had the experience if M had stopped responding to me in the power games previously. To allow myself to feel M's caring meant that I was allowing her to be close to me despite the added vulnerability that it meant. A part of this was due, I believe, to my being able to express so much anger without M rejecting me (when she stopped responding). Not to be rejected for my feelings was a confirmation for my "O.K.ness".

On a slightly different level, my experience heralded the beginning of the end of the expression of the deep anger felt at having been rejected from my early childhood. I am certain that on one level the power games served as a vehicle for expressing that anger. This was part of the inevitable direction that the process of therapy was taking. As a young child I had experienced rejection without expressing any of the feelings it had aroused, and had since that time lived my life in terms of a fear that I was in fact unlovable. In the initial sessions I had moved towards awareness of the tremendous loneliness which rejection and my expectations and fears meant, culminating in the loneliness experience. Once in touch with the loneliness therapy seemed to facilitate the expression of the anger that I had never allowed myself to feel, but which was a natural consequence of having experienced rejection. The vehicle was provided by my experiencing M as my rejector in therapy, and this I believe was inevitable in the same way that it had been inevitable that I had become alone in the sessions prior to the loneliness experience.

After the session I went home and slept before our next session that afternoon. I dreamt and brought the dream to therapy. The dream was a very positive one in terms of what was happening, and it excited both M and me. The tone of our whole session was more positive than it had ever

been and I felt far more at ease and peaceful both in the session and outside than I had felt since therapy started. One of the things which I expressed was that all through the power games I had felt that some sort of expression of feeling had been missing (as I had felt prior to the loneliness experience) but that I no longer felt that. We seemed to have reached a plateau, and although we did not know it at the time, our intense power games were over in their present form. What had happened on the balcony had been extremely important, and evidenced a growing trust in myself and M. The growing trust and the safety of therapy is something I became aware of:

*T. This morning when I was .. um .. when we were fighting, when I was fighting you, um, I said some things very bitterly to you. I was aware that, you know, I was really expressing anger to you, and that you were actually my friend, my friend M. Um .. if it hadn't been for the therapy situation, if you'd been my friend Fred or somebody else, if I'd spoken to him like that, that would have been the end of the friendship. You know, without actually thinking about it I think that I'm aware that, um .. I spoke to you like that and yet nothing changed between us. I almost take it for granted that nothing has happened (to change our relationship). This was something novel to me.*

During this session we also talked about the way that I was experiencing therapy. I spoke of the momentum that therapy seems to add to my way of being at times, the way it seems to magnify what happens. Amongst other things I also said:

*T. It's totally exciting, and it's almost magical. I'm just amazed at the things that are happening.*

and

*It is almost like magic, that's not a good word to use, but .. it's .. so full of something dynamic that you can't really put words to ...*

also

*This sounds very silly compared to what it really is like, but ... it's*

*almost like I sit here talking to you with my "eyes open" side of me and suddenly I transcend that "eyes open" side of me. The "eyes closed" side of me comes through, um .. and it is like transcending ... I don't know what it is, like I can't define it.*

Something else we talked about was how important the tapes of our sessions were for me. The way I understand this now is that I was getting in touch with my feelings and hence my "O.K.ness" in therapy, but because of the tentativeness of my "O.K.ness" and my strong expectation of the converse I needed to have my "O.K.ness" on tape, so it would not be lost. This is something I have come to realise much later, as the importance of the tapes diminished.

During the following session M accidentally rubbed out part of the tape we were using and told me when she had realised what she had done. I experienced this as a rejection and became very resigned and hurt. Since the time of the resolution of the power game on the balcony, therapy had been very smooth and I had felt close to M. Now, while I was trusting her and when she knew how important the tapes were to me, she had rejected me. The element of resignation was to come to the fore often in the time between this session and the confrontation (ahead). Some of my words were:

*T. Why I'm feeling resigned .. and hopeless .. is because .. basically I believe .. not consciously .. but basically I know I believe that I deserved it ... So there's no use fighting against it.*

My expectation of "not O.K.ness" is still evident here, as is my submission to the rightness of the authority figure (M). If M rejects me, it's because I deserve it.

*It's not because people are fallible, it's because of something in me that it happens.*

I had still to learn that my "O.K.ness" was not dependent on other people, on my being loved and never being rejected. It was only with the confrontation that I really began to take responsibility for my own "O.K.ness".

At the time of the tape being rubbed out I was really hurt, I spoke of it afterwards as "childlike total hurt". Although I knew rationally that I was overreacting, this was of no consequence. Then something strange happened, it was similar to how the power game on the balcony was resolved. I was really hurt and then after a silence:

T. *Something amazing's just happening .. (35 sec) .. (laughs) .. whew .. (10 sec) ..*

M. *Do you want to share it .. (20 sec) ..*

T. *Ja .. I don't know how, it's quite unreal .. (8 sec) .. I was feeling totally withdrawn into myself, totally hurt and feeling my hurt .. and convincing myself how hurt I was. And then I started to realise suddenly that I actually wasn't as hurt as I was making out that I was. And in actual fact when I let it .. when I let myself feel it ... I stopped feeling hurt completely. And I was feeling something from you and it was .. I don't know, I can't put it into words right ... It was like the hurt just disappeared completely ... and, ja this is like a cliched way of saying it, but love shone through .. Gee .. it was amazing. and shortly afterwards.*

T. *It's so difficult to try to put into words, but it was a very concrete thing that was happening. Like, I changed from being totally alone and totally ... hurt, feeling totally hurt, to realising that I was anything but alone and feeling totally happy. Just in the space of about 10 seconds.*

I had become aware of M's caring, I had allowed myself to feel it.

M. *The thing I think that is most important is ... I don't know whether it's necessary to understand it with your mind .. was how did you become aware of that softness about me, what you call softness.*

T. *Um .. I don't know, um .. I let myself become aware of it*

M. *Mm*

T. *For a moment, like .. I think I had a doubt about my alienation and hurt and I sort of made myself available to see if there was anything else there.*

This again evidenced the growing trust in me and brought close to consciousness my own responsibility in what was happening. It was also particularly important because it had been a rejection which I had allowed myself to come out of, it was another important step towards learning to take rejection. It also prepared the way for my reaction to the confrontation which I experienced as a total rejection, and but for having had experiences like the above I may not have come through it in the way I did. Part of the process of therapy has meant learning that I can't be loved without being hurt sometimes, but that being hurt doesn't alter the love or make me "not O.K.". Because I had been feeling M's caring the hurt had been great and I had at first not wanted to allow myself to feel her caring again. It was difficult for me to know that caring could mean anything but hurt.

During the remainder of this session and in the following session therapy moved in the direction of my coming to understand more of what had been happening in the power games. Much of this understanding is reflected in how I have explicated the power games up to this point, but my explication also includes understanding that I have gained subsequent to the session under discussion. Indeed I believe that I continue to gain insight into what was happening all the while that therapy continues and I come to know myself more.

One important aspect of what was happening was that I began to get in touch with some of my anger towards my mother which I believe was central to the angry power games. Having expressed much of it I could start to look at where it arose. This was a gradual and difficult process which prepared the way for my getting in touch with the hurt at having been rejected which lay beneath my anger. This hurt became a reality in the confrontation where once again the process of therapy led inevitably to my living (in magnified form) a crucial experience which I may otherwise not have been able to work through.

I am going to deal with the sessions between the one described above and the confrontation only very briefly, explicating only some of the

important issues which arose so as not to lose the continuity of the process. A great deal more happened in these sessions than my description will present, indeed if I were to explicate any single therapy session fully there would be enough material for a complete thesis. My aim at this point is merely to retain some of the continuity of the therapy process in reaching the session where the confrontation occurred. During this time we began to explore new areas, but I shall give little mention to these except in so far as they bear directly on either the confrontation or issues which I have already discussed.

We became involved in talking about caring and love, and M drew a distinction between loving and being in love. I found it very difficult to understand what she was getting at, although I am now surprised at my confusion over something which I so easily understand. I believe that central to my difficulty at this point was my hearing M in terms of my relationship with K, for as I have pointed out previously K had come to stand for my ability to love and hence my "O.K.ness". Being in love with K was my ability to love, but for my being in love with her I did not know that I was capable of love. It was not my being able to love which stood for my "O.K.ness", but my being in love with K. With the confrontation I began to relinquish my dependence on K for my "O.K.ness", and to take responsibility for it myself.

During the same session we explored those aspects of my experience of M which reminded me of my mother, and hence made me angry. I expressed some anger towards my mother and then began to look at the times when I felt that M hadn't heard what I said. At this point this very thing began to happen, I felt that M wasn't hearing me, and this again exemplifies the phenomenon I've often experienced in therapy where I am talking about something and then it actually starts to happen in therapy. It is far more compelling to look at something one is experiencing than something one remembers.

We later became involved in the issue of sharing, and how I wanted to share but wouldn't allow myself to because of my "not O.K.ness" expectation. My giving was clouded and I distanced myself from receiving. We had begun to talk about this in the context of my feeling that M wasn't hearing me, and she had suggested that this was the way I used to distance myself. She then asked me how this related to sharing with K and something happened in me which made me feel blocked and "almost desperate". The way I understand this now (and it happened often during the following sessions) was that in talking about my inability to share, M was confirming my "not O.K.ness". This was a necessary part of therapy, but when she tried to bring K into it, she was threatening my one source of "O.K.ness". K had come to stand for my "O.K.ness", and so it was crucial to me that she and my relationship with her remain untainted. At this point I blocked off from M, and this I believe was a new form of the power game. As it developed in the sessions that followed, I began to feel resigned when it occurred, I think because of the seeming inevitability of my being made "not O.K." by M. When I was completely into my "not O.K.ness" I became resigned. I no longer angrily fought against it, perhaps because I was aware, to some extent even consciously, that M was on my side and not against me. However, I could as yet not take responsibility for my own "O.K.ness", and still submitted to M's rejections.

Although it was a great effort, I overcame the block I was feeling and began to talk about myself and K. I talked for about four minutes and then asked M what she thought about what I was saying. She ignored my words and concentrated on what had been happening and I reacted rather angrily.

*T. I'm talking about me and K not you and me. And you're not listening to me and K, you want to bring it here for you and me, where it's relevant for you.*

But M stayed with what was happening and I became resigned. An important aspect of what was happening was that my impression that M and K (as my

"O.K.ness") were on opposite sides was strengthened, as was my defence of K. I had been holding onto my "O.K.ness" in K and M had brought me back to herself and "not O.K.ness". K was a safe way out that must not be touched by M. At the time I did not know this, and therapy was very difficult.

T. *I do want to share with you and then when I'm unable to, you make me feel I'm to blame ... (8 sec) .. And it's not the part of me that is to blame that you're talking about, it's the part that wants to share that you're talking about, that you're talking to ... when you say I'm to blame ... It's the same thing that happens with K.*

My potential "O.K.ness" was blocked by my inabilities (based on my "not O.K.ness"), and to look at my inabilities threatened my "O.K.ness" a vicious circle. The cycle in my relationships was similar - I wanted to share but I couldn't because I was "not O.K.", and I was "not O.K." because I couldn't share. The cycle was broken for the first time with the confrontation.

Our next session was a very long one and during about the first hour I had a really good experience of safety in being with M. During this I began to recollect an experience of being in a cot as a child, and being safe in knowing that there was someone in the room. We explored this for some time, and then continued to work through the original hour session. I am going to leave out most of what happened save for one important thing. We were working and almost out of the blue M asked me if I thought she liked K. My answer was particularly interesting in terms of the fact that the confrontation centred on my relationship with K, on my defending her against any responsibility for the failure of our relationship. All the responsibility had to be mine and she had to remain "pure", while M tried to show me K's responsibility.

M. *Do I like K?*

T. *Um ... you don't like her or not like her, you don't have feelings for K ... (laughs) ... I wonder if that's what I meant ... I can't say the one*

or the other.

M. Mm .. I "don't have feelings for K" (T laughs again) ... you know, because if I don't like her, if I neither like her or dislike her I really don't have feelings for her.

T. But it also has a negative overtone to say that you don't have feelings for her.

M. Ja, an enormous negative .. I don't even recognise her .. ja.

T. .. (14 sec) .. Ja, and .. it could also have something to do with telling you that you don't understand. You don't have feelings for K, and I do. How can we even communicate, how can we even be together? .. (8 sec) .. Whew, a little thing like that means so much.

This evidences my basic mistrust of M as far as K was concerned. When it came to K, M and I were on different sides in therapy. This becomes understandable in terms of my having unconsciously identified K with my "O.K.ness" and M realising that in defending K I was confirming my "not O.K.ness".

The importance of defending K seems to be further emphasised by what happened towards the end of this session. We became involved in talking about my use of wit, (we'd discussed it previously too). Apart from being a skill that gives me a lot of pleasure, I also tend to make witty remarks when I am threatened or feel obliged to contribute something to a conversation at a time when I don't feel inclined to do so. In this latter sense I am not being true to my feelings when I use it, I am putting up a front. After getting into this in some depth I became resigned and almost dejected. The reason was that I was stripping away a safe way of coping which I now saw to be an inappropriate way. I was into the "not O.K.ness" of my way of handling situations but if therapy was stripping away my safety I would have nothing left when it was finished. On an unconscious level K was my "O.K.ness" and was consequently the one thing that I must hang onto at all costs, while the other things I'd relied on were being removed.

The following day I started the session by telling M that I had woken from a dream that I could not remember, with the insight that my problem in my relationship with K was that I was relating to her in terms of being afraid that she would be angry with me. This seemed to be true of therapy too, the few times I had experienced M as angry had really frightened me. M suggested that this was because of my fear of rejection and that seemed to make sense to me, until I could know that another's anger was not rejection I could not really be myself. The confrontation was an important stepping stone in this regard, and actually talking about rejection was preparing the way for what was to happen.

Some time later I became slightly irritated with M and spoke to her in a way that I experienced as curt. She didn't experience my words that way and tried to draw a distinction between my feeling of curtness towards her and my actual expression which was not curt. I experienced her at first as negating my experience, but then said I believed her when she said that that was not what she was doing. However, I couldn't listen to her as regarded the split she was making and M began to try to convince me of what it was she was getting at. I kept trying to get away from it and after a number of deflections the following occurred.

*M. T, will you please just listen to me because it will help you to understand the threat.*

*T. All right, I am trying to listen M, but I don't know where this block*  
*M. (loudly and vehemently) If you are blocking your feeling from being expressed, it means you have never expressed your feelings adequately, your love for K, your caring for K ... that when you thought you were expressing them they were already overshadowed by your fear of expressing your emotions. This is what I'm saying to you. And this is why it's so threatening.*

*T. ... I don't think I heard what you were saying .. cos you were angry with me.*

M. No, I wasn't angry with

T. Yes, you were.

M. No T, the feeling in me was one of ... "please listen, this is important".

T. I experienced it as anger, and that wouldn't let me listen.

This is another example of how therapy seems to evoke an actual experience of something which I had been talking about. I had had the insight about my fear of another being angry with me, and then I experienced M as angry with me, providing an excellent opportunity to look at what was happening. My experiencing M as angry when she was in fact not, again attests to my sensitivity to rejection in terms of my expectation of being made "not O.K."

The content of the above extract is also important. M was quite correct in her statement of why the split she was making was so threatening to me, but to hear and understand it would have negated the one source of my "O.K.ness" i.e. feeling my feelings. I could not distinguish between feeling and expressing curtness in the incident we were discussing and in saying that I wasn't expressing curtness I experienced M as saying that I wasn't feeling it. She had tried to convince me that this was not what she was doing, but believing that it was not her intention did not alter my experience. I couldn't trust her enough to know that she wasn't rejecting me, particularly because in trying to convince me she was becoming authoritative, and authority and rejection were almost synonymous for me. When she finally became angry (as I experienced her) she was being authoritative in the sense of almost shouting me down, and my feeling rejected was inevitable. In what she was saying too there was tremendous threat, she said I had never expressed my love for K and because I had not made the initial distinction between feeling and expression, I heard her to deny my feeling of love for K which had become my primary source of "O.K.ness". Although I consciously deflected from hearing her words, unconsciously the idea that K needed to be defended against M was almost certainly reinforced. When it eventually came to the point of examining my defence of K, I was so reactive to having her (as my source of my

"O.K.ness") in any way touched by M, that therapy became impossible and the confrontation became a necessity. Being rejected on the levels I have suggested above was added to by the final rejection which was the negation of my experiencing of M as angry. At this stage I said:

*T. I feel ready to cry*

I had tried unsuccessfully to deflect from being rejected. After a while M asked me what I was feeling and I answered:

*T. (sadly) Deprived*

*M. Of what?*

*T. Of things that I thought were my feelings. Of my feelings.*

I was rejected by being deprived of my "O.K.ness" and made "not O.K.".

At this stage of therapy the responsibility for my "O.K.ness" still rested outside myself, on M and unconsciously on K.

Shortly after this I became almost masochistic in seeing my being hurt as a defense against what M had been trying to communicate. Although this was certainly true on one level, the way I saw it was such as to deny the reality of my being hurt.

*I feel I am caught up in my own defences, anything that I do is a defence. But my seeing everything I did or felt as a defence, was itself the defence. I came to understand this intellectually. What it really amounted to was that I was getting totally into my "not O.K.ness" by seeing everything I did as "not O.K.". This is when I became despairing and resigned, too caught up in my negativity to be able to do anything.*

My accepting that my seeing everything I did as a defence was a defence in itself brought M and I closer together again. In what followed I understood that I had originally been curt because I'd been hurt, and that when M had said that I had not expressed the curtness I had been threatened because it was true that I had not expressed the hurt to which the curtness had been a reaction. Although I came to understand intellectually that I was out of touch with the hurt beneath the curtness, this in itself did not help me to get in touch with the hurt. It was not possible to get in

touch with something I had not experienced, and the confrontation provided me with the experience. The power games up to this point had involved my unconsciously being rejected and my reaction had been anger. I was to consciously experience the confrontation as a rejection, and my reaction to it was hurt. It is interesting that when we had finished looking at the whole issue of curtness I said that I understood what we were talking about but that I was sure that I would forget it as soon as I left. Although this was true the incident itself served as important function in being a preparation for the confrontation. It raised issues which were to be of crucial importance when the confrontation occurred, and although at the time of the session above I was not ready to be in touch with the hurt of rejection it was an important step towards this necessary experience. Evidence of this was provided in the session the following day, but before that we had another session, on the afternoon of the day of the session above. In the session I explored childhood memories of denying my feelings to please others and generally ways I had pleased others at the cost of my true feelings.

That evening I began to miss K more than I had ever done and I had wanted to speak to her but hadn't done so because for some reason I knew it was important not to have contact with her. I began the session the next day by telling M this. I am certain that my intellectual understanding that I was out of touch with my hurt had evoked my missing K. Before clarifying this I must mention that it again typifies an aspect of what I have experienced in therapy. In the case above an intellectual grasp of an important issue evoked an actual experience of the content of the issue. At other times this has happened in a slightly less obvious form, as for example when M says something to me which at the time I really don't understand but which seems somehow to evoke a train of thought which leads me to eventually understanding what she has said. While I am following this train of thought I have no idea at all that it is in any way connected with M's prior statement, and it often happens that I have a

seemingly isolated thought outside of therapy which had in fact been evoked by something M has said. It is only after I have got back to M's statement by following my train of thought that I realise that the former evoked the latter. It is as if there is a part of me which understands and responds to M's statement despite my conscious experience of not understanding what M is saying. Once roused, the part of me which understands leads towards an eventual conscious understanding.

In the session I spoke about my missing K.

T. I needed to tell her that I haven't forgotten about her, that I still feel the same about her, that I don't .. (6 sec) .. ja, that not writing or speaking to her at all is not because I've kicked her out of my life .. that it's something I'm finding very difficult to do .. but it's important for me to be doing it. And I wanted to hear how things are with her, how she's doing .. in a way so that she doesn't get away from me. You know, all sorts of things happen that I don't know about that .. you know like we've always been together and we've always known exactly everything that's been going on with each other .. (30 sec) .. and because of these things, um .. these conscious things that I'm thinking .. makes me think that I actually haven't .. that I can't accept that I have lost her.

At this stage though, I didn't know why I couldn't relinquish her.

After a while I continued:

T. I think I'm scared of losing her forever .. and as you said, um, to get anywhere in therapy, um, I must lose her .. completely .. for at least a while .. till, you know, we can see whether things are different between us or not .. And I think I'm very scared of doing that. I am doing that by not speaking to her .. um .. but I'm really fighting against it, I really don't want to do it. And I'm suffering doing it.  
M. And giving expression to the sadness is like confirming that you're doing it.

I couldn't understand M's statement and in trying to clarify what she meant, she asked.

M. What does losing K mean?

T. .. (25 sec) .. It reminds me of something I've said about myself before ... that I'm scared I don't know how to lose, because all my life I've won. Everything I've done I've succeeded in and like I've never lost at anything

and later

T. What it means to me is that I'm losing somebody that I love more than anyone else in the world .. (12 sec) .. And I can't separate the need - love that I have from real love, because I do love her really, I know that.

This was in fact the crux of the problem with K in therapy. I needed her as a confirmation of my ability to love and be loved, as a confirmation that I was "O.K.", and if I relinquished her I feared that it would mean relinquishing that too.

M. .. (5 sec) .. Why .. do you need to lose K for therapy?

T. Um .. (7 sec) .. because as long as I've got K, as long as I haven't lost her ... she fulfills a need in me which I need to sort out ... out of our relationship. Like I'm reliant on her, she fulfills a need which I don't feel ... which I won't feel ... which I don't feel unless she isn't there. And she gives me a false security by still being there.

It was "false" because a belief in my "O.K.ness" must be based in myself and not on another's relationship to me. M went on to suggest:

M. To lose K, doesn't that mean as you said before, more than anything else that it means that you're not good enough?

T. .. (5 sec) .. Ja, that's right. And as long as I don't lose her I could still be good enough but just not quite capable enough.

M. Only good enough because K acknowledges, and therefore you're good enough.

T. I think that's right .. (20 sec) .. So the reason why it's so hard is not so much my feelings for K but the need that is being fulfilled ... by her .. by my not relinquishing her. The need to know that I'm ... O.K.

and

T. *It would make it easier if I didn't have that need.*

M. *Oh, ja, ja ... it would still hurt, but .. it would be very different.*

This is a statement of the core of the problem which resulted in and began to be resolved by the confrontation. M said clearly why I was defending K and couldn't relinquish her:

M. *That is why it's so difficult .. because it's not only losing K, but losing confirmation of yourself.*

I had reached an important insight into the problem and this helped to prepare the way for working it through (in the confrontation).

At this stage let me clarify the point I was making earlier. In the first of the two sessions the previous day I had understood that I was out of touch with the hurt of rejection when I had been curt, and as I have said, this evoked my missing K that evening. The connection is made clear by my statement after the important insights in the session under discussion. I had come to understand that:

T. *My grief is that I am not "O.K."*

My grieving about K was hurt that I was "not O.K." i.e. the hurt of rejection with which I had the morning prior understood that I was out of touch. This had evoked an experience of the hurt. And the experience of hurt helped to prepare the way for the experience of total rejection in the confrontation. Therapy seems always to be directed towards getting to the base of an issue by dealing with it layer by layer. But I have found that it is only once the basic issue has been reached and resolved that it is possible to see this. Before this, therapy has often seemed directionless and confused. It is also often the case that I experience therapy to have reached a dead end from which there seems no way out. But the momentum of the process invariably leads to a resolution of issue. The most obvious example of this was the angry power games, each one of which seemed insoluble but was somehow resolved and brought us closer to the power game on the balcony. And that power game seemed the most insoluble up to that stage but the process of therapy provided the way out.

The session continued with our listening to more of the original hour session and I explored memories of safety in my childhood. These were of being in the garden with the flowers and bees, and were spoiled when I was stung by a bee. We explored what this meant and how the attention I subsequently received was a compensation for what I had lost. All my life sharing had meant hurt and I began to relate this back to my relationship with K.

Part of what occurred follows:

T. *That's a profound insight .. that .. I force myself to be alone, or I make myself alone because being alone hurts.*

M. *Mm*

T. *... And at least from hurt I get something.*

M. *Momentary attention*

T. *Whew .. um .. so once I've been hurt once in my sharing with K, um ... I make myself alone when I'm with her, I stop sharing with her. And that hurts me. And if I can express that hurt by crying then I get this momentary .. attention, or I think I do.*

M. *Mm ... You're trying to get it.*

T. *I'm trying to get it ... So now the thing is, making plans for the future, I must learn that ... being hurt while sharing doesn't necessarily have to mean the end of the sharing.*

This final statement shows an intellectual understanding of what was to happen, but at the time I said it more out logic than out of belief. The opportunity for me to act on this was to be provided by the hurt of confrontation. M went on to suggest that the time that K hurt me was when I first was able to share with her. She suggested that K may have failed to recognise the moment of sharing, being afraid that it would be as it had been up to then and that in her turning away at that moment, I was hurt. It was still vital for me to defend K:

T. *I can't accept that .. because if K was here she wouldn't be able to accept that.*

M. *How do you mean?*

T. If I told K what you've said, she would say, and I would agree with her, that what you're saying is rubbish. Because she wanted it, it's what she'd seen looking for all the time in our relationship, and then when I give it to her, surely she's going to grab it with both hands?

M. If she was able to recognise it. Not because of ..

T. But we're talking too hypothetically now M. And our relationship wasn't a hypothetical thing, it was a real thing, and real things happened.. And that moment of sharing would have been a real thing .. And it's what K was looking for all the time in the relationship. And if that moment had been there, she would have known it .. or she would have felt it. She would have known something, she wouldn't have turned it away.

M. She would have been very frightened of it ... Anyhow

T. I, I can't accept that

Although defending K was defending my inability to share i.e. my "not O.K.ness" it also meant defending the source of my "O.K.ness" in the sense of my being good enough to love and be loved, and the latter seemed all important. I went on to suggest that there was never a moment of sharing because of guilt in me, and that until I no longer feel that guilt I will not be able to share. There was a lot of truth in this but at the time we did not pursue it and the session had to be ended. Guilt is something which I began to explore a long while after the confrontation had occurred.

My defence of K was happening in the context of our being involved in the issue of sharing meaning hurt for me, and the masochism of needing the hurt of being alone because of the attention I may receive and because it meant avoiding the inevitability of being hurt by sharing. As is often the case in therapy the issue began to actually materialise in what was happening and I became rejected by M. Things became extremely

difficult and I became angry and frustrated, although not in the same way as during the angry power games. M and I came closer together again near the end of the session and I was able to say:

*T. All this that has happened now has brought us far closer to resolving whatever it is, than we've ever been before! How I don't understand, but I know that that's true.*

The threat of being hurt which made sharing so difficult had materialised as I was understanding it, and what had happened had brought us closer to breaking the cycle.

The following day we began the session by looking for other possible reasons why the whole matter of sharing was so difficult to work with. We examined what qualities in M I identified with, why I had been attracted to her and had known that she was a person I would like to be in therapy with. When she then asked me what qualities I disliked in her I said that I was frightened by her not being married and her seeming disinterest in doing anything about it. Two important points emerged from this. On the one hand I was possibly questioning her being qualified to pronounce on my relationship with K, and the possibility of her being an unfair witness where K was concerned. On the other hand it was dangerous for me to work through the issue of sharing with her because it presented the possibility of my ending up alone.

*T. That's also the whole thing of why I'm finding it so difficult to give K up, because if I do then I will be alone in my lonely way.*

I saw M as alone without being lonely.

M went on to talk about my relationship with K and suggested to me that in the person that she was, K allowed me to play my circle of alienation. I was prepared to concede this provided that M understood that the responsibility lay not with K, but with me, the same thing would have happened with anyone. M pointed out:

*M. The most important thing that you're saying is that it is not K that was to blame, but also it wasn't you to blame. It was the relationship ... that couldn't work.*

T. Ja, all right .. The point is a relationship between me and anybody couldn't work.

I seemed to be able to understand M's point provided that K wasn't at issue. When it came to K, I must take all the blame and M said M. *While you take the whole blame you're immediately back into another masochistic thing.*

Although this sounded right, it was less important than my reason for defending K. She was responsible for my "O.K.ness" and until that changed I would defend her.

We returned to the original hour session and therapy being where it was we were amazed at something I had said in the original session. I had been talking about a scene in the back garden of the house where my family used to live. I had been silent for a while after being involved in the scene and then I had told M that I didn't think the scene was important. M had asked:

(Original session)

M. *How does one find out what is important?*

T. *Um .. I don't know .. the thing is .. what we were talking about is that .. I was in the back garden and .. there was nothing there, except the back garden was as it always was... And I was looking for something in the back garden .. which wasn't there .. and the only things I found were things which .. which were just in the back garden and were unimportant anyway. (original session off)*

At the time I had been describing what was happening in the session, but there was certainly a hidden level of meaning in my words too.

The present session continued:

M. *Whew!*

T. *That's amazing if you listen to it on a different level.*

M. *... Just say what you're saying.*

T. *That, um .. the most important thing was missing from my back garden, all my life it's been missing from my back garden.*

M. *And what is that?*

T. Um .. mommy, and everything that mommy should mean.

M. Mm .. someone to share with .. something to share, even a pet.

T. (laughter) It's amazing.

and soon afterwards

T. And the front garden is where um, I was with .. everybody, and you know what a "front" is ... It was really the "front" garden.

Therapy at this time was difficult in that my sharing with M was easily broken by M not hearing me, as I experienced it. This had started to occur soon after the balcony power game and seemed to be a new form that the power game had taken on. Although it proved difficult, each time it happened we tried to get to the root of the problem, but we found this very elusive. I am convinced that a part of it was that I was trusting M more than ever before, and trusting was extremely dangerous in terms of the possibility of rejection. I needed a great deal of acknowledgement for my ideas and whenever it wasn't there, I cut off. We also looked at the question of the extent to which M was leading in therapy, for it was often when she led that I experienced her as off onto her own thing. On an unconscious level this was so because being led meant being in a submissive relation to an authority figure, and this meant denial of me and was hence a rejection. Although this was not overtly what M was doing, it was how I had always experienced authority and so I continued to react in terms of my expectations. The confrontation was an important step towards knowing that M could lead at times without this necessarily meaning a rejection of me. But the time prior to the confrontation was difficult and frustrating.

The next session (which was the one during which the confrontation occurred) started with M having recognised that I needed to cut down on having two sessions a day. Once she had said it I could agree, but it was not something I could have said myself, as M put it:

M. ... and then don't you see just how threatening it was for you to say, "look we must cut the sessions down", to actually take over the active role, because of your .. your fear that I would reject you.

Another of the many reasons for my not hearing M, and feeling her to be on her own thing had been an unconscious way of slowing therapy down. It is comforting to know that I unconsciously have the wisdom to decide what is best for me at times when it is consciously too threatening.

Another important aspect of what was happening in therapy involved M's honesty with me. An example is that the clues for my wanting to slow therapy down had been present for a while before M had recognised them and her honesty in acknowledging that she had not picked them up because of her own way of being, was something which struck me and provided and added incentive for me to trust her. M's honesty in confronting and acknowledging her own obtrusions into therapy and her general self-awareness have played an important part in therapy, and particularly in revealing her as a person I could trust.

The session continued with my telling M of a dream that I had had the previous evening. Interpreting this seemed to confirm the issue of M leading and therapy going too fast at that stage, as well as confirming many of our discoveries in the previous session as regarded sharing. The ambivalence I felt about closeness was highlighted, it was both safe and inhibiting, the latter in the sense that it aroused rejection fears in me and caused me to be tentative about expressing myself. As we continued the session we began to focus on K and in thinking that vacation was only a few weeks away, and that I would soon be able to see her again I said:

*T. So I'm wondering whether that is not a motivating factor in my wanting to somehow lessen the intensity of therapy and get back in touch with people.*

Since therapy had started I had had little contact with people, and the day prior to the above session I had visited some friends and felt quite out of the social scene. On a more subtle level the quote above suggests an incompatibility between K and therapy; K was still an issue

which therapy had not yet dealt with. I also went on to say things suggestive of the fact that K would be the final judge of whether or not therapy had been working, in other words she was still the final judge of my "O.K.ness". But I was not aware of this. We continued exploring my ambivalence about wanting to lose K but also being very frightened and seemingly incapable of doing so. After a while I said:

T. *The problem is that K is so totally unresolved for me ...*

M. *Ja.*

T. *And I don't know if she ever will be ..*

M. *Ja, she will be .. (5 sec) ..*

T. *I find it difficult to believe .. (5 sec) ..*

M. *Because .. once she's resolved, she will really be out of your life.*

T. *And I don't think she can ever be out of my life ..*

M. *You don't think that you can ever be lovable, "O.K.", without K?*

T. *It's not what I experience ...*

What M was saying was absolutely true but I couldn't relate to what I didn't experience.

M. *What do you experience?*

T. *I don't think I will ever be able to feel any differently about K, than the way I do .. (5 sec) .. and yet, I wish that, um, ... the whole unresolved issue with K was based on just ... this one aspect that, you know, I need to feel that I am lovable and I can't feel that unless I am with K because then it would be, I think, far easier resolvable, but I do have feelings beyond that, and those feelings will never be gone, I don't think ...*

M. *There is no reason why they should be .. (5 sec) ..*

T. *Can I ever give her up then?*

M. *Yes .. (12 sec) ..*

T. *I would like to believe you but in terms of the way that I do feel, I find it very difficult to believe .. (8 sec) .. particularly in terms*

of the fact that K is here, .. she does live here and I will see her again one day ...

M. What does that mean? I am not sure.

T. That if K went overseas and was never to come back to South Africa, that might make things easier .. because then she would not be available, but when she is available, .. in fact as long as she is alive ... as long as she is alive I will have these feelings for her .. (5 sec) .. and I will always hope that one day something can come of them, something can come between us, and for that reason, I find it difficult to believe I can ever completely give her up, because I will always want something to come between us, to come of our relationship, of the relationship between us .. (8 sec) .. and I don't think I am rationalizing to say that it's because I do actually love her ... that everything is complicated. If I just needed her, I didn't love her, ... then it wouldn't be it as unresolvable as I do feel it.

M. But that's also exactly because you love her, that .. loving her which will make it possible to relinquish her, once it is freed to ...

T. Ja .. (7 sec) .. but I don't know, you know, I can't help but think about what's going to happen, ... I can't just live for the moment ...

I have a wish inside me that one day K and I will be together again

M. Of course, of course, but

T. And I will never give that wish up, no amount of therapy is going to remove that from me ...

M. And there's no ...

T. Because it's a feeling that just can't be quietened.

Hanging on to K was to lead to the confrontation in this session. The desperation with which I clung to her is evident in the above passage, for although I did not experience or know it, I was defending K as my "O.K.ness". As long as my "O.K.ness" lay with her, I would continue to cling to her and defend her against M.

M. But what therapy can help you to do is that when you do have feelings in the here and now, to remain in touch with them instead of thinking about the future and wondering about the future. Your feeling now is one of sadness, and one of hurt and one of fear ... so why think about the future, and what's .. what's happening to you now ...

T. Because as long as there is a future, ... these feelings are going to be with me so I will be in touch with them but I will just keep feeling them, that's all ...and I don't think am denying them at the moment

M. No but you're not

T. I am feeling them all the more intensely.

M. But you're also a bit reluctant to give them full expression here I think particularly .. (8 sec) .. and now you're angry with me.

T. Very angry, what do you want me to do, do you want me to burst out crying and then ... I will still say exactly the same thing afterwards that I am saying now and I will have expressed them completely ... and I will still say exactly the same thing that I am saying now .. (170 sec) ..

That was probably true in terms of the fact that expressing my feelings wouldn't mean relinquishing K. After an interruption I continued:

T. I think you understand exactly what is going on with me and I do too, but there is one element that just doesn't fit with the rest, and which I don't think you understand, or bring into your understanding ... and that is the fact that I love K ... and I always will ... I might not always need her and I might not think I am "not O.K." unless, you know, she's with me ... but that will always be there

M. And I cannot take that away ...

T. And unless that is gone I don't think I can relinquish K ... and I don't think that can go ...

Although I did not know it my love for K was symbolic of my ability to love, my "O.K.ness", so what I was in effect saying was that I couldn't

relinquish K until I relinquished my "O.K.ness", and that was something that I couldn't do. The test of whether I could take responsibility for my own "O.K.ness" was however, close at hand.

We spoke further and then M said:

M. And I think what you've, if I have to summarise what you've said ... I will say, or I would hate to say that ... you are saying, "look just stay clear of K, you can do anything else, just stay clear of K ... I don't want to share that thing again".

T. It's the way you experience it, it's not the way I am saying it ... (5 sec) .. it sounded quite foreign to me the way you said it, I didn't know I had been saying that at all ... because I really would like to relinquish K, the need side, ...

M. But, you're very frightened, that in relinquishing the need side, you will also contaminate the basic love ..

T. I think I am saying something before that, that we can't because there is the basic love.

M. All right ... And now I am going to ask you ... did you come to therapy because you wanted to come to therapy, or was a very strong part of it, we know that was a strong part of it, all right, in whatever way I am going to phrase this question, it's going to be loaded with possibilities of the, reacting against what I am saying ... I am suggesting to you that despite your motivation of wanting therapy that the most ... powerful motivation was that by having therapy, you will be able to re-establish your relationship with K, you will make the relationship right, that you didn't come to therapy for you, but for your relationship with K ... (14 sec) ...

T. I think that's a strong element of it ... but you know it goes beyond that because ... whether or not I am ever going to be, to have a relationship with K, is ... very very dicy ... and I honestly believe that the chances aren't very good, and I know that if I can't have a relationship with K, I can't have a relationship with anybody ... so whether it's K or not, I have to do something for myself ... as well.

M. Mm ... and I think we are .. from what you've just said, I think we are back, not established talking about the leap of faith, but that situation, that ... to be able to ... realise having a permanent relationship in the future ... means having to relinquish an impermanent relationship in the present, but in the impermanent relationship was something very good, something very precious to you and having to let go of that, ... for the gamble of the future ... is difficult and feels impossible.

T. What is this thing that I am having to let go of?      It's not my love for K?

M. It's not, not, because, that, that love cannot be taken away from you whether you will be able to express it again in a relationship with K, this we do not know, and actually, that is not important at the moment, be careful that you don't misconstrue my words, what is important at the moment, is to help you to be able to have a permanent relationship ... (6 sec) ... but because that feeling of loving K, that true feeling of loving K, has been one of the warmest things that you've experienced, every time that we talk about the relationship with K you feel that to be threatened and you say, I cannot relinquish that relationship, it's impossible .. you are also having to learn to lose here, now ... and it's very difficult, because you have never experienced it before .. as you said the other day, "my life has been a success" ...

My desperation was because I was threatened with the loss of the most precious thing I had, myself as "O.K.".      If only I'd known that my "O.K.ness" was misplaced.

We continued in a similar vein for some time.      The following was about 10 minutes later.

M. I can understand that you're feeling for K, ... and I don't deny it.

T. But this therapeutic process that is going on, is it denial of that, the way I am experiencing it, I know that you do understand, that you can understand it, but what is actually going on gives me the feeling that

you are not understanding it, or you are shelving it ... in ...  
 in your preference for whatever it is ... that doesn't come into  
 this therapeutic process ... I know that you can understand it but  
 you do not understand it, you are deliberately leaving it out, like  
 when I talk to you about it ... um, ... and I say blah, blah, blah,  
 but I love K, blah, blah, blah, ... then you talk all about the blah,  
 blah, blah's and you just leave out that ... other bit .. (5 sec) ..  
 and maybe that other bit is a defence for me but it's just such a strong  
 feeling, that whether it's a defence or not it's irrelevant.

M. Maybe, because in the therapeutic process, we talk so much about the  
 negative parts of that feeling of those feelings for K,

T. Ja, we don't talk about the other part

M. Because, ja, because ..

T. And the other part is blocking us from looking at the negative  
 feelings ...

M. Because that which is whole, can you just come back to me?

That which is whole, that love for K, is, is whole and that need not come  
 into the therapeutic process ... it is acknowledged by the very fact that  
 we don't talk about it ... and I am understanding now

T. It's denied by the very fact .. that we don't talk about it.

M. That is how you've experienced it ... that because it need not be  
 tampered with because it is an accepted positive part of you, it need not  
 be unravelled, and looked at .. but because of our, or because of my  
 continual acknowledgement that that is real, and that is good, you're  
 afraid that I can't understand that you can love ... and therefore that  
 I cannot understand that you love K ... by it's very absence from the  
 therapeutic process, is it a confirmation of it's reality.

The problem was that M had an implicit belief in my basic "O.K.ness"  
 which I did not have and for which I was reliant on K. This was almost  
 like a power game but I was feeling desperation and frustration rather  
 than anger.

We continued to try to convince each other, and among the things that M said was:

M. I am away from here, because I need to ... I need to find out what's happening inside me, ... um, ... I know that I have been knocking my head against a brick wall that's how I have been feeling ... since we interrupted or since it re-became this, I don't want to call it a conversation, that sounds very crude, but, until, from the time that this whole thing entered, ... whatever I have said, whatever I have done has been wrong. You have experienced as inappropriate as not understanding, as denying something in you ... and, ... when I tried the last time, and it was still completely unsuccessful, I became angry and frustrated, with you, and ... I just need to know where you are at the moment.

I was defending my "O.K.ness" and finely attuned to anything which was a threat to it, hence M's experience. I went on to restate how I saw things and M said:

M. So what do you want me to do?

T. I don't know.

M. Right, and this is what I think we should do.

T. Ja

M. I think you should go and come back when you want to come back, because I think that, sorry (sighs) ... try to ...

She then went on to rephrase what I had said and we again began to try to convince each other. As we continued things came closer to a head. M asked me to try to accept that she understood and acknowledged my love for K because until I could do so therapy couldn't move beyond where it was.

T. Can you tell me how to go about acknowledging that? ... Because I know that what you are saying is true ... but I can't exactly go home and now decide that ja, okay, I have decided that M does trust me. That I can trust M.

M. What I said, I am answering you, what I said a long time ago, this morning, was that you came into therapy with the apparent contrasting I want to get hold of my pathologies, however you felt about it, .. but saying

to you this morning that you actually came with the more dominant reason for wanting to sort yourself out, so that you could re-establish your relationship with K, and you more or less accepted that, in other words, being in therapy is not to get in touch with you, that is not the prime, (excuse me) that is not the prime thing, we have dealt with the easy, with the outside peripheral things, and with some deep issues provided that they stay totally away from this ... and until such a time that you can come to therapy .. with .. the aim of you, benefiting from therapy and then whatever else might be, will be, until such time we won't move beyond this. Therapy cannot be the means of the possibility of re-establishing your relationships with K ...

T. Isn't what I said this morning that whether it's my relationship with K or just a relationship

M. Ja, ja

T. Now is that unreasonable?

M. Not at all, but you are saying that, but when we come to this issue, ... it ... it's no longer that conviction. And the fear that I and the therapeutic process, will take K away from you, that becomes paramount .. (10 sec) .. In other words, until such a time that you can accept the loss of K, we won't move beyond this point ...

T. And is accepting the loss of K, a conscious thing? That I must just live?

M. I don't think that one can just do anything with feelings ... (5 sec) .. and .. I also am understanding the need that you have, both the real need and the other need, not to experience that loss of K, I was saying to you that I don't think that you're just being difficult ... what's happening is very real, ...

After talking further, we turned to an aspect of the dream I had had which M though was relevant and she told me why she thought so. I wrote down some thoughts about it and M asked:

(T's voice very sad from here)

M. Can I ask you what you wrote?

T. It doesn't really make sense, um .. I need to express my feelings, I can't express them here, because I am angry with this therapy situation, and I am not trusting you is just a sign that I am angry, therefore I must express my feelings alone ... is that what you're saying? ...

M. Can I add a little bit?

T. Mm

M. UM, you know that .. I don't believe it is crucial to the therapy process, to have a series of primals, .. (5 sec) .. and I am not in any way denying the validity of experiencing and expressing your feelings when you're on your own, but it is when you don't want to, can't allow yourself to, don't want to is in round brackets, don't allow you to express them here, because of the mistrust of the situation ... that that is ... the sort of final manifestation of the whole issue ... in other words then you can express your feelings here, you almost no longer need to express them ... if that confused you then just leave it ...

T. And when I can't express them here, then I need to express them here?

M. Mm, except that I am worried about that night because I think that that one was away from the main thing ... I was sort of saying the same thing but in a different way ...

T. By expressing them alone, will I find it easier to express them here?

M. I think that is part of it, I think that will help ... but we won't get beyond this thing until you feel sufficiently safe here ... to express your feelings here, ... (5 sec) .. and now we come back to the question that we've asked a few times, what do you do, well what do you think? ..

T. I don't know, maybe what you said, go home and .. express them by myself .. and when I feel I can trust you, come back.

M. When you feel that you want to trust me,

T. That's really confusing .. (12 sec) .. Because that means that I don't want to trust you .. (6 sec) ..

M. Because it's ... threatening to trust .. (10 sec) .. and you fear that you get hurt when you trust .. (8 sec) ..

T. I get the feeling that that's begging the whole question, that I have learnt that I get hurt when I trust, so I must go away and learn that I won't be hurt when I trust .. and I don't think I can do that, in fact, I know I can't do that ... that's what I am in therapy for .. (30 sec) ..

M. My initial statement about going home was not quite what you said a little while ago, in terms of going home to experience your feelings, and in terms of trust, except that it becomes that. The thing that I said was .. it feels to me that you need to .. remake that decision .. or make it, of wanting to be in therapy .. (12 sec) .. mm

This was the confrontation, it was one of the most shattering experiences I have ever had.

M. Ja, .. "do you want to trust me", is the same as "do I want to be in therapy" .. and "can I trust you" the way you said it, is "can I continue being in therapy" ... and that T is a decision that you must make .. (12 sec) .. Can I just ask you something?

T. Mm

M. When I say that do you know that I am still completely available? .. And yet I am not saying .. that we should stop therapy .. but I am saying that you should reconsider the situation .. (50 sec) ..

What is happening with you now? .. (35 sec) .. what is happening with you now? .. (5 minutes 45sec) .. I'm still here with you .. (9 minutes 40 sec) ..

T. I think I want to go home, O.K.? ..

I went home, and asked M not to come to my car with me as she usually did, I told her I would phone when I'd thought, I said I'd speak to her some time that night. I phoned her in the evening and that night we had a session.

Much of the session involved an expression of how I had experienced the confrontation, as well as the meaning it had for me at the time. I

have subsequently clarified these meanings and come to understand what happened in a more holistic context. I shall include here some extracts from the evening session which communicate both my experience of the confrontation and its meaning at the time, as well as commenting on it from my present perspective.

The confrontation centred around my relationship with K, and my defence of her as unconsciously responsible for my "O.K.ness". We were also involved in the issue of closeness and sharing and how my fear of rejection detracted from my ability to share and be close. We had reached a point of deadlock in that I was able to retreat into my relationship with K whenever the threat of rejection arose in therapy, and I defended against looking at this relationship as if my life depended on it. But in effect this meant a continual confirmation of my "not O.K.ness", I was not good enough to share except in relation to K who had rejected me anyway. Until I could trust my own "O.K.ness", and relinquish this misplaced dependence on K as the only source of confirmation of myself, therapy could not progress. M confronted me and asked me to choose between my defence of K and the desire to do therapy for myself. At the time although I could rationally see what she was asking, it was almost impossible to separate these two elements emotionally because the "myself" aspect depended on my relationship to K. Although I did not realise it, this of necessity meant a continual confirmation of my fear that I was not good enough.

I started the session as follows:

*T. I don't really know how to start, um .. I felt totally shit this morning, but totally shit, and I went home and I had a good long cry and then I tried to work out what was going on, .. um. I wrote down what I felt and ..um .. I experienced the whole thing as a total rejection. Um .. and I was sure that .. um .. you had done it for a reason, that you were angry with me ... so I wrote down as many things as I could think of that .. reasons that you could have for being angry with me, then I phoned you, and asked you and you told me that you weren't angry with me, um .. and I think I have accepted that .. What that means to me is that .. um, your reason for rejecting me was that you were angry with me, um, ..*

and what you said to me was that, you said what you said this morning because you had total trust in me, um, .. um .. and that is another alternative, another reason why you could have said it ... um .. (15 sec) .. I believe you that you're not angry with me, but I've got a whole host of reasons that I could put down why you could be, um, and I did do that, ... so what it means, is .. that you said what you said this morning, I want to ask you if you knew that I would experience it as a rejection.

M said that she realised that that was how I might experience it, but that she was convinced of the necessity for doing it, and that she had to take the chance that I would be rejected.

T. Knowing, well suspecting that I might experience it as a rejection, but having trust in me that I would handle it somehow, um.. um .. as far as the trust goes, um, .. I think that I have an appreciation of what you did, and I do believe you that you felt you could do it because you trusted me and that does tell me that you think I am O.K. ... and that's like the final thought I am left with. Because experiencing that the rejection, the way I experienced it, was that I am not okay, and that I had to try and sort myself out between those two and decide which one I was going to .. um, accept, um .. (18 sec) .. and it wasn't a rational decision, but I think I made it this afternoon, um .. (6 sec) ..and I felt much lighter after I had made it .. But, um .. I cannot forget the rejection, um ... I am prepared to accept that the end justified the means, but the means was very unpleasant, um .. (10 sec) .. I thought you had done it out of anger .. but you did it out of a confidence in me, .. (10 sec) ..

Rejection had always confirmed that I was "not O.K." but here M had told me that she had confronted me because of a belief that I would handle it in my "O.K.ness". Although I had made my choice, I still felt rather ambivalent about it, particularly because of how much I had been hurt by the rejection. This is evident in much of what followed, my trust in myself was very tentative (but present consciously for the first time) and I still found it hard to know that I hadn't been rejected because that was all

I was good enough for. Notice in what follows how hard it was to reconcile M's trust in me with her rejection of me:

T. So what happened; seeing it from my side is that... I had to experience rejection to know that you trust me .. I am still not happy with that.

M. No ..

T. Um

M. Because ..

T. I know that you do trust me, I do know that ..

M. And ..

T. But the rejection I am still very unhappy about.

M. It is because .. what happened, you experienced as rejection, but that is not what I intended .. that is not what I wanted and when I was concerned for you this afternoon, the thought that I just kept on having was ... don't experience this as rejection, it was not that.

T. I don't think I could have experienced it as any other way being where I am, being where I was .. (5 sec) .. so in that sense, I mean, you .. suspected that I might feel it as rejection, um .. (9 sec) .. and, you took that chance, which even though I did feel as rejection it's paid off ... but I still feel, I still feel almost used ... I can't accept that I had to go through that in order to learn that you trust me ...

M. What I intended was not for you to learn that I trust you, what I intended, was possible, because I trust you, what I intended was that we could break through this total impasse, that we had reached.

T. I experienced it as an impasse that we had reached, no more total than other impasses that we had reached. I think I remember saying things similar like "how are we going to get past this?" And this is the first time that it was an impassable thing and I didn't know that sufficiently ... I experienced the whole thing as very, very sudden and quite a shock ... I didn't realise that we had reached an impassable position, I mean we had reached positions like that before where I felt that I couldn't see how we were going to get past them ...

What had intensified the rejection had been that I experienced the position we had reached as no more of an impasse than many other difficult situations which had arisen in therapy previously. This was due partly to my having forgotten most of the dead-end situations which we had reached in talking about K from very early on. It was safer for me to forget the blocks that my defence of K as the source of my being good enough had led to, for to see my "O.K.ness" in terms of a block would have been threatening. As it happened, I was genuinely taken unawares:

M said:

M. You're finding it very difficult to look at me.

T. Ja ... mm ... I think I am angry with you. I have established for myself that you trust me and that's something important ... but I am still angry about what happened .. (8 sec) .. I am hurt by what happened ...

M. Yes, ... if there was .. (sigh) .. any way that we could have moved beyond that which I see as having manifested increasingly as an impasse, I would have done it, ... But whatever I have tried, has not worked... because ... we kept on returning to the same point.

T. Was it always that point with K?

M. K features in it very largely, but she is symbolic both ... both K as such and K in terms of a close intimate permanent relationship ....

T. I just wish I had known that we were at an impassable stage that could not be passed any other way. I mean, I didn't realise and it came as such a shock, that's why it was such a rejection I think ... I honestly had no idea that we were at a point at an impasse that we weren't going to be able to get through as we got through all the others.

I picked up on this again later. After a while I asked M if I could read what I had written about the confrontation. This expressed the way I heard M's words as a total rejection.

T. Can I read this? ... This is the way I experienced you as saying to me, "I have allowed you to con me for long enough, I have seen through

- you but I am still available provided you stop conning me ... you're not motivated for the right reasons now, if you ever have been, so go away and if your motivation changes you can come back, but don't waste my time anymore" .. (15 sec) .. As far as the latter part goes, um .. I say this believing it, honestly believing it, that I have made the choice between, um, my relationship with K and my relationship with you in therapy and I have chosen the latter and I honestly believe that, but whether or not I have remains to be seen. I can't be sure. I can't do more than make a rational, not a rational but a, a conscious decision, more than that I can't do and I have got the feeling that that is what you are asking me to do ... it's one of the reasons why I experienced rejection ... because you were saying, "and change your motivation, before you come back" ... and my motivation was the one thing that I was really sure of ... the one thing that I really trusted about me ... that I was motivated ... for the right reasons ... and for the wrong reasons but for the right reasons too ... (18 sec) ... And my experience of you as telling me that I am motivated for the wrong reasons, was ... kind of telling me that I am "not O.K." in the one thing in which I really thought I was "O.K.", ... that ... of a question,
- M. As we worked in therapy ... we gradually ... reached deeper into your unconscious, or whatever happened, and, .. those unconscious reasons .. became apparent and were exposed, ... and it was because of ... not being able to relinquish your relationship with K, that somehow it became the focal point ... of an enormous resistance. In no way am I suggesting that you weren't motivated to come.
- T. The one thing you said that really hurt, and I think I reflected it in what I said here ... um, ... and that was, I don't remember exactly how it was, but you were saying, "you don't seem to be motivated right now for the right reasons", and you said "if you have ever been", and that really hurt .. (10 sec) ..
- M. Let's come back to now .. (5 sec) ..

T. I don't believe, I don't know how right I am but I believe that I have relinquished that relationship with K but I resent the way that had to be done .. (6 sec) .. and the way that it had to be done, um, ... showed your trust in me and I think has given me a little bit of trust in myself ... but I am not sure that it ... and the hurt part of me doesn't want to listen to me saying that ... the end justifies the means, the hurt part of me says that those means are never justified.

In my last few sentences there is the first expression of possibly the most crucially important aspect of the confrontation, that it caused me to gain trust in myself. It was in fact a total rejection which I survived and which didn't drive me into my "not O.K.ness", despite my being, feeling absolutely shattered and desolate at first. I grew from it, I became stronger not weaker. That this was tentative and that I still had doubts at this stage, is evident in the transcript passages.

My anger at M is also obvious.

M. And I agree. It's not because the end justified the means, it is because I can see no other way around it, I didn't hurt you to achieve something with you in therapy, I could see no other way ...

T. What that side of me says, is that you risked a certainty, you risked hurting me, but it was an absolute certainty that you had to .. (20 sec) .. but I believe you that you say there was no other way ... I wish I could have believed that before it happened, it might have made it easier ... (15 sec) ... I think the reason I am not looking at you is because I am scared of you ...

and later

T. You said I am scared of looking at you because I am scared of what I might see .. what did you mean?

M. I am not sure ... but possibly that you're afraid that you will find confirmation of the fear, that I am rejecting you, that I am angry with you .. (15 sec) ..

T. I am not scared that you're rejecting me, I feel you did reject me ..

and I don't think that I am scared that you're angry with me ..  
 (6 sec) .. but the fear is like the reason why I am scared is like  
 um ... I think I still sort of hold you responsible for hurting me, um ...  
 in a sort of, um, after hurting me like that how could I look you in the  
 face ... but for some reason I seem to be trying to hang onto the hurt,  
 ... (7 sec) ... so I think the sooner that I try and forget about it  
 or leave it behind or something, the better, because, it's like ...  
 clouding all the positive things that came out of what happened ... it's  
 taking our attention away from them ... (14 sec) ...

M. Yet it is also focussing our attention on the fact that you can be  
 hurt and still trust even though it is tentative.

T. That's what I am not so sure about, um ... I trust myself more ...  
 but I am not sure I trust you more, I think I trust you less .. but then  
 I suppose one has to trust one's self before one can trust anyone else ..

M. And that's why I am smiling .. (8 sec) ..

T. Ja, that's all I can say about it ... your trust in me, I don't think  
 was misplaced, but knowing that, doesn't make me trust you anymore ..  
 um .. I think there's a side of me that will doubt forever whether there  
 couldn't ever have been another way ...

Here again is the expression of trust in my own "O.K.ness" which was evoked  
 by my coming through the experience. This trust is almost an expression  
 of "if I can survive a rejection like that and still have myself intact,  
 still be O.K. afterwards, then I can survive rejections and need not  
 live my life in constant avoidance and fear of them. I survived the  
 rejection, I without help from anyone, I have myself to depend on". At the  
 same time as glimpsing my "O.K.ness" there was also a tinge of bitterness  
 in me about the experience, at a later stage I said:

T. After going through yesterday's experience, there is nothing to frighten  
 me anymore. Nothing can frighten me because nothing can be as bad as  
 that.

Some time later I again expressed reservations about trusting M, she had  
 hurt me and I was angry with her.

T. I trust myself more, and I trust myself more because of what happened .. and you caused what happened to happen, so why don't I trust you more? ... I trust you less .. because I associate you with the hurt, not with trusting me more .. not with you trusting me more.

Although at the time I felt this mistrust, in the long run the confrontation allowed me to trust M more in that one can only trust another to the extent that one trusts oneself. Also to be able to express my mistrust in fact evidences the existence of trust. Some time later I said:

T. And yet, maybe I am talking rubbish, but I don't think I am, I think that ... as therapy has been progressing ... I have been learning to trust you more and more and I have been more and more able to, um, not get stuck at moments when I would have in the beginning, that I have been learning, as the process has been going to overcome some of the things which I would have taken as a complete block, which I would have used as a complete block against carrying on ... in that way I think that therapy was progressing. This is perhaps why I have you know, I have my doubts as to whether this was the actual and the only way ...

I do now see a difference between the confrontation impasse and other impasses that therapy has reached. In the confrontation unlike the other blocks that therapy has reached, I was actually conscious of what I was defending against and why, whereas in the other cases my resistance has been unconscious. In these other cases, becoming conscious of the resistance had been enough to overcome it. In the confrontation I knew what I was doing and yet continued to do it, so perhaps asking me to make a conscious choice was the only way around it.

The reality of the rejection I experienced as well as my doubts about trusting M are further emphasised by the following:

T. Um, ja ... I don't know why I need to tell you this, but I think I do, maybe it's to express some sort of anger, that when I went home for a long time, I ... very much doubted whether I would continue with therapy

and then, when I decided I would, I very much doubted whether I would continue therapy with you .. (18 sec) .. and that was genuine, even when I came here and I sat down like having made all my decisions, came here last night and sat down, I had second thoughts about it ....

As the session continued I again in different ways asked M whether the confrontation had been necessary. I found it hard to accept that she could blatantly do something which I would of necessity experience as a rejection, despite the fact that I understood that she had not in fact intended the confrontation to be such, and that she saw no other way around the problem we faced. A while later:

T. Um ... you did something which I could not experience any other way than as you telling me that I was not okay. I am just doing this from my side, not from your side, um ... the reason you did it, was, that you believed that I was okay. I came out of it, so I knew that you were right, that I was okay ... um ... but the reason why the trust of you is lacking is that I experience you as telling me that I am not okay in order that I can .... um .... prove to myself that I am ... um ... ja, it's like a silly analogy, I don't believe that I can do first aid, so you cut me so that I can prove to myself that I can do first aid and can fix up my cut fine. But I still experience you as having rejected me, although I trust your motives, I really do, the fact that I did experience it as rejection and the fact that it did, um, emanate from you .... is like incongruent with the whole rest of the situation, what came out of it, and the fact that I do actually believe you ....

and a few minutes afterwards:

M. It's precisely because I cared for you that I did it.

T. Ja, intellectually ... I understand all this, but I just cannot somehow .. um .. um .. reconcile caring with the experience I had.

and shortly afterwards M summed up part of what was happening.

M. Being alone ... is to be rejected, and to be rejected is not to be capable ... not to be loved. So to experience total aloneness ... it, it was probably the first time in your conscious life that you had

*experienced such an incredible hurt ... that within a caring context. And it must be just impossible to accept that so much hurt can be associated with caring.*

M was quite right, and possibly what had intensified the rejection for me was that it had elements of all the previous rejections I had suffered without allowing myself to experience them. In therapy M was in many ways a symbol of my mother, and my rejection while dependent on M had the same flavour as other rejections I had undergone in dependence. This applied not only to my mother but to K too, as I came to understand. We were talking about my having relinquished my relationship with K

M. *Ja .. and .. whew .. having done that .. no matter how, ja ... there is also a total element of rejection, because no matter how innocent K might have been, the fact still remains that your relationship is no longer present, and therefore she has rejected you ...*

T. *I didn't like the way you put it, but I think you've got something there, the um ... whew ... I'm feeling quite tired now ... this rejection that I am so into at the moment, hanging onto this thing ... it is not only because of your rejection of me, the thing that I experienced as your rejection, it could have something to do with K as well ... (25 sec) .. your rejection, or what I experienced, I'm going to call it your rejection but you know what I mean, your rejection was in terms of .... not of not being heard, but of not being "O.K.", and that would be the same with K's rejection ...*

I proceeded to get more in touch with my feeling rejected by K. On one level this was so because she had held my "O.K.ness" and now she no longer did so, in giving up my "O.K.ness" I felt rejected. What made it bearable though was that I had the first glimpse of the possibility of the source of my "O.K.ness" being in myself. Some minutes later a clearer statement of the dual nature of the rejection arose (M's rejection and early parental rejections are for the moment the same thing).

T. *No that's why the whole thing yesterday was so bad, and why it is*

*still with me today is that, it wasn't just one hurt, it was two ... on top of each other ...*

*M. And you were actually in that total double bind I think.*

*T. The one hurt demanded the other hurt, to be relinquished.*

*M. Because to be, to experience a rejection from me, you could have retained that hope factor with K ... but to stop experiencing a rejection from me, you had to experience rejection from K ...*

*T. Ja ... and the one I chose involved experiencing both ... like the process that I went through involved experiencing both ... first your rejection because I haven't rejected K, I hadn't accepted K's rejection because I haven't rejected K, I hadn't accepted K's rejection ... and then K's, to try and overcome yours ... (20 sec) ...*

*and M later clarified what I had gone on to say:*

*M. In other words, to the extent that you have acknowledged that the relationship with K had to end, I could actually not reject you. I could not reject you because the rejection is ultimately in saying you must leave K and ... pay attention to you ... I can only take that away from you, I can only reject you in that part of you where you are hoping ...*

*As the session progressed, and indeed in the following session too, we explored the many issues that had either been raised or brought to a head by the confrontation.*

*I shall briefly mention some of these.*

*For the first time I could actually look at how I had been rejected by K and explore the various facets of this. I also began to understand more clearly how I had in fact been rejecting myself by retaining my link with K. I was retaining and confirming my deep down fear that I wasn't good enough.*

*T. I was saying ... that the thing that gave way first was my rejection of myself, I don't know if that's true, that deep underlying rejection, but I did give way in that, um, I discovered that your trust in me, was not ill-founded and that I am, that I have got something ... that I can trust myself ... I actually pulled out of that really shit situation and that says*

*something about me ... and you had confidence that I would ... and I discovered that I did ... and that said something good about me, whether or not, you know, it said something deeply enough, I don't know... and whether or not like, saying that one thing, K is enough to .. no, I am sure it's not ...*

M. *Enough to?*

T. *Um ... wipe away this whole premise that I am not good enough ...*

The confrontation had been an important step, but I believe that in a sense much of our subsequent therapy has been and continues to be about "wiping away this whole premise that I'm not good enough". The whole process is a learning to trust myself in a relationship which affords the opportunity of exploration of the meaning of my way of being and relating.

As we continued I questioned what it was that I had done in deciding to relinquish my relationship with K. All I had done was to make a conscious decision about something that I had needed to hang onto unconsciously, I didn't seem to feel differently about K and I didn't know if my conscious rational decision would make any difference. It is interesting that I was very tentative and nervous about saying this because the confrontation was so fresh in my mind and I almost feared a repeat. I know now that I made the decision to relinquish K to the fullest extent that I could at that moment, and it was sufficient to break the deadlock and allow therapy to continue. Actually relinquishing K completely has been a slow and gradual process which has taken many months. At the time however, I had done all I could and this allowed me to understand far more clearly what had been happening. M's words are an example of what I came to understand.

M. *Before I respond to that latter part of what you have said ... let me try and say this to you ... that ... as you ... as ... the thing of not being good enough became the increasing thing .. we focussed on it increasingly here ... I am not going to be able to say this ... um ... ja,*

to the extent that we emphasised the importance of "I am not good enough to be loved", in every aspect of your being ... to that extent did it become increasingly necessary for you to hang onto your relationship with K ... you ... oh hell, I wish I wasn't tired ... um ... and therefore to protect yourself from "I am not good enough to be loved therefore K is rejecting me" ... it became crucial for you to resist therapy and to hang onto K ....

Another example of my growing understanding is reflected in an insight which I had just before falling asleep on the night of the above session. I wrote it down at the time and in our session the next day:

T. I'll just read it to you as it is, and then explain what needs explaining. Um, this is why, I said yesterday, I am very aware that what I am doing is trying to hang onto the rejection, um, okay and these are the things that I wrote down before going to sleep last night ...

"rejection means that I am not okay, which is the premise that I base my life on, M shows me that I can be rejected but despite being okay",

M. Yes whew

T. That questions my whole thing of needing to be rejected to prove I am not okay ... so being rejected isn't going to prove anything anymore ... that's why I can't .. I don't want to let go of this rejection ...

M. Yes, yes

T. Is that .. so I'm living a futile life style, that's why I am trying to hang onto the last rejection.

It is difficult to give up the safety of a known, although destructive life style.

CONCLUSION.

Having completed my explication, there remain a few important aspects of my experience which have in retrospect not become sufficiently clear and which consequently need emphasis.

The safety of therapy is something which needs more mention. Initially and basically it is the safety of structure. Although I did not have sessions of a set length at specific times on the same day each week, what I did have was the safety of M's being there when we had a session and her availability to be there whenever I needed a session. My therapy was rather more unstructured than most but it nonetheless had a structure which was sufficient to give me safety. This safety was particularly important in terms of my having had the safety of my parents' presence as a child, it was my most basic source of security. Safety was a crucial foundation upon which my trust in M could grow, a trust in more than just her physical proximity when I needed it. A vital aspect of therapy has been my learning to find safety in M's acceptance of me. This has been a new source of safety, a safety which has allowed me to express and know my feelings and facilitated a growing trust in myself. Therapy has seemed to move from my finding safety in M's presence, towards finding safety in her acceptance of me and finally towards self-acceptance which is the securest source of safety. It is a gradual process and is continuing at the time of writing.

The way that I experienced M and the nature of our therapeutic relationship need further mention. Certainly the person that M is has played a crucial part in the process. Extremely important has been the fact that she is a real person and relates to me as such in therapy. She has never hidden behind techniques and I have always known that she is in the relationship for real. This together with her way of being have revealed her to me as a person who I want to trust. I have never had cause to doubt her honesty, indeed her honesty with me and openness to herself are things which I trust and appreciate. She is never afraid to confront the possibility that her own thing is coming into the process

and although this seldom happens, it is a source of security that it is unlikely to pass unnoticed. Her ability to be "with" me, although it was a threat early on in therapy, is probably what has been most crucial in allowing therapy to work. At times I am very aware of this, it is as if M is sitting there with an openness which embraces me. I have at times felt that this openness which embraces me is partly responsible for what I have previously described as therapy "drawing" things out of me. Perhaps it is a combination of M's attitude and my motivation to be free and open which contribute to the process.

M is also perceptive, and because she is "with" me, her perceptions are usually accurate and relevant to me. Yet another important part of my perception of her is that I have gradually come to trust that she believes in my "O.K.ness" implicitly. This I have come to know by the quality of her being with me rather than by the things she has said.

M has a deep understanding of the nature of the therapeutic relationship. This allows her to handle anything that I do within the therapeutic context. This means that she does not react personally to e.g. my anger but understands it in terms of the therapeutic situation. This has given me a safety to express my feelings, however "negative" they may seem without fearing that I will lose M, or that they are inappropriate in terms of the person M and what she is doing for me.

The total conviction that therapy works, the trust in the therapeutic process which M has is also important. It is something that has made almost intolerable situations bearable, in that I have come to share her conviction through what I have experienced. At times when I experienced us to be in an impossible situation, completely stuck, I actually came to trust that the process of therapy would carry us through, and it never failed to do so. The security of this trust was crucial at the difficult times. There have been times where M has made a "mistake" or hurt me by something she has said or done to such an extent that I have thought at the time that I could never again trust her. But here too the process

of therapy has carried us through and trust has grown.

Turning to the therapeutic relationship itself, I have experienced something which has surprised and excited me greatly. This is that psychotherapy is not only a unique relationship where I can focus on discussing the problematic issues in my life, but that it is also in itself a real relationship between M and me. It is not a relationship in which M never makes mistakes, in which I am never hurt, and in which the only emotions M expresses towards me are love and concern. Such a relationship would lack reality and also the tremendous potential for exploration that a real relationship such as I have experienced affords. Although we do focus on the things in my life which trouble me these seem inevitably to be drawn into the relationship between M and me. The same way that the whole core of therapy is contained within each session, so the total core of my ways of relating to people become drawn into this single relationship. With M's perceptiveness and my desire for awareness the potential of this relationship is great. We do not just relate, but explore in depth the nature of the interaction between us. The insight I gain into my relationship with M affords me the realization of how I relate similarly to other people in other situations. The issues in my life which need resolving become resolved in my relationship with M. Learning to trust myself and consequently others is one of these basic issues. Closely related to this is the issue of sharing. I have never been able to really share with another, having always related in terms of my needs and expectations. Being in therapy with M has meant that I have learnt to share for the first time, to express my feelings and do so without asking for anything.

Something else which needs mention is how valuable what I have experienced is to me in terms of the fact that I am a therapist-to-be. The thought of actually doing therapy without having been through my own therapy is frightening. There were many unresolved issues of which I was completely unaware and inevitably being trapped in these would at times

have been an impenetrable barrier to my actually being with another. The greater my level of self-awareness becomes the less likely I am to intrude unknowingly into another's space.

I believe that my conviction that therapy works, my belief in the process is also extremely important in terms of my becoming a therapist. Of course, all the ways in which I have personally benefitted in terms of self-acceptance, openness to myself and my experience, the beginnings of trust in my intuition, freedom to share and so on are of inestimable value to me as a therapist-to-be. I have also learnt such important things as the value of structure and the enormous responsibility that the therapist has. This particularly in terms of the powerful reality of the "transference" relationship. I needed to experience this myself in order to grasp its amazing reality. Not to know the full extent to which the client is vulnerable in the relationship could be extremely dangerous. Had I not experienced it myself I would probably have learned at cost to the people in therapy with me.

Finally, the experience of psychotherapy has facilitated an awakening of my spirituality, a spirituality which I previously did not know existed. This has been extremely exciting but is something which I find nigh on inexpressible in words at this stage. All I can say is that it has been a sure discovery, which has meant an awakening which I know will continue and grow.

COMMENTS ON SOME ASPECTS OF MY THERAPY.

As I have pointed out, I have selected aspects of what happened in therapy and so the transcript passages which have been presented are but a part of all that transpired in that time. It had taken 2<sup>1</sup>/<sub>2</sub> weeks and just under 55 hours of therapy to reach the point where my explication ends. Although this was a great deal of therapy to do in so short a time, circumstances were such that I was actually ready for such intensive therapy. This was largely due to my having been in therapy for a number of months during the previous year. I did not actually get into any issues in depth with my previous therapist and most of our interaction had been involved with fairly superficial problems in my life. It did however serve the valuable purpose of preparing the way for deeper exploration.

The structure of my therapy with M was such that we never actually planned more than one session ahead or the length that a session would last. In this sense we were not forcing the pace but letting therapy direct its own pace. Throughout therapy whenever we were either going too fast or doing too much therapy, this would become an issue in what was happening and the issue would not be resolved until we had recognized its source and taken appropriate action. So it was actually not possible for us to go too fast.

Another issue which requires mention is the difficulty involved in having a relationship with one's therapist outside of therapy. At times this proved valuable in that M would notice something in my way of relating in a social situation which she would then raise with me in therapy. M was always able to keep the two separate and never allowed a social interaction to become therapy. There have however been times in which it has been extremely difficult for me to separate the two relationships, and the way I related to M was sometimes inappropriate to the social situation. My extreme vulnerability to M in therapy does not cease when we are out of the therapeutic situation and her increased spontaneity in social contacts has at

times exposed me to e.g. subtle rejections. Also since a social contact involves personal communications from both people involved and in a therapy situation the therapist refrains as much as possible from bringing his or her own thing in, the discrepancy between the two has at times resulted in my feeling guilt at the demanding nature of the therapeutic relationship. This again reflects an inability on my part to separate the two relationships. Although we have always managed to work through the difficulty, it has at times been a long and painful process. On occasions I have actually ceased our social contact entirely and because of her understanding of the complexity of the situation M has always respected my wishes in this regard while at the same time not allowing me to lose sight of the fact that it is an unresolved issue. In summary then, although it is often extremely difficult, it is something which we are able to handle.

Finally I might mention that at the time of completion of this thesis I am still in therapy with M. Therapy is however, not nearly as intensive as during the early stages, but my experience of it remains essentially the same.

SOME POINTS OF DISCUSSION.

The material I have used to explicate my experience derives from the initial 2<sup>1</sup>/<sub>2</sub> weeks of therapy. This period has been sufficient for me to draw out extensively the meaning of my experience. As I have previously pointed out and exemplified the whole core of therapy is contained within each individual session, and indeed to a large extent within each therapeutic moment. However, the reason that I have not confined my explication to a single session is that, as I hope has become clear, the core of therapy is (as indeed is explication too) the process of uncovering the hidden meanings of experience. It is in this light that it becomes understandable that our initial joint explication of the original session became therapy, to such an extent that we decided to scrap explication altogether. By explicating a number of sessions the reader gains an idea of the way in which the hidden meanings within each session emerged of themselves and this gives a clearer idea of the continuity of the therapeutic process. This continuity has been explicitly mentioned a number of times e.g. the process of gradually moving towards getting in touch with my loneliness. In any single session before I recognized my loneliness the whole meaning of what was to happen and had been happening was contained, but one must look at all the sessions prior to the loneliness experience, having the experience, and how the meaning of the experience emerged. The continuity of a number of sessions is also important in making explicit larger issues of process, e.g. how I needed first to be in touch with my loneliness, which then facilitated awareness and expression of my anger, which in turn brought an awareness of the rejection I had suffered as a child, and an experience of the hurt of this rejection, and so on. Each of the above was attained through a process and was an element of a larger overall process. On a still broader level psychotherapy involved a process of learning to trust M through a growing trust in myself.

At the time of experiencing a single session or moment of therapy its broader meanings in terms of the process are hidden from me. However with the perspective gained through time and further therapy the broader meanings do emerge and become an essential part of the meaning the experience of psychotherapy has for me.

Eppel (1978) has pointed out and criticised the fact that most research into psychotherapy has been done in terms of "process" or "outcome". My explication confirms his argument that by so doing, research is concentrating on specific aspects of psychotherapy and is ignoring the holistic experiential side entirely. This explication has presented an idea of what the process is, but as is clearly to be seen the meaning of the process is largely defined by the outcome. On the other hand the outcome is necessarily defined by the process. In terms of my experience of psychotherapy they are thus inseparable and to examine even experientially the one or the other would result in a hopelessly inadequate statement of my experience.

I have a far greater and more holistic understanding of the therapy now than I had after the first session. Von Eckartsberg (1972) states that "Questioning the meaning of an experience leads to the widening of the horizon of understanding, to a broadening of the context". My increased understanding of the psychotherapy has been brought about by questioning done in therapy itself. Much of therapy involves a movement from prereflective experience through reflection to an understanding of the meaning of experience. It is as a consequence of this that explication of my prereflective experience of therapy, which was impossible before I had achieved understanding, is now retrospectively possible.

Clearly, much of the meaning of my experience has been hidden and the process of psychotherapy has facilitated these meanings becoming available to me. I now have an openness to my experience which I did not have after the initial therapy session and therapy has facilitated in me a greater openness to my experience generally. I am able to go beyond

mere description and to explicate to the extent that I am open to the meaning of my experience. This has extremely important implications for phenomenological research. According to Kruger (1979 p.195) " ... psychology should explicate the unwritten constitution of everyday life". However, the "unwritten constitution" can only be explicated by those who are open to the meaning of their experience to a considerable extent. Phenomenological research is then limited to researchers and subjects who have a considerable degree of self-awareness. In Kruger's words, "If one looks at the implications of phenomenological psychology for the future training of psychologists, one is struck by the fact that the difference between psychotherapy and phenomenological research tends to become blurred. In both cases a relationship of trust and sharing, i.e. being-with-one-another in a common world, is required. It also means that good phenomenological researchers will have to undergo some of the same sort of training as that of psychotherapists, which means that the future researcher should explore his own humanness in much the same way as the future therapist currently has to do. In all courses on psychology there should be a considerable emphasis on personal growth". (p 195). The task of psychology must first be the task of the psychologist. The implied limitations on the selection of subjects for phenomenological research is also obvious.

THE METHOD AND ITS RESULT.

Colaizzi (1973) has drawn an important distinction in the levels of subject matter of phenomenological research. He distinguishes what he calls "fundamental description" or FD from "fundamental structure" or FS. FD captures what is fundamental in the appearance of the entity as a basic reality, it is the essence of the phenomenon as experienced, and is explicit in the data obtained. It is defined as "that subject matter which describes the reflective dimensions of a phenomenon." (p 118). The FS on the other hand is implicit, it is the essential phenomenological structure as revealed by explication of the experiential phenomenon. The FS "... serves to rigorously situate a phenomenon in the context of human existence and to specify the constituents of its meaning, thereby indicating the proper constituents to be further investigated". (p 125). Colaizzi uses the word "explicitate" rather than explicate to emphasize the making explicit what is implicit and defines FS as "that subject matter which explicitates the prereflective dimensions of the data". (p 118). The aim of the present work involves uncovering the FS of psychotherapy.

Colaizzi also distinguishes three basic methods of phenomenological research, Individual Phenomenological Reflection or IPR, Phenomenal Study or PS, and Empirical Phenomenological Reflection or EPR.

IPR is necessarily the first step, its aim is to expose the FS of the phenomenon. As Colaizzi points out it is implicit in all original works but "it has not been explicitly recognized by psychologists as an instrument for research and therefore there has been no need either to rigorously establish its validity or to explicate the procedures involved in employing it." (p 28). It is an individual reflection on an idea or an actual experience of a phenomenon. In the present work the method has involved on individual reflection on the experience of therapy as recorded on tape.

PS involves a number of procedures aimed at obtaining an FD from a number of protocols with a minimum of reflection on the data. However it is clear that despite the attempt to remain "objective" some reflection is necessarily present or the researcher would be unable to reduce, organize or interpret his data. Thus it is that Colaizzi concludes that PS is not a sound descriptive method. EPR on the other hand makes explicit its reflective element and involves reflection on data derived from a number of subjects. This is the appropriate method for revealing the FD of a phenomenon and the accuracy of its results are open to consensual validation. Colaizzi also applies the method of EPR in attempting to discover the FS of the phenomenon he studied (learning). He reflects on the major themes of the FD derived by the method of EPR in order to explicate them. The derived FS was then compared with the FS derived by the method of IPR and was found to enrich the latter, to add to it. Thus he suggests the use of both IPR and EPR to determine the FS of a phenomenon. In examining his study however, it becomes clear that the necessity to use both methods to arrive at a more holistic FS arises from the EPR involving systematic reflection on "facts" or the phenomenon as experienced in actual instances (from which an FD was derivable), whereas the IPR involved reflection on the researcher's idea of the phenomenon i.e. reflection on the idea rather than the actual experience. In the present study I have used the method of IPR, but not as applied to the meaning that therapy has for me when I think about it. Rather I have applied a method of individual reflection to the actual phenomenon as I experienced it i.e. to the experience of therapy as lived moment by moment and recorded verbatim. In employing this method I suggest that a more holistic FS is available in my explication than would be the case had I merely reflected on the question of what my experience of therapy is. To the extent that there can be an FD of psychotherapy this is contained in the actual reflective experience as recorded, and to the extent that there is an FS of therapy this is contained in my explication of the recorded reflective experience.

The question must then be raised as to why I have not arrived at an explicit FS of psychotherapy if this is contained in my explication? The answer lies in the fact that the FS of any phenomenon derived through phenomenological investigation must be identifiable in all the varying appearances of the phenomenon. The FS of psychotherapy is the FS of all psychotherapy, the common essence of all its varying manifestations. I have experienced only one psychotherapy and am thus unable to separate out what is essentially psychotherapy from what is not. Indeed the whole of the transcript material arose out of the situation defined by M and me as psychotherapy, and this makes it impossible to exclude as non-essential any part of the process. Colaizzi on the other hand was able to derive an FS of learning by the method of IPR. This I believe was due to his having experienced learning in most of its varying manifestations and his consequently being able to identify commonalities within his varying experiences. To be able to do the same I would need to have experienced a number of different psychotherapies. Thus in the case of revealing the FS of psychotherapy, although the method of IPR remains the essential first step in making explicit the implicit structure, a further step is necessary i.e. a reflection upon data obtained from a plurality of subjects with the intention of finding commonalities of structure within the various protocols. This would necessarily be a reflective step with the aim of apprehending what is fundamental to all the data. The method would be a further reflection on the data obtained by the method of IPR on single experiences of psychotherapy. This would not be an EPR in the sense that Colaizzi uses the term as it would not involve empirical reduction of the data; it would be a further IPR this time using the plurality of protocols as the reflective data within which the FS is implicit. It would not be necessary as was the case in Colaizzi's study to first obtain an FD by the method of EPR as an FD would implicitly be contained in the explication obtained by IPR on actual experiences of psychotherapy. Indeed, by reflecting on actual experiences or facts in the original IPR, the need for discovery of the FS by EPR (which necessarily involves discovery of the FD through

".... reflection on data empirically derived from a number of subjects") (p 30) is obviated. We are thus able to steer clear of the trap of separating the FD and the FS for the sake of being able to call the procedures used in deriving the FS "empirical". If empirical means more than merely using a plurality of subjects then Colaizzi himself fails to avoid what he calls a "conciliatory gesture" to the natural sciences. In the words of Merleau-Ponty (1964) "Phenomenological psychology is ... a search for essence, or meaning, but not as apart from the facts." (p 95). It is clear that in deriving an FS by the method of EPR on the major themes of the FD derived by EPR, Colaizzi has separated the meaning from the facts by introducing empirical techniques, and has at the same time used "explicitation" or reflection on the facts as a final rather than a first step. It is clear why the FS's derived by the methods of IPR and EPR differ and must be seen together for a holistic picture of the FS, but I suggest that it is the result of introducing the false split between meaning and the actual experience. As previously stated, to look at my actual experience of therapy as recorded on tape, or to look at the meaning that therapy has for me, without also seeing how the one becomes the other is to gain a distorted picture of my experience. The meaning of my psychotherapy does not exist apart from the actual experience of it.

It is true that various conceptual frameworks and concepts within these have been developed within which a clearer understanding of therapy is possible. I have chosen not to reduce my experience to any of these although it is obviously so that my experience is explicable in terms of any of these, if not in full then certainly in part. E.g. in my explication there are many overt and hidden manifestations of "transference" of which I now have a clear experiential understanding. Freud (1905) writes of transference, "... a whole series of psychological experiences are revived, not as belonging to the past, but as applying to the person of the physician at the present moment". (p 114). Transference involves repeating rather than remembering and, classically, the therapist attempts to get the client to understand his expressions in the light of their true psychic value.

As I experienced it transference allowed me to work through much of my past not as past but as intensified present experience. At times the nature of my relationship with M was such that I felt my being with her almost draw out of me some sort of expression or action which I had not previously understood and had always contained, but which now became so magnified that it startled me. Part of what allowed this to happen was the safety and available space I felt in being with M, and also the security of having some knowledge of the nature of therapy and absolute trust in M's understanding of the nature of our relationship. But for the latter I would have held back in an attempt to protect both M and myself, for fear that M was taking my expressions personally.

Freud described transference as the most powerful means of resistance at the disposal of the client and held that the intensity of the resistance is reflected in the strength of the transference. This too, is consistent with my experience, as e.g. each power game arose we were unable to explore beyond it as I tenaciously clung to it. It took a lot of working through each time before I could give some context to what I was doing, by connecting past ways of relating with the present. And having lived the experience rather than working through the past as past created an enormous certainty about its reality in my life. In a similar vein Freud (1940) says "For a patient never forgets again what he has experienced in the form of transference; it carries a greater force of conviction than anything he can acquire in other ways." (p 177).

As is generally stated to be the case with transference reactions I always experienced them as appropriate to the present and to M. It was e.g. only after I had worked through the power game on the balcony and allowed myself to feel M's acceptance that I could know that she in her person had never been against me in what had been happening.

There are if we look closely, differences in the way in which various authors conceptualize transference. E.g. Freud saw it as "displacement" or "transferring" of affects applicable to a person or people in one's

past onto the person of the therapist, Fromm-Reichmann (1950) as "repeating of early patterns of interpersonal relatedness" (p 97), and May (1950) as a failure to "... develop beyond the limited and restricted forms of experience of the infant" with the result that the person in later life "... perceives his wife or therapist through the same restricted, distorted "spectacles" as he perceived father or mother". ( p 79). It is clear that each is a theoretical formulation within the author's framework, and that each aims at making understandable a lived experience the reality of which is undeniable. However it is the essence of the lived experience which is the focus of this work and phenomenological psychology generally. And in the reduction of experience to a framework or concepts the essence is lost or at the very least blurred, for a theoretical framework divorces the meaning from the actual experience and in this way hinders the possibility of an essential description of the experience.

BEING MY OWN RESEARCHER .

In effect I have been my own researcher and this has an important advantage over using another person as the subject who experiences (apart from the fact that only the experiencer can explicate his experience). This is that I have a complete understanding of the aim of the explication, I am not answering someone else's question all the ramifications of which may not be available to me. My answer to my question will surely be more complete than someone else's answer to my question. This is so largely because I am actively motivated to explore in as much detail as possible what I have experienced, how I have experienced it and what the meaning of my experience is. My motivation is the researcher's motivation and not my understanding or interpretation of it in terms of his communications to me. This is also important in terms of method. Being on the "inside", it was possible for me to allow a method of explication which was rigorous enough to fulfill my aim to unfold of itself, I did not need to impose a method on what I was doing or to worry about a lack of rigour in the method my "subject" may have used in explicating his experience.

It is also necessarily true that the ultimate judge of whether explication has uncovered the meaning of experience can only be the experiencer himself. His explication is not open to validation, it is what Rogers (1964) calls "subjective" knowing, and all that we can reach is consensus as to whether in explicating his experience the experiencer has been rigorous and systematic. In this sense it is clear that the experiencer is the person best qualified to explicate his experience, and although it is possible to uncover the meaning of another's experience one cannot be sure of the accuracy of the explication without the experiencer's validation. Rogers (1964) says that we may surmise the meanings of the experiencer's private world and then see whether our understanding is correct.

"I may simply ask you bluntly if my hypothesis is correct, but this is often a very inadequate method of inferring your private world". (p 115). There is a tendency for researchers to study a subject's experience empirically by the method of PS and then to ask the subject if the derived FD is true to his experience i.e. the subject is asked to validate the FD so that his explication is then "empirical" (see e.g. Eppel 1978). As pointed out, PS necessarily involves reflection, which in such research is never explicitly admitted. For to admit it is to admit that the researcher in his research had failed to exclude the subjectivity which his method aims to exclude from his subject's communicated experience.

Experience has been the interest of psychologists from as early as Wundt's time, and was the central focus of the introspectionists such as Tichener and his pupils. Introspection was a skill requiring training and practice. It was limited to certain subjects as is explication, although the grounds for limitation are somewhat different. Its aim was to "objectively" observe and describe "colours, shapes, degrees of brightness, spacial patterns, central and peripheral items etc.," as they were experienced. (Thompson (1968) (p 147)). In seeking exact descriptions of limited aspects of conscious experience with a view to reducing these to basic elements and discovering laws in terms of which the elements were synthesized, experimenters failed to produce agreement, causing introspection to fall into disrepute. The flaw in the venture lay in the belief that experience could be objectified, and the subjective was not acceptable material for science. Another problem lay in the fact that Tichener was trying to divorce the experience from the object, to isolate out perception from what is perceived. Phenomenology on the other hand holds that experience is always "experience of", that experience can never be separated from that which is experienced. It is noteworthy that although the methods of introspection may have been devised by an introspecting researcher, he was never a subject of his own research. This was also an attempt to retain the objectivity which, from the first, was not possible. As pointed out above, we still find it hard to avoid this trap.

Freud was one who was his own researcher in a very real sense. In attempting to carry out his aim of founding the science of psychoanalysis, he wanted to know himself completely because "I always find it uncanny when I can't understand someone in terms of myself". (Freud, 1882 cit. , Jones (1956) (p 352)). He became aware of the necessity for self-analysis and embarked on this venture with the aid of correspondence with his friend Fliess. Freud found confirmation for many of his ideas in himself while undertaking this difficult task. For example, in recognizing his own fantasies he discovered that the stories of the seduction of his patients in their early years were in fact not true. In uncovering his own feelings of passion towards his mother and hostility towards his father Freud discovered the Oedipus complex. He also discovered much in analysing his own dreams, many of which appear in what he considered his greatest work, "The Interpretation of Dreams".

Freud's research of himself was extremely productive. Through discovery of the meaning of his own experience he was able to develop his theories and to gain insight into the meaning of the experience of others. The implications for phenomenological research are obvious.

The distinction between explication and psychotherapy or self-analysis is blurred, my explication after the initial session was self-analysis when I did it alone and became therapy when I did it with M. Freud was able to understand his experience through self-analysis, I was able to understand my experience through therapy with M. Although Horney (1950) believes that it is in theory possible to do self-analysis, it took a man of Freud's calibre to actually do so. In my case exploration of my experience of psychotherapy, which in a sense becomes self-analysis, was facilitated by my having been in therapy. This is in principle similar to Horney's finding that the main precondition necessary before self-analysis could become possible was the fact of having previously been in analysis. The main reason why this was so was that the person "knew

from experience that in analysis nothing short of ruthless honesty with oneself is helpful". (1950 (p 28)). This I suggest is true of any attempt to get to the meaning of one's experience.

#### Where to?

Von Eckartsberg (1972) used a similar method of explication to what I have used in reflecting on a short recording of his own experience while relaxing. He says "As I go along, reflecting on this experience, I try to discover essential or universal aspects of the process of experience. These are exemplified in this unique-concrete reported event but they can be said to be valid for experiencing in general. This constitutes the reflective work, looking back and thinking about this experience, discovering meaningful patterns and structures, universal features which are lived out concretely in a unique fashion". (p 166).

My explication has involved trying to uncover essential aspects and meaningful patterns and structures within my experience as a client in psychotherapy. The method I have used is an individual reflective method using my recorded experience as a client in psychotherapy as the starting point. The method has, I believe, been effective in revealing my experience, but for the reasons pointed out I can make no general statement as to the FS of psychotherapy. In the sense that every experience is unique and unrepeatable, each explication of a particular experience is solipsistic. However we live in a world of shared meanings and this is the foundation of a phenomenological psychology. So although the present work may be viewed as solipsistic, individual explication must necessarily be the starting point from which we can further our understanding of the nature of psychotherapy. As I have suggested, further equally detailed and unreduced individual explications of peoples' experience of psychotherapy should now be obtained so that the commonalities within the various experiences can be sought by researchers who will make explicit the reflective nature of their research. Since this can add to our understanding of the nature of psychotherapy in all its complexity it will clearly be of great value.

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