

Transcripts of Carl Rogers' Therapy Sessions

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Volume 10

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Throughout these interviews the response of the therapist (T) (Rogers), and the client (C) are numbered for easy reference.

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Mr. Bik - 1951
22nd Interview with Carl Rogers

[Source: Carl Rogers Papers, Manuscript Division, Library of Congress, Washington, DC.]

C1: 1-2-3-4-5-6-7-8-10.

T1: 1-2-2-3-3-3-4-4-4-4-5-5-5-5-5.

C2: Well – I ah – I was particularly upset with yesterday – ah – the reaction I think was something of a depressing reaction more than anything else – ah – even seeing this process, I’m not sure how to work my way out of it – ah –

T2: Even though you may have a better picture of the way this has worked in you –

C3: Yeah –

T3: Still – what did that give you?

C4: Yeah – yeah, that’s right – ah – this came to me really yesterday morning – ah – when I ah – came to work on the bus --- and ah – was watching some girls and then came into the office a little later and was talking to my boss – about something or the other – and I noticed myself – sort of tensing up and it just sort of – I mean was just sort of going back in my mind – now what is there that would cause this immediate sort of reaction? – and then I went back to this and it seems like something I had to – ought to explore – ah – still it’s hard as – you see to figure a way out – at least for me – now the one – ah – minor thing that I sort of wanted to do – I wanted to see if there was any way of connecting this – that is mine – I’m afraid I’ll forget it – that’s why I put it there – I forgot it yesterday (refers to package on table which T moved)

T4: You want to keep it close –

C5: Yeah – well I forgot it yesterday – that’s why I put it there – ah – I wondered if this – if there was any way I could tie this in – to this feeling of antagonism I had to my wife – ah – that is the other day I felt fairly strongly that this antagonism I – related to ah – this agnostic – and really fit this same pattern – and yet also at the same time I remembered that ah – this big argument we had – that this was an element – this rejection was an element – and ah – I suppose the element – ah – I guess the feeling was – ah – one of ah – ah – being afraid of being rejected – with girls – comes into this – and ah – this leads to the pattern of admiring from afar and yet – not being involved. So that perhaps, this is the way they link together – ah – I think the other is a pattern – this agnostic does enter – because if it doesn’t on the unconscious or the emotional level, it certainly doesn’t on the conscious level – that this is ah – the ah – I think maybe that’s the best way to - it links and I don’t want to spend a lot of time on it, but for my own ideas I wanted to see if I could find any sort of a linkage –

T5: Kind of like to see the way this pattern fits –

C6: Yeah – I’d like to see that because again this would to some degree help me in handling this – if I can understand just exactly why this would – give me such a strong feeling of depression after we had this argument ah what was the – the element that – ah that made it, now I suppose that the central element that ah – that made it – now I suppose that the central element is one ah ah – feeling this – this disapproval and ah in addition feeling that I’m fitting into a pattern that’s a disapproved pattern from these acts – and ah – then this rejection that’s a sort of ah – confirmation of this feeling already – I suppose – maybe that’s how they tie in - ah – because ah – again I can judge by strong reactions – and my reactions were strong at the point of this argument – they were strong yesterday – a strong – ah feeling – of not knowing how to deal with this or dealing with it in panic on an emotional level – that is – panic in the sense of thinking of all sorts of alternatives which are really far out – in extremes – which I would probably reject in the end – nevertheless this emotional – strong emotional reaction immediately – so that these two points seem to me to have touched on sensitive spots – this earlier argument and this yesterday –

T6: I’m not entirely sure I’m getting the feeling there – let’s see if I am – that whether in the argument with your wife or your experience here yesterday ah – that you feel that you are being disapproved of or might be disapproved of for ah – these disapprovable thoughts and feelings and actions – then – that – if it’s a strong enough – can really, really bring a kind of a panicky feeling –

C7: Yeah – I think that the point is not so much disapproved of as becoming something – that is ah – becoming ah – within a class – being classified – ah – that is – ah – that this person of this – these actions that I am, classify me as ah – oh a deviate - sexual deviate – I’m - I mean this sort of a feeling – at any rate – I mean I can’t put a word to it exactly but a disapproved classification - and that

- this rejection would ah – would almost be a sort of a-a confirmation of this feeling that yes, this is becoming obvious or this sort of thing – now why this sort of pattern of ah – I suppose this pattern of hesitation fits to this same pat – same feeling that – a certain hesitancy because I’m afraid I’m in this classification and so – this fairly well fits into a logic – I mean I can see how this – the reason I was interested is because I knew that triggered it off very strongly and I wanted to see how this would – what the relationship would be that – ah – triggered it –
- T7: And – an aspect of that is that – “well maybe now I’m being regarded as a label – a sexual deviate or some other term”.
- C8: Yeah –
- T8: - and therefore that just brings – “well the rejection that comes would just be proof that I am labeled”.
- C9: Yeah, I think that this is something I just thought of now – but it’s fairly important this rejection – I’ve indicated you go across a line – but it’s not a matter of degree – it’s a matter of kind, you see, it’s – it’s not a matter of disapproval which is ah – it’s a matter of becoming something else – it’s become a thief at the period of the “Hot Tamale” incident – it’s going beyond this live line and being labeled as something – I don’t know but this adds – it adds a little to it – but it’s a little sharper – I mean this is the way I see it --
- T9: I understand – it’s as though ah - it’s as though you’d stepped out of being you – you’re no longer you – a person or something – you’re now this different category – I mean you’ve crossed the line and you’re –
- C10: Yeah – in a way it’s just like being a traitor – of going over to the enemy – you’re no longer some – somebody who is not helping the war effort or similar along those lines – you now become a traitor – I ah – ah – by an act – this classifies you –
- T10: That is a risk that an – “an act can just place me in a totally different category which ah” –
- C11: Well, that’s it – yeah – it’s a feeling that the act is the final ah – pushing across the boundary line – maybe a tendency this way – there maybe – yet you see – it’s an act because it’s discoverable – and that’s mainly why it’s an act, I think ah – it’s ah – that is I think I’ve indicated earlier that even that undiscoverable things didn’t seem to bother me – didn’t bring this pattern back – so that ah – it’s this fear of discovery which would come from an act – rather than a thought – not the thought may be

- T11: A lot of things might lead up to it – they might be in that direction – but then it’s something discoverable that could – ah – really place you over the line.
- C12: Yeah – this is it – so I think that maybe that’s the way these things interrelate but I still am at a loss, really, to figure out how to deal with this – ah – these are my parents standards – ah – in many ways they’re stricter than – I mean I interpreted them much more strictly than they themselves would interpret them from the very start – the Hot Tamale incident, I’m sure they (illegible word) as we do in our own (illegible word) – it’s something like that was easily forgotten but it impressed itself on me – ah –
- T12: I guess I really do get the flavor of that – now bringing that incident – “what should I do about these things? Here these are my perceptions of my parents standards – the ‘Hot Tamale’ incident I became a thief – now probably they didn’t view it that way but that’s my feeling about it” –
- C13: That’s right – yeah – that’s what I’m saying – that I think ah -- ah – up to a point they would regard this as of minor importance – ah – I mean it’s hard for me to ah – go beyond this point but – I mean it’s hard for me ah – I think this wouldn’t be completely true you see, that ah – that – ah – certainly any overt action would be beyond this point but ah – but up to this point probably not so much – I mean ah – that ah – they were human like anyone is human and they would – I guess, this is the central theme – idea – they would generally forgive this sort of action in any case – to a point perhaps – now beyond this point I don’t know –
- T13: “They’re a little more human and tolerant than I have really ah- perceived them to be in my feelings, yet it’s also true there is a point beyond which they really disagree-“
- C14: Yeah that’s right – that’s right – and ah – this again I would guess would be aware of the fact that I was married – would complicate this further – I mean would bring – would bring their disapproval more strongly – ah – and again this relates somewhat to the resentment of my wife – but that’s ah- more on intellectual ah – sort of ah – rationale than it is an emotional feeling – they would color it – but it wouldn’t be as – this wouldn’t be central – but can come to this – I can, I can see this you see and I can – it’s hard for me to reject you see, beyond a point – to – what I suppose I’m saying is it’s hard for me not to want to punish myself for this – I mean it’s hard for me to break through this chain reaction and stop at – at one point of the chain – uh – I mean I can come to this –
- T14: But your feelings still say “But I should punish myself”
- C15: Yes, that’s right – ah – it’s not a matter of ah – of ah – forgiveness and atonement in a sense because this is ah – this is rational and perhaps even my feeling level would feel that no, this isn’t going to stop anyhow – this is not a sharp thing – that

I can say well tomorrow I'm going to stop drinking, or something like that – I mean it's not this clear – it's not ah – and ah – on the other hand you see my rational level or my rational intellectual level would say “Well now this really isn't that important --- it ah – ah – I mean perhaps the best sort of arrangement in trying to – in figuring this out would be really – it seems to me to be maybe – be -- the only alternatives I see are changing the standards or changing the action and maybe there are other alternatives but these are all that I've considered or thought of – these are ones that spring to my mind – usually the standards and in a sense I've mentioned this right up to a point – and this – illogical sort of a standard and ah – ah – change the action . I've said the same thing but this is ah – more difficult – it – it – ah could be changed within limits but this – ah – you see this is the – now –

T15: These are the only alternatives that ah – ah – seem feasible are either to change the standards by which you judge yourself – and inflict punishment – or to change the actions that – ah – seem to bring about that –

C16: Yeah – now basic to these standards I think ah – is again this relates to this other pattern – but it is a feeling of ah – you see on the one hand it's my mother's catastrophic sort of thing – and I feel that this ah – is certainly an element in this pattern – ah – is not as hard to reject as my father's ah – respect – whatever I want to call it – ah – that this is the part of the standard that holds me to it – I mean that makes it hard to reject emotionally and logically both – I mean that ah – that within a – to some degree I do want to live within my father's standards you see – now this wouldn't ah – this wouldn't bother me in the sense of ah – of – well maybe that's a problem – trying to live a perfect – according to a perfect standard – ah – I mean – both logically and – I don't know about emotionally – but logically I would tend to reject a perfect standard in any case – that is a perfect stand in ah action – I – in fact – all that I've described indicates that I'm pretty much of a pragmatist and associations almost inevitably in my past – organization is one of a pragmatic rather than a principle sort of stand – ah pragmatism within a within boundaries of principles but ah – I would ah – just as I said to my wife this morning – we were talking about the Democratic party in fact – I expect a leader to lead and to take – make decisions and ah – I don't know – see anything wrong with a leader expressing his decision – who he wants to be the chairman or the Democratic National Committee Woman – so that sh – in general – my standards would not be a perfection standard – and in most other fields again this –

T16: In all of your kind of real-life interaction and profession- professional thinking or anything – the notion of a perfect standard doesn't really make sense-

C17: No, that's right – ah – there is a strong draw though you see, what I'm trying to say is that an absolute Christian standard would be – I would probably reject ah – in a sense just like Max Otto – and in some article he wrote recently he talked

- about rejecting the standard of poverty – giving away all his goods – and ah – I would have the same sort of reaction – ah and this would be true of my thinking and my actions almost all the way through – but in this area in this sense this is a perfect standard I’m trying to push onto myself – ah –
- T17: So that really you are demanding perfection of yourself – and punishing yourself if you don’t live up to it – would that be the case?
- C18: Yeah – that would be a fair – a fair ah that would be very fair – true I mean – I would be demanding perfection in action and ah – wanting perfection in thought and – you see – and ah – at least being – feeling guilty if either or the other were – were discovered – I think maybe that’s a good point – and ah – again I would guess that the ah – there would not be that much perfection in ah – my ah – my parents – own standards – you see – that they wouldn’t apply – but even saying this it’s still hard you see – to root this out – I mean this ah – it just doesn’t come easily – I mean – it doesn’t respond this – ah – ah
- T18: “Perhaps it’s okay – I can see that what I have been doing emotionally is unreasonable – but ah that didn’t root it out” –
- C19: No, my emotions don’t respond to this ah rational argument and I mean, that’s really what I’m saying – it helps – I don’t mean to say that bringing it out in the open and saying well this is the cause and this is what you’re doing – this doesn’t – I suppose this will help in the long run – immediately it’s painful – and I don’t know if that’s common or not but – I mean it isn’t a flash – it isn’t any click – except that it just sort of hurts more than clicks – I mean this the – this is the immediate reaction – now whether this will wear off I don’t know but – I mean this is almost ah – almost like enabling me to consciously press the button – to set the reaction off – you see – an ah – in that sense ah – well in that sense it does – it does – it is more painful than something which happens just indirectly setting it off – ah – because of thinking about it in this – I’m apt to – you see what I mean – I don’t know – yeah – that’s right – so that – I mean having said that on the – the only statement that ah has any ah – feeling at all in these various alternatives that I’ve thought of is simply to ah – I mean this sounds well it sounds sort of text-bookish —and yet it – it’s really what I came to sort of but it’s still doesn’t help this much – but this is simply to accept myself for what I am – that this is the kind of person I’m going to be – not – this you see rubs me the wrong way in certain other ways – I mean that ah – ah – ah – acceptance but yet I do feel I want to put limits you see – and ah – and ah – I’m willing to accept myself as less than perfect but ah – it would be much more difficult to accept myself if I dropped below certain levels – standards – you see and –
- T19: Do you catch that even when you say that that feels a little like a partial retreat and “well okay – I’ll accept myself as I am but still there would be....”

C20: Yeah – that’s right – yeah – so these are really what I’ve come to – I mean ah – these two ideas – this acceptance on the one hand and the – that ah – and the feeling that these standards are unreasonable on the other – but ah – this still doesn’t talk it out – I mean this still doesn’t ah – this still doesn’t bring me around you see –

T20: Doesn’t somehow touch the core of you –

C21: That’s true – that’s it exactly – it – it’s carving around on the edges somehow – I mean it’s somehow doesn’t really knock it out – it isn’t ah – I mean it doesn’t make it – really – see intellectually I can see this looked ridiculous – pretty much – emotionally I, I haven’t been able figure out a way of stating this problem in such a way that it doesn’t seem ridiculous emotionally – so that the intellect – may be – maybe – I can’t – I don’t know – but at any rate I haven’t – ah

T21: It seems it’s pretty clear to you that – these different formulations which certainly feel increasingly – accurate – yet they don’t – quite speak to your emotions –

C22: That’s it – that’s it – yeah – that sums it up exactly – but you see what I’m left with is that I’m not sure which direction to go from here – you see I ah – now I know that categorizing the problem in two ways – with two alternatives means that I’m automatically eliminating other alternatives – but I can’t see what, what other alternatives there are and that’s really what – I mean – it seems to me they’re one or the other: a change of action or a change of the standards.

T22: “And maybe there are other alternative – but if there are my gosh – I don’t see them” –

C23: That’s right – they don’t pop into my mind – possibilities ah – it ah – well I – I mean the only other third possibility is to change them both somewhat – and by changing both I would ah – I would think in terms of at least lowering the – the standards somewhat but ah – I would – find an outlet for these feelings in a more positive way with my wife – rather than allowing them to ah – develop outside – I mean also perhaps, loosening my standards somewhat – that is unbending a little bit on this – ah – a little more at any rate so that I wouldn’t be – feel quite so hypocritical in my ah ---

T23: ...might be that even emotions could take some slight loosening of your standards – and then getting the other side is that perhaps more of your sexual fantasies and so on might be channeled toward your wife.

C24: Yeah – something like that – but even more so I noticed during the – I mean during this period since I’ve been started – during several periods that I’ve been very happy with my wife and this other has slackened off – that is, I’ve been more friendly to her – we’ve ah – you see we’ve always gone on this mean level – ah –

average level of ah – getting along together – I mean there haven't been any ah – there haven't been many dips – I mean if there are dips – they are of months at the most but – it's a pretty even sort of relationship – on the other hand it's – a relationship that ah – or – has been for a good part of the time – which has somewhat negative in that – it's an absence of positives rather than a presence of negatives – you see what I'm trying to say – that even relationship – not the presence of positives – you see – but there has been this period when ah – I felt the presence of positives was growing which ah – really helped all around you see – with the whole problem as I not only – the sexual adjustment was usually okay – it was the fact that I was becoming more loving to my wife in any case which tended to modify this other pattern as you see.

T24: As though when spontaneously you really feel more positively and more loving to her – then it's surprising how that affects the whole –

C25: Yeah – that's right – that's right – that's right – it seems to go off in other fields – and ah – this is I suppose another reason why this argument would – would affect me strongly – I mean that I would feel that I'm developing something here and it's suddenly been destroyed – and I may have used phrases like that because that was the feeling I had certainly – and ah – in a sense you see this is a – a possible – a possible way of attacking this – ah - - it may even ah – it may even be true – I mean of other people – I mean this is again – I suppose most people have done this – have figured out what helps – I've mentioned a couple things that helped before I came and I've thought even I've heard a better description – a description in another context but I wanted – I suppose I might as well pass this on to you as long as I'm thinking about it – but this ah – was a phrase I heard on WHA in the Russian thing – program – but he was talking about people observing haphazardly and ah – it was this observing closely that has helped me – I mean there's a certain satisfaction in whether – I mean this I suppose really the essence of science and art both – but this observing closely has a relaxing effect – I mean after looking twice at something to see what you see – but another one has been to a degree imagining a friendly reaction among my associates – that is to – ah – think of them in positive terms – it has had some effect on them – now none – of these you see are lasting – or really get at the root of it, but they have – they in a sense – what they do is slow down the trigger mechanism I suppose or they – they soften – they take my – put my mind on something else or something –

T25: You think these are perhaps gimmicks in the sense that they are only temporary but recognized as such they do have some –

C26: Yeah – aspirin should not be rejected because it isn't – it isn't a cure – ah – and so this has also come in this – positive to other people as well as my wife seems to have helped some ah – I guess – the third – I guess the other point that I was – want to consider is that it – it's difficult for me to want to push – reject my parents outright – you've – I mean I've mentioned this several times here – I mean I'll

always be a little distance away - but I – a sharp break – I mean – even to the point of not being an emotional break – but a sharp break – sort of a moving far away – when there was no real reason to – I mean – this – this – would be another element – if I were sent to China why this would be something else – for an oil company – but I mean this isn't what I'm thinking of - where I'm making the decision – if I got a job in California for instance – this wouldn't matter – but – but when I consciously went to Oregon this was too far, and so that there has always been this tie – and yet ah – you didn't want – I mean this distance is about right – not too much closer – it could be somewhat closer but – but not ah – 200 miles is a nice distance –

T26: It strikes me that you're using almost the same terms that you described as a sort of level relationship with your wife – I mean this is – maybe this isn't helpful – I don't know, but ah – you didn't want to be too close but there is too far too – and, “I want to stay about – about at the same distance from them – geographically and psychologically too” –

C27: Yeah – in a sense maybe that's true – that this was the way the relationship with my wife was – it was a ah – a wall – sort of relationship and this tends to describe it too – ah – it's been - hesitation – emotional involvement – at ah – ah – ah being afraid of going too far for fear I'm going to get my – the limb sawed off.

T27: You feel that really it's a frightening thing to get close to a person, and the feeling is “I may get the limb chopped off –“

C28: See that all depends – I mean why it doesn't make a lot of sense in many ways – because I've had lots of friends and good friends – and ah – I mean ah – there was a friend down here today from another part of the state participating in a program and ah – I got him into the program partly because I know he wants to run for governor – and get beat – and ah – he's a Republican – but also his rationale for coming down here was that we were good friends – his real reason I gave – that this is a good opportunity to meet future voters and ah – ah – he should not pass it by, but what I'm trying to say is that I've had close relationships with many people – but I haven't been afraid ah – to tie myself to people –

T28: So that with – I don't know whether this is just a chance example – but with some of your men friends you feel, I think, - really close to them –

C29: Yeah – this would be true and the – woman friends – the women friends that I have been close to are the ones that ah – there was no possibility that I would ever marry because of other commitments – that's true – I ah – I'll try to examine that but – ah – I think that's largely true – ah – I mean girls I knew were – well in college – and really were very good friends – were already engaged to friends of mine – and ah – even though there was a very close friendship there – that's true – so that what you – what you're really representing is another alternative and that

is ah – there is still another problem which causes the – causes the second problem to develop – and I don't know – do you follow what I'm saying? Ah – I mean that the thing that triggers the mechanism off – this is caused because of another – another problem – which is not solved – does that make any sense – I mean do you follow what I'm saying? Ah – that if I did have a closer relationship to my wife – this other would not occur – and therefore the mechanism would not be triggered off – I mean that's what I'm saying – which is a possibility I hadn't thought of – I had mentioned it indirectly here but ah – really – what I've been suggesting or what I've said – indicated that somewhat the friendship – the difficulty in the friendship with women – that this is where I would draw back and be afraid most of all ah ---

T29: The real emotional commitment to a woman --- is a frightening thing –

C30: Yeah – now why should that be – I mean what – ah – what would cause that to be the case – ah – this seems to go back deeper and involves so many different directions that it's hard for me to just sit here and start out and say now as I look back – I think that this is true – I think I felt this ah – almost from childhood – I mean from my first reaction that ah – I mean that I've described to you – this outsider group – and I suspect that most – most of the time women were in this outsider group – that I instinctively sort of felt a – a fear of them –

T30: Developing a danger somehow –

C31: Yeah – but I'm not sure what would cause this – my mother perhaps – I mean – this ah – I suppose that would be the most logical – I'm trying to do this real quickly in my own mind – I would guess that my most logical feeling about the way women would act would be by the way my mother would act – and the way she'd treat my father – and that this would color most of my thinking of – of what to expect and ah – I suppose this would be the reason for having a dream image... and feeling disappointed when I – when either a wife or a girl didn't live up to this dream because ah – it was sort of an either – or – I suppose.

T31: Uh, hmm – “if not the dream – then sort of like my mother” –

C32: Yeah – there have been a couple of times when I've said to my wife that “You're like my mother” and this isn't complimentary – and this would tend to be true – I would not ah – I would not as a general rule – ah – well – I would respect my mother in some ways but on the whole I would avoid her – I mean ah – I have this same feeling that I mentioned earlier that I would want to get away – I would want to – avoid her.

T32: Keep a distance –

C33: Yeah – keep a distance between us – keep it – ah – and this would be true almost all the way through – as long as I can remember – this would also ah – in a sense – go back to my own childhood – I can – I don't think I can remember any time when I was ever kissed by my parents – perhaps when I went off to the army – and when I'd grown up – gone off to college – but ah – ah – I mean in this sense it was less than an affectionate home – ah – so that ah – yeah I guess this would be the ah – this would be where I got this – I mean this feeling of ah – hating to commit myself – ah – or at least this almost reaction of keeping a distance between this girl and myself – it would be for my mother and ah – I mean the – the other alternative would be my sister who was again – older than I was and who I fought with bitterly but – not bitterly but fairly regularly as a kid but ah I mean she would tend to kick me in the shin and I would fight back with whatever method I could use to fight back – ah – but ah – after my sister went to college – when she came back I can recall her ah – berating my father in a typical situation – this would be when she graduated from college – and she – he'd left something – I guess a box with her diploma and all the other stuff – in the room at the college – which I say would be typical of him – all the – that he would forget this – and ah – this was when we were driving back and I recall her very strongly – she was very mad and angry and upset about this – but ah – this doesn't jibe – I mean in a funny way it doesn't – because afterwards when my sister lived at home for a year – maybe and a half, before she was married this was during the period when my brother-in-law was finishing school – ah – what I marveled at was the way she could manage me – and I mean – I always assumed it was because she went to college and learned all about this – but ah – I mean you see – I went into another period with my sister – I went into a period when just about everything she wanted me to do I would do and it would be a recognition again – typical recognition – that this was well – this was good manipulation ah – I mean ah – it would seem almost from the beginning I would be fascinated by manipulating people and I would be even recognizing – even knowing I liked it – and ah – that this was right – even when I would realize that this was a technique to a degree – ah – not that she didn't like me – but because she knew how to do it right – I mean she knew how to manipulate in the correct way – and so I would feel a strong loyalty to my sister from this point on ah – which I would carry through in a fight in the family – within the family – remaining strongly loyal to her straight through – in a sense if there was an alternative to my mother it would be in the direction of my sister. Ah – that ah – she would be more the ah – the ah – measure – I suppose of the other extreme – because I can recall this very vividly that she – this feeling – fighting my mother all the time – go ahead – I'm sorry –

T33: It seems that – ah – that you get the feeling that – “not all women are like my mother because some of them might be like my sister” –

C34: Yeah – she represents pretty much the other pole – yeah that's true – I would be – I guess this – this comes closer because she would not be an ideal – and ah – and that really is closer to being true – so I wouldn't be looking for an ideal but I

would be ah – really – in a sense – many of these girls that I’ve ah – that I’ve picked up and discarded – I mean – I at least went with for awhile and then dropped the relationship – there was – the initial attraction would be that she would fit a pattern somewhat like my sister, but you see my sister would combine a number of things which would again ah – I mean she would combine on the one hand a certain – ah – conservatism and ah – oh – community life – more of which I find with married women – come down to anyhow fairly quickly – along with a certain ah – interest in art, plays, ah different things – you see – she wouldn’t be – I hate to be putting it this way – but I wouldn’t be marrying a home economics alone – you see – it would be – she’d know all about home economics but nothing else – but on the other hand – I wouldn’t be marrying completely a liberal arts student who knew nothing about home economics – she combined these two areas fairly well –

T34: More a variety –

C35: Yeah – and more – fairly competent in both you see – and ah – this would be the type of woman that would appeal to me – always – I mean whether she fit this pattern once I looked at her or not – I don’t know –

T35: Would it be overstating it too much ah – it strikes me that what you’re saying is “What I fear in women is what my mother represents – what I look for as an ideal in women – is at least represented by my childhood perception of my sister”

C36: Um hum – yeah that’s - fairly clear – I mean – that comes fairly close to what I’m trying to say – ah – what it is I would fear – I suppose, from my mother – would be this ah – this feeling of catastrophe – this announcement of going out of the boundaries – this – you see what I would recog—

T36: This judgment a little bit –

C37: Yeah – what I would recognize as an example – when I became a high school student you just couldn’t get me to do things – you could threaten me and this just made me balk more, I mean – if you’re wanting me to do this thing – this isn’t the way to do it – and ah – that’s true – this would be my reaction when my wife would do this – this would and – be my reaction – like the type – the linotype man I knew – he said when they tell me to go faster – I slow up – this would be my reaction almost.

T37: “My mother or any woman who is like my mother tries to make me do things – that’s the surest way of my not doing them” –

C38: Well, this is what I said consciously – emotionally I would just – dig my heels in – I might end up doing it – but I would – I suppose that’s it – I’ve described my mother-in-law and the peculiar situation this led to because ah – on the whole I

always agreed pretty much with the same conclusions she came to – and this was not ah – I mean we could – we can and still do sit down pretty much eye to eye discussing things – that this – this and this is the way it should be done – now there are a few subjects ah – I suppose we disagree on – but they would mainly be about her other son who was living at home – be like that – that my wife would feel fairly strongly on too – but ah – yeah that's a pattern – I guess this was the thing – the fear of judgment being announced – and the fear of – of – being pushed into something that I didn't want to do – and ah – this would make me stand-offish –

T38: I guess only a couple of minutes are left –

C39: Yeah –

T39: I might say – one or two things ... think that – well I guess one thing I would say is that – ah – I would really like very much to hear from you sometime

C40: All right –

T40: Whenever you feel like it – but ah – because I would like to know – how things have gone with you –

C41: All right –

T41: And ah – ah – also I would say this – that my experience is that ah – you're pretty well aware of your own feelings as well as thoughts – you've been working away at yourself – ah – that can well mean for awhile that you have some times when you'll feel discouraged, and some times when things go pretty well – what I'm trying to say I guess is that if you find that you have ups and downs – perhaps more than you used to have or something – well that's probably par for the course – ah – then the other thing I would say is that ah – at Michigan State there are three or – three people who have worked with me who are there now in the Counseling field – and I can give you their names – just because ah – if you should want to talk to somebody – any one of those three would be good people –

C42: How far do you think I've come in this?

T42: I'll answer that, but I'd be interested in your answer too –

C43: First? Yeah – well – I feel that ah – I guess my main feeling is that intellectually I have pretty much covered the field – and understand the processes – where even something like today you see, seems – I get this feeling well I may go to another level down – I keep coming back – I mean that – ah – it seemed to me this morning that I'd pretty much covered the alternatives and possibilities – and ah – this other idea that we've been talking about this last half hour was something

new to me – I mean I hadn't – you see all these things are new -- in the sense that they've never fit into the pattern exactly – right – they're not new in the sense that I'd not recognize myself – and ah – so I just don't know – you see – I feel that ah – I feel that I've fairly – I've gone fairly far in this direction – the problem it seems to me is the emotional jump in this way I've felt that I've been improving through this and ah – you see I'm in doubt – you know – I'm really more interested in your opinion as to the future -- I mean to some degree I may pull out of it fairly well – I guess in a way I'd be interested to see what my reactions are – more than – judge it on that basis rather than –

T43: Feel your way – in terms of how you do feel – well – let's see – I'm quite willing to answer that question – I feel that you've made a good deal of progress inside yourself – and ah – on the other hand I've gradually come to feel that this process of growing or becoming better friends with oneself - knowing one's self better – something like that – that's a process that will take a lifetime –

C44: Yes – I know that – it isn't quite as though you reach a point and say "Here I am" –

T44: "Now it's all done – or something" –

C45: Yeah – I know that –

T45: In some real sense it is never done – and yet –

C46: Well you say the sense you're reaching for is when you can control – you understand – enough to control – you don't have to understand beyond that point, as long as you're – you're again in control of the mechanism – why you're – and – this is the point I'm

T46: ??? goal – you had for yourself – can you – you feel the prospect –

C47: Yeah – this is – I mean there are many things that are interesting that – to think about – how did I handle myself in this kind and this kind of a situation and no doubt talking about it I could really figure out and perhaps even improve you see – the techniques – but this isn't of importance – I wouldn't come to you if this were the problem – because I'm not interested – I'm interested, but it isn't the crucial problem – what I'm interested in doing is being able to handle myself again in situations without feeling these tensions – these strong tensions – you see that's really what I'm asking – how close I am to that point –

T47: That – ah – I – I hesitate to guess – I would think that you're close to that or at that point or something – but ah – I've learned that – that it is a matter of living with it and – guess one thing I feel perfectly sure of is that you've made real progress toward it –

C48: Yeah – I'm sure of that too – there's no doubt in my mind about that – well –

T48: Well – I guess we'll sign off – 1-2-2-3-3-3-4-4-4-4-5-5-5-5-

This transcript is available for purposes of research, study and teaching. It may not be sold.

Throughout this interview the response of the therapist (T) (Rogers), and the client (C) are numbered for easy reference.

[Source for Rogers' Comments: Carl Rogers Papers, Manuscript Division, Library of Congress, Washington, DC]

Mrs. Sup Filmed First Interview by Carl Rogers (Circa 1951)

Here is the background of the film you are about to see. A young woman student came to the Counseling Center at the University of Chicago for assistance, as do many students and others. I talked with her for about ten minutes to get a small amount of routine information and to make arrangements for an appointment later. I asked her if she was willing for our first interview to be photographed and she gave her consent. I told her that I would prefer to postpone hearing about the concerns that brought her to the Center until our first interview, when we would have more time.

The problem I faced when she came for this interview was the same as that faced by any counselor. Here is an individual coming for help. How can I make it possible for this person to achieve that goal? There are a number of different professional answers to that question, and the particular type of answer I have found most effective has been given the label of client-centered therapy. Perhaps this phrase will have more meaning for you as you see the film.

Let me state very briefly the attitude which I feel toward a new client, put in terms of the way I felt toward this client. "Here is a person who must be experiencing pain or discomfort or she wouldn't be here. I don't know, and she doesn't know, the full basis for this discomfort or how it might be relieved. The best method I know of discovering the answers to these questions is to create a climate, a relationship, in which she can comfortably explore her situation and her self, and discover what is amiss, and reorganize herself in such a way as to live more satisfyingly. If I can find it possible to be warmly interested in her, to feel a genuine respect for her and her potentialities; if I can understand her feelings in the way they seem to her; if I can go along with her in her exploration, seeing the world empathically through her eyes, then perhaps this climate will be created, and the process of therapy can begin." I think this states my purpose as I meet her for the interview.

C1: I'm ahead of time.

T1: When we talked the other day for a minute I certainly didn't give you an opportunity to say what really concerned you.

- C2: ...start from the beginning?
Well, the thing that precipitated my coming to you was the fact that this is my first year at Chicago, and I had a scholarship and then a fellowship during the year, and applied of course for one for next year, and didn't get it back. So now I'm forced to...consider a job – what I would do if I couldn't get into teaching as I hope to do, what kind of a life I expect to lead and so on. And in so doing, I tried to take stock of...social as well as vocational plans. And I decided it was about time I saw somebody about it.
- T2: It isn't only a question of what your academic plans would be, but quite a little broader than that, what really are you aiming for.
- C3: Yes. I think that as a matter of fact the academic angle will work out. Either I will go into teaching or if I can't get that, I'll go into secretarial work and then that will have to go a step at a time. But it seems to me that whatever I do, I've got to have satisfactory social adjustment and if I have that then the other doesn't matter so much.
- T3: M-hm. M-hm.
- C4: And I don't think that I do, and I don't think I'm going along in direc-... in a direction that's likely to lead me to much of anything in the next fifteen years, anyway. That's pretty late.
- T4: If I understand you there, you mean that if the kind of social adjustment you have now is projected just as it is into the future, then it isn't going to be what you want.
- C5: Well, it's partly that, it's partly also that I think that I've improved tremendously in the last ten years and I think I'll improve in the next ten, too. But after all, it's a pretty slow process when you're trying to work things out on your own and trying to work back and see why you do things the way you do. And I've never had training in psychology or anything similar to it. And I think that somebody can help me. And I think that if I had seen someone when I was twelve or sixteen, I'd be a lot better off than I am now.
- T5: So that really this is in the hope of kind of speeding up or improving the process that you're already trying to carry on by yourself...
- C5: That's right. M-hm.
- T6: that brings you in.
- C7: I was quite an anti-social child, I think...way back. It's not just something that I can trace to a beginning. I was put in a nursery school in order to... or in hopes

- that I would...improve socially, so to speak, and that was at the age of three. Well, I can't remember much about that, but I was told that that was the reason. So apparently it was not something that just...happened later. And that...progressed. I had very few friends, one now and then. They'd be a friend to me and I'd be an acquaintance to them. Eith-...either they were queer people who didn't have friends or they were people who had other friends.
- T7: M-hm. So that for a good long time in your own feelings, and even longer if you can believe the reports of others, you haven't had the kind of relationship with friends that you'd like.
- C8: That's right. And here I'm on uncertain ground, but I don't think that the relationships I have had have been particularly normal in a...if you can define normal; I don't know.
- T8: M-hm. Then it seems to you they're not...
- C9: Certainly they're not satisfactory.
- T9: ...not satisfactory and not within the range of things that you'd really like.
- C10: That's right. And I feel I can get along fine now. I'm...happy in what I'm doing and I usually can be happy in almost any job. But the people I know cease at the edge of the school, at the office, or whatever it may be, and as long as I've got my family to write to or to see occasionally, I've got a certain attachment outside. But after all, I have no intention of going back and living with my parents for the rest of my life. And in any case, they're likely to die before I do, and it seems to me that I had better start making provisions for that.
- T10: And the lack that you feel is in a meaningful kind of relationship that goes beyond just on-the-job kind of...
- C11: I think so.
- T11: ...friendship. M-hm.
- C12: A normal give and take. I don't think I'd be particularly happy with mobs of people around, but it seems to me that there's something that I just don't have. And that goes for both boys and girls. Practically no... arranged dates with either.
- T12: M-hm. You really sense that as a lack in yourself that you don't have the kind of contact you'd like either with fellows or girls.
- C13: That's right. And it's definitely in me. It's not in them. Well I don't need to follow that out any further. It's obvious. (pause)

T13: There's no question about that.

C14: No. I don't think so.

I'd like to come back in for a moment to summarize the next three minutes of the interview, which are difficult to hear. She leaves the discussion of her social relationships and goes on to discuss how important it has been to her to be at the top. Losing the fellowship made her realize what she had known but never quite faced; that she is not a really good student that she rates below the top. But along with and because of her social insecurity there has gone a determination to be at the top in her academic work. She realizes she had probably made her social situation worse by insisting that other people recognize that she is at the top. All this has meant that school has been the center and focus of her life.

C14a: ...And the school to me has been a center. After all, I've been going to school since the age of three. It's been the center of everything.

T14: And you just wanted to be on the top in school, partly, you feel, because you weren't getting some of these other satisfactions that you would have liked.

C15: Yes, I think so. But then that goes way back...I can remember arguing quite heatedly with a group of boys and girls in third grade. I was, also. Because I had been put into an experimental class and the experimental class consisted of ten third grade, and ten second grade students, and the same teacher. The idea being that they were advanced enough to do individual work; at least I assumed so at the time, and I still think so. But the other kids quite naturally were teasing us about being in, let's see... second grade. And to me it was quite...annoying that they shouldn't recognize that we were being experimented on.

T15: You wanted the recognition that this was something special...

C16: Yeah.

T16: ...and it really kinda hurt that they took it just the other way and felt you were really...

C17: Yeah. Although I suspected that they were more teasing than anything else and I knew that, too, at the time. It made me kind of mad that I couldn't keep my mouth shut.

T17: M-hm. You sort of wished you didn't have to defend your position to that degree.

- C18: I suppose so. I thought I was making kind of a fool of myself too; but it was very much an undercurrent. I may even be reading back my own ideas now into it. I can remember the scene, but after all, it's so long ago. But I al-...I've always had this feeling of trying to be different from other people and...then getting to the point where I realized that wasn't such a good idea and trying to reverse the process, which isn't at all easy.
- T18: M-hm. Do I understand there that there's really been then a shift in your own goal from wanting to be different to now really wishing you could be much like others. Is that what's implied there? ...But finding that pretty difficult.
- C19: Well...yeah. In a way. Except that I I still have this...can't quite give up the idea of being a little different. (laughing) That's what makes it so hard, I suppose. I want to keep on with my own peculiarities and at the same time I know that they're standing in my way of adapting sufficiently to other things, but... I think at least I recognize the difficulties.
- T19: M-hm. M-hm. But that...feels to you like something of a discrepancy, of wanting to be different and have your own uniqueness, and still wishing the other thing, too.
- C20: Well, yes, in a way. After all, the things that I have that...I've got a higher IQ than other people; there's no point in hiding it. But why stress it? That's the point. If I could just get so that it meant less to me.
- T20: M-hm. Why do you have to place such a value on it, hm?
- C21: Yeah. (pause) And that goes back too far too, because I think that partly my family's to blame for some of that; for starting it anyway. I was certainly not uncooperative. But my father was always very interested that I was a bright child. He started to teach me duplicate bridge at the age of six. And at the age of thirteen I quit. I couldn't stand it any more.

Let me interrupt here. She continues to give further details of her parent's attitude toward her intelligence. It was always assumed that she would go to college, and that she would get a Ph.D. It wasn't until she came to the University and was asked her reasons for going into graduate work that she realized that she had no reasons of her own. She then talks about some of the academic decisions she has made, but at the point we cut back into the interview she is returning to the attitude which she holds, that her standing in school is so all-important.

You will then find her turning to the question of her future, and what her sources of satisfaction will be. It is in her discussion of this that real therapy, in my opinion, begins. But listen to this segment and see what you think.

- C21a: ...So that, that really isn't so much the problem as simply the fact that... my standing was in the college groups, and the importance that school itself has for me is just too much, too important. It occupies too much...of my mind.
- T21: These other things are all right, but why you should value so highly a high standing in the group, and why school is so all important to you...
- C22: M-hm.
- T22: ...that you don't like.
- C23: I...I don't like it. I don't think it's correct. As I said, I've been getting along fine now. But when my family breaks up, after my mother and father are dead, if I don't marry, I've got to have something to tie to besides the job.
- T23: M-hm. The present you can stand quite comfortably, (S: M-hm.) but it's the thought of the future that...
- C24: Yeah. I have....
- T24: ...makes you think twice.
- C25: I think so. Well, I think that...life could be awful boring after your family has...broken up. Old...the older people that you know, too, or have some very close ties with. But after all that shouldn't be one's whole life either.
- T25: M-hm. You're really raising the question, aren't you, where are you going to live emotionally in the years to come. Is that...?
- C26: I think that's probably it. (long pause) I know the way, but how do I do it? And how!
- T26: M-hm. How does one reach the kind of goals that you'd like to have?
- C27: Yeah. And, too, I'm trying to not make a mess of it, and perhaps that's behind a lot of my trouble...since it's hardly fair to expect other people to approach you if you don't approach these people first.
- T27: You feel as though you just haven't taken the steps that would lead to friendship, is that...?
- C28: That's right. (pause)
- T28: That's what you'd like to change.

C29: M-hm. I think so.

I wonder if you discovered the point at which, in my judgment, there was a significant advance in the therapeutic process. It was marked by the long pause. Up to this point she has been explaining her problems, to me. But after the pause she begins to communicate with herself, and to express to herself some of her deeply puzzling feeling, "I know the way, but how do I do it? And how!" As she says this, and the sentences which follow, her voice and attitude are different. She is raising questions of herself, wondering within herself what she can do to get her mind and feelings "straightened out," as she goes on to say.

I'd like to have you see if you think I am over-emphasizing the change that takes place at this pause, so I am going to ask to have this portion of the film repeated, so you can observe it again yourself. Then we will let her continue with her puzzled searching as she tries to determine just what it is that she wants.

C29a: Well, I think that...life could be awful boring after your family has...broken up. Old...the older people that you know, too, or have some very close ties with. but after all that shouldn't be one's whole life either.

T29: M-hm. You're really raising the question, aren't you, where are you going to live emotionally in the years to come. Is that...?

C30: I think that's probably it. (long pause) I know the way, but how do I do it? And how!

T30: M-hm. How does one reach the kind of goals that you'd like to have?

C31: Yeah. And, too, I'm trying to not make a mess of it, and perhaps that's behind a lot of my trouble...since it's hardly fair to expect other people to approach you if you don't approach these people first.

T31: You feel as though you just haven't taken the steps that would lead to friendship, is that...?

C32: That's right. (pause)

T32: That's what you'd like to change.

C33: M-hm. I think so. It all focuses on the fact that next year I'll be doing something different. And if I can only get it straight in my mind, or at least have some idea

- of what I want – or partially straightened out, let's say – perhaps I can do something about it. I should think the chance to...it's easier to try something when you just break clean through.
- T33: That here you're going to have a chance to do something of a different sort and...will you do it? And how should it be done? And so on. It's that kind of thing that...
- C34: Yeah. Except of course that I think I can work out tactics if I know just exactly what's in my own mind, and why I've been acting as I have for the past...
- T34: In other words, if you're really sure within yourself of...why you are the way you are, and what you want, then the rest wouldn't really trouble you.
- C35: I don't think so. After all, it's hardly...you don't consult someone to map out a plan of action to gain friends and influence people. Once you have the...emotional and...stability within yourself, then I think you go ahead on your own.
- T35: M-hm. The real problem lies in the uncertainty within yourself.
- C36: Yes. The problem...the problem is very definitely in my own reactions and so on. (pause)
- T36: And if you could deal with that, you'd feel quite comfortable about dealing with the tactics and strategy that the purpose might demand.
- C37: Yeah. Well, I think I would. After all, I've never done that so I can't tell. (pause)
- T37: Guess our time's about up for today. In regard to another interview, suppose I phone you.
- C38: All right.
- T38: And then we can arrange that (words lost).
- C39: All right.
- T39: Okay.

Our interview is ended. It is clearly only a start, but we may also say that it is a start. Let me review briefly a few of the characteristic things that have occurred.

Her cautious exploration of her situation begins with an immediate problem – the loss of a coveted fellowship. She feels enough acceptance of herself to move from

this toward problems that have a deeper meaning to her – her lack of friendships, the excessive value she places on academic achievement, the whole problem of her future life, and the somewhat frightening prospect of that future after the death of her parents. I doubt if in this interview she became aware of any feeling she had not recognized before, but she probably expressed more freely and more fully the attitudes she has been feeling.

Toward the end of the interview she makes a statement which will probably have more meaning to her as the process of therapy continues. She recognizes that the external problems are not the important factor, but the way she feels within herself. As she says, "Once you have the emotional stability within yourself, then I think you go ahead on your own." I believe this first interview has launched her on the path that leads toward discovering a stability or an order within herself, that comfortable and realistic self-organization which is characteristic of the outcome of successful psychotherapy.

I am particularly grateful to this young woman for her willingness to let the interview be photographed. I am sure that you join with me in wishing her well on this voyage of self discovery on which she is embarked.

This transcript is available for purposes of research, study and teaching. It may not be sold.

Throughout this interview the response of the therapist (T) (Rogers), and the client (C) are numbered for easy reference.

Interview with Mike¹ by Dr. Carl Rogers (Circa 1952)

Rogers: I think that there are a couple of things I'd like to say--one is in regard to this mob. (Audience laughter) Um, these are people who are, uh, going to be high school counsellors and uh I've been working with them several days and I guess I can just say that I know they're a friendly and sympathetic group. So, uh, uh, even though they are listening in on this, I think you don't need to feel that th... they're listening as though they would be critical or anything like that. And, um, I guess another thing I would say is that, uh, I really am eager to talk with you, but I realize this may not go, I mean, maybe, um ...maybe you'll feel at some point "Gee, I don't want to do this any longer." Well, you're perfectly at liberty to say, "I want to stop it," if you feel like that. And, um, I don't know what you may want to talk about -- I'd d be interested in hearing anything that would let me know a little more about you, or if there are things that have been of concern to you, you can talk about those. I don't know.

C1: Well, uh, I, I have about fifty million different questions I'd like to ask of you.

T1: All right, try asking some of them.

C2: And, uh, lot of, first and foremost, can you help a student who needs to find an occupation, a goal, uh, to set forth for the next rest of his years, who doesn't have one?

T2: Uh, I guess I would say that, uh, I'm no expert on, uh, occupations. But uh, yes I have been able sometimes to help people find the kind of goals they want for themselves. Uh, are you saying that that's part of what uh, concerns you--that you're not really sure what direction you want to move?

C3: Well let's not say "really"--I'm just not. (T: Ah.) (T laughs.) I'm not. I haven't got a path yet. Um...

¹ A Demonstration of Client-Centered Therapy. From an audio tape from the Library of the American Academy of Psychotherapists, Vol. 7

- T3: You don't know at all where you want to, what direction you want to move or what you want to do.
- C4: No. I'm stuck in one little place. Uh...
- T4: Uh, I'm not quite clear about that. You're stuck in one little place?
- C5: Well, I'm moving on in my class, but I mean I have no certain goal to go to. I don't know what my future is going to be for me. I don't know what I want to be yet.
- T5: Uhm, hmm. And I don't, I guess I feel just a trifle puzzled by this notion of your being stuck in "one little place." Wh-, where is this little place?
- C6: Between here, and there, and nowhere. (R: Uhm, hmm.) That's putting it kind of mildly. (C laughs a little.)
- T6: Uhm, hmm. Kind of a way station between nowhere and nowhere?
- C7: Yeah. (T: Uhm, hmm.) No, I mean in between nowhere and somewhere. If I get a goal, then I can work that much harder toward it.
- T7: Yeah. Okay. But if you, wherever you are now, you really could work if you had any notion of where you did want to, do, move toward.
- C8: And also, I want to ask, I'd like to ask you a question on, uh, your views of us, us juvenile delinquents as we're called by everybody, all the grown-ups. And if there's any way that that can be helped too. (Pause 6 seconds)
- T8: Well, uh, I guess I'd say a couple of things. Uh, you may call yourself a juvenile delinquent. Uh, I only thought of you as Mike.
- C9: Well I... (C laughs a little) I don't go in to get in trouble, if that's what you mean. But, uh, people have a way of lookin' on teenagers as well, as little bitty, not little bitty either--devils, let's put it that way. We get in more mischief than, uh, anything else.
- T9: Well I, I can't quite, uh, be sure there what, what, uh, your real question is. Uh, you're wondering how I look at teenagers. Is that it?
- C10: No, how you help them.
- T10: How you help them. I see. Uh, well, I, uh... The reason I'm slow in answering is that so many things come to mind. Um, I've often tried to help them by giving them a chance to talk out their own purposes and feelings, and so on.

C11: Phew. Well, that would knock me down real quick.

T11: That'd knock you down real quick. You feel, "Boy, that would be no help to me!"

C12: To have a purpose you got to have a goal. (C laughs a little) I'm not quite up to that.

T12: Um, you feel that a person couldn't talk about himself unless he already had a goal, is that...

C13: Something to establish, to work for, yes sir.

T13: Hmm. Well I guess what I meant was that often in talking about their feelings and so on, people find goals they would like to move towards.

C14: Maybe.

T14: You're kind of skeptical on that though, um, I think.

C15: Well, I don't see how you can do it. (T: Uhm, hmm.) It can be done, I know. Uh, how do you go about, uh, take me for instance. How do you go about, like I don't have a goal, like I told you a while ago. How do you go about helping me find one?

T15: Well, uh, let's, let's talk about it a bit. Uh, you say you have no goal. (C: No.) None whatsoever.

C16: Not even one.

T16: There isn't anything you want to do?

C17: Well, yeah, I want to keep on living.

T17: Oh?

C18: That's a goal. (T: Uhm, hmm.) But, uh, otherwise, for picking a career I have none whatsoever.

T18: But you do want to keep on living?

C19: Yeah, who doesn't?

T19: You feel that everybody wants to keep on living?

C20: No, I don't feel that way. I know quite a few that don't.

- T20: Okay, so do I. And so I'm interested, you say that for you that is one thing--life, life somehow in some way or another seems worth living. Is that what you're saying?
- C21: Yes, sir.
- T21: It somehow has enough possibilities that, uh, you'd give it a chance anyway, or something like that.
- C22: (Pause of 7 seconds) Uh, if a person didn't want to go on living and had no goal, then that would be a sign of, uh, mental trouble, wouldn't it?
- T22: Well, it sure would be a sign he wasn't very happy. Uh, I don't really go very much for this business of (C: Me-...) mental trouble, and so on. What I mean is, uh, to me a person seems to be a person. And uh, sure some of them are doing very well and some of them are very unhappy, and so on, but uh ... (Pause of 5 seconds)
- C23: Well, how would you go about getting a person to want to, say have a brighter outlook on life?
- T23: I ge-, the way I get that is that if you're partly asking that for yourself. "How could I have a somewhat brighter outlook on life?"
- C24: Well, my outlook isn't dim, but it's not the shiniest thing in the world either.
- T24: Uhm, hmm. It's about 15-watt, maybe or something.
- C25: Maybe 75.
- T25: Maybe 75. Uhm, hmm. Uh, but you wish it were a brighter outlook on life. (Slight pause) In what sense is it dim, can you tell me?
- C26: Well, uh, family.
- T26: Family. I don't know whether you'd be willing to tell me about that but I'd be very willing to listen.
- C27: Well, it's just the same old story-- mothers and fathers try to tell the kids what to do and the kids revolt. (T: Uhm, hmm.) So that's the only thing right now--between my parents and me.
- T27: Uhm, hmm. So I guess you're saying this is true in general, but it's also true of you--that your parents try to tell you what to do, and you feel, "I won't take that."

- C28: Well, I don't feel it--I say it. Of course what I say and what I do are two different things, though.
- T28: M-hm. I'm, uh, I'm not quite clear there, you say... um...(C: Well uh,) you say it, but you don't really feel it?
- C29: Well, uh, let's put it this way: if my mother tells me what to do, and whether I like it or not, I have to do it. But, boy, I let her know that I'm not too happy about having to do it either.
- T29: Uhm, hmm. Are you saying there, "She may be able to, uh, make me behave in certain ways or make me do certain things, but she can't control the way I feel, and I let her know how I feel."
- C30: That's exactly it. (T: Uhm, hmm.) And about twice that damage. That's about two times of it straight in a row. I think she usually gives in. (T: Uhm, hmm.) Saves a mess and bother to me of...I hate breaking dishes and stuff like that.
- T30: (Laughs.) So, uh, are you saying that when you stand up on your hind legs strong enough a couple of times in a row, then no matter what she thinks, she kind of gives in to save the broken dishes?
- C31: Well not the broken dishes. Just she sees that, uh, she's gone a little too far. (T: Oh.) See, I have a stepfather.
- T31: I see.
- C32: And uh, well, let's put it this way, my stepfather and I are not on the happiest terms in the world, and so when he states something, and of course she goes along, and I stand up and let it be known that I don't like what he's tellin' her. Well, she usually gives in to me.
- T32: I see.
- C33: Sometimes, and sometimes it's just the opposite.
- T33: Uhm, hmm. But, uh, part of what really makes for difficulty is the fact that you and your stepfather, as you say, are not, uh, the relationship isn't completely rosy.
- C34: (C laughs a little) Let's just put it this way, I hate him and he hates me and it's that way. (Pause of 5 seconds)
- T34: But that you really hate him and you feel he really hates you.

- C35: Well, I don't know if he hates me or not, but uh, I know one thing, I don't like him whatsoever.
- T35: You can't speak for sure about his feelings. , cause only he knows exactly what those are, but as far as you're concerned...
- C36: He knows how I feel about him.
- T36: ...you don't have any use for him.
- C37: Not whatsoever. And that's been for about eight years now.
- T37: So for about eight years you've lived with a person whom you have no respect for and really hate.
- C38: Oh I respect him. (T: Ah.) I have to respect him. I don't have to, but I do. But I don't love him. I hate him. I can't stand him.
- T38: There are certain things you respect him for, but that doesn't, uh, alter the fact that you definitely hate him and don't love him.
- C39: That's the truth. I respect anybody who has, uh, bravery and courage, and he does. (T: Uhm, hmm.) And uh, I still at that, though I respect him, I don't like him.
- T39: Uhm, hmm. But you will, uh, you do give him credit for the fact that he's brave. He's, (C: He...) he has guts or something.
- C40: Yeah. He shows that uh, he can uh, do a lot of things that uh, well a lot of men can't. (T: Uhm, hmm. Uhm, hmm.) And also he has asthma, and the doctor hasn't given him very long to live. (T: Uhm, hmm.) And uh, he, even though he knows he's going to die, he keeps workin'. (T: Hmm.) And he works at a kiln factory. So I respect him for that, too.
- T40: Uhm, hmm. So I guess you're saying he really has, um...
- C41: What it takes.
- T41: Quite a few. Yeah. He has what it takes, in quite a few ways, and a number of good qualities. But, uh, that doesn't, uh, mean that you care for him at all, (C: Yeah.) quite the reverse.
- C42: That, that is the truth. The only reason I, uh, put up with, uh, being around is because for my mother's sake.

- T42: Uhm, hmm. (Pause of 6 seconds) If it weren't for her, you feel you'd just, wouldn't stand it.
- C43: Well, my mother's good. But if he were, if my mother was gone, and he, if she died and he, say had taken care of us, I'd get out of there. (T: Uhm, hmm.) Because I wouldn't, there would be no use for me stayin' around. I'd tell him what I thought of him about twice, and then that'd be it. He has a temper like an, that could cause a lot of trouble.
- T43: Uhm, hmm. So between the feelings of hate that you have, and the, and the temper that he has, (C: There's something...) (C laughs a little.) you feel that if there were just the two of you uh, boy that would blow up in nothing flat.
- C44: In pieces.
- T44: Uhm, hmm. Blow up in little pieces.
- C45: That would be about the way it is. Because, uh, well, he has old time ideas, as I call them. And he does not, he looks down on the younger generation on, uh, what we have, what we're doing right now, and our dances, and that. And he tries to put us back to where he, what he did. And so there's a constant go on that. And then of course, because I don't want to be a machinist, and he is, well that's, that's the breaking point right there. So we have an argument, about twice a night.
- T45: Sounds as if you feel a little scorn about the attitude he has toward modern life. And as far as his, uh, desire for you to be a machinist, well, that just doesn't fit what you want to do, and you're opposed on that.
- C46: I can't. I don't, I tried machinist. And I hate metal work more than anything else.
- T46: You feel, "This is the last thing that I would want to do."
- C47: (C laughs a little) I think if somebody told me to take either, if I didn't take metalwork they'd shoot me, I'd Just say, "Well then, pull the trigger."
- T47: Um, that bad. That rather than be what he wants you to be, (C: No.) or rather than be a metalworker...
- C48: No, no I, if he, if it was something I liked, and he wanted me to be it, I'd be it.
- T48: I see.
- C49: Right.

T49: So you feel it's not, it's not just resistance against him. You feel "I just don't like that kind of work. I, I hate it so that I'd rather be dead than do that."

C50: Well, uh, I have no uh, skill in it at all. I don't have a knack for it, or anything. I can't, the only thing I can do in there is hand the person a tool, and even then if they ask for a certain tool, I usually give him the chisel. (C giggles)

T50: Sounds as if you feel you're all thumbs in that kind of thing.

C51: Well, let's put it this way, it's uh, I have butter on my hands about that time.

T51: Butter. (T laughs)

C52: It's gone. And if I don't do this, then it's that. And he, he's gettin' kind of under the skin.

T52: Getting under your skin.

C53: Yeah.

T53: Sounds as though he really had gotten under your skin.

C54: (C laughs.) He's been out, in and out of there for a long time.

T54: M-hm. Sounds like a real festering, simmering...

C55: Bubble?

T55: ...hatred. Hmm? What did you say?

C56: I said "bubble."

T56: Bubble?

C57: You said "hatred." Well, that's about it exactly.

T57: Well, I guess I like your word better, it's kind of a, kind of a boiling, pot, that's been boiling and bubbling.

C58: Yeah, and the lid's about ready to go kabam....

T58: Uhm, hmm. This steam is just gonna blow the lid pretty quick.

C59: Yeah, I think that once I blow the lid, though, that'll be it.

T59: If you ever really blow your top with your stepfather, that's gonna be the end.

C60: Well, let's put it this way, after I do that, he'll wash his hands of me.

T60: Ah, he, he'll, he would give you up, sorta then.

C61: Well, let's just put it this way, he'd say, "There's the Armed Forces. Here's your clothes. Go. The Army's calling you."

T61: I guess I get the impression you're saying, "He would just coldly kick me out."

C62: That's about it. If he's tryin' it so far, and he's not gettin' anywhere. (Pause of 9 seconds)

T62: I'm trying to sort of let it soak in what I hear in your voice. And that too, 'cause uh, I don't know, sounds though you feel kind of cold on that too. Am I right?

C63: I don't like to be forced into nothing.

T63: Nobody's gonna push you around, huh?

C64: Well, I'm not lookin' at it that way. A lot of people will, uh, if I go into the Navy I'll be pushed around. I'm not holdin' any grudges, but I'm not goin' to have a stepfather or my mother or any body tell me what service I'm going to join and when I'm going to join it. If I, unless I'm drafted, and then, of course, I have no choice. But, uh, he's not going to make me join the Navy or the Marines.

T64: I guess, I guess you're saying that all the strength you've got, "Not my stepfather nor my mother nor anybody is going to boss me around and tell me what to do."

C65: No, I'm not saying that.

T65: No?

C66: Just on that one point.

T66: All right. Uh, okay, I see. I see. Okay. It isn't, (C: But if ...) a general thing that it's, it's just that they are not gonna boss me as to what I'm going to do about going into the service.

C67: That's right. That's it.

T67: But you're not saying that, uh, in general, are you? You're not saying that.

- C68: No, because if they ask me something, ask me to do something, I'm not going to turn around and for no reason at all say, "No." (T: Uhm, hmm.) 'Cause usually I do it just to keep on the good side of them. But, (T: Uhm, hmm.) uh, when it comes to that, I figure that's my right. And I'm not, if I don't want to go into that, I'm not going.
- T68: So you're saying, "In some things, uh, I would want to keep on the good side of them, I would want to be reasonable, uh, but there's some things that I feel are my choice, and by George, I'm gonna stick to those."
- C69: Yep. And if I don't...well... (C laughs a little) I just don't know.
- T69: If you don't stick to your choice then you're just...
- C70: Then I'm down. Then I'm like a ship that's just uh, caught at sea, (T: Uhm, hmm.) and floundering. I can't get back up.
- T70: Yeah, I sort of get the feeling you're saying there...
- C71: Sink or swim, (T: Uhm, hmm.) and I'm not sinking yet.
- T71: "These decisions that I feel are mine, that's my ship. And if I ever, uh, let go of that I'd really sink or I'd be a ship without a rudder. I really wouldn't, uh, (C: Yeah.) I wouldn't, have anything."
- C72: That'd be about it.
- T72: Uhm, hmm. I get the feeling you're saying, "If I gave up on that, I would be giving up myself, kind of." (C: Uhm, hmm.) And you're saying, "I have no intention of doing that." So maybe sometimes you're a little bit scared you might?
- C73: That's one thing I know I wouldn't do. (T: Uhm, hmm.) And I make it, uh, quite plain to my mother and father what I'm going to do and what I'm not going to do. And they make it quite, quite plain to me what they think of it, which isn't too much. But it's, it's just regular, except about despising my father, well that's...
- T73: I see. I see. But if it's regular, you mean a lot of this difference that you have with your parents well, you feel that's, it happens to everybody, that's regular. Is that what you mean? (C: Uhm, hmm.) But as far as despising your stepfather is concerned, (C: I don't...) that's an extra part of your situation.
- C74: I don't think very many people would walk up to their fathers and say, "Look, old man, I hate your guts. And get out." And that's what I've done to him and so, (C laughs a little) well, it didn't hit too hot.

- T74: Then I can't quite tell from your description of that what your feeling is about it, but when you stepped up to him and said...
- C75: Well, uh, we had had an argument though. I didn't just walk up and tell him that. We'd been arguing for about two hours or so. He was de-rating a couple of my friends, so I just told him what I thought of him and his friends at that time. And, uh, we came pretty close to blows at that time.
- T75: Uhm, hmm. This was, this was really a knock-down-drag-out fight in everything except the fists, huh?
- C76: Uhm, hmm. It was mostly all verbal. My poor mother stepped back then. She didn't know which side to side on. (T: Uhm, hmm.) She has the funniest expression on her face when she can't figure out what to do. (C laughs.)
- T76: And I noticed that as you think about that, uh, scrap, you can't help but smile too.
- C77: Well, I think it, uh, the scrap, really brought my father and I just a little bit closer on one part. Because now he understands my feelings a little better, and I can understand what he's, how he feels. And so, it makes it easier on both of us to know that if we keep out of each other's uh, social activities, that we'll be pretty happy.
- T77: Uhm, hmm. So that even though this was, uh, from, probably from your mother's point of view or any observer's point of view a pretty knock-down-drag-out fight, yet you feel really, "That brought me and my stepfather a little closer together, because I said what I felt and he maybe (C: Maybe not.) heard it. And he said some things that he felt, and I really understood some of them too."
- C78: And then if you can understand that he's never had any children all his life, so (T: Uhm, hmm. Uhm, hmm.) there's another part.
- T78: Uhm, hmm. So that, uh, I get a real note of softness when you say that. That you, you realize, "Well, he never has had any children all his life, and that is probably that is fairly rough on him, trying to, uh, live with a teenage boy.
- C79: (C laughs a little.) Ah, teenage boys.
- T79: Boys.
- C80: And a girl.
- T80: I see. (C: So he's got, he got...) He all of a sudden walked into a whole family.

C81: Well, uh, when he first came we weren't teenagers. I wasn't, my brother was just on the verge, but I wasn't. And so he's, I've been with him since third grade, and so that's kinda long time. (T: Uhm, hmm.) And so he's got, like, he, uh, to say he could have been my real father, except that I knew he really wasn't. I've had two fathers before him. My real one, and then my first stepfather. He died of polio. (T: Uhm, hmm.) And then he came in, and, well, at first he didn't seem so bad. He took a liking to my older brother because he's a machinist, and my sister, she's the only girl. And so, well, that left a space in between there, and boy I was struggling to keep that one hold. And now it's no longer civil. I just start punchin' one way or the other and I'm going to hit something.

T81: Then you feel you were somehow really left in the gap. Your older brother he liked, because he was going to be a machinist, and he took to him anyway. (M: Uhm, hmm.) Your sister--it's nice to have a girl, that he liked well. And that left you nowhere.

C82: And I've got a little brother.

T82: And a little brother, too.

C83: So you can see where that puts me. (C laughs a little.) (T: Uhm, hmm.) In the...

T83: Kind of behind the eight ball, I guess.

C84: Well no, I feel farther, farther on, I'm down about as far as Pluto is. (T: Oh.) That's pretty cold too, but uh...

T84: You're way out in cold outer space.

C85: I'm in orbit. (T: Mmm.) And I figure that if uh, I leave though, I think that uh, I'll be doing him a big favor, so I'm not goin' yet. As you, as you can see, I don't want to leave home, either. (T: Uhm, hmm. Uhm, hmm.) But that's on an entirely different argument than he and I had, so...

T85: But, but you feel one reason that uh, you think, "One reason that I wouldn't leave home is that probably he would like it if I left. (C: Uhm, hmm.) So I won't."

C86: Well, I have my own, uh, judgment and I have my own rights, so far, huh, I don't know though. And uh, well I find that it's not too terribly hard there, except that it does get kind of, um, well, gripey around there. And a bit of a political hot wind, you know, you always hear about that. Well it's not political hot wind that's pullin' around our house, but it's goin'.

T86: There's a real hot wind blowing most of the time, hmm? And it isn't political either.

C87: No, (C laughs a little.) it's not. But, um, I don't know, I don't think we'll ever wash, work it really out, because he don't uh, try to see my point of view too thoroughly and I'm not interested in him at all.

T87: You feel that whatever progress you might make would be pretty small, because you don't think he really wants to understand you. And you're darn sure, that, uh, you're not enough interested in him to want to understand him.

C88: That's right.

T88: So you think it, it couldn't really work out.

C89: His, uh, he was the only kid and he was spoiled rotten. And well, I tell you, a spoiled-rotten father is not the best kind in the world to have. He's used to having his way, and that's it. In the Army he was a lieutenant and then he dropped back down to Master Sergeant after the war. And so, of course, right there he had, he got most of his way too. What he wanted done. And so, (T: Uhm, hmm.) we're, I'm livin' in an Army camp with a one-man general.

T89: Uhm, hmm. Then you also feel you're living with a spoiled child who's always had his own way and who managed to have most of his own way during the army, too. And, uh, (C: Well,) so you're living in a one man Army with a spoiled-child general. Is that what you're saying?

C90: Spoiled brat.

T90: Spoiled brat then.

C91: Uh, he's been taught. It's not, it's not, his fault, it's the way he was taught. Nothin' against Northerners, but he comes from the North, and his aunt and uncle are quite rich. And so of course, they taught him, they, they loved him, to take him in. But, uh, they taught him that you, instead of love, you can buy a kid a present to make him happy anyhow. And so, he thinks he can buy love. Anyway, (T: Uhm, hmm.) that's his political downfall, as I call it, (T: Uhm, hmm.) because you can't.

T91: Uhm, hmm. So, "He may try to buy my love but that doesn't work."

C92: Well, uh, yeah. At Christmas he bought me a scooter-- I've been wantin' one for years. And he come up and he, uh, said, "Here." You know, he was real nice about it, and he said, "Now, what do you think of your old man?" Your old man, is what he calls himself. And I said, "Well, I'll tell you what, you can't buy love." and I turned around and walked off. And I think that hurt him. But it's the truth, he

- was trying to buy me to go on his side and I'm not going to do it. If he really loves me, then he'll show me so, in different ways than buyin'.
- T92: You say, "I'm not about to be bought." and you feel, "When I told him, (C: I'm not...) that, I hurt him, but uh...
- C93: It's the truth. I'm not a German, and I'm, I'm not gonna be bought. And I'm not a Russian. I'm an American. And we are free people.
- T93: You're free. That's it.
- C94: I can't be bought by other people.
- T94: Uhm, hmm. Uhm, hmm. I see. (Pause of 11 seconds) You feel that if he loves you, he'd show that in different ways. It wouldn't be through buying scooters or anything else.
- C95: That's the truth. And uh, (C laughs a little.) he, you could call it maybe the show of uh, gratitude maybe, or something. Uh maybe, maybe it was just a little bit of love on his side, but I don't think so. You see, I've wanted one for about five years, (T: Uhm, hmm.) and then, um, I think it was finally through my mother I finally got this one, 'cause he was, he was dead-set against it. And for a long while my mother was too, until I started pointing out to her the facts that I could have a lot more fun. I wouldn't have to be borrowing the car all the time. And I wrecked one of our cars, so, (C laughs a little.) well... that helped them.
- T95: So you feel that there are a lot of circumstances probably that led to your getting the scooter, and you safely think it might be possible that there was a little bit of love on his part in it, but then you think, "No, I don't think so."
- C96: Yeah, I don't know. I wouldn't know. I can't be smart--I'm not a mind reader.
- T96: You're just not sure whether, whether it was just an attempt to buy you, or whether maybe there was a small bit of, of affection in it.
- C97: No, sir. That's the way the ball bounces, my mother says. I can't tell. You can't tell a person's actions. I given that up a long time ago by trying to read human character, so it's in between. Uh, to, uh, whether he really was trying to buy me, as you said, or like I said, I mean. Or whether it was just uh a, a small part of his own affection, trying to show that he really, (T: Uhm, hmm.) does appreciate me being around there, (T: Uhm, hmm.) though I doubt it.
- T97: Uhm, hmm. You realize you don't know and you can't be sure of his feelings. It's conceivable that it had some section in it that you don't know. (C: That's about

- right.) You can't read his mind and you don't know his feelings. Don't know whether he feels any affection toward you, or not.
- C98: And now, uh, he's, we've been, him and I have been having it out. We had one out about two days ago about, uh, either finding a goal for my life, or set a goal, and I, he 's hoping two to one that it's mechanics, and I told him then it wouldn't be. Or, uh, to join the Army, or one of the military services, so that they could help me, he said. But, um, I don't know, maybe he's right. You can't tell.
- T98: Uhm, hmm. Uhm, hmm. But this the latest uh, go-round you've had with him, with, in regard to what you would do next, hmm? Whether you would be a mechanic and on that you're darn sure what the answer is. Or whether you should go into the services, and uh, there, (C: I don't...) you feel, maybe some of his thinking is sound, you're just not sure.
- C99: I think if I go in the services, he'll use his political pull to get me into being a mechanic, whether I like it or not. And that's the reason I don't want to go in the service.
- T99: You're afraid that he'll, his long arm might reach out even into the services and make you be a mechanic.
- C100: Well, see, he, we've got an Admiral friend, and that's the one who wants...if I join, I'll be under him. And well, him and my father are very very good friends and so my father just might accidentally whisper that I happen to like mechanics, which I don't. And so, well that would be it. I'd be a mechanic for the rest of my seaman career. That'd be just about as good as goin' off and jumpin' off into a place where it says, "Watch out for barracudas." And I said there's none there, because there's libel to be one, and I don't want it.
- T100: Just don't want to take the chance that he might somehow influence your navy career and make you a mechanic in spite of yourself and that's a fate worse than death, huh?
- C101: To me it is. (T: Uhm, hmm.) To some people, it's probably not, and to them out there they probably can't understand how I feel about it. But I hate it. I can't see any ...
- T101: These people and probably most people wouldn't ever be able to understand the fact that you just despise the whole ...
- C102: Idea?
- T102: ...occupation of mechanics.

C103: Well I can't see anything in to pickin' up a tool and walkin' over to a bolt and taking it off and finding out whatever is wrong and then you have to go down and buy a part. And then you gotta come back in, put it back in, then you gotta put the whole thing together, and it was together when you started out with. And then there's people that you can pay to do that, and have it done.

T103: You just feel disgusted with the whole damned enterprise.

C104: Yeah, to put it nicely. I can't say it, but you can.

T104: (T laughs.) I felt that was what you felt anyway.

C105: Well, it is. And I don't see anything in takin' off a bolt. Why should, uh, not that I think that, that I'm too low, high to do it. I just can't see why I have to do it, and it would be two-to-one that I'd take it of, of the wrong direction anyhow.

T105: You'd get it on left-handed some way or another.

C106: (C laughs.) That's right. I'd try and, and if I didn't I'd go down trying, (C laughs.) it somehow. I'm not a mechanic, never will be, and never will... can be.

T106: I see I'm going to have to stop in a few minutes. Uh, I don't know whether there's more you want to say or ...

C107: Well, uh, I'm, I'm just ready to stop anytime you are.

T107: Okay. Uh, I guess I feel very appreciative really that you've been willing to share this much of yourself with me. And uh, I know as well as you do that, uh, there aren't any quick and easy answers to a lot of these things. But, uh, I really do hope that you'll be able to make choices in directions that will have some satisfaction for you. And I'll even hope that maybe you can uh, find some ways of living a little more comfortably with your stepfather. But, uh...

C108: That's... hoping that the H-bomb or the Atom bomb would drop on Kawauke.

T108: You feel that I'm an incurable optimist if I hope that.

C109: Well, I don't know. Uh, there's a world full of scientific discoveries. And maybe they'll discover a way to make a father where he can't talk anymore, (T: Uhm, hmm.) against your daddy. And a kid that won't talk against his father. Who knows.

T109: That, that would be an invention!

C110: Yeah, take a pill and all you think is happy thoughts.

T110: Uhm, hmm. Well, I guess you sound a little skeptical. I'm not sure you would take the pill even if it ... (Both C & T laugh.)

C111: I would probably think it tastes bitter, and throw it away.

T111: (T Laughs.) That would be really a bitter pill to swallow, wouldn't it?

C112: Well, no and yes. I don't know. I'd like to get on good sides of him if I, uh, if he would ever come to my terms and, um, I come to him. See, uh, Mr. Kelly tried to help me with this. And, uh, for a long time my father came half way, and we had a compromise. (T: Uhm, hmm.) But, well, a father will be a father, that's all there is to it. And so well, he broke his compromise, and well, I just declared war again. (T: Uhm, hmm.) And so we're back at it.

T112: Uhm, hmm. Uhm, hmm. So there was a truce for a while, and it even seemed as though things were a little bit better. But, uh, war has now been declared again. Hmm.

C113: Bomb shells is going out. I'm goin' to hop off this subject, and hop onto the subject of counseling. Do you mind?

T113: No.

C114: Because I've got something to say, I'm, to all these people listening.

T114: Okay.

C115: Ah, Mr. Kelly is a good counselor and I'm sure all of you all will be. And speaking from my point of view and from kids' my age, and that, we need good counselors now. Some of these counselors we have aren't worth well, I can't say the word, but they're not. (A little audience laughter.)

T115: You can't say it. I'll say it. They aren't worth a damn. Is that what you want to say?

C116: That's right. And, uh, they aren't. They don't, they think, well, "They're juvenile delinquents. They're no good." Mr. Kelly is the only counselor I've been able to confide in besides, you, and find a lot of help. When I came to our school, I was a mixed up, I'll, I admit it--I was lookin' forward to blasting my head off. (T: Uhm, hmm.) And that would have been quick relief. And then I waited a couple more days, I think it been too late. (T: Uhm, hmm.) And Mr. Kelly helped me and my family and gave me a much brighter outlook on my life. And if you often do that, well, then, you, I know you're gonna, all gonna be having a place in God's heart, because ya'll are the helpers of all us young kids. And you don't look down your nose like a lot of people do. And that's all I have to say.

T116: I would, I would just bet that a lot of these people think that's the best speech they've heard in a long, long time. (Audience laughs.)

C117: Well, I'm sure they'll make good counselors.

T117: Okay.

C118: Well,

T118: Nice getting acquainted with you.

C119: Yes, indeed.

T119: Good luck to you.

END OF SESSION

This transcript is available for purposes of research, study and teaching. It may not be sold.

Throughout this interview the response of the therapist (T) (Rogers), and the client (C) are numbered for easy reference.

Carl Rogers: Seventh Interview With Mrs. Roc (Circa 1955)

(The first few minutes of the audiotape were accidentally erased.)

- C1: ...and I feel so trapped on, mostly on account of the hook in my head. I mean, I'm not effective.
- T1: um hum...it's, it's...(Tape splice) It's the hook in your head... (C: That makes me not effective) that makes you ineffective and unable and uh, huh.
- C2: I can't do about. For instance with this job, I'm misfitted in the job. I want to work. I found out I **could** work. (T: Uhm, hm) But I'm in the wrong job. (T: Uhm, hm) I mean, the conditions there, I'm too refined for that place (T: Uhm,hm) for one thing. (T: Uhm, hm) And I don't mean that in a (T: Uhm, hm) (tape splice) They're all rough, tough yell-screamer. Uh, it's kind of like Polk Brothers. And uh, this gal that I've always gotten along with her real well as far as part-time work was concerned. But, the business is just about quadrupled and that's why they took me on and she's gotten a **big** head. And I do all kinds of **dirty** work and take orders until I'm.... Well I screamed at her today. And I tried to explain to her what I expected in a job. I'm experienced and I'm capable and there's no reason why I should do chores, you know. (T: Uhm,hm) I'd be willing to do the chores if I was given my head some too. (T: Uhm, hm) I'm upset. I don't know what to do.
- T2: That at least is one part of it, that you feel...
- C3: Well it brings on the paranoid-schizy business. I mean, I mix it up and I can't separate well enough - what's in my head. (tape splice) (T: Uhm, hm) What is an objective (T: Uhm, hm Uhm,hm) upset, (T: Uhm, hm) you know. (tape splice)
- T3: "...and it's just beyond me to know what of these feelings is just based on what's in my head and what's based on the objective facts about the job", for example.
- C4: I think what happens is the objective facts about the job bring on the schizy, you know. They get interpreted (T: Uhm,hm) in terms of the schizoid persecution and helplessness and...(sigh)
- T4: Is this what you're saying - that, that when the job does go - badly then, um, that makes you feel persecuted and all the other schizy things?

- C5: Um hum...I sure wish you could have taken me on- cause I don't think I'm gonna see ya again. The reason for that is this Tuesday night thing is painting and since I'm not (T: Hm) going to be continuing to see you (T: Uhm,hm) and it's the only night you are here, you know...why, I think the best thing for me to do is to, is to see G., (her regular therapist at the Counseling Center who is out of town) an.. But I went (she made contact with her former psychiatrist)... I called him up and I told him I wanted to try. I haven't been seeing G. of course, you know and I thought I'd go in and see what was there. And I knew he wanted me to be better and I tried to be better. And I tried to tell him I was more integrated and that I was working and I sorta demonstrated that I could be better. And he told me I couldn't come back for 2 months. I mean this arbitrary psychiatrist always decides everything, everything what - regardless of what I think I need (T: Uhm,hm) or my...derived from it, and I mean it's been that way all the way through, that I was never allowed to decide (T: Uhm, hm) what I needed **at all**. I mean I can remember when I wanted to see him once a week and I had to go 3 times. But that man has an effect on me. Like (T: Uhm, hm) for, for a couple of days I was much closer to reality. (T: Uhm,hm) Just because I'd seen him. (T: Uhm,hm, uhm,hm) I need somebody to take his place. (T: Uhm,hm)
- T5: So, I, I guess the impression I get is that you feel kind of a helpless **rage**, and yet you also feel a lot of positive feeling there too. I mean...(R: Well, except that I get) "damn him for being so arbitrary".
- C6: I can't forgive him for this. (T: Uhm,hm, uhm,hm) I mean it's so utterly... What if it did take a long time? He **did** it. I wasn't in that condition when he got a hold of me. And he interprets my hanging on as being just a person who gets attached to people and hangs on to them. I told him I was afraid to be friendly to anybody and he said - well that's because you think you'll have to hang on to 'em. And I didn't go and hang on to **him** in that, in that sense at all. What happened was that I went there. I had never had any history of hanging on to people at all. I mean, that wasn't my problem when I went there. I went there and I trusted him. And I got involved and disorganized and then he was the only thing I knew to hang on to that even had any resemblance to, to, to what I was working for. And in my confusion I hung on. Because it was the only thing **to** do. I mean, to give up was, was **insanity** and he interprets it that it's just hanging on to want to work it through.
- T6: And if I get the feeling that you're expressing there, it's something like this, "Now look, I've got a side to it too. There is- I see this thing from **my** point of view." Isn't that what you're saying?
- C7: And what, what, he, he said to me. He says, "Treatment sometimes doesn't do any good until you're not having it". Uh. What I need is the **emotion**. This, this whatever's in my head that I need to fight. I need to fight something in my head. And I need a positive relationship with someone, that isn't dependent on my husband who'll break me down. My husband wants me helpless. Without realizing it. He discourages any, any show in

me of, of interest in anything, except clothes or something, something that's inconsequential.

T7: But you feel, "From my husband I will only get rewarded for being weak", or something...

C8: I'll only get discouraged from being strong.

T8: Yeah, I guess that is better, yeah. And what you want is a relationship with someone that will strengthen you to fight what's in your mind.

(Pause 25 sec.)

C9: And I, I called him up afterwards since he wouldn't see me again. And I said if you won't see me you represent a whole portion of my mind that's important to me. I said, "Turn me over willingly to some other doctor. Turn me over to somebody. Turn the case over. Be willing to go that far with me. Recommend me to somebody who is stable and sensible". And he said, "If you want to go to somebody else that's alright with me, but I won't have anything to do with it". (Pause, 5 sec.) I can't **help** it that I have this need. There's something that needs to be **resolved**, not broken.

T9: Uhm, hm. Uhm, hm.

C10: When it's broken, I just go confused. Am I being unreasonable psychologically? Do you think?

T10: I can certainly understand your, what, what you're saying. What you want is to find some way of coming out of this hole of, of really resolving a relationship, not just having it chopped off. (Pause, 5 sec.) And I think in the last part you're saying "And that doesn't seem unreasonable to me."

(Pause, 25 sec. while a loud airplane goes by - at peak of noise C begins speaking again)

C11: The way I felt today I don't know whether I can get through this without having a rage blow up or not. The prospect of going down to work and I, I feel so helpless. It, it, I shouldn't quit and stay home. I mean, there's 'nothing' at home, (T: Uhm, hm) but loneliness and trying to keep myself going for 8 or 10 hours a day. I mean it's foolishness for me to even consider that. Because I'm not strong enough to do it, not adequate in myself enough to do it. If I keep on at the job I'm afraid of what my reactions are gonna be. I don't know what to do about it. I'm, I'm so damn confused and helpless.

T11: You feel, as though, staying in the job situation may really bring a blow up on your part. And it sounds like you're saying you feel helpless to know what's the best thing to do, or how to deal with that issue...

C12: It gets confused with the hook in my head. (T: Uhm hum)

(Pause, 30 sec.)

T12: I'd like to understand that hook in your head better. That's where you feel...that you're just (tape splice) is that what, is that what the hook means?

C13: In a way, when I have the hook in my head, I'm more controlled and less... less generally confused. But when the hook's in my head, I actually **feel** it. It's in there (T: Uhm,hm) It's in this side of my head. (T: Uhm,hm) I actually feel it. (T: Uhm,hm) And then I get....well I of course get to feeling I want to get away from it, (T: Uhm,hm, uhm,hm, uhm,hm) you know, I want freedom from this. (T: Uhm,hm) And then I get ideas about people (T: Uhm,hm) that they're doing this and they're doing that (T: Uhm,hm) and they're against (T: Uhm,hm) me and (T: Uhm,hm, uhm, hm) But also I'm not really aware of exactly who and why, I don't think, when I've got it. (T: Uhm,hm, uhm,hm) (Pause, 5 sec.) I really think, and I'm not, you know, uh, doing this to plead or anything, but I really think, that...if I was going to continue to see you my attitude would be different. (T: Uhm,hm) You know, I would have a different approach or feeling about what we were doing. (T: Uhm,hm)

T13: Well, um, one thing we can talk about at the end of the hour I, I feel that we ought to be able to find some way of continuing our agreement.

C14: Well there's only three more isn't there?

T14: Yeah, perhaps. (Pause, 5 sec.) Well, we can talk about it. At any rate, your feeling is that if uh, (another airplane overhead) if you could continue to work with me that somehow your attitude would be changed.

C15: Yeah, I'd be afraid, but, of the hook. (T: Uhm,hm) 'Cause people represent the hook. I don't know why I'm on the hook today. (T: Uhm,hm) Maybe it's the, the, the end result of having had a **good** feeling. (Pause, 5 sec.) When I go to that Dr.... (splice) It's, in a way, there was a time when I really couldn't differentiate between his person and B_____ my husband. I think I have some normal feelings that were once of my husband, attached to **him**, and which would be a way to normalcy. But with the kind of mind I have, that mixes people up, I can't get it **straight** (crying) (T: Uhm,hm) and I think in going to him, it was very much like when I used to take my sexuality to my husband, and get rejected. And it would throw me back into this nonsexual, or homosexual, I don't know which. (T: Uhm,hm) Because I've noticed, that although I've never had homosexual practice, I've never had homosexual feelings -- I was very heterosexual in ideals and emotions and fantasies. I mean, I don't understand about sex and how the human mind is made up. But, I have noticed lately, that there is some elements of homosexuality present. You know, I don't know, I don't understand it, but...(T: Uhm,hm) It makes me so god-damn mad to be so mixed up! (Pounds her fist on the table) (T: Uhm,hm)

- T15: Just furious. And you feel that a part of the basis is that the sexual feelings that you had toward your mixed-up Dr. and B____, uh... just never got sorted out. And part of them are still with the Doctor.
- C16: And that's what's so terrible about his refusing to see me.
- T16: Uh, huh.
- C17: And yet, any person with any dignity or pride would feel, well this guy has lost patience and faith. I mean he's gotta have faith in me (T: Uhm,hm) or he can't help me.
- T17: So, sort of intellectually, you feel, "There's no point to his working with me," but...
- C18: ...But the, the **need** you know, the...
- T18: ...feelings going on
- C19: I don't know how I'll feel about G. when he comes back either. It seems like he's been gone about ten years. If I could only relate to somebody-- if I could only get, out of my own... inner confusion and relate to somebody. (Break in tape) have a chance like, like I'm an artist. (T: Uhm,hm) I'm real experienced in business. I'm a capable girl -- even, even with all this confusion I'm doing a good job. But I **need** it. Anybody needs to be happy. I mean needs to be in work where they're fitted for it, and this place I'm working in, they're, they're exploiting the Negro people. And they're ah, it's, it's this "three rooms for"-- they didn't used to do that before, um, about six weeks ago they started this, running these ads: and, "three rooms for \$244. Three rooms of furniture for \$244." I mean I'm not, I'm not in my kind of people, you know. (T: Uhm,hm, uhm,hm) It's, it's ah... I haven't anything, any common ground on which to derive satisfaction from what I'm doing, other than just to say well, I did a good days work. (T: Uhm,hm) But, to identify with it or to find something of myself in it.
- T19: What, what I hear you saying there is that you're saying, "I just **protest** at this business of being wrapped up in a situation where I'm not fitted and where really I am better than that."
- C20: Yes.
- T20: "I'm a person with more capacity and more sensitivity, than, than is used in the situation in which I am."
- C21: And yet, I'm afraid to go look for a job.
- T21: But that's sort of the, other side of the picture, that you're...

- C22: Yeah, I've, I've tried to when, when these feeling started to come, tried to tell myself, like, I clear, after taxes and everything, I clear 46 dollars a week. We've been able to save some money. I've bought some clothes. I mean it has, and I try to remind myself, you know, (T: Uhm,hm) well, now look.
- T22: There are advantages. Uhm, hm.
- C23: Yeah. And, and you can't be a chooser when you're a mixed-up person. You've got to be glad that there's a situation where you're welcome. I try, you know, to, (T: Uhm,hm) but the last few days that I've worked, it's been...and part of this yelling, I'm yelling against the... what's hurting me. (T: Uhm,hm)
- T23: So, part of your yelling is yelling against a part of yourself.
- C24: It's an oppress, it's just like having a built-in oppressor.
- T24: (Pause, 5 sec.) A part of yourself that's oppressing yourself.
- C25: (Pause, 5 sec.) Like I go there on Tuesday nights to paint and draw. I'm afraid to paint and draw and afraid to go there although, I go. I go to paint Tuesdays and to draw Fridays. (T: Uhm,hm) It's as though the fellow who runs this, whose studio it is and everything and who goes around, and he's, he's not in the least oppressive, you know. (T: Uhm,hm) But, to me it turns into a picture of someone who'll make you do things (T: Uhm,hm) and so you're afraid to do them. (T: Uhm,hm, uhm,hm)
- T25: So, so that even there where really he isn't oppressive at all, yet you see him and feel him as, as being oppressive. Uhm,hm, uhm,hm.
- C26: One thing I noticed. We went out with this ah, ah, fellow, his name is (splice)...this artist, ah, Saturday night. And probably this is some normal feelings in me turned backwards. And ah, his wife is, is blonde, and ah, ah, attractive and she's on television. And ah, the other girl in the group was an obvious attractive. And ah, I had the feeling that I wasn't, you know. (T: Uhm, hm) I know that I **can** be. I have a certain smartness and sophistication when I'm dressed up. But my heart doesn't know it, you know (T: Uhm,hm) I've got this **rejected** feeling. (CR-uh, huh) And I think that's one reason that I interpret this fellow, in, uh, that he couldn't find me acceptable, you know. (CR-uh,huh)
- T26: So that, your, your mind tells you, "I'm, I'm a sophisticated looking person," but your feelings say, "Oh, you're...unattractive." (Pause, 5 sec.)
- C27: Do you think this hook could have come up **because** I saw him?
- T27: I don't know, but I guess that's a question you're really wondering. "Could it be because I went back to him or felt that relationship again?"

- C28: Up to the time I saw him I was less clear. I was much more confused. You know, general (T: Uhm,hm) and, and less in contact with the people around me. But, since then, for two or three days I was better, and then, was I worse yesterday? Yesterday I began to feel this irritation of, ah, she is, is ah, persecuting me at the office, you know. I began to feel that much more (T: Uh,huh uh,huh) and today. (T: Uh,huh) I did deal with it some. I'm trying to think through this thing, when, like when it started this morning I, I woke up and the first thing my mind says is "B___ is against me" and (T: Uhm,hm) you know I have just enough facts (T: Uhm,huh) to (T: Uhm,huh) so that I can't get away from it (T: Uhm,huh) and I think to myself now you that this is the way your mind works when its sick (T: Uhm,huh) and in connection with the job, I thought, try to find an opportunity to talk this over with Winnie. Try to not give in, which would even make it worse. But, try to do something effective and I, and I got mad at her. But at a point where it was to some degree reasonable to get mad at her. (T: Uhm huh) And then when she came and asked me, "what's wrong?" I told her. (T: Uhm,hm) I mean, I tried to sanely, within my insanity, (T: Uhm,hm) deal with (T: Uhm,hm) to let her know that I wanted more responsibility and less of piddling jobs to do and, ah, to learn more and also that I needed to be able to talk to her. She wouldn't let me. Whenever I'd ask her a question she'd tell me she was too busy and to even speak to me so that I was having to work without even asking questions. I mean this really happened. (T: Uh,huh) and I tried, tried to deal with it in the same fashion, you know.
- T28: Yeah, sounds like you're saying, "Yes, I've had these bizarre feelings of feeling my husband and she are against me and so on. But I've tried to take both those into account and the real facts in the situation and to really deal with things. I really tried to take **all** the elements into account in talking with her and in, in dealing with that problem."
- C29: But it could be because I saw him. (Pause, 20 sec.) I'm afraid when I get this upset for fear it'll go into action.
- T29: (Pause, 5 sec.) I see. Is this what you mean, that if you get angry at her, feel as much upset and so on, then you're fearful that, (C: irrational) "Oh my, here will come the whole irrational business again. Uhm,hm.
- C30: Well, I've never made a scene you know, or, or ah, ah, been so obviously disturbed, that I wouldn't, couldn't get by. The only time that I was really that way I was staying at home and I raved at my husband every time he came near, but he was the only one. You know, that I acted (T: Uhm,huh) (Pause)... What, what do you know about things like hooks in the head and stuff, what are they, delusions?
- T30: (Pause) I expect one could give them that name but I'm more interested in the feeling and the meaning that they have for you.
- C31: I don't know, they must serve some purpose, huh?
- T31: Uh,huh. I expect so.

- C32: (Pause) I wish I didn't need it.
- T32: Uh,huh. Uh,huh. You sure would like to get along without a hook in your head.
- C33: It came from the original obsession. The obsession, I developed obsession and then tension in the back of my head and then it centralized in one spot like a hook. But very early in the analysis I told him, "You'll put a hook in me and I won't be able to get it out". Or, "You'll get me on the hook and I won't be able to get off". That was it.
- T33: So that you feel that way back there you sort of foresaw the possibility of, of being "hooked."
- C34: The only experience I ever had of the hook, actual physical hook, was once with a, when I was about twenty-three, uh, I had some kind of female trouble. And I had a misplacement of the uterus. And this doctor took a hook and attempted to manipulate the uterus into a different position without surgery. (T: Uhm,hmm) Could that create a mental idea of a hook or do you think it's older than that?
- T34: I really don't know. But at least there's one link that you sense of, of, that was one time when you felt that your internal sexual organs or female organs were being hooked, and manipulated.
- C35: They were actually hooked. (T: Uhm,hm, uhm,hm) Another thing about the hook is I think when I get too confused, when, like I got up this morning and I felt so... discouraged about the job and so discouraged about B _____. And I also felt that something was oppressing me. The feeling of being dominated and oppressed. And I went to have my coffee and I just sat and I thought really if I did what I felt like doing I'd just sit here and I wouldn't move.(T: Uhm,hm) and I think maybe I put the hook in, as an alternative to something worse. (T: Uhm,hm, uhm,hm) (Pause, 5 sec.) The hook, the hook was once an organization.
- T35: I don't think I get that. So that the feeling was, "I'm discouraged - about various things. What I really feel like doing is just, sinking into apathy." And you feel maybe **that's** when you put the hook in yourself. That the hook really, in one sense, stands for...I don't know, for making yourself be organized, something like that. Uhm,hm.
- C36: (Pause 20 seconds) And another thing, if I got the pleasantness, of the feeling, then it wouldn't necessarily be an oppression. That's what I find, (her former psychiatrist) is a sort of someone in my mind I can turn to (T: Hmm). That's what he's been to me, you know?
- T36: Uhm,hm. I see. So that he, he sort of supplies the pleasantness of being organized cause he's right there in your mind to turn to, is that? Uhm,hm.

- C37: And when...
- T37: And so then the hook doesn't seem bad, right then.
- C38: No, it's like some, something to turn to in (T: Uhm,hm) my own mind when (T: Uhm, hm) I can't bear (T: Uhm,hm) what's going on, (T: Uhm,hm) you know, (T: Uhm,hm) or when I feel frightened, (T: Uhm,hm) or disorganized. (T: Uhm,hm) What was I gonna tell... ya something? (Pause, 30 sec.) Oh, ah, I've been afraid to go around, alone, you know, and stuff, and the day I went up there I left the office and had to go take a bus and go there and come back and I did it very well. It's a realization that, that he's given up on me, you know. I think it's bothering me. (T: Uhm,hm)
- T38: You, you don't mean - it's that realization that caused you to be effective and unfearful? No.
- C39: No.
- T39: But you just mean, you were quite free of fear that day but the thing that really troubles you is, is the feeling that he's lost faith or has given up or **is** discouraged with you.
- C40: Hm.
- 4T0: Hm.
- C41: (Sighs) (Pause, 10 sec.) And I think tonight that I'm not real sure about who you are. I think you're partly him to me tonight, (T: Uhm,hm, uhm,hm) you know. (T: **Um, hmm**, uhm,hm) This isn't quite the Center. (T: Uhm hm) You got some new furniture, didn't you?
- T41: Yes in the waiting room. (R: Uhm,hm) So, both literally and in your own mind it isn't quite the Center.
- C42: (small laugh)
- T42: Uh, huh. And, and it does feel to you as though I'm partly him and partly not.
- C43: (Pause, 10 sec.) Yeah, I don't know how much more of this illness I can take. (Pause, 5 sec) I wish there was somebody who had some **power** over this illness!
- T43: Uh,huh. Uh,huh. Uh,huh. I don't know, that, would, would this be catching that, that... you wish somebody could put an **effective** hook in your head. Uh, huh. (Pause, 10 sec.) That would seem, now here I'm wondering, I guess, that would seem so much easier than...dealing with the confusion in yourself.
- C44: Well, sometimes like tonight, I'm so far away from being **capable** of dealing with it.

- T44: Just feel very helpless and incapable tonight.
- C45: Uhm,hm. It's (the psychiatrist) as a small child playing at his feet, you know? That's me (CR-uh,huh uh,huh) that wasn't so the other day, (T: Uhm,hm) this is what it deteriorates into.
- T45: That in some real sense with him, at least in the past, you're just a tiny child and he's leading you around? ... Or, at any rate, (R: Uhm,hm), you're at his feet. (T: Uhm,hm.) But when you went there the other day that really wasn't the case then. (T: Uhm, hm.)
- C46: (Pause, 5 sec.) The only way I'll ever know it's time to call a halt to my efforts, is if I do go disorganized - won't it, isn't it?
- T46: (Pause, 10 sec.) You mean, the way you will be sure that you've pushed beyond your own limits...
- C47: Is when I get...
- T47: Is if you get disorganized.
- C48: And you know, I'm at the place tonight where ah, I have the feeling...ah, of telling you, "Look, look, something needs to be done". (T: Uhm,hm) I'm confused. (T: Uhm,hm, uhm,hm, Uhm,hm) I shouldn't go to work tomorrow (T: Uhm,hm) I should be protected for a while (T: Uhm,hm) you know?
- T48: Uhm, hm, uhm, hm. I guess that feeling is "I really **am** just a confused little child. I do need protection."
- C49: I'm a confused woman...too. I'm a **being**, you know, a confused **being**.
- T49: Uhm, hmm, "And I'm really **not** capable and I **do** need to be protected, and I **do** need to be told that I can't go back to work".
- C50: (Pause, 15 sec.) Talk to me Dr. Rogers...
- T50: (Pause, 10 sec.) Feel as though there's something, well, I'm not quite sure what you do mean by that. Whether it is that you mean...whatever can be said that will help must come from outside, or, I'm not quite sure, but, but, I do get something of the real **plea** in that...
- C51: I guess I'd like to have you say, "What you're going through right now is thus-n-so". (T: Uhmhm, uhm,hm) "Don't be afraid of tomorrow, you'll find you have more strength tomorrow than you feel right now." (T: Uh,huh) Ah, "It looks to me as though thus-n-so is happening."

- T51: Uh, huh. It would seem so much more effective if **I** said those things rather than you saying them.
- C52: Yeah, because I don't know.
- T52: Uh, huh. You only stumble around and wonder about them.
- C53: (Pause, 10 sec.) Oh, I wasn't going to talk when I came here. (T: Uhm,hm)
- T53: (Pause, 10 sec.) When you came in you felt "I'm just surly and I'm not going to talk."
- C54: (Pause, 5 sec.) You have nice, well-kept hands (T: Hmm) That used to be the first thing I notice about anybody and it took me eight visits, or seven, (small laugh) or whatever. I want myself back. (T: Uhm,hm) How to be **studying** things and **thinking** about them, and **talking** about them, and **doing** about them. Instead I'm making a last ditch fight by trying to work and organize around **nothing!** I try to get along with my husband and clean house with him, because he likes to clean house with me and he likes to plan dinners with me. I mean, he's more of a woman than I am almost. And yet, he's not effeminate really. (T: Uhm,hm)
- T54: Uhm, hmm. But you feel, "I, I settle for these little picayune things, when what I want is to be myself and be thinking and ..."
- C55: Be interested, (T: Uhm,hm) you know? (Pause, 5 sec.) Inside my head I'm rushing around and saying "Oh, I want my mama. Oh, what's wrong?" (T: Uhm,hm) "Oh, help me." (T: Uhm,hm, uhm,hm, uhm,hm, uhm,hmh, uhm,hm, uhm,hm) And I guess I have the hook instead. (T: Uhm,hm, uhm,hm, uhm,hm)
- T55: But there is just that **pleading** feeling in you, "**Mama, somebody, help me**, do things for me, take care of me." And you feel that the only substitute you have for that is, is the hook in your head.
- C56: And that's what's so terrible about last week is that I pulled **way up** to deal with real.
- T56: (Pause, 5 sec.) I'd like very much to understand that and I'm afraid I...don't quite...
- C57: I met his terms, I went there and I, (T: I see) and I pulled **way up**, (T: I see) and I didn't plead or argue or (T: Hmmm) and I was calm and I went there on my own strength (T: Uhm,hm) and I tried to be optimistic (T: Uhm,hm) I tried to explain to him, for instance, that he never would let me talk about B____, you know. And I tried to explain to him, one of the things that was causing trouble was my disappointment and hatred of **B____**. And he, he never would **talk** to me about things like that. Other therapists talk to you about what **worries** you. (T: Uhm,hm)

- T57: So it really...
- C58: But, because he has this emotional hold on me, I've tried to **reach** him, as of **him**, you know. (T: Uhm,hm)
- T58: It sounds like you're saying "I really tried to express myself. I tried to be as much of a person as I was able to." And yet, there's something about that that you feel was terrible too, if I understood you right?
- C59: Well that, what was terrible was that I went there and did all that, and, and instead of being encouraged in it, was told to go away. (T: I see, uhm,hm) That's what was terrible.
- T59: I see. So you're saying, "I was just as much of a person as it is possible for me at this point to be. And what did I get for it? I got turned away."
- C60: That's what B____. did so much of, to me, you know. (Side 1 ends) I used to...(try to tell the psychiatrist) and he'd, and he'd try to get me to talk about how I felt about **him**. And he'd talk about "You can be an artist" and so forth and so on. And I'd say, "If you'd only understand that it's, it's the trouble I'm having with **B____**! Um, I haven't any **life**!" I couldn't make a life of just a career, or going to school and having an unhappy marriage. I used to try to talk about the upset I felt about my **personal** life. (T: Uhm,hm) I was a woman who needed a personal life before she needed a **career** life (T: Uhm,hm) I talk so hard, I make me sick...
- T60: What are you saying, that you don't like the fact that you express yourself so vigorously?
- C61: Well, I'm talking very hard **against** something.
- T61: Hm, uhm, hm. That what you're expressing is some kind of a protest.
- C62: I try so hard that I exhaust myself and then you just blur, you know?
- T62: Uhm, hmm, uhm, hm, uhm, hm, uhm, hm. That somehow that, that feeling of **againstness** just, just gets hold of you so, that, really then the person you're talking to just becomes kind of a blur.
- C63: And then what I'm feeling, or whatever goes on in my head with this, gets so strong in my head that I'm like, I'm blinded.
- T63: Uhm,hm, uhm,hm, that's what I thought, uhm,hm. The feeling is just so powerful that really, it, it interferes with your vision. Uhm,hm. (Pause, 5 sec.) Just some overwhelming feeling of **against** or protest.
- C64: (Pause, 25 sec.) Do you think that this is just a bad day?

- T64: (Pause, 12 sec.) (Sigh) Well, I guess I can't help but say that...it seems to me you are showing so many signs of strength that...I can't feel it's even a bad day. (R: Laughs) But I guess you do.
- C65: You think I show signs of strength, huh? (T: Umm,hm) Even when a person flails their arms around, you know, figuratively speaking.
- T65: (Pause, 5 sec.) So, I guess you're saying "Well, if there's strength, it's just all flailing around strength.
- C66: (Laughs) Yeah.
- T66: It certainly doesn't seem that way to you. (Sighs) Well, I see our time is up

Discussion After the Interview

- T67: Now here...are two things I want to say. One is, that, um...well, that, that, I, I did say lately that I'd see you ten times and I really mean it. And if, um, unless you would choose not to (R: Uhm,hm) and that'd be alright too. Um, so, that I think - you don't work Saturdays, do you?
- C67: No.
- T68: Well, I think probably we could work out an, an arrangement on that.
- C68: And how many do I have left?
- T69: Yes, you're right, this is the 7th.
- C69: This is the 7th, 8th, 9th, 10th.
- T70: Then, then there's one other thing that came up today and I, and you came into my mind and I'd like to ask you about it and you can answer whatever you wish. There's, um, on, on, Saturday and also on Monday and Tuesday, a group of advanced graduate students who are training as counselors, are, are meeting and a number of times in the past, I have held interviews in front of a group like that, simply because, that, uh, they're interested in knowing how they can be of help to people and it gives them much more real feeling of what goes on in a relationship to really, um see one, feel one, experience one. And, I don't know...I guess I would just ask and I would be perfectly willing to accept any answer from you. Would ask, would you be willing to come in Saturday? If you were, I couldn't, in many ways it would be a great advantage to them, and I would feel obligated

to you on that score. The only way I could pay it off in anyway would be to say we certainly wouldn't count that in the ten.

C70: Uhm,hm. You mean in front of them?

T71: Yes. Now the way, the way I've set it up in the past is that, um, if, if this was the room, for instance, they would be off, here, let's say, so that as far as I'm concerned, it would just be an interview between you and me, but there would be other people there. But they wouldn't be fixed so that you would, but, you could see them if you looked, but, I mean, you wouldn't have to.

C71: Uhm,hm. When would this be?

T72: We could arrange it most any time Saturday afternoon, although early Saturday afternoon would be best as far as I'm concerned.

C72: I couldn't do it **this** Saturday.

T73: You couldn't do it this Saturday.

C73: Was...

T74: This Saturday was the one.

C74: Oh, I tell you why and I've got a good, good reason. My sister's coming in for two days and she lives in L..... I'm awfully sorry.

T75: Well, don't, don't be sorry. I'm, oh, I'm sorry too, but uh, I guess I feel ah...

C75: I could do it the following Saturday. My sister comes (T: Uhm,hm. Oh.) all the way from L....., N....., and she's only going to be here from Friday evening to, to Sunday in the afternoon and I, I, you know, I'm...

T76: Sure, sure. Well...alright, that might be possible for the following Saturday. Uhm ...let's make, ah...

C76: Do you think I would feel afraid?

T77: I don't think you would, but if you did you could say so or we could leave or whatever. I mean, ah, there would be no compulsion in any of this. My experience has been that, that, ah, ah...because I've wondered the same about myself, "Will I be afraid and not able to really function the way I would like to?" My experience has been, that once we start, it seems just like any other time. But if it didn't for you...Well, you can say so if you felt uneasy. We wouldn't have to carry it on. But, I would just say on the basis of the experience I've had, I don't think that would be true.

C77: I don't know how much of it I could talk about, you know? (T: I don't either.) But, I could try to do it, (T: Alright) you know?

T78: Well that's, that's, let's see, you can't come in this Saturday and you can't come in next Tuesday evening. So, um, then how would it be if we make... Oh...

C78: That Saturday's not for you, huh?

T79: That Saturday I'm down in Champaign. Uh, nuts. Um...what about um, next Wednesday evening at 7 or 7:30?

C79: OK, would you like to do it then?

T80: Well, what I was going to say is I don't know whether the group could do it then, but let's us make an appointment for that time and if ah, and so it would mean you would have to come without knowing for sure whether it would just be the two of us (R: Uhm,hm) or whether it would be in front of a group. And maybe that's just as well.

C80: And they wouldn't speak at all.

T81: No, not unless you wish them to, but really they would just be sympathetic observers. That's really what they would be.

C81: Well, I'll admit I'm a little afraid.

T82: Sure.

C82: You know. But, um, G_____ 'll be back in town and everything (T: Uhm,hm) and...

T83: OK?

C83: OK.

T84: Alright. Let's make it 7:30 Wednesday evening. That's October 3rd, is that (T: Um,hmm) okay as far as you know? Would you like a note on that, cause that's an irregular time.

C84: I believe I'll remember, (T: Alright) Wednesday, 7:30.

T85: Here, I'll just...help you, reminder for you anyway...

C85: OK. Do you think I'm showing signs of being stronger?

T86: I think so, the way I feel, the way I see you, yes.

C86: Thank you.

T87: OK. One last thought occurs to me and this will sound like something I thought of before, but I haven't. I thought of it only because you said you couldn't come in on Saturday. Um...would you be willing for them to, to listen to this recording which would then kind of prepare them for...you. I mean, or, or, or not and again whatever you say is OK by me, because that's just a hunch of this moment.

C87: Well, maybe it would, uh you know, they'd at least know...

T88: They'd sort of feel, that just occurred to me, that they'd, might sort of, that they'd feel that they would know you a little.

C88: Uhm,hm. Yeah. The only thing that bothers me is about sex. I did talk about sex. But I guess I talked in a fairly reasonable manner, I mean I guess I have sexual shame, you know? (T: I see...mm) I have this sort of a freaked-up feeling that I, don't...

T89: Well, I wouldn't want to in any way push you.

C89: But I think, but I think, it'd be better for them. I really do because...

T90: But my question is...

C90: I might be at home, too (T: Uhm,hm) "Well, these people know, know..."

T91: "Know me a little."

C91: Yeah.

T92: Is it alright with you?

C92: Yeah.

T93: OK. Thank you very much

END

This transcript is available for purposes of research, study and teaching. It may not be sold.

Throughout this interview the response of the therapist (T) (Rogers), and the client (C) are numbered for easy reference.

Carl Rogers' 17th Session with Miss Mun - 1954

Transcript from the Film

- C1: I think the last thing I talked about last time... my feeling of 'should' about... of having to, sort of... be responsible for this person, or... and yet feeling demands that I was unable to respond to and didn't want to respond to. It sort of made sense... this week. Why should I, this is the place where I do have limits and (mhm) should have them, and, ah... it would be much better for me to recognize them and just act on them, than to feel... hostile (mhm) about not being clear about what my limits are and setting them straight. I think it's sort of had new meaning (mhm).
- T1: Maybe if I accepted the fact that I... need and must have limits here, and set them... then I wouldn't feel so hostile.
- C2: Mhm... And I think that really touches a, a wide area in my life. I think it's been very hard for me to... to set limits (mhm) and to... feel that I have a right to have them, I guess. (mhm)... And so they've been way out someplace, (mhm) without my being able to call on them for help, sort of thing (mhm).
- T2: Sort of that you haven't had any protection for yourself, or any feeling that you had any right to such protection... (um-hm) If somebody demands something, you must give, that's all. (mhm)
- C3: And thinking back I cannot think of specific instances, but I can certainly recall many times, I mean, as a total, when I have... felt I should do something... felt called upon to volunteer as though I had to be the one responsible for it. And then would have such a whole lot of things built up that finally I'd just feel overwhelmed by having so much to do. And then would feel very annoyed about the whole thing (mhm) and resentful, when really (laughing) there was nobody to be mad at except me. (mhm) (12 sec. pause) And of course that's a whole lot of... in a way I mean, it seems like being willing to do things and being a nice visitor really it's being very... very self-opinionated, I think, to think one can do all that (mhm) that I could do all of that... So I... to think one has no limits (mhm).
- T3: So that even though it seems so... giving and so reasonable and everything... actually it involves a pretty... almost egotistical feeling about yourself, that you're able to be responsible for so much and that you can give everything that's demanded and so on. (20 sec. pause)

- C4: So I think it's going to be sort of a real relief to... feel I don't have to be the kind of person who can do everything that everybody wants, or everything that I want even, but just sort of consider things and try to... to really know... what my limits are, what I can do and what's too much.
- T4: Just feels like a lifting of a considerable burden if I feel I could... I could select the things I can do and want to do. I don't have to do everything that's asked (mhm). Not even everything that I demand of myself.
- C5: And I guess it may take some practice, I don't know (laughs) (mhm). I may become aware of these things, I don't know, I think I am, because I sort of feel it's part of it. But I think probably what'll happen is that it'll hit me in the face, I mean, this is the place where I do need to set limits (mhm) and (mhm)...
- T5: That is, if I get what you mean there, I think probably it isn't so much a matter of planning but just when... something comes up... you'll have the feeling, well, this is more than I can do, or more than I want to do, or something. Is that...?
- C6: Well, I hope it'll be that way, I'm not really, I guess I'm really not quite sure (I see) how it'll happen. I'd sort of like it to be that way, so I know at the time (H-hm)... rather than to (H-hm)... make a... feel that it's trailing along behind. I sort of start to respond and then have to change my mind afterwards.
- T6: You'd like to be aware of your feelings about these demands right at the time they happen... instead of having... bright thoughts afterwards.
- C7: Yes... and I guess what I'm hoping is that that will be the case, that I don't get involved. (53 sec. pause) And I have been aware of myself... not so much right now, but... not too long ago in terms of maybe last year, been sort of aware of myself as a person who does have at times quite a bit of hostility (mhm) that comes out if I were very tired or something (mhm) - if my defences were low. And... I'd sort of like to get to the bottom of that and I'm sure this is one thing I just talked about (mhm).
- T7: But you're quite sure you often do feel a good deal of... anger... both in regard to this and perhaps in other ways and... you wish you could get more to the roots of that (mhm). (18 sec. pause)
- C8: I've been aware a little bit recently that, ah... contrary to the way that I thought it might be, I sort of feel hostile to... towards women as they're in groups. I mean I get sort of tired of them. I'm in a club where there's nothing but women and they have a business meeting. I feel so out of patience with the sort of... I don't know, the way they go about things (clears throat). I find myself really enjoying a mixed group when there are men in the group much more (mhm). And I'm just wondering what

that means because... in the traditional sense of getting along well with my mother, I always have. I mean we seem to be much alike... and we always had a good friendly relationship, so that I can't sort of connect anything of that sort, and yet... Oh, last Wednesday, for example, it came to my attention that I should have an Xray and I was in a room with other women who were waiting and I had taken in some studying to do, thinking I could spend my time that way... and they were almost hysterical, I mean, I was nervous, I was scared to death, but they were sort of (laughs) letting out steam in such a way that it was making me feel far worse and I thought, 'these females, what's the matter with them' (mhm). I thought if this were a group of men sitting together, how much more comfortable it would be. There'd be sort of more reassurance, and just a way of... functioning that isn't so hysterical, I guess.

T8: But you realize that... even though you don't see a reason for it in your background... still quite often your feeling is 'Oh, these women!' (mhm) Quite annoyed with.

C9: And yet on the other hand I... on the other hand I do have good friends that I like a lot (mhm). But when I don't know them, as I didn't with this group... and it isn't always these clubs... they function in an inefficient, scatterbrained way.

T9: Sort of feeling that... women in general or women as a group oh, nuts to them. (mhm) (words lost)... (8 sec. pause)

C10: And in a way it's, I think it's sort of a relief to find that really I do... enjoy men's company quite a bit and like them, so... I'm able to say that I really do, and I think that that's... I'm sort of pleased to recognize that (mhm) and be able to say it... And on the other hand I'm a little bit... well, I don't like that I feel so impatient about... women too. Well, I don't know, and I think that women's clubs... I don't think I do want to have much to do with them. (laughing).

T10: Mhm... So it's kind of nice to be able to say, 'Yes, I like men'... And I guess at first your reaction is, 'And I really shouldn't... dislike women', but then when you think of some of these situations you feel... 'Augh!' (mhm) (long pause - 1 min. 10 sec.)

C11: I don't really know where to go from there, because I can see that I do enjoy friends, I like to do things with them... and yet I have this impatience in me too. (11 sec. pause)

T11: It's here - these two kinds of contradictory feelings, 'I like some women very much, and I feel... very annoyed at... women in general, now what do I do about that?' (8 sec. pause)

C12: Probably stay away from women in general (Laughing). Don't get involved in... women's organizations. So simple! (Laughs) (30 sec. pause) It seems as though

that would be something I could explain... when did it start, sort of thing. I don't know whether that's important or not...

T12: But you feel sort of drawn toward the question of... 'Why do I feel this way'? (17 sec. pause)

C13: It maybe... As I think of this, I think of my... when I was a very little girl, when my grandmother used to live with our family. And I guess she was a regular motherinlaw - of the worst kind. She was my father's mother. And I was very much aware, as from as early as I can remember I guess, of the very poor relationship that existed between my mother and her, and... my mother took the raw end of it sort of thing. I was very much concerned about her. In fact when I think of my childhood I think of being so worried about her because she didn't seem to be able to cope with the situation really. Sometimes I feel I never was... really young, because I was so worried and upset. (mhm) I guess maybe other kids have worries too, but... it was sort of a... a feeling of being older than my mother somehow or other (mhm). I was so sorry for her that she wasn't able to be happy and sort of cope with this... old lady, who was just so very dominating, a tyrant, just nasty... And at the same time that I... was angry with my grandmother for what she was doing to my mother, I was sorry for her too. All sorts of mixed up (mhm) emotions, really too much for a child. (mhm)

T13: Almost feel as though all those... mixed feelings of anger for your grandmother, and sorrow for her, and feeling kind of worried about and responsible for your mother... almost robbed you of any real childhood. (mhm)...

C14: I'm thinking that maybe... maybe there was a feeling of resentment there, I may have had it without my knowing it - that somehow or other they couldn't work this thing out in some way. I mean, why did my mother have to put up with it? If she had set limits (mhm)... maybe it wouldn't have... happened.

T14: But you feel that there is perhaps sort of an undercurrent of resentment toward her on the basis of... why didn't she settle this thing or why didn't she... set limits as to... how submissive she will be or something? (mhm)... It could be - can we summarize that - why didn't she handle it like an adult?... I don't know...

C15: Could be and that may have... I don't know... it may have given me a lack of belief in adults' ability to handle things, because it seemed to me such a... a mess, and it resulted in such... awful experiences for me because sometimes sort of an undercurrent fight between them would spill over and my father would get into it, and he would lose his temper. That was his way of handling it. And that was just ghastly. I would think that if he would leave and go away and then... everything would sort of fall to pieces. (mhm)...

T15: Am I getting this right, that you felt if he... dropped out of the situation, then, then, it would just be a complete mess. Nobody would be able to handle things?

C16: I guess so, I hadn't thought of that before, because when I think of those times when... he got in, and there was this real... fury and anger... I had a feeling that he might and I remember once he, I guess he had his slippers on, he took his slippers off and decided to put his shoes on, and I thought... he said he was just leaving and I thought - 'oh', that was just the worst thing that could happen (mhm)... And I think that in all of this feeling I've had about my father, that really I did very much want a good relationship with him. I think that's the part of my upset, that I... wanted so much to have him care for me (mhm) and yet didn't seem to get... what I really wanted and yet keep on trying even, I guess, even today in certain things... because I know even when I... and when I... It used to be when I'd go on vacations and things... I'd find myself wanting to buy him a present... first of all and send it... As though, well, my mother would understand, but somehow or other I had to do something special for him (mhm), keep on trying and trying...

T16: But you feel that all along and to some extent even now... you would like so much to have him... care for you. And that that governs... a number of the things you do.

C17: Mhm. And yet in a certain way, you see, I realize that he does. I mean, he would say it... And yet it just hasn't seemed to get to me, somehow or other, as real. I mean it's word service, lip service sort of thing... or a caring that... it wants too much to hang on, and sort of control completely. A frightening thing for me.

T17: Would this be putting it right? That... you're saying that... perhaps he does care, but at least all that gets through to you... is words about caring... and demands on you. (mhm) (9 sec. pause)

C18: And demands that I just feel too... tired to be able to come up to (words lost)... respond to. It's just too much...

T18: Just a hopeless feeling that I can't possibly meet his expectations or demands...

C19: Because once I meet one, then there's another, and another, and another, and I never really meet them. I mean: it's sort of an endless demand (mhm)...

T19: Looks as though that just makes you feel tired right now, just to think of this endless chain of... insatiable demands. (30 sec. pause) (mhm)

C20: Knowing the kind of mother that he had, it's probably... oh, I think it's possible that he's just trying to find a mother in every woman. (mhm) Because his way of... of being a husband was to demand an awful lot from my mother in terms of, just pure service (mhm). And that's another thing that makes me mad about her, that she did

it! To the point where I think she's destroyed herself almost physically, just worn out.

T20: That's another one of the feelings that you hold against women. Here she... just gave in to all his demands for service and help. (7 sec. pause)

C21: And there again, if she had set limits, he would probably have accepted them. But she just didn't...

T21: Feel that if she had been able to say within herself... 'I'll go this far but no further'... Well it probably would have been all right (mhm)...

C22: Because he respected, he respected her when she did set any limit, and here would be an occasional time when she would, and that was it. But she didn't do it very often. And of course I always felt I'm sort of, sort of like her, being rather submissive and... not setting limits.

T22: So that in a sense you feel, 'here I am... following in the same kind of pattern that she set?' (mhm)...

C23: And not liking the pattern... even while I love her a great deal. Just feeling that she allowed herself to be taken advantage of in ways she didn't need to. (9 sec. pause)

T23: Guess you're saying, 'I really don't respect her for the way she just kept trying to meet all the demands?' (13 sec. pause)

C24: And really not wanting to be that kind of person myself. I find that it's not a good way to be, and yet... I think I've had sort of a... that's sort of the way you have to be if you intend to be thought a lot of and loved... that kind of feeling, too... (mhm)...

T24: Sort of really contradictory, first to be feeling, 'I don't want to... I don't want to be a person who just... gives in to all demands'. And yet feeling... that's the only chance I have of being loved. (18 sec. pause)

C25: And yet who'd want to love somebody who just... was that sort of wishy-washy person?

T25: Who really would love a... doormat? (mhm)...

C26: At least I wouldn't want to be loved by the kind of person who'd love a doormat. (Laughing) (mhm) (27 sec. pause) And I probably think that she could have done better with my grandmother, I mean... she could have... just refused to take all that she took, all the suffering she took. And she could have saved me all the suffering I had because it was terrific suffering for me... to have to be worried about my mother all the time.

T26: I guess you're saying that to some degree, 'I do blame her for not coping better with my grandmother, and for not... not being more of a person in her own right'. (mhm)

C27: And just sort of bogging down in the misery of it all. And it was her home, it wasn't my grandmother's home. But you would have thought it was hers, because the whole thing centred around her...

T27: Guess you're saying there, 'I really don't like the weakness in my mother'.

C28: Mhm. (27 sec. pause) And it came out in other ways... when we were in this country and my grandmother was no longer alive. My mother seemed always to feel that she had to be doing something, even in the evenings, in the kitchen, she just had to be... busy. And so much of the time I used to feel, oh, if she only sit down and be with us a little bit. Be a mother, sort of, in the family group rather than just always doing things. And... it was only later, when I was sort of adult, that she started to do this, as she got older, I think. And I feel that if she had done it when I was younger, it would have meant so much somehow or other, cause I didn't want her to be doing things all the time. She was...that was being a mother, but really... if she'd just been there a little more.

T28: You just wish she hadn't... felt so obligated to do everything, and wish she could have relaxed a little more...and have really been in relationship with you. (Hhm) (15 sec. pause)

C29: I was thinking the other night, I was feeling very blue about the way I felt, and I thought, well... maybe, I wish I had my mother here in the way that she was, because she used to be... sort of reassuring when I was ill and she would do little things, and make some special dish, like custard or something. It was sort of reassuring sort of to have her around. (mhm) And, of course, I know that she isn't able to be that way any longer. I don't know what it all means, but for a minute I thought I really miss her. I sort of need a mother at this point and yet that's sort of impossible...

T29: But even though it's factually impossible, the feeling was... 'Gee, I miss her, I wish she was here to take care of me and look after me'. (mhm)... (19 sec. pause)

C30: And yet at the same time I felt, well a little later, so - I thought that... maybe that wasn't what I needed, maybe it was a more adult... sort of... companionship or something in some way, rather than a mother. But I needed something or somebody...

T30: You really didn't feel sure in yourself whether... what you wanted was someone to really... give you close mothering... or whether you wanted some more... grown up kind of relationship...

C31: And then, in another sense, I thought, well... maybe it's just something I have to go through alone.

T31: Maybe it's just hopeless to wish that I could really be in a relationship with anybody... Maybe I *have* to be alone.

C32: The thing that sort of has thrown me this week is that... well, I feel better about the physical condition I talked of last week, and I sort of made friends with my doctor which makes me feel a little better, as though we're not going to be quietly fighting without saying anything. And I think that I have more confidence in my medicine. I read an article about this and it said it's very hard to diagnose, so I don't hold that against him. But he feels he has to be sure, sort of... (words lost) giving me X rays and I'm frightened because I kind of feel that they're trying to be sure it isn't cancer. That really frightens me terribly (mhm), and.... I think it's when I let that... thought come to me, maybe it is and what if it is and... that's when I felt so dreadfully alone.

T32: HmHm... You feel if it's really something like that... then you just feel *so* alone. (8 sec. pause)

C33: And it's really a frightening kind of loneliness because I don't know who could be with you... and it seems rather. (7 sec. pause)

T33: Is this what you're saying? 'Could... could anyone be with you in... in fear, or in a loneliness like that'? (Client weeps) (30 sec. pause) Just really cuts so deep. (C shakes her head) (13 sec. pause)

C34: I don't know what it would feel like if there were somebody around that I... could feel sort of... as though I did have someone to lean on, in a sense... I don't know whether it would make me feel better or not. I was trying to think, well, it's just something that you have to grow within yourself... Just sort of stand... even just the thought of it, I mean, it'll be two weeks, I suppose, before they know. Would it help to have somebody else around, or is it just something you just have to... really be intensely alone in? And that's the... well, I just felt that way this week, so dreadfully, dreadfully, all by myself sort of thing. (mhm)...

T34: Just a feeling as though you're so terribly alone... in the universe, almost, and whether... (Uh-hum) whether it even whether anyone could help whether it would help if you did have someone to lean on or not, you don't know. (15 sec. pause)

C35: I guess probably basically, that'd be a part of it you would have to do alone. I mean, you, just couldn't take anybody else along in some of the feelings; and yet, it would be sort of a comfort, I guess, not to be alone.

T35: It surely would be nice if you could take someone with you a good deal of the way into your... feelings of aloneness and fear. (14 sec. pause)

C36: I guess I just have. (20 sec. pause)

T36: Maybe that's what you're feeling right this minute. (19 sec. pause)

C37: And I think it is a comfort. (Long pause - 1 min. 27 sec.) And I guess the feeling I have now is, well, I'm probably looking on the very blackest part of it. And maybe there's no real need for that... I mean I... It may just take time to reassure me. (5 sec. pause) And then this will all be sort of unimportant (mhm), although it's something I shan't forget, I'm sure (Laughs) (mhm)... But it's been, it's been sort of hard to be optimistic about it. Usually I can sort of see the bright thing, but... this has been sort of something that's thrown me, I guess.

T37: I guess you feel as though you've really... lived with the blackest possibilities... even though the facts may turn out to be quite otherwise. (mhm) But it has been... hard. (18 sec. pause)

C38: I suppose it all has... something to do with... thoughts about death, or something, probably, I don't know... lots of implications to explore if I get down to it, because there have been times when I've thought, well, if I'm going to keep on feeling the way I've been feeling the last week forever, I really wouldn't want to stay alive. (Laughs)... So there's that side to it, but there's also a real not wanting to... face death... (mhm)... (7 sec. pause)

T38: A real feeling of... not wanting to look that possibility in the face. (33 sec. pause)

C39: And yet I suppose if I'm really ill, it wouldn't be the worst thing. (14 sec. pause) The worst thing, I guess, would be the pain. I seem to have a low tolerance for pain. (6 sec. pause)

T39: So that in some ways, if it came right down to it... death might be easier to face... than pain. (18 sec. pause)

C40: I don't want to face either one, really. (8 sec. pause) Not now anyway. (mhm) (Blows nose) (28 sec. pause) ... I'm trying very hard to get down to business these days... studying and... things I'm supposed to do... I'm just worried, I guess. (mhm) It's not so bad. Pain isn't there and if I can forget it, I can seem to get along. But when it's there, I'm just continually reminded of it and that's sort of frightening and really is uncomfortable.

T40: But you feel "I'm surely not very efficient when I'm... in pain and when I'm worrying (mhm), frightened." (25 sec. pause) I see our time is up.

Rogers' Comments after Filming of Session 17 with Miss Mun

I.N.I.
11/20/54
7th Film, 17th session

[Source: Box 141/6, Carl Rogers Papers, Manuscript Division, Library of Congress, Washington, DC]

Very little to say – the film said it. I feel good about the film in relation to me. This is the way I carry on therapy – for better or worse, whether one approves or disapproves. Without advocating it for anyone else I can at least say – this, for me, is therapy, and I was functioning in what, for me, is a good way.

I feel good about this film in relation to the client. I feel there was movement in the interview. I feel that it illustrates two elements which are central to the process of therapy. One is exploring. She explores contradictions in herself, she sees relationships she hasn't seen before, she tentatively steps into the area of her fear of death, etc. The second is experiencing. She experiences anger at women, anger at her mother and these are experienced freely, without being held back by opposite feelings. And then she experiences, in the same full way, the unconditional positive regard, or if the term is rightly understood, the love, of the therapist, and this is a very deep experience. She talked later about the physiological concomitants of that experience, and to me this seems very real and very reasonable. I suspect that in time we will be able to measure, physiologically, the impact of those moments when therapy really moves. But that is speculation.

I would welcome your comments, your reactions, criticisms, or questions regarding what you have seen in the film.

This transcript is available for purposes of research, study and teaching. It may not be sold.

Throughout this interview the response of the therapist (T) (Rogers), and the client (C) are numbered for easy reference.

Carl Rogers' First Interview with Mr. Lin (Circa 1955)
Transcript from the Film

C 1: Well, did I tell you anything about the nature of . . .

T 1: Not a thing and when I talked to you and we arranged this appointment I didn't even ask you one thing so I don't . . .

C 2: Well um . . . I wouldn't because I was sort of hesitating to go into it but uh, but the fact remains that it's homosexuality, (T: Hmm) and I want to . . . change.

T 2: Mhm, hmm. Mhm, hmm.

C 3: So, um, I talked with Art about it about a year ago last summer and uh, well, um, we had a rather long interview and he just said that I'd better see someone, but not him (T: Mhm, hmm. Mhm, hmm) because the relationship is too close. And uh, so, I, of course I, and this is the first I've gotten down to business with it. (T: Mhm, hmm) And um, I've been thinking about it ever since and I, I am confused mentally. I go around in circles. I don't know where to start. (T: Mhm, hmm) And uh, I've looked backwards just trying to find, if I could find the cause if that would help any. (T: Mhm, hmm) It doesn't seem to. And I don't think I could find it if I wanted to. And about the only thing I've figured out was that the important thing is to find out where I stand now and start (T: Mhm, hmm) from where I am now, (T: Mhm, hmm. Mhm, hmm) rather than . . . psychoanalytically or something, (T: Mhm, hmm) go back in the past and try to dig up bones. (T: Mhm, hmm) I don't know. (Soft laugh).

T 3: So the thing that you're clearest about is that you do want to do something about the problem . . .

C 4: Yes, but I don't know how to start. I don't know how . . . (Inaudible) (Soft laugh).

T 4: But as you've tried to think it over you sort of go around and around in circles.

C5: Mhm, hmm.

T 5: And have come to feel that maybe the most important thing for you is to try to figure out what's true right now, or what's the situation right now. Is that, uh?

- C 6: Yes. Sort of. Yes, and to start from where I am now rather than to . . .
- T 6: Mhm, hmm. I see rather than to go back into the past.
- C 7: To go back and try to find the cause of something and then . . . you can't go back in the past and eradicate the cause and then try and come up with uh, a pat solution shall we say. Of course, that's what you, I'd always want. I suppose that's what everybody wants. (T: Mhm, hmm) An immediate solution or something but I don't think it's going to be like that.
- T 7: It's what you wouldn't mind having but . . .
- C 8: No.
- T 8: But you doubt if you'll find it.
- C9: Well I looked for it in music (T: Mhm, hmm) and it was the same thing. (T: Mhm, hmm) I mean, I think it is sort of a carry over. I thought there was a key to how to be a good musician. There's no key (T: Uh, huh) of course. You can't read it in a book.
- T 9: It makes you feel as though in that area too you had a tendency to think, "Now there is a key . . . "
- C 10: That there's an immediate solution. (T: Mhm, hmm. Mhm, hmm) There's something that is going to make this thing all clear up (T: Mhm, hmm) and um . . .
- T 10: ". . . And if I find the thing I'll be a good musician." But gradually you've learned it's just . . . (Inaudible).
- C 11: It's ridiculous. (Laughs) But, and also I feel like that all sorts of things are tied up. I mean the one thing I found out when I went to Art was that uh, shortly after that interview which was sort of a catharsis uh, uh, I gained ten pounds in a matter of two weeks which I think is, which gave me something to think about anyway. (T: Mhm, hmm. Mhm, hmm) From the standpoint that (T: Mhm, hmm) probably um, the problems I have in thinking and music and everything else is all tied up. (T: Mhm, hmm) I mean, it's all tied up very closely, problems with health or something like that. I don't know. But there's uh, uh, well let's see. (Pause 8 seconds) Well when uh, Ar said something about uh, he thought that it had crept into my music from the standpoint that I uh, was making mistakes where mistakes shouldn't be made and he said, I mean, "There's no reason for you to do these things." And I do them still. He says it's a form of self-punishment. Well I don't know. But uh, uh, then too, there's this, I think the thing's in the form

- of a neurosis. I want, I'm afraid to go ahead. I've always been afraid of new things, (T: Mhm, hmm) to go into something entirely new. It carries over a little bit over in music. I'm sort of afraid to take up a new piece. I'm sort of, I'm afraid when in college, well, further back then that actually, from high school going into college I was rather afraid to go into the new situation, make all the new adjustments that had to be made. It wasn't so much coming to school down here though.
- T 11: But you do feel it's kind of characteristic of you that anything new you are a little fearful . . .
- C 12: It has seemed so for a long time. I don't know. (T: Mhm, hmm. Mhm, hmm) Meeting new people (T: Mhm, hmm) it uh, sort of carries over. I don't know. (T: Mhm, hmm) So you have a, well the idea I wanted to give was simply that I'm confused mentally. (T: Mhm, hmm) I mean I can't think straight. So, I also understand that uh, I am the one that has to solve the problem and not you. And yet, I sort of want you to do it for me or something. I don't know.
- T 12: Hmm. Mhm, hmm. Mhm, hmm. Mhm, hmm. It might . . . I guess what you're saying is that maybe it's supposed to be you solve the problem or something but the thing you really feel is that you would hope very much that I would.
- C13: Yeah. (Laughs) I, yeah. That's very close to . . . it's amazing, after thinking about this thing for, for a year-and-a-half I've come up with nothing that remotely resembles an insight into it. (T: Mhm, hmm) I mean, I just don't . . . as I said before it's just been going around in circles. I don't have a (T: Mhm, hmm. Mhm, hmm) very clear perception or something like that.
- T 13: Mhm, hmm. In other words, I guess you're saying there, "I've wrestled and wrestled with this thing and I don't see a bit more about it. I don't understand it a bit better than I did at the outset."
- C14: Yeah. That's exactly it . . . I, I just don't know how one goes about changing that sort of thing. (T: Mhm, hmm. Mhm, hmm) I . . . um, (Pause 8 seconds) well I . . .
- T 14: You feel that it's just a, a mystery to you as to how a person would make a start (C: Yeah) in changing himself (C: Yes) or understanding himself.
- C15: Yes. Yeah. Well it, it's uh, I sort of . . . I have gone on, I go on dates all the time.
- T 15: Mhm, mhm.

- C16: Not all the time. But occasionally because uh, well I can be attracted to women and yet uh, I don't know. It just doesn't seem to be the real thing. I mean there's no real attraction. (T: Mhm, mhm) It's sort of forced.
- T 16: Mhm, hmm. Mhm, hmm.
- C 17: And uh, so the solution isn't just to go out all the time. (T: Mhm, hmm) It's some sort of a mental attitude. (T: Mhm, hmm) or something. I don't know . . . Or a neurosis. Maybe I'm just unwilling to, to uh, change my um, subconscious by something I'm willing to . . . change, I don't know.
- T 17: I guess you're saying there you, you've tried going through the behaviors of being interested in girls (C: Yeah) and yeah, there's some, some reality to that.
- C 18: Which you have to do anyway, because the society demands it. (T: Mhm, hmm) Which brings another point is one of the big reasons for wanting to change is simply society's attitude toward the whole thing. (T: Mhm, hmm) It is an impossible situation. (T: Mhm, hmm) For some people, they like to defy convention and that's alright for them but uh, for me it's not because . . . (T: Mhm, hmm, mhm, hmm) well, it, there's just a social stigma attached to, (T: Mhm, hmm) the whole thing. You get sort of tired of that in part for . . .
- T 18: So that for you one of the big reasons for wanting to change is the social attitudes towards homosexuality.
- C 19: That's, that's one of them. And another reason is simply that I don't think it's a rewarding or, it just is not a very happy relationship based on what I've (T: Mhm, hmm. Mhm, hmm) known of it, it isn't. (T: Mhm, hmm) And uh, also I look at uh, when I get older and the picture changes. I mean, when you're young it's one thing. When you're old it's horrible. The fortyish and fiftyish men you see on the streets . . . it's just horrible. And I don't want to be like that.
- T 19: Mhm, hmm. So you feel it isn't in itself fully satisfying now but even more (C: It will be even less so later.) weighty is the fact that as you look ahead, you don't like that at all.
- C 20: And from what I see of the, of course I have an entirely different perspective on the uh, ordinarily uh, heterosexual relationships in my age group and uh, from what I see of them is they're satisfactory although, there's an awful lot of nonsense that goes on there that I think is fairly stupid, but uh, that has the approval of society for one thing. (T: Mhm, hmm. Mhm, hmm) And uh, still it seems to be a workable, I mean, more workable, more uh, satisfying relationship all the way through. Of course, there is a physiological element which is simply uh, who was it? Gide tried to justify it. But it just can't be justified. It's silly. But that's outside the realm of my experience, (T: Hmm) so I don't know.

- T 20: Mhm, hmm. Mhm, hmm. Yes. I sort of get the feeling that you're saying there are various cultural and intellectual considerations on this. (C: It's . . .) But several of those are outside the realm of your own experience.
- C 21: Yeah. It's, it's a very loaded, just to use the word, it's a very loaded word. Because when you say that you're queer it automatically sets you apart. You lose your individuality immediately and you become one of a (T: Mhm, hmm) horrible group. (T: Mhm, hmm. Mhm, hmm) I mean, you uh, they say they're abnormal people but they're really not. They are, but they aren't. They're perfectly ordinary in every other respect. Although their sexual outlook of course colors their outlook on everything else and that would be different (T: Mhm, hmm) from other normal people.
- T 21: But you feel that when you're labeled "homosexual" then it's as though (C: That . . .) you're no longer a person at all. You're just somebody that . . .
- C 22: I don't, that's why I don't like to use the word (T: Mhm, hmm) because of, you lose your name. You lose everything. (T: Mhm, hmm) It's just uh . . .
- T 22: That label really destroys you as a person and (C: Yeah) and just puts you in a class.
- C 23: It puts you in a class that's, that's not accepted, that's not countenanced. (Pause 8 seconds) But I've had, I haven't I myself haven't been put in that category ever (T: Mhm, hmm) because I've always been acting a part. (T: Mhm, hmm) I've never had any homosexual associates really, but yet, (T: Mhm, hmm) when you hear people talking (T: Mhm, hmm) you always make the connection mentally (T: Hmm) of course, they don't know they're talking about you. Maybe it's me that puts myself in the class alone. (T: Mhm, hmm) I don't know.
- T 23: Mhm, hmm. But at least you're saying other people haven't put you into that category it's just the realization (C: Well . . .) to you of what that would mean.
- C 24: Well the only reason they don't is because they don't know. (T: Mhm, hmm) But they would, except for a very rare few of them.
- T 24: Mhm, hmm. That is the feeling though that, "If they really knew, then they would put me in this awful, disapproved of class."
- C 25: Well. That is you know, with a lot of them. Certainly with the family it's true. (T: Mhm, hmm) With a lot of my friends it's true. With some of them it isn't true at all. (T: Mhm, hmm) (Pause 20 seconds) Well I don't know where to go on. It's uh, I go in cycles. (T: Mhm, hmm) A lot of times I'm more attracted to women. Sometimes I'm almost entirely heterosexual in outlook. (T: Mhm, hmm)

- That happened at the school I was at before I came down here. (T: Mhm, hmm) But um, um, for a while, for a short while. But then I always sort of lapsed back into it. (T: Mhm, hmm) I don't know why. (T: Mhm, hmm) But it isn't uh, maybe it's a retreat or something. I don't know. Or an escape . . . I don't . . .
- T 25: Mhm, hmm. That's the kind of thing you don't understand. All you're quite sure of is that, that your feelings do change to some degree from time to time. Because there have been periods (C: Mhm, hmm) when you've felt quite strongly heterosexual in your interests. (C: Mhm, hmm) And other times when I guess it feels to you a little bit as though it was a going back or something like that?
- C26: Or, "This is too much. Why do I bother?" (T: Mhm, hmm) That sort of thing hits me (T: Mhm, hmm) when walking down the street (T: Mhm, hmm. Mhm, hmm) or something. I just give up.
- T 26: "What am I going to all this effort for?"
- C27: Yeah. What is the use? And then I'm . . . it's mostly, it's mostly entirely mental. I mean, it's, it has nothing to do with relationships (T: Mhm, hmm. Mhm, hmm. Mhm, hmm) but everything's just sort of a . . . but of course, to all my, to lots of, they'd, that's lots of people, they'd say, "Well that's absolute nonsense. You're not homosexual. You don't act it. You don't go around with men. You're not . . ." But it's the mental attitude. (T: Mhm, hmm) I've . . . it's ridiculous.
- T 27: But you feel as "It's true that, this isn't, this doesn't have to much to do with what goes on outwardly in my relationships." (C: Yeah) "It's something within me."
- C28: Yeah, I'd say, it's for those people that can see. It's evidenced outwardly by a certain lack of sincerity maybe. (T: Mhm, hmm. Mhm, hmm) There's something lacking (T: Mhm, hmm) it's just as I say, it's an act. (T: Mhm, hmm) And it gets to be uh, an act which I put on I guess for uh, society and it gets to be uh, a drag because it takes a lot of energy. (T: Mhm, hmm) I mean, you have to be . . .
- T28: It's hard to keep putting on an act.
- C29: You think of, you always have to be thinking about not what you would ordinarily do, or what you would naturally do but what you would, what is the accepted thing to do and you have to do that.
- T 29: You feel in a sense that you're always following a fairly involved script.
- C 30: Yeah. Where as motivation is the one thing and on the other hand is the purely insincere . . . actions. They have no real basis in my personality or something. I mean, there's nothing . . .

- T 30: Mhm, hmm. It's sort of as though you are going in one direction but this act that you can put on is going off in another direction.
- C 31: In another direction. Sometimes they come together and sometimes they go, (T: Mhm, hmm) they go further and further apart. (T: Mhm, hmm. Mhm, hmm. Mhm, hmm) When they go further apart I think I stop dating and, uh I never thought of that. I have all sorts of devices for escaping. I go to movies. I read books. I do all sorts of things that are . . . huh, yeah. I had a, like despair shortly after I came down here (Soft laugh) to school because um, I went back in my old routine of um, well I was constantly seeking some sort of entertainment or some sort of . . . something to get away from myself I guess, or something. I don't know. I don't like really, I don't really like to use that. (T: Mhm, hmm)
- T 31: Is this what you're saying though that . . . that when you and this uh, false front get too far apart then it just seems very necessary to you to get some kind of escape (C: Yeah. Yeah) entertainment and that you realize, evidently realize rather suddenly, "Yeah that's what I went through when I came down here to go to school."
- C 32: Yes. I joined a fraternity down here. And uh, which is alright for the first while but they insist that you follow the mold and you have to go to parties every weekend. You always have to have a date. And I don't always feel like having a date. (T: Mhm, hmm) So the upshot of that was oh, I told everybody that I got out of the fraternity for other reasons. Uh, that was I guess, I suppose that was the actual reason why I left because I simply didn't feel like playing the game all the time. (T: Mhm, hmm. Mhm, hmm) And that's what you have to do.
- T 32: "I just cannot keep up this act permanently."
- C 33: Indefinitely. (T: Mhm, hmm) I can't do it all the time. I don't think I could . . . as an act. (T: Mhm, hmm. Mhm, hmm) Yeah. I suppose uh wasting time comes into it somehow. I waste . . . I worry about wasting all that time. When I should be practicing I'm doing something else. I'm going to a movie. I'm doing almost anything to waste time. And I wonder why that is.
- T 33: Is it, in these periods you feel almost compelled to waste time. Is that it?
- C 34: I feel more compelled to waste time than I do to practice and yet I like to practice very much. (T: Mhm, hmm. Mhm, hmm. Mhm, hmm) And then I think about, "Oh my gosh. Look, look at the amount of time that's slipped by." And then I start either getting depressed or angry or something.
- T 34: Mhm, hmm. You really scold yourself if you waste too much time.

- C 35: Yeah. I get quite mad at myself. And then, I don't remember what happens, but I turn over a new leaf for about one day or something like that. And then I start wasting time again. Although I've always managed to pull through school because school isn't anything much. My great battle is my piano. That's the thing I have to keep at all the time. And I know I've gotten further and further away from it. I mean, I'm not putting in the time I should. (T: Mhm, hmm. Mhm, hmm) I suppose it also . . . I don't see how, maybe I associate playing the piano with something. But I waste time when I'm sitting there practicing. I mean, I putz. I improvise. I do almost anything but what I should be doing. Why is that? I somehow feel the two are tied together. I don't know.
- T 35: Mhm, hmm. It sounds as though right in the piano playing you certainly experience this impulse toward time wasting.
- C 36: Not in the playing. In the practicing.
- T 36: I mean, in the practicing. I see. Mhm, hmm.
- C 37: (Pause 10 seconds) Because the playing is a different thing. Once I get something under my fingers so that I can play it, it's become sort of a staple thing (T: Mhm, hmm. Mhm, hmm) and it's become part of the past which I don't mind going back to. It's the new things (T: Oh.) again that I'm also afraid of. I'm not afraid of tackling but I want to get out of doing. Maybe that's how it ties in. I get a new piece and I putz around until I can more or less play it and then I really can work on it because it's become so much easier, that it's a . . .
- T 37: Mhm, hmm. Whether it's the newness of it or what, that brings this about. At least there's a feeling that, whatever you do in you're practicing is tied in some way with a lot of other things.
- C 38: Mhm, mhm. I wonder if it's tied in with the idea of changing and being afraid or being sort of not knowing how or something. How do I ever get a new piece done under those circumstances? (T: Mhm, hmm) It's quite important because it takes me a much longer time than it takes other people to do a thing. (T: Mhm, hmm) Once I get it done though I can do it quite well.
- T 38: Mhm, hmm. (Pause 6 seconds) There is a feeling there that changing yourself to play a new piece or getting into this new experience is something for you that's slow and difficult and like changing yourself.
- C 39: Yeah. And then I have great moods of depression. I don't know I haven't had any since I've come down here at least not very . . . one or something but I have tremendously depressed moods. I think those are when I come . . . when I just lose . . . I've been going in circles for a long, long time or something and uh, I, I

just don't have any clear vision at all. Maybe I get depressed about that. I don't know.

- T 39: So you don't feel that you understand them, though maybe it's when you've been going in circles for a long time. But at least there are times when you just feel terribly down.
- C 40: Mhm, hmm. It's tied in with the . . . when I was in high school I was able to think quite clearly and I fortunately I can still remember the experience. And now when I can't about anything, (T: Mhm, hmm) school. Reading a book is more or less a matter of just reading the words and letting it soak in. It's not read from very much of a critical approach. I don't think the way I used to. And that bothers me too.
- T 40: It's sort of a feeling that, "Where I used to be pretty clear (C: Yeah) and sharp and now I'm confused and . . ."
- C 41: Yeah. (Pause 6 seconds) That's it. Exactly. And consequently I feel that I bungle everyday . . . (T: Mhm, hmm. Mhm, hmm) uh, things because um, I'm not able to think or something. (T: Mhm, hmm) If I thought clearly . . . (inaudible) it would come out better.
- T 41: Mhm, hmm. "I just muddle through. I don't really do things clearly or well."
- C 42: Not as well as I could do them. (T: Mhm, hmm) (Pause 30 seconds) Um, (Pause 8 seconds) I forget some of the things that I wanted to bring up (T: Mhm, hmm) because um, I'm not in an especially disturbed state right now. (T: Mhm, hmm. Mhm, hmm) I've been going along very well but usually I have things where I get a rush of ideas that I want to talk with somebody about. I can't remember some of them. I had a great deal of trouble with my family this year at home and uh, but it's funny. When I'm out of the situation I'm not bothered by it anymore. I almost forget what it was that was causing the difficulty in the first place.
- T 42: There's some of those things that can seem very distressing at the time and you'd just love (C: Yeah) to have a chance to talk them out.
- C 43: Yeah. I was always in a state . . . well, just in a state about something or other at home and now I can't even remember what they were about.
- T 43: So you can, hardly, hardly remember clearly what all the strain and stress (C: Yeah) with your family was about.
- C 44: Yeah. Well when I get in a depressed mode it's the same thing. When I get out of it I can't remember what I was depressed over. But I sure-, surely I'll be in another one in a week or so. Maybe I like them. I don't know.

- T 44: Maybe you get into them by choice or something or . . .
- C 45: Maybe. I don't know. It might be that that's an escape too. I just give up trying to think about it (T: Mhm, hmm) and I just get in a mood, or something. (T: Hmm) I don't know really. I've never thought about them too carefully when I'm in them. I don't know what constitutes one of my depressions. But (T: Mhm, hmm. Mhm, hmm) I've noticed it before though that as soon as they are over I can't remember what they're about.
- T 45: It is as though whatever the experience is in these kind of black times at least when you're out, it's as though you had no . . .
- C 46: Recollection. Or else I can remember the thing that caused it but I can't remember it in the same frame of mind (T: Mhm, hmm) that I was in then. Uh, and when I'm out of them they feel ridiculous and very silly, trivial things. But they get magnified when I go into a depression. (T: Mhm, hmm. Mhm, hmm) That's all I think about or something. I don't know.
- T 46: I guess you're saying there that perhaps objectively they really may be trivial things. (C: Really silly.) But when you're in that mood they're enormous things.
- C 47: Yeah. (Pause 7 seconds) You know, I can't entirely discount them because um, as I say, they'll happen again. They happen, they usually happen later on. It must be some sort of a mental uh, attitude, a way of uh, a mental approach caused by something. I don't know. Or I'll just pick on any incidence to, as an excuse (T: Hmm, hmm) to descend into a depression or something. (T: Mhm, hmm) I don't know.
- T 47: Hmm. So you're saying that it could be that, "If I'm really in a mood to be depressed then anything, (C: I'll find something to be depressed about.) anything will do.
- C 48: Maybe that's true. I don't know. (Pause 8 seconds) It seems like this is miles away from the subject but it's still, as I say they're probably all related. (T: Mhm, hmm) So I might just as well (T: Mhm, hmm) present the whole picture.
- T 48: You feel, "Maybe I'm roaming around, but I'm sure it's all tied together."
- C 49: Yeah. I think it is. I'm all one person as far as I know . . . (Soft laugh) (Pause 5 seconds) at least physically. I sometimes feel like several different people mentally but . . . (Pause 10 seconds) And I wonder about, about this, this idea of clear thinking. Whether that, whether that is just a mental laziness or whether it's also tied in with all my problems. And whether if I get out of this will I be able to think clearly or whether I'm just all muddled because of one central problem (T:

- Mhm, hmm) or whether I'm using it as an excuse to be mentally lazy (T: Hmm) or something. I don't know.
- T 49: Mhm, hmm. I guess there's a vague feeling there that somehow the two things are . . .
- C 50: They are related and yet, maybe, maybe I just try to let myself get away with a lot because I'm in a sort of a difficult situation. Maybe I'm just feeling sorry for myself. I don't know. (Soft laugh).
- T 50: Is this what you're saying that perhaps you use what you see as your central problem . . . as kind of an excuse uh, for the fact that you're mentally lazy?
- C 51: Yeah. (Pause 5 seconds) And yet, I don't really feel that. When I'm reading a book I want to, I want to get as much out of it as I can. I want to read it critically and when I'm reading it I'm thinking about wanting to do it and yet, I still don't do it. (T: Mhm, hmm) Maybe I just don't know how. This uh, might be a lack of method or something. I thought of that and I told my piano teacher and she told me to read Plato. So I'm reading Plato. Um, but the fact that I'm not reading very critically means that I'm not going to get much out of Plato (T: Mhm, hmm) as far as the method goes. (T: Mhm, hmm) I have to be pretty sharp. I don't think it's all a method problem. There's an awful lot of laziness involved.
- T 51: You doubt if it's a mechanical difficulty or using the wrong method or something but, more that . . . there's something deficient in you in that respect.
- C 52: Mhm, uh, uh, uh, no. Well, yeah deficient in the sense that (Soft laugh) I'm lazy. Yes. (T: Yeah) I can only think of that one word, (T: Mhm, hmm) to describe an awful lot of things that I do. And I of course rationalize them right after I do them. The fact that I didn't get up this morning in time to make class or something. I rationalize it, well I was up (T: Mhm, hmm) late last night or I had a bad week or something. Uh, and yet, then shortly after I tell them, "No. That's not true. (T: Mhm, hmm) It's just because you're so damn lazy you won't get up," (T: Mhm, hmm) or something.
- T 52: Mhm, hmm. So that you can make excuses for yourself but still, underneath that there's a very strong feeling you are lazy.
- C 53: Yeah . . . Evidenced in the amount of time I can spend sleeping. (T: Mhm, hmm) I mean, I can, well, I can sleep very easily . . . all day. (T: Mhm, hmm) More or less doze and daydream all day. (T: Mhm, hmm. Mhm, hmm) And not have a thought in the least. Many is the time that I've spent until about one or two o'clock Saturday morning sleeping uh, after going to bed at something like twelve or one the night before. And uh, when I wake up I get very angry that I've wasted all this time laying in bed. I just turn over, oh well. So on and so forth.

- T 53: I guess you feel that this ability to sleep or daydream or a combination of the two, is this real proof that you are lazy.
- C 54: Yeah. Maybe I want to sleep again. I don't know. Maybe that's in the way . . . (Inaudible).
- T 54: Maybe what?
- C 55: Maybe I want to sleep. Maybe I would rather sleep than (T: I see. I see) do what I should be doing if I were up. I would be practicing or something, or . . . procrastination is a big part of it. I love to put everything off.
- T 55: "Maybe I choose to sleep rather than the other alternatives."
- C 56: Yeah. It's not a very conscious choice though. (T: Mhm, hmm) I don't know. I do feel that um, all these things maybe are tied in with one mental attitude. Uh, maybe the homosexuality isn't the central issue. I don't know. (T: Mhm, hmm) Because there's all these other side issues. (T: Mhm, hmm) That's just the one that seems the biggest because that's the one that society doesn't condone. (T: Mhm, hmm) Where as lots of people sleep through classes. (T: Mhm, hmm) Lots of people uh, don't read a book with any great care, (T: Mhm, hmm) go to too many movies (T: Mhm, hmm) or something like that.
- T 56: It sounds as though you're wondering . . . (Inaudible). Isn't there perhaps some, some one unified problem and maybe it isn't as much . . .
- C 57: Yeah. Maybe, maybe it's just uh, the fact that some are brought into relief by the way other people think about them. (T: Mhm, hmm) Or something.
- T 57: Mhm, hmm. "Some problems would have sharper social aspects and some would not. (C: Yeah) But isn't there really in me one quite unified problem whatever it is?"
- C 58: Well there might be. (T: Yeah) I don't know. It certainly seems to be some sort of a pattern. (T: Mhm, hmm) I never thought of it before but I, I mean, I never uh, but I've never brought them all together and considered it. (T: Mhm, hmm. Mhm, hmm) That each one has a sort of a common element to it.
- T 58: Yeah that seems . . .
- C 59: I've always thought them separately. (T: Mhm, hmm) But there does seem to be some sort of a common element. The fact that waking up to face a new day is almost too much to be born. (Soft laugh) (T: Mhm, hmm. Mhm, hmm)

Something like that. Maybe that's another retreat from what's new. By rights I should be a political reactionary but I'm not.

- T 59: Mhm, hmm. Mhm, hmm. And at least there's the kind of vague feeling that, all these different things may be quite tied in together, and that dreading to wake up and face a new day is not as dissimilar from some of these other problems as it might be.
- C 60: Mhm, hmm. Yeah. That's true. (Pause 8 seconds) Well, I can't, can't understand what would cause something like that of course, that's looking for the cause. That's not looking at the way I am. Um, I can't, I've tried turning over new leaves and that simply doesn't work. Or maybe, at least it hasn't worked yet. You can't turn over a new leaf in everything. And write letters when you're supposed to and not put off anything.
- T 60: That is . . . you're sort of . . . I guess what you're doing is trying to feel out the implications of this and realizing, "Well certainly this doesn't change just by saying, 'Okay, now tomorrow I will (C: . . . will change) change.'"
- C 61: No. It doesn't work. (Pause 5 seconds) I don't know why it doesn't but . . . yeah, sometimes it does work for a while but it's always for just a short while. (T: Mhm, hmm) And I always want to lapse back into things the way they were.
- T 61: Mhm, hmm. "I seem to want to slide back or something. "
- C 62: Mhm, hmm. Mhm, hmm. That's also true of a composition when I'm writing a piece or something I uh, I sort of hastily put down a new idea and then I will allot all sorts of time copying. I'll rearrange it. I'll do any number of things with this one idea that's, that's come but I don't want to go on (T: Mhm, hmm) and write the, the uh, succeeding (T: Mhm, hmm) developments of it or something like that.
- T 62: It's sort of as though if you've taken one step forward then you like to . . . (C: I want to stay there.) Yeah. You like to spread out.
- C 63: Feel my way around . . .
- T 63: "Let's not move forward."
- C 64: And explore the whole situation where most they keep insisting that you write the whole mess as fast as you can and then go back and work detailed. (T: Mhm, hmm) But I'll copy I think, half-a-dozen times before I go on and do something else. (T: Mhm, hmm) Make two or three versions of it. Huh, it's sort of the same situation.

- T 64: You feel there again that's kind of the same pattern.
- C 65: Mhm, hmm. Same as the piano, same as the . . . (T: Mhm, hmm) uh, it's the new that's, that's what all sort of frightens me. It sort of seems to be sort of an obsession.
- T 65: You sort of feel as though it's surprising the extent to which this does seem to be a theme (C: Mhm, hmm) of being afraid of the new day, the new task . . . the new . . .
- C 66: That's . . . yeah that's . . . been as long as I can remember it too. (T: Mhm, hmm) Uh, well no. That's not true. When I was in high school I always enjoyed coming back for another year and I also enjoyed the . . . at least I think I did. Of course, at the time I probably didn't. As you look back you know, you always think that this is much better than what, than what is now. It wasn't always true. I remember very distinctly in my senior year in high school that um, I was thinking how much better the years before were than this year. (T: Mhm, hmm) And then I all of a sudden thought, "Well, in a few years I'll be thinking this was just about as fine (T: Mhm, hmm) as anything I ever had. (T: Mhm, hmm) I don't remember the uh, mental environment that you're in at the time or something. I don't know. Or that you looked at these things the way you looked at them at the time. You just remember what's good about them or something.
- T 66: Mhm, hmm. Mhm, hmm. You sort of realize that even back there the past tended to look better and yet, that you might have been really deceiving yourself (C: Yeah) about that. That when it was, when it was the present it maybe wasn't so hot.
- C 67: Yeah.
- T 67: I see our time's about up for today.
- C 68: Oh is it?
- T 68: Mhm, hmm. Uh, would you like to come back at 11:30 next Saturday?
- C 69: At 11:30 next Saturday?
- T 69: Mhm, hmm.
- C 70: Yeah. That would be fine.
- T 70: Okay.
- C 71: And I'll try to make it on time.

T 71: I'll try to be ready on time.

C 72: Okay.

T 72: Okay.

Rogers' Comments after the session

I think that this was a somewhat characteristic first interview. I'm sure that the development of it follows the kind of thing that one often sees, namely, "First my problem is a certain label." And then gradually, the individual begins to get more and more into his experience and begins to see that perhaps the problem is not that labeled thing, the neurosis or homosexuality or inferiority complex or what not. The problem lies more in his total experience. And it seemed to me that this boy began to recognize something of the patterning of his experience. That there were themes and threads running through his life that were perhaps in some total sense more important than the thing that he saw as the problem.

I think as far as the relationship was concerned, it seemed to me easy but not deep. As is more and more true of people who come for help these days, they seem to be prepared for the counseling experience. Evidently through this talk with his friend. And so it starts off easily but certainly without a great deal of emotional depth in the relationship.

I would say that from the point of view of the therapeutic process, what we've seen here is simply the very beginning of a relationship and also perhaps the beginning of the individual's exploration of his life and of his own experience. And he seems to be finding, as is so often true, that though, by himself, he simply goes around and around in circles in such exploration, the moment he begins to express himself in a relationship then somehow there does get to be forward movement. I think that he felt that he saw a few things about himself in this interview that he hadn't been aware of before. I would say that this is surely no more than the nearest start on a therapeutic experience, but that perhaps it is a start.

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Throughout this interview the response of the therapist (T) (Rogers), and the client (C) are numbered for easy reference.

Carl Rogers' 2nd Session with Mr. Lin

- C1: . . . That I was trying to force everything into a sort of a, a mold just to have it come out right, (T: Mhm-hm.) but I didn't come up with any alternative.
- T1: Mhm-hm. But there's just a feeling maybe that you were trying too quickly to see it all as a pattern or something like that?
- C2: Mhm-hm. (T: Mhm-hm.) It, uh, I wasn't exactly, uh. . . it was just trying to, uh, sort of convince myself that (T: Mhm-hm.) (inaudible) or something and, uh, I'm not sure that it does. It seems (T: Mhm-hm.) a little bit (inaudible). (T: Mhm-hm.) But, uh, I had a hair-raising week, which is sort of typical. And I put everything off until the last minute and, uh, you know, paid the price for it. Uh, and I was thinking about that, that it seems to me that I, uh, realized that, uh. . . well, it's, it's gotten to be such a habit putting things off and, uh, I realized that, uhm, I have to pay for it (T: Mhm-hm.) eventually. (T: Mhm-hm.) I mean, but I still go around in doing it. (T: Mhm-hm.) I don't learn from experience (T: Mhm-hm.) at all. (T: Mhm-hm.) I wonder what makes me do that?
- T2: Mhm-hm. You feel, this is me all right, putting everything off till the very last minute and then (C: Yeah. But.) having to pay the consequences but not learning from it.
- C3: Not learning from it. There's no sense to that. I know I should learn from it and yet I go around and do the same thing. (T: Mhm-hm.) Monday was, uh, well, I had a big, long, uh, motet due in school, counterpoint. And, uh, I, uh, naturally put off doing it until an hour before class. I had half of it done or something. I

thought I could whip it up in an hour. And so the upshot of it was that I was tearing my hair out until, uh, I was too late to go to class so I finished it and stuck it in the teacher's box after a great deal of, uhm, uneasiness or something. (T: Mhm-hm. Mhm-hm.) So, uhm, uh, but the same thing, well, would have happened, I put off working on something else for Thursday until Wednesday night, Thursday morning. Fortunately, the teacher didn't show up. But, uhm, that was so typical. You see, (T: Mhm-hm.) in the one, in the one instance I should have learned right there (T: Mhm-hm.) that I should have (T: Mhm-hm.) sat down and worked on what I had for (T: Mhm-hm.) Thursday, (T: Mhm-hm.) Monday or Tuesday, (T: Mhm-hm.) but no. (T: Mhm-hm.) That's happened time and (T: Mhm-hm.) time again.

T3: So the question you're asking yourself is, "Why do I live in this, uh, hanging-on-by- my-fingertips fashion or something (C: Yeah.) and just getting things in at the very last minute or even too late?"

C4: When I know, uh, when I actually know better. (T: Mhm-hm.) The only thing I can figure out is that, uh, it tends to make life a great deal more difficult than it actually is (T: Mhm-hm.) and, uh, there might be some sort of self-punishment or something. I don't know. (T: Mhm-hm. Mhm-hm.) It certainly makes, makes, uh, makes it much harder to get along with, for awhile it becomes (T: Mhm.) very easy, it's very relaxed, there's nothing doing I, uh. . .But then for a few, uh, he..., hectic hours before class, it's horrible. Then of course, I get nervous about it.

T4: And you're saying, "Maybe I do this in some sense to make life more difficult (C: Yeah.) as though I deserved for it to be." (C: Yeah.) Or something.

C5: Something like that. Exactly. Uhm (Clearing his throat), oh, yes and then there's the business of not getting up for class. I did that twice, one, Tuesday and, uh,

Wednesday morning. And, uh, but then I don't think that, that, that's, that's the pattern. I tried to make it fit last week, it was just (inaudible). I wasn't aware of, uh, uh, of what, what was going on. I don't know. Uhm, but I, I can't understand why I do that. (T: Mhm-hm. Mhm-hm.) (Pauses 4 seconds.) And then maybe these things are, are actually divorced from the central problem. (T: Mhm-hm. Mhm-hm.) I don't know.

T5: And then, I guess, at the moment the feeling is, "I don't see any real way of making sense out of all this. Whether all these things are that are related or not, I don't know."

C6: Yes. Yes. I tried to make them last week. (T: Mhm-hm.) And, but actually, it doesn't, it doesn't seem to me that, uh, that these are actually the things that really bother me from day to day to day. They, they keep cropping up. (T: Mhm-hm.) Whereas the other, as, as, as I told you, that seems to me about the one valid point that, that seems to hold true is that possibly, the only reason I thought so much about it was that they were so accented by society, (T: Mhm-hm.) by, uh, not being accepted. (T: Mhm-hm.) But these other things are things that, that keep (T: Mhm-hm.) going on and on. (T: Mhm-hm.) I don't know.

T6: And am I getting this right? That if you were to ask yourself, "Well, now, what really bothers me emotionally?" It would be these day by day things, is that, is that what you're saying?

C7: Yeah.

T7: Yeah.

- C8: Uh, I mean, not in the long run but, but day by day, (T: Yeah. Yeah.) they're what count. (T: Yeah.) They add up.
- T8: Mhm-hm. "The things that I seem to get concerned about on a day-by-day basis are, why don't I get, why don't I get things in on time?"
- C9: Yeah. (T: Why...) Why don't I do them ahead of time so that I don't have so much, uh, pressure all at (T: Mhm-hm.) one, uh, thing. . . and I mean, of course, the up shot of that is that, that, uh, after I've been working under pressure for maybe, terrific pressure, for maybe one morning or something, the minute classes are over, I just want to coast. I don't want to do anything. (T: Mhm-hm. Mhm-hm.) And I tell myself that this is, you need this relaxation (T: Mhm-hm.) whereas it's just wasting time. (T: Mhm-hm. Mhm-hm.) (Pauses 4 seconds.) And it seems so stupid because I can't see why I, I can't just simply sit down and make myself do it, but I don't seem to want to or something.
- T9: "Why would I follow a course of action that, intellectually at least, really seems quite, quite stupid. Unless it is that, uh, unless it is that in some fashion, I want to do things the way I do it?"
- C10: Yeah. I want to do it. That, that, that's, that's the only feasible answer as far as (inaudible). I don't know.
- T10: But I guess if I'm getting it, right, uhm, that seems like quite a logical answer. But it isn't something that you really feel. You don't feel that you want to do things, this, uh, stupid way or whatever.
- C11: I don't know. It's sort of confused whether, (T: Mhm-hm.) I don't know exactly what I'm, whether it's conscious, whether I want to, really like this better than,

than, than doing things the way everybody else does (T: Mhm-hm.) or not. (T: Mhm-hm.) (Coughing) (Pauses 10 seconds.) That was, that was, that was about the only two things I've been able to think about all week. (T: Mhm-hm.) I, uh, couldn't, uhm, I couldn't seem to make much sense thinking about the, all the rest. (T: Mhm-hm. Mhm-hm.) I figure that, uh, so if I did come to a conclusion that they're all the same problem and that it all follows a pattern or something, but I still don't know what to do about it. (T: Yeah.) And that, uh, there just doesn't seem to be any inner drive to, uhm, uh, all along the line, to, to, uh, make myself turn over a new leaf or something. (T: Mhm-hm. Mhm-hm.) I know I should, but there doesn't (T: Mhm-hm.) seem to be any inner compulsion. (T: Mhm-hm.) I mean, it's part of my philosophy. I don't feel that you can, that you can work (T: Mhm.) for very long on purely artificial drive. (T: Mhm-hm.) That's just. . . people who take, takes jobs that they really don't want to, want to spend their life doing I don't see how they can make a success of it because there needs to be something within their self (T: Mhm-hm.) that's gonna keep pushing them along all the time. (T: Mhm-hmn.) Mhm.

T11: So that you can say, "I should turn over a new leaf. I should do things differently." But you're feeling is that there is really nothing within you that really persistently wants to do that.

C12: Mhm-hm. (Pause 16 seconds.) You know, I don't know what to (pause 4 seconds), if that's true, I don't know what, what do you do about doing? Whether you, (T: Mhm-hm.) uh, uh, try, try and, uh, instill some sort of drive in yourself that is natural and whether you try and find out the reasons, uh, why you live the way you do or something. I don't know. I really can't think. Oh, I had one good setting on. Uh, I started, uh, in reading this week, I started reading somewhat more critically, which was sort of a step away from mental laziness or something.

- Very small (T: Mhm-hm.) and hardly noticeable, (T: Mhm-hm. Mhm-hm.) but it was encouraging.
- T12: There's, there's one little change that, uh. . .
- C13: Very, very imperceptible (T: Mhm. Mhm-hm.) to anybody else because I really wasn't going all out but at least I was making somewhat of a (T: Mhm-hm.) effort (Clearing his throat). And what I was thinking a great deal about what, what, uh, when I'm in class, which I do very rarely from time to time now, (T: Mhm-hm.) but that was also very encouraging. (T: Mhm-hm.) That at least I got ideas from, uh, uh, they were still somewhat unclear but I didn't follow them up right away. I didn't (T: Mhm-hm. Mhm-hm.) sit down and think them over.
- T13: And I guess you're telling yourself, "Yes, there have been one or two little things, very small things that, that have been a little different (C: Yeah.) (inaudible)."
- C14: Yeah. Yeah. And they were very encouraging, they were enough to keep me going along (T: Mhm-hm.) in quite a good mood actually. (T: Mhm-hm.) But to anybody else it would seem idiotic. (T: Mhm-hm. Mhm-hm.) They were just (inaudible), it seems. (Clearing his throat)
- T14: I guess, it sounds like, it gives you very real pleasure even if those (C: Mhm-hm.) things were quite small.
- C15: Yeah. It really did, uh, because it such a change from thinking about nothing to start thinking about something (T: I see. Uh-huh.) so at least thinking at all. (T: Uh-huh.) Because, as I told you, it was one of those things that was worrying me. (T: Mhm-hm.) Thinking. . . it wasn't very clear, it wasn't very logical thinking, (T: Mhm-hm.) but it was, uhm, sort of a step.

T15: It made it sort of possible to feel, “Well, to some degree, some of the time, I have some focus.”

C16: Yeah. That’s a, that’s exactly the illustration I wanted to point out. I have, uh, at times, I have sort of, uh, feel sort of confident in what I can do. But, uh, I see the thing is this, that I have mental faculties that are like a bunch of searchlights, (T: Mhm-hm.) that you see them before as when you’re looking for a plane, they are going off in all directions. (T: Mhm-hm. Mhm-hm. Mhm-hm.) When I find it, they all focus on one spot (T: Mhm-hm. Mhm-hm.) and you see all these things (T: Mhm-hm.) focusing on one spot. (T: Mhm-hm.) Well, if I could do that, (T: Mhm-hm.) focus on (T: Mhm-hm.) them. I think I could do whatever I wanted to, (T: Mhm-hm.) but I don’t, (T: Mhm-hm.) keep going off in all directions. I spend, (T: Mhm-hm.) spend tons of energy acting, or at least I think it must take some energy acting the part and, uhm, instead of, of, well, energy that I could use better somewhere else or something. I don’t know. And then, uh, getting an idea, I get lots of nice ideas, but I, uh, I do, uh, mentally too lazy to follow them up. And that’s another, just another searchlight, that’s a little bit off the beam, (T: Mhm-hm.) I guess, at times. (T: Mhm-hm. Mhm-hm. Mhm-hm.) (Clearing his throat) (Pause 3 seconds.)

T16: But it’s the, at least, temporary focusing sometimes during this past week with these different wandering searchlights (C: Yeah.) that, uh. . .

C17: Well, I don’t, I don’t see they’re focused, but that’s an illustration of what I (T: Mhm-hm.) sort of graphically.

T17: Mhm-hm. That’s more a picture that you’d like, is that right?

C18: Yeah. (T: Mhm-hm.) That's what I'd like. (T: Mhm-hm.) That's what I think. . .
Then when I think I can do that, I think I'll be perfectly all right. (T: Mhm-hm.)
But the thing is I'm not all sure of what, where the point is, so maybe I (chuckles)
(T: Mhm-hm. Mhm-hm. Where, where's?). . . what point do I want to focus on?

T18: Where's the plane you're suppose to be (C: Yeah.) focusing on? (Pause 7 seconds.)

C19: Which is certainly, uh, it's, it's, uh, that's a pretty valid reason for not being able to
focus. (T: Chuckles.) I don't know what it is.

T19: So if you don't know what you're looking for, it's not too surprising you haven't
been able to find it.

C20: Mhm-hm. Sometimes it helps, though, to follow sort of an abstract, uh, concept or
just a sort of analogy like that because you can, uh, at least get some sort of, uh,
put the problem in some sort of form. You can see more clearly, almost a little bit
more objectively then (T: Mhm-hm.) if you're out, uh, right in the middle of it all
the time, (T: Mhm-hm.) you can't always see. (T: Mhm-hm.) I mean, I'm also
almost afraid of forcing things into a (T: Mhm-hm. Mhm-hm.) mold that they
don't fit.

T20: Mhm-hm. Whatever you do, you don't want to arrive at some pseudo-solution of
things.

C21: Yeah. I want to arrive at a good, workable solution (T: Mhm-hm.) that isn't gonna
let me down. (T: Mhm-hm.) And, uh, I was gonna say if you fall off that idea that
that thing to do would be to look for the point, look for the reason or for the, uh,
the focus. (T: Mhm-hm.) In other words, is the central problem. What is the
central problem? (T: Mhm-hm.) And yet, uh, well, that's, (inaudible) uh, that, uh,

and yet you don't want to follow too abstract of a pattern, you might be getting off the track or something.

T21: Mhm-hm. Mhm-hm. Mhm-hm. It is to find the central problem or issue, I guess, that's what you'd like. But you don't want to be deceived there either by following something that seems right in the abstract. . .

C22: Just, just. . . yes, just because it fits in the abstract, (T: Mhm-hm.) yeah. (T: Mhm-hm.) It might not fit at all (T: Mhm-hm. Mhm-hm.) in, uh, real life. (T: Mhm-hm.) As I said, it does sort of help to clarify things (T: Mhm-hm. Mhm-hm.) (inaudible). But it seemed last week when I left that, uh, that we, I did have at least some sort of an idea that there was a central (T: Mhm-hm.) one, big, uh, issue and all these other things sort of added weight to it and I retrogressed. (T: Mhm-hm. Mhm-hm. Chuckles.) I don't think that. . .

T22: It seemed then there is some central, definable problem (C: Mhm-hm.) and now. . .

C23: Well, it seemed that all the, all the evidence pointed to that. (T: Yeah.) I'm not sure that I wasn't forcing the evidence. In other words, (T: Mhm-hm.) I'm not sure there wasn't a (T: Mhm-hm.) pseudo-, (T: Mhm-hm.) forced.

T23: Mhm-hm. Except now this week you feel, "Well, I'm not at all sure that what I saw there was really deeply so and I don't feel (C: No.) quite that way."

C24: I was just kidding myself a little bit. (T: Mhm-hm. Mhm-hm.) (Pauses 5 seconds.) So I suppose the accomplishment has been nil. (Chuckles.) Sort of...

T24: Sort of a feeling, "I took one step forward and one step back."

C25: And in the same place, yeah, although, uh (inaudible). I don't where they came from, (T: Mhm-hm.) why I even started reading critically. (T: Mhm-hm.) I took it off, I took up a book that I had read before and liked very, very much. And I decided I was going to read it again to be able to enjoy it and also to, uh, uh, see just exactly what the author was doing. I mean, (T: Mhm-hm.) what was he playing out in this (T: Mhm-hm.) sort of thing? And I came up with some very general and probably not accurate at all conclusions but at least I made the effort to (T: Mhm-hm.) try something.

T25: And you're saying there, too, that, "The place I had sort of thought I had gotten, I don't think now I really got there. But the little changes that did occur, like, uh, reading more critically, I don't know where those came from, they just. . ."

C26: I don't know where they came from.

T26: They just happened.

C27: They just popped up. (T: Mhm-hm.) And they were very encouraging. (T: Mhm-hm.) I guess that's the point. (Pauses 6 seconds.) But it seems very hard to, to start from scratch in something that you, uh, didn't really understand. And, uh, to come up with, to all of sudden to be able to figure this thing out clearly. I guess, it's not going to come all of a sudden, (T: Mhm-hm.) in a flash, a great light (inaudible) again.

T27: You sort of realize it's most unlikely there will be any miracle on this.

C28: Oh, definitely, by now. Because, uh, I just got in the habits of thinking, uh, and anyway... I'm sure that sort of thing takes time (T: Mhm-hm.) especially when

you're right in the center of a, sort of a maelstrom. (T: Mhm-hm.) You don't, uh . . . if you're, if you're going to be objective outsider, it's different (T: Mhm-hm.) forming your own conclusions. But it's hard to see your way around (T: Mhm-hm. Mhm-hm.) in that sort of fog.

T28: Mhm-hm. It's that part of the perplexity that you're expressing, that when you're right in the middle of this storm, how do you know what way to go? (C: Yeah.) How do you start from scratch?

C29: How do you start from scratch? I thought about that a lot, too. After I dispensed with the, (T: Mhm-hm.) the idea that I'd got somewhere last week. (T: Mhm-hm.) I mean, uh, not dispensed but sort of, uhm, decided that I went a little bit too far maybe. (T: Mhm-hm.) (Pauses 8 seconds.) (Sighs.) (Pauses 12 seconds.) Oh, I had a very strange experience last night, too. I was downtown. I was downtown for something. And, uh, going back I was, I was coming back from the south side on the subway. And, uh, I got off downtown, thinking I would go to a movie because I didn't want to, I really didn't want to go back and practice which was, of course, the thing I should've done. And so I got off and went sort of plowing around the Loop, looking at all the theaters, and, uh, was mo... uh, sort of tempted by one. And I didn't, I had just enough money to get into the movie and back to Evanston on the subway. But, uh, I thought I'd walk around the block and let the temptation cool off a little bit more. And, uh, I was just sort of lost. (T: Mhm-hm.) I didn't quite know what I wanted to do. (T: Mhm-hm.) And, uhm, I knew of course that I should go back and be practicing. (T: Mhm.) I should be practicing four or five hours a day, of course I'm not. (T: Mhm-hm.) But, uhm, uhm, uh, I gave up the movie idea and I went in had a coke at the drug store and went back on the subway and practiced for an hour and a half (inaudible). I was so completely lost. I didn't really know what I wanted to do and why. But, uh, at least I managed to, uh, (inaudible) I felt really funny. Uh. . .

T29: There's some really strange quality to that, a, a feeling, "I don't know. I don't have any idea what I really want to do." Yet somehow you wound up. . .

C30: Doing what I thought was the right thing.

T30: Mhm-hm. (Pauses 4 seconds.) And I gather there's some quality to it, "I don't understand what this was all about."

C31: I don't understand, no. I didn't (inaudible) but that the feeling then was sort of funny. I mean, I was just, uh, sort of exemplary symbolic or something. Uh, just being sort of lost, pulled between two, (T: I see.) two (T: Mhm-hm.) things and, (T: Mhm-hm.) uh, really not having the remotest idea of, of which, (T: Mhm-hm. Mhm-hm.) which I wanted to do. (T: Mhm-hm.) And yet I knew all along what I (chuckles) should be doing. (T: Mhm-hm. Mhm-hm.) In the absence of the desire then I went and practiced.

T31: Mhm-hm. But, but there was a feeling, "This symbolizes me somehow." (C: Yeah.) "Caught between different things and knowing perfectly well what I should do, but really not knowing at all what I want to do."

C32: Mhm-hm. (Pauses 3 seconds.) That's when I, I had very clearly figured out mentally what I wanted to do, you know, (T: Mhm-hm.) I mean, (T: Mhm-hm.) as far as life goes. (T: Mhm-hm.) But, uh, at the same time, and I really want that, but at the same time, there's, there seems to be all sorts of forces there that don't, (T: Mhm-hm.) are keeping me from it or something. And I, in other words, I know what I want and yet I don't know what I want (chuckles) (T: Mhm-hm.) which is very unclear.

T32: No, I think I really catch that. That, that, uhm, intellectually, you could say quite clearly what you want.

C33: And emotionally, too. Uh, I mean, emotionally, uh, in so far as I know what I enjoy doing (T: I see.) all the time, (T: Mhm-hm.) as far as a life's work goes. But, (T: Mhm-hm.) but there are these other things that keep me from doing, from day to day (T: Mhm-hm.) what I know has to be done (T: Mhm-hm.) to build up a (T: Mhm-hm.) background.

T33: I see. That's more as though, "I really do know intellectually and emotionally where I want to get, but there seem to be forces in me that, uh. . ."

C34: Pulling me away.

T34: "Do something to mess it up on the way."

C35: Yeah. Other forces that want to do something else, (T: Mhm.) uhm, and, uh, uh. . . (Pauses 6 seconds.) All this business, it seems to be a sort of a day-to-day living especially though. These movies actually to me what alcohol is to an alcoholic, I suppose. (T: Mhm-hm.) There just, it's just as, uh, uhm - I can't think of the word. But it's just as, it's not as good for me (T: Mhm-hm.) in a habitual sort of, you know. . .

T35: It's a real addiction.

C36: Yeah. Uh, and getting, getting around something, (T: Mhm-hm.) getting away from something. (T: Mhm-hm.) And, uhm, sometimes I just, uh, give up and say, "Well, oh, what difference does it make, one right now it doesn't make (T: Mhm-hm.) any difference in the long run." But, of course, they all add up (T:

- Mhm-hm.) and they do make a great difference in the long run. I always think of the things in the long-run, rather than. . . or at least sometimes in the long run rather than the short-run because it sometimes gets depressing and sometimes it seems about the only way you can, uh, know what to do.
- T36: Mhm-hm. Mhm-hm. Mhm-hm. So that you do give importance to the long-run, (C: Mhm-hm.) but I gather in the, in the present, movies have this really compelling pull somehow that, that has nothing to do with the movies, really, it's, it's something you must have.
- C37: Yes. Actually because I don't, of course, along with this, uh, business why, uh, I become sort of a, uh, at least learn to know my way around and I know the difference between a bad film and a good film (T: Mhm-hm.) quite easily. Well, anybody does. But, uh, you know, I enjoy a good film much more (T: Mhm-hm.) but I would still go to a bad film just, (T: Mhm-hm.) just, uh, (T: Mhm-hm.) (inaudible) or something.
- T37: Mhm-hm. I don't know how strongly you mean that last word. But as though (C: Well, I mean.) sometimes just out of annoyance of something
- C38: Yeah. Yeah. It seems terribly silly that, that they could, uh, (inaudible) be such an addiction or something (inaudible). Uhm, (pauses 4 seconds) and the same thing happens after Friday, especially Friday afternoon, when the whole week is over and done with at, at, uh, 11:30. Uh, the impulse is. . . well, I always do it, I go over and have coffee with some friends from class. The impulse is just to stay there all afternoon, (T: Mhm-hm.) talking and drinking coffee (T: Mhm-hm.) or something. And, uh, because, uh, I want to relax after more or less pushing myself, except I don't really push myself like the other kids do, in a sense of a way that they push themselves fairly steadily and get things done. (T: Mhm-hm.) I

push myself tremendously hard for about three or four hours at a time (T: Mhm-hm.) just in order to get in one thing. It's, it's a living from day-to-day proposition. (T: Mhm-hm. Mhm-hm. Mhm-hm.) The assignment falls due on one day and I'll probably get up early in the morning and work at it (T: Mhm-hm.) until it's due or something. (T: Mhm-hm.) (Pauses 7 seconds.) [End of Side A of the tape] And I, this gets back to what I said at the beginning that I know all along that's making it much more difficult.

T38: Mhm-hm. (Pauses 3 seconds.) "I seem to find myself doing the things that I know make life tough, uh, and unsatisfactory."

C39: Yeah. (Pauses 12 seconds.) This, this seems to be just sort of going around in a circle now. I've made the circle. But, uh, and I'd say it sort of seems to avoid the central issue, yet I don't know what the central issue is (T: Mhm-hm.) so I can't say.

T39: Mhm-hm. Mhm-hm. All you have is the feeling that, "Somehow I'm going around and around (C: Yeah.) something, but I don't know what the something is."

C40: Yeah. And witne..., witnessed the, I mean, the, the thought process of the, just now and starting from one point and sort of going around (T: Mhm-hm.) and coming back to that point. (T: Mhm-hm.) A lot of, the way I do a lot of my thinking. (T: Mhm-hm. Mhm-hm.) That's what I run into quite often, in fact most, all of the time. (Chuckles.) (Pause 5 seconds.)

T40: You feel it's really. . .

C41: At least the last weeks was, uh, uh, different in form in that I sort of followed one idea down the line. It might have been the wrong one, but at least it was pursuing

a train of thought down. (T: Mhm-hm.) One thing, dragging in all these other things just now to push me down one side of the road whether it's a dead end or not. But this other, you see, I drag in all the other things and, and I just, and I just sort of go around in a circle, come back where I started out from.

T41: And I guess you're saying. . .

C42: (inaudible)

T42: I guess you're saying, "I kind of like the fact that I was sort of organized (C: Yeah.) last week and going somewhere, even though maybe the somewhere I got, I wasn't quite, uh, (C: I wasn't.) where I thought it was. (C: Yeah.) And this week, I feel as though this is more characteristic of me."

C43: Yeah. Much more.

T43: "Just kind of going around in a circle and never getting to whatever it is that's in the center. (C: I was.) But I, I don't like it."

C44: I don't like it. But because of last week, I was sort of encouraged to just purely by the thinking of the thought process (T: Mhm-hm.) moving down the...

T44: Sort of feeling, "Look, I can go somewhere."

C45: I can do it. I was very surprised (T: Mhm-hm.) because I mean, (pauses 13 seconds) (Sighs). It seems to be a largely, uh, a proposition that has to be thought out and if I did get some sort of, uh, order or method that, uh, maybe I could think through it, but I can't think through it (inaudible). And this is largely the way I think when I'm alone. (Clearing his throat)

- T45: That seems to be, “What my situation needs is orderly thinking and yet look what I do? Here, (C: Yeah.) I’m doing the same kind of thing I always do, just, uh, (C: Yeah.) jumping around or something.” (Pause 7 seconds.)
- C46: That’s why I say that it’s sort of more difficult when you’re in the middle of it because that’s the sort of thinking you do, feeling that I’m, uh, very much tied up in this whole thing. I don’t get any clear perspectives. I’ve been doing that for ages.
- T46: Yeah. I guess, you’re saying, “I’m experiencing right now, right here the thing that is almost most characteristic of me, of just being (C: Yeah.) in a kind of muddled situation and not really knowing what it’s shape is (C: Mhm-hm.) or what it has in it.”
- C47: Yeah. And it’s been that way, uh, uh, as long. . .well, it’s been that way, at least since I went to college (inaudible) confused. When I, I told you before my memory isn’t too often good for what, what it was like in high school, which I always attach all sorts of (inaudible) values to and say that these are the happiest days of my life (T: Mhm-hm. Mhm-hm.) when they weren’t all, (T: Mhm-hm.) at all. But after the fact, they seem quite wonderful. (T: Mhm-hm.) And I can’t remember what they, how I felt. But I have an idea there was sort of the same thing, living from day to day and working only when I had to, (T: Mhm-hm.) when it was absolutely imperative to get something done (T: Mhm-hm. Mhm-hm) at the last minute. I can remember very well my two term papers that I wrote in my senior year of high school were both written right before that I turned them in. Fortunately, I came out very well in both. But, uh, it was really agonizing (inaudible).

- T47: Mhm-hm. (Pauses 4 seconds.) So you're pretty sure that the way it is now, is very much the way it was in high school, too.
- C48: Yeah. The way it's always been. (Pauses 5 seconds.) Though I don't think that's my way of doing things. I mean, I do think there's another way that's much more satisfactory. I don't know. I mean, I wouldn't go so far as to say that that this is my personality and the way I work (T: Mhm-hm.) and everybody else can drop dead. And they tell me (pauses 3 seconds) because I see everybody else (inaudible) and they seem to get through it (chuckling) a lot better than I do. I don't know. Maybe they don't. Maybe they all feel quite harassed at times.
- T48: Maybe the other people are muddled too, huh? But I guess, uhm, (pauses 3 seconds) I wasn't quite clear the way you put it, but what I got is, uh, "This is the way I am, but don't misunderstand me, I realize there is a better way of doing things." Is that?
- C49: Not exactly. Uh, yeah, this is the way I am and, uh, uh, there is a better way of doing things but just because I've been this way for so long, I wouldn't rationalize it and say that this is my personality, (T: Mhm-hm.) my way of doing things.
- T49: "This is not necessarily permanently me."
- C50: Yeah. (T: Mhm-hm.) It's been that way for a long, long time. (T: Mhm-hm.) (Pauses 5 seconds.) (inaudible) this thing seems to have much a great deal of bearing on (inaudible) because they're what bother me all the time, (T: Mhm-hm.) and I always have to, uh. . . (pauses 3 seconds) homosexuality, I'm incidentally more. I mean, it used to be an obsession, but I, I think of it more, uh, occasionally now than these other things which keep cropping up all the time. (T: Mhm-hm.)

- T50: So it seems as though this, uh, this feeling of confusion and muddling through and so on, that really seems to be the thing that is of more immediate concern than homosexuality, for example.
- C51: Yeah. And yet I want to change everything. (T: Mhm-hm.) I want to get rid of it all, but, (T: Mhm-hm.) uh, intellectually I want to get rid of it all. I don't know what I want to do emotionally. Because if, if I had wanted to do it every way, I would have done it (T: Mhm-hm.) a long time ago. (T: Mhm-hm.) Something holds me back.
- T51: Mhm-hm. (Pauses 3 seconds.) I guess, you're saying there, "I must be divided in some way because if I wasn't divided (C: Yes.) I would have done whatever I think I want to do."
- C52: Yeah. Except that. . . and, yeah, all people do very contradictory things. I mean, they do. . . which lead you to believe that people are very seldom all of one mind. (T: Mhm-hm.) I mean, they all act with a certain degree of consistency according to one idea and yet you find them doing something that's just completely, it doesn't figure in with (T: Mhm.) a lot of things that they've done before. (Pauses 7 seconds.) So I can't hope that I'll, by getting through this be all of one mind or something. (T: Mhm-hm. Mhm-hm.) (inaudible). But it's just wanting to get rid of these elements that I feel are holding me back, make them work for me instead of against me (T: Mhm-hm. Mhm-hm.) or something because I don't figure I can get (T: Mhm-hm.). . . and actually I suppose you can't get rid of them, but, but if you can find out what they are and, and, uhm, sort of bring them around (chuckles). (T: Mhm-hm.) I don't know.

T52: "I'd like to know what it is in me that is working against me and maybe those feelings or forces or whatever they are, could be turned to constructive use." Is that?

C53: Yeah. (T: Mhm-hm.) Because I, the, sort of a conservation of matter, principle (T: Mhm-hm.) and I imagine it holds true (T: Hm-hm.) or at least, it's such a nice theory. (T: Mhm-hm.) It's very pleasant to think (T: Mhm-hm.) that it hold through in the mind too. (T: Mhm-hm.) I mean, you don't get rid of things, (T: Mhm-hm.) they just, you put them in some sort of (inaudible). (T: Mhm-hm.) (Pauses 13 seconds.) But if that's true there shouldn't... uh, I don't know how to go about finding out what these things are. They seem to be sort of an escape and a rationalization or something, something, always wanting to get away from, from these pressing problems. And if you could put a label to it or find out what they are, you could at least be able to meet them more or less head on or (T: Mhm-hm.) some sort of clear vision, (T: Mhm-hm.) if you know what they are. (T: Mhm-hm.) If you don't know what they are, (T: Mhm-hm.) you'd sort of lose it. (T: Mhm-hm.) But it seems to be sort of a, well, as I said before, just sort of an escape, uhm, wanting to get around doing what I intellectually know what has to be done, or what should be done.

T53: Mhm-hm. You feel, "I don't, I don't really know what these oppositional forces are in me. All, the closest I can come to pinning them down is that they seem to be some desire to get away, escape the pressures."

C54: Escape the problems and (T: Escape the problems.) everything else. (T: Mhm-hm. Mhm-hm.) (Pauses 4 seconds.) I know that if there weren't any, uh, if the, the university didn't grade on a grade point system, if they didn't give grades, I certainly wouldn't have all this pressure because I simply wouldn't do it. (T: Mhm-hm. Mhm-hm.) I would, uh, put everything off (T: Mhm-hm.) and yet

when it came time to do something for class, I wouldn't have it done (T: Mhm-hm.) because I would see, you know, (T: Mhm-hm.) sense in putting myself through all that (T: Mhm-hm.) agony (T: Mhm-hm. Mhm-hm.) (inaudible). I would escape from it completely there, (T: Mhm-hm.) but I wouldn't have anything to (T: Mhm-hm.) show either.

T54: Mhm-hm. So that, "If it weren't for the pressures on me. . ."

C55: I wouldn't do anything.

T55: Wouldn't do anything, right.

C56: Precisely. (T: Mhm-hm.) If I went off and lived in a shack (T: Mhm-hm. Mhm-hm.) as a hermit, I wouldn't have anything to show (T: Mhm-hm.) for about 50 years (chuckles).

T56: Mhm-hm. Feeling as if. . .

C57: (inaudible) my present (T: Mhm-hm.) state of mind. That's not what I want though.

T57: Mhm-hm. It isn't what you want and yet there's also a realization, "If I were just left to myself, I wouldn't do a damn thing."

C58: Precisely, yeah. It sounds horrible, but I guess that's it.

T58: Sort of. . .

C59: I mean, well, actually. . . I mean, figure it out. The, the, uh, person... I, if I put myself, put all this stuff off till the last minute and I do it once and find out, what, uh, horrible business it is to do it all at the last minute, the next time it comes along, uh, I'm going to say, "Well, not do it. We'll just skip this assignment and do the next one." And that will go, that pattern will continue because just without the outside, without the university or even society imposing its regulations on me, uhm, (T: Mhm-hm. Mhm-hm.) I wouldn't see any use to putting myself through all this, uh, trouble. It's a very uncomfortable business conforming or something.

T59: Is this putting it too strongly? "If there weren't external demands on me, there is nothing in me that would move forward."

C60: No. (Chuckles.) No. Uh, uh. . .oh, no. . . wait.

T60: You mean, I'm wrong?

C61: Sort of wrong. Because I don't want to, want to demolish myself completely. I mean, I want to say that there's, there's something there that, uh... Oh, I see I put this. . . uh, if there weren't external demands made on me, uhm, I, I would follow my, uh - presuming I'm in my present state of mind - I would follow my present actions. In other words, I would put everything off until the last minute. But when it came time to do it, I'd say, "Well, this is too much trouble. This is too much pain to put myself through." (T: Mhm-hm.) And I wouldn't get it done and yet I'd still have a conscious realization that I wasn't getting anything out of the course, I wasn't doing anything which would follow through, straight through anything. (T: Mhm-hm.) I mean, uh, because, I, uh. . .well, what I know, enough to know when I'm, what I should be doing. In other words, there's a part of me that, that, that wants to do it and yet (T: Mhm.) according to my present behavior I

- wouldn't do it at all. (T: Mhm-hm.) What was it that you said before? It was, uh, uh. . .
- T61: Where did I put that? (C: Uh.) That there would be nothing in you that move forward, I guess, is what I said.
- C62: Yeah. There would, nothing would push me forward, but there would be part, something that, uh, wouldn't, that I would still want to go forward, but I wouldn't do it.
- T62: I see. Uh-huh. All right. That. . . In other words then if there were no – let me try rephrasing it to see if I can catch your feeling. (C: Chuckles.) “If there were no external demands on me, (C: Mhm-hm.) I'd probably would do nothing, but there would still be in me some feeling that I should be moving forward.”
- C63: Yeah. (T: Mhm-hm.) I get something, I'd get nothing done, but I would still want to do something.
- T63: Mhm-hm. There still would be a desire even though. . .
- C64: So I'd be very, very frustrated (T: Mhm-hm.) if it weren't for society (T: Mhm-hm.) even more (T: Mhm-hm.) than I am. (T: Mhm-hm. Mhm-hm.) And probably more at odds with myself (T: Mhm-hm.) and I'd get madder (T: Mhm-hm.) and madder (T: Mhm-hm.) at myself (T: Mhm-hm.) as time went on.
- T64: Mhm-hm. You feel that really then, the demands on you to meet deadlines and so on are kind of fortunate for you because it saves you from facing the complete frustration you would feel if, if nobody (C: Yeah.) forced you to do anything. (C: Yeah. Right.) And yet you felt very much divided within yourself.

C65: Yeah. I never thought of it that way before either because I've always loathed all of these, these things (T: Mhm-hm.) that are imposed from outside, (T: Mhm-hm.) social conventions that make me write letters (T: Mhm-hm.) to thank people for things (T: Mhm-hm.) and do it properly that (T: Mhm-hm.) I've always thought was a lot of hogwash. But I can see (T: Mhm-hm.) it's, quite, quite a social (inaudible) (T: Mhm-hm.) because if they weren't there I wouldn't do them.

T65: "If it weren't for all these demands for conformity I really would feel worse off inside then I didn't. . ."

C66: Probably. Yes. (T: Mhm.) Because, uh, uh, I wouldn't do them out of the goodness of heart because it's too much trouble. And yet I really would have enjoyed having stayed at a person's house (T: Mhm-hm.) but I wouldn't want to (T: Mhm-hm.) take the trouble to (T: Mhm-hm.) thank them. (T: Mhm-hm.) That social convention.

T66: Mhm-hm. So there's, just using that for an example, you would kind of feel more deeply torn and feeling, "I did enjoy it and did appreciate it." (C: Yeah.) But still knowing you would do nothing about it.

C67: (Chuckles.) I would do nothing about it. Yeah. That's exactly it. So there seems to be a lot more, uh, sense to some of these things than I previously thought. (T: Mhm-hm.) (Pauses 8 seconds.) That's so unfortunate because it shows how rational I think I am. (Both chuckle.) That's good though.

T67: That is to see some sense in what you've been saying makes you a little more aware of it and some of the ways in which you've deceived yourself, is that, uh?

C68: Yeah. (T: Mhm-hm.) I've been yelling about, (T: I see. Oh.) uh, for years, (T: Mhm-hm.) I've been yelling about the university and (T: Mhm-hm. Mhm-hm.) why everybody's after a grade point. (T: Mhm-hm.) Well, I still . . . but I can't really stick with that right (T: Mhm-hm.) down the line. (T: Mhm-hm.) (inaudible).

T68: You have been protesting and protesting these social demands. "And (C: Yeah.) now I realized that without them I might be more unhappy than I am with it." (Pauses 10 seconds.) I hadn't noticed, but I see our time is up.

C69: Oh, well. . .

T69: Unless you want to say something more?

C70: No, I think. . . at least, I've seemed to accomplish something at the eleventh hour. That's, uhm, the way it goes.

T70: Shall we make it next week at the same time?

C71: I would say yes.

T71: Okay.

C72: That would be fine. Mhm-hm.

[End of session]

COMMENTS

Rogers: I thought that this, uh, second interview was, a, very interesting one and shows the way in which therapy begins to get underway. Uhm, this particular individual, uh, came in in the first interview, uh, with the problem all sort of neatly labeled and packaged and going ahead quickly intellectually. Uh, now, quite on his own initiative, he's come to realize that, uh, somehow that isn't the answer and, uh, he sinks back into the muddlement and confusion that is himself. And then as he begins to explore in these confused, uh, feelings, which are certainly far from clear to him, uh, he finds that they make a certain amount of sense. And, uh, uh, it seems to me that he has begun on the, that in this interview, you could really say he has begun on the process of self-exploration. Where, uh, in the first interview, I feel, he was looking at himself more from an outside and making a, uhm, uh, neat diagnosis of what his patterns were and so forth. Uh, I felt that there was some significance in the, uhm, uh, fairly long pause during the latter part of the interview. I think I've come to feel that when the client, uh, is able to pause it, uh, has some real meaning, that no longer does he feel this necessity of pouring out data for me. He's beginning to turn inward and, and to begin to, uh, explore, "What do I feel? What are these sensations I have? What are the elements of the confusion I'm in?" And I believe that, uh, that was a part of what was going on during that pause.

I feel that the, uh, uh, relationship is good, is beginning to take on a little more depth of understanding than was evident in the first interview. Uh, I think one can begin to see here the real, the real start of the therapeutic process, particularly as he asks himself, uh, "What is there in me that in any way wants to move forward?" I thought that was, uh, quite an interesting bit in the interview where, though I felt I had rather adequately reflected what he had expressed, he was quite horrified at the thought that there was nothing in him that wanted to move forward. And he wanted to very quickly, uh, correct my misunderstanding of his, uh, feeling on that score.

Uh, I might just add that for me as therapist, and this may seem curious to many people, I really no longer feel any urge to try to figure out, now where is this going, what

will come next, uh, what issues will he explore now? To me that seems somewhat irrelevant and quite unnecessary for me to be concerned about that. I can rest comfortably in the fact that a process has been started in him, which will lead him somewhere. And that I can best facilitate that process of search not by my intellectual astuteness and guessing beforehand on where it may go, but by being a sensitive and understanding companion of him in every step of the search that he may wish to make and in any direction that he may wish to make it. So that I genuinely feel that I will enter the next interview in the most helpful fashion if I have not burdened my thoughts and attitudes with the question of, "Now where does this lead?" He knows inwardly, at some level, where it is leading and, uh, I can rest quite assured that, uh, that he will slowly follow that inward need to explore the, uhm, that areas that cause tension.

One interesting example of this inner tendency to, uh, follow where one's feelings lead is giving in the way in which he, uh, described the fact that he realizes that, well, homosexuality might well be said to be his problem from society's point of view or from a long-range point of view, that's not the problem that his feelings are really concerned with. His feelings at this moment are concerned with his confusion. And so we already see the beginning of this inner direction that I'm sure he doesn't know about consciously, but that he just follows unconsciously and realizing, "It doesn't do much good to talk about something that's intellectually a problem, I feel better in talking about the things that really concern me." And I think that type of feeling, on his part, will no doubt be followed again and again as therapy progresses.

This transcript is available for purposes of research, study and teaching. It may not be sold.

Throughout this interview the response of the therapist (T) (Rogers), and the client (C) are numbered for easy reference.

Excerpts of Carl Rogers' Sessions with Mr. Necta – 1955-1957

[Source: Box 138/8, Carl Rogers Papers, Manuscript Division, Library of Congress, Washington, DC.]

Session 58

Part I

- C1: You know, I expected kinda to get a severe rejection...this I expect all the time. I don't know why this is, but even if I go up to somebody and ask for the time, the thing that I'm really bracing myself against is a severe rejection of me even if it is realistically and completely unlikely and everything. But that's kinda that...I really have to brace myself against something as strong as that just to ask for the time.
- T1: Even in the most trivial kind of relationship the feeling is..."Here comes rejection!"
- C2: Here comes...some tremendous danger...you know, and physical violence doesn't even get the danger in it...although I do fear physical violence a lot. That's the same kind of thing...That if whatever the worst that can happen can be, that's kinda what I feel most concerned about.
- T2: That's almost a better phrase for it than rejection. That the point is, you're expecting the worst. Exactly what the definition of worst is, may not be too easy to know. But you just know..."This will be catastrophe."
- C3: Ya...and the idea that it's not so, is very hard...but somehow I guess I even feel it with you...or at least this is what I kinda have ta be ready for and if I do something which seems like it might make it a little more possible, then I have to...sorta compensate...to make sure it's all right again.
- T3: So it's in this relationship too. There is the feeling that..."Look out if I do something a little out of line...the world will fall in on me." Or something like that. (Pause 35seconds)
- C4: It's hard to talk about it like you because I don't know quite...or it's that I want to be so good with you somehow, you know...?

- T4: Mhm...mhm
- C5: I want to be the best I can possibly be with you...kinda like that...But that somehow ties with this idea that you...of feeling so good with...you were my father. That I just try to do good for you.
- T5: In the way I'm understanding that, though I'm not quite sure of that, is... you would want to be the best possible here in my terms. Is that the way you mean it?
- C6: Ya. It would feel good being that way. I had the same feeling I had when I just thought of this. It was that...that...it was somehow a past need and that I had to be the best possible for you in your terms. (Pause) But I'm not sure on...but there was some negative side to the idea...I was picking up somehow...(Pause)
- T6: But anyway, that doesn't quite catch the present feeling.
- C7: But I kinda still have to work through that...work through the feeling of being a little boy...feeling good pleasing his father...
- T7: Mhm. Mhm.
- C8: That it's something just as...
- T8: Sorta that...that's
- C9: But that's sorta one of the stages I'm at somehow.
- T9: That sorta...that...that has felt good. Is this the stage you're in or about to leave...or something?
- C10: I just don't know exactly what it is. (Pause 25 seconds) That this idea of needing to please...of having to do it...that's the same thing again. That's really been kinda...(Weeps)...been a basic assumption of my life...kinda of a, you know, the way in just...the very unquestioned axioms that...I have to please...I have no choice; I just have to...

Part II

- C11: I just can't think of people that way... My conception of people is like my conception of my parents. That...that they just somehow can't be pleased. That

- they're tortured kinda... unloved and unloving people and that the most important thing with them, as it is with everybody, is just to try and provide some warmth and good for them while you're with them.
- T11: Is it this...
- C12: Nothing else is meaningful to them...somehow...you know, that the whole world is peopled by these people for whom I'm so terribly important...and who, if I'm not nice to and don't please, will just be shattered.
- T12: It just seems like a whole world full of fathers and mothers that you must strive and strive and strive to please even though it's a pretty hopeless task anyway.
- C13: I was just thinking what I felt with you, about pleasing you...and that that would feel good; in other words...I somehow didn't have to please you, I guess. If you'd been my father it would have been all right if I didn't have to please you for awhile. But then if I could...I would have felt very good about it. In other words, my pleasing you wasn't the end of the earth for you.
- T13: That's what gives this relationship that different quality because you feel that I'm a different kind of father sorta...(Pause)
- C14: Ya...'specially when I sorta put you in...put you in a ... I can see a whole life kinda...the whole past...pictures, you know... of what it would be like...and really the idea of saying a feeling or it doesn't matter if I don't please you...sorta pleasing you or not is not the thing that is important to me. If I could just kinda say that to people...ya know? I kinda wish right now...that I'd run into someone who'd say...that didn't please me at all, what you did there, so then I could say...pleasing you or not, is just a matter of complete indifference to me. (Pause)
- T14: Seems as though that would feel very good...to be able to meet someone's demand that you please them with the feeling..."Well, that's not my prime object."
- C15: Yes. That's kinda the daring thing too...I do with...like him last night where her father, and I was concerned a little about pleasing ...but her mother wasn't... (Pause) But it was scary, you know...and her father not all the time either...but once in awhile...and no, not all the time. I don't know...well, it might be due to the way I feel about them or to the way they were. But the idea of just spontaneously saying something...and it not mattering whether it pleases or not...Oh, God! You could say almost anything...but that's true...you know.

Excerpts of Carl Rogers' Sessions with Mr. Necta – 1955-1957
Session 59

Part I

- C16: Some of the things Marge did bothered me terribly...or that she would say...and they'd just be little things but one time I kinda let the feeling of being bothered soak through me more and then we talked about it and I became kinda distracted and unwilling and then I started to feel quite miserable...and the feeling of being miserable was...and then I was...kinda feeling completely alone...and kinda...in the final analysis...that I was no one else and I was nowhere else and I was nothing else but just me...that I was only me...Those are the words I used at the time and they are the ones kinda that not only that you are alone...but that...that you're nothing else but yourself and that's the devastating thought, kinda. That there's no one else who is you...just no one.
- T16: But you really exist unique in the universe kinda an' all separate from anyone else.
- C17: Ya. Well...it...it will make more sense when I put it the other way. That...that the way for some reason...it has something to do with the process of identification. Well, what was so important for me was to feel that I was somebody else...that I was part of somebody else...that somebody else was a part of me...maybe that's more like it. And then the things that would bother me about Marge would be things that...I didn't like for myself...But...but kinda I had to have her as a part of me and so I try and change her and argue her out of it...and that's no way to be...and I couldn't bring it down to a rational argument...sometimes...I...I could, but even then the degree of emotion that was involved on my part wasn't reasonable...That...that...
- T17: ...That the feeling level was..."I don't like this so you mustn't because you're a part of me."
- C18: Ya. I'm not alone...don't tell me I'm alone. That's about how far I felt it though between then and now...and it somehow ties in with this bright world that if the bright world is possible. OK. I can...I can then become aware of this aloneness. But to the extent that it wasn't possible and when it...and when...I didn't really feel it possible. I never even realized that I refused to accept...this.
- T18: "If a bright world is possible, then maybe I could bear my aloneness, but previously, certainly I haven't thought either was possible."

- C19: It was kinda well, it's...kinda a psychological law. I couldn't feel this aloneness until it was bearable for me to...Until...in fact, I guess I've outgrown it...or already...or something...But now I'm looking back, I know that's so often what bothered me so terribly about what people I liked would do including rejecting me, which of course, is the most impossible thing to think of if you refuse to be alone. If you...if you can't feel that...if you have to feel that...that others are a part of you and then if they reject you...what a...I mean that's ...you can't even deal with rejection then; you can't deal with hurt because if they're hurting you, you're kinda just hurting yourself.
- T19: Hurting yourself...ya
- C20: And what can you do about that? (Pause 15 seconds)
- T20: So when you've experienced it that way, it's just a complete dilemma.
- C21: Ya...I don't even know...it just became meaningless for me. I couldn't handle it. I think that was the worst part of it. I couldn't understand my feelings because...I was...I'd get terribly upset and...yes...and now I'd feel so terribly empty and alone. But I couldn't be aware of this somehow. I couldn't...I couldn't be aware of being alone until it was all right to be alone.
- T21: Uhm mmm.
- C22: So I have to be that way. I mean, there's no...and I don't understand it very well really. I guess I'll come to understand it better as I build a more of an identity for myself.

Part II

- C23: ...if without her I definitely become unhappy at home, with her I don't have to deal with it, somehow. That's not important anymore...you know. (Pause)
- T23: mhm
- C24: How...(Pause) that was somehow very meaningful...but I don't have the slightest idea why.
- T24: I could see that it was...that somehow just that...that statement that, "I don't really have to deal with that...those past feelings..."

- C25: That is right. I don't have to deal with them anymore. Yes, that's exactly it...I can forget about it now...and, why, it isn't that important...Wow...all that miserableness and stuff. Conflicts and a rash feeling...damn, I don't have to worry about that anymore, you know. I don't have to...that's not all I've got...in fact, all I've got is nothing to do with that now.
- T25: "It just isn't necessary that I struggle into those old patterns any longer. What I've got is something different from that.

Excerpts of Carl Rogers' Sessions with Mr. Necta – 1955-1957
Session 60

- C26: You have to...in the way you talked about it yesterday...kinda look out for every possibility before you can...every possible way of being yourself almost before you can really keep being close to it.
- T26: Mhm mhm.
- C27: And when you're afraid of it, you lose it immediately...you can't...that's the kind of thing where it's so hard...I'm afraid of people not because I'm afraid of them, I'm sure...But this is kinda abstractive, but because I'm afraid of myself...something in myself. I'm not afraid of them...a lot they could do to me, you know. I could imagine a lot of things...but that's still not the basis of my fear. The basis for my fear lies in me and in the mistrust I have for this dark side of me.
- T27: That it seems quite clear that the fear you have of people isn't really fear of them as individuals outside of yourself; it is much more truly a fear of the dark side of you.
- C28: But I don't know really what it is I'm afraid of...
- T28: "What is it I fear in myself that I see out in these other people?"
- C29: Yes, a kinda power of fear over 10,000 things that could happen. It's as everything that's not part of the...bright world or something...I'm afraid of murder and of dying and of...hurting. And of cruelty and ugliness and decadence and decay and I'm afraid of all the warpings and twistings and ugly death-like things that can happen.
- T29: Seems as though, "all the dark things, hurting, and being hurt, and decay, corruption, ugliness, death and...it's all of those I'm afraid of."
- C30: Stink and corruption...pus, and there's justa...you can just kinda sense what...well, it ties all down together, can't you? It's something dark that ties them all together...something putrid and...there are ten million words for it; it'd scare me to mention them all.
- T30: Just to wander into that field verbally and even name all these things that have to do with this dark side of hurting and rottenness...That's frightening in itself.
- C31: Hurting doesn't seem to be so much a part of it...not any more.

T31: OK

C32: I'm getting a little closer to it and it's not...it's nothing as decent as hurting...That's much too pure and...upright...

T32: Something more corrupt and perverse and...

C33: That's right. (Pause) And it's what I've been...it's one problem. That's the reason I've been having such a difficult time with the picture that I've found so far of the bright world. Because...because it's still a bright world picture, you know...it didn't include this other...it wasn't enough.

T33: "That's what makes it seem a little shaky"...is that what you're saying? Because of that lovely bright world, there didn't seem to be any place...to be any place for this stink and corruption.

C34: And I'm kinda afraid of it...I don't know, I somehow seem to be very familiar with it...feeling-wise...but I'm repulsed by it. Shudder, you know, and fear it...

Part II

C35: It somehow...it has something to do too that people matter too much to me. I got kind of a glimpse there...when I really feel when someone says it won't matter to me...in some way...then it's all right, you know. I can say pretty well anything...I'm not particularly interested in them...this is kinda hypothetical. But when I'm not at stake somehow then...then it's all right...then...then...I'm not afraid.

T35: Mhm

C36: But (aside) What was I going to say? (rather perplexed) (Pause) Somehow, when I'm at stake I look outward instead of inward, for me...I don't quite understand it at all...in a way, it's too general. Like, I'm not really afraid of you...but...there are ways I could be with you that I'd certainly be very frightened...and there are ways in which I want to use you at times...in terms of a world which I don't even know about which I've just kinda accepted as being necessary for me, but I'm not being very real at all...(Pause)

T36: The way I'm understanding that, is that it's sorta possible for you to stray into ways of being with me, for example, that would be very frightening and if I got the earlier part of what you said...and when you're frightened, then you look out to see what other people want instead of looking within.

- C37: With you I can feel that so much...saying something and then kinda mentally lifting up my eyelids to peek, and...
- T37: "How's he taking this?" ...kinda...
- C38: Ya. I'm trying to get some kind of a feedback.
- T38: Ya, so when you're frightened you have to have the feedback. And if you're not frightened, then you can look inward...
- C39: ...and I do feel frightened. I still, generally, feel little boyish and when I try on new things for size I kinda...it's kinda done like a little boy trying on a suit that didn't fit him, you know...so he looks...so it looks phony to everybody. But he has to try it on to see if it will fit. But all through this, it's that little boy feeling of..."Does this look all right?"...you know. I kinda enjoy trying it on, but..."Does it look all right?"
- T39: Mhm mhm. If the little boy feels this feels good to me, it's satisfying to me to do this..."But is it all right with you?"
- C40: Ya. That's pretty good. That's kinda a important way I'd feel a lot. "Am I all right with you?" I'll do something that'll kinda come out of me...you know...and then let that kinda fear...and then....."Am I all right with you?" All the time that sorta...that's so important to me...it has to be all right with you...if it isn't, then suddenly I'm all alone again...and lost and bewildered...very bewildered.
- T40: So it's by no means a casual question; it's a terribly crucial question..."If it's all right with you", because if it isn't, then "I'm alone and in the dark world again."
- C41: It's so important to me to feel that there's someone with me...someone with me..(Pause)

Part III

- C42: What a desolation. But yet it's been like that for a long time in my life...it was like that.
- T42: This isn't anything hypothetical. This is the world you've lived in. (Pause)
- C43: And it is...it's really quite hard. And whenever I find someone who understands a part of me or something at the time, then after awhile it never fails that...that a point is reached where I know they're not understanding me again and I know kind of where their needs come in and where they haven't...they aren't

themselves or can't be themselves enough yet and they might know it too even, and feel quite badly about it.

T43: Is this what you're saying there? "That even when I find some understanding there's always an end to it." Or (Client weeps) "point where I'm not understood." (Pause)

C44: I can't really accept the idea that that will be a lasting thing, but I'm sure I have to find some alternative, kind of what I've looked for so hard in the expression of this loneliness is for someone to understand because I can't. 'Cause I don't know me.

T44: Mhm mhm.

C45: And it's so lonely not knowing myself.

T45: "I've looked for the perfect understanding of me because I don't know myself, but I hope maybe I could find somebody who did know me."

C46: Who could get me out of this loneliness...this....

T46: That you feel that that can't be. "I doubt very much that that can be the solution there."

C47: Now it seems like the easily the better of the two is knowing myself rather than finding the perfect understanding.

T47: Sounds like that's easy enough to see logically.

C48: Yes, that's right.

Excerpts of Carl Rogers' Sessions with Mr. Necta – 1955-1957
Session 61

Part I

- C49: But it really is difficult 'cause they've been my sole reality for so long...that to push them out of me is very hard. Emotionally I can't do it even yet...I can't think of feeling real without them...actually...
- T49: So sorta in one sense you sorta perceive yourself as being so different it's hard to believe you even belong to their family. Yet, on the other hand, the feeling..." But this up 'til recently has been my world...my feelings won't give them up."
- C50: In a funny way they won't...they just...my feelings still feel as if...if I'm partly my mother, partly my father, partly my sisters and...
- T50: Mhm..mhm.
- C51: And what my feelings want to do in response to this...in response to this struggle, is never have anything to do with them again...They're not you, you know, they're not. And to give them any reality, is to just deny myself.
- T51: So that if I let myself slip into this...pattern which I do slip into of feeling that my feelings are just these elements out in my parents and so on... then "I've given myself up and I don't want that. And the only solution that I can see is just...let's not see them at all..let's..."
- C52: I don't know what this attachment is exactly. (Pause) But I want to break it, you know. I really...I'd be so delighted if I'd be completely free of them, emotionally. If the meanings that things had were completely untainted by their meanings...by their influence, I could so much more see things as they really are, for me, which I've so much trouble doing.
- T52: So in that sense you just wish they would be out of your life so that...then you could...
- C53: That would be very good.
- T53: Mhm.
- C54: Out of my feelings kinda. It's all in such a kinda subterranean inward level. It makes no sense in terms of the external. But if I wouldn't have to think about doing something and at the same time feel the importance of their approval or disapproval...If I didn't have to live in terms of them, kinda, you know. For sometimes I deliberately do something to kinda oppose the importance of their approval.

- T54: Mhm
- C55: But it's always still in their terms...it's not...
- T55: And what you really wish is that you weren't carrying them around inside of you in a way that everything you do is either for their approval or to...to show that you can stand against their approval or in some way completely in relation to them.
- C56: In a way it's quite a terrible feeling because...that part of me says... "Wouldn't it be nice if they weren't around?...Wouldn't it be nice if they died?"...If I lived 3-4,000 miles away from them, then I wouldn't have to be near them...And I can feel a real sense of relief without...
- T56: Sorta...Sorta shocking to you to find what your feelings feel on that score.
- C57: I'm feeling that they are more shocking to you. (Both chuckle.)
- T57: "It would be shocking to somebody else."
- C58: It's shocking to me...too...I've a image. I know this is something that's funny...but I wondered what I'd be like if my parents died. What would I be like at their funeral? Would I cry? or not? And this has worried me because I can feel this...kinda cold detachment from it and kinda sense of relief.
- T58: That you feel that now that your notion is that one of the most prominent things you would feel at their funeral would be relief.
- C59: Ya...and I think I'd also feel a tremendous confusion that I just wouldn't know what to feel and that I wouldn't know what it meant to me...It's kinda like wanting to wish them away and wanting to wish they had never been.
- T59: It's kind of a desire to wave a magic wand and have it true that your parents never happened to you. (Long pause)
- C60: Ya, and I'm so ashamed of myself because then they call...and off I go...swish. They're something still so strong...but I don't know. Some umbilical...I can almost feel it almost inside me...swish...
- T60: Uhm...That bond that they really do have a hold on your umbilical cord.
- C61: It's funny how real it feels. I can almost feel it. I can almost feel it like the tugging sensations, kind of, and when they say something which makes me

- anxious or something...I can feel it right here, you know (obviously points) as if...or just kinda pulls....that's fine...I never quite thought of it quite that way...
- T61: As though if there's a disturbance in the relationship between you...then you do just feel it as though it was a strain on your umbilicus.
- C62: Ya, kinda like in my gut here. It's so hard to define the feeling that I feel there. That's really...you know, they say that everyone kinda has a weak spot in them where...kinda physically where tenseness...tenseness and upset shows.
- T62: Most vulnerable point or something.
- C63: And with me it's right around here. Right in this area. And I've really never thought of it as a turning outward or something of a feeling... (Pause) And it would be just so good just to feel free of them or to be free...somewhat to feel that...that they didn't have to be there and to really feel it, you know. Not just a ...say as though...kinda thought out statement..."Well, I guess I don't need them." But to kinda feel deep inside me that...that I can kinda feel whole still...without having them.
- T63: Mhm...mhm
- C64: And I don't know what it is...do you know what am I talking about when I say that all these feelings are so tied up with them? Part of me that isn't free....
- T64: I guess if you really try to be precise, it's hard to put it in words, but...but still there is a real desire that you could say..not as a formula but as something really deeply felt, that "I'm a whole person separate and apart from them."
- C65: And I don't and I really don't feel that way...you know...you know.
- T65: You might say that now...but you don't really feel that way.
- C66: And I'm surprised how accurately I can feel that it's not true. How accurately I can feel that they are...part of me....
- C67: But I'm quite thoroughly confused about it, especially when it comes to these things that I want and things that I don't want and wanting their approval and...I'm scared to see myself as I really am...apart from them. (PAUSE) I really am afraid of that. I think I'm something shameful and loathsome, kinda you know. That's in the way I feel. That's why I'm scared to be apart from them. Because of something as wrong as me...I kinda have to have them.

- T67: Ya. "Anything as loathsome as I am, if I were separate from them, that would just be the loathsomeness...I really need them to be at all worthwhile."
- C68: Ya. Well, it's not that they make me worthwhile, but at least they'll excuse the loathsomeness...They can put up with me kinda. They won't...they show me time and time again how, in spite of my loathsomeness, they'll take care of me. (nervous self-conscious laugh) Isn't that...isn't that...
- T68: That feeling kinda surprises you. (Both laugh)
- C69: The feeling..."Oh, my God...well, what a gruesome"...you know? Oh, that's just such a terrible conception of things.
- T69: Your reaction is sorta..."Is that the way I've been looking at it?" (Both chuckle)
- C70: I can't even take it straight. It's the next thing I look to a little boy. Well, "You are queer and a little monster, but I'll take care of you," you know. "But just try and behave this way now for a little while, won't you?" Just trying to...you know, seeing that everything...that..."I'll put up with you where nobody else really would. I'll put up with you, but do try and be a little better. Make life a little easier for me."
- T70: "I'll put up with you and let's try not to make it too evident that you are a monster."
- C71: Ya, ya. That's part of it too and try to cover it up kinda, you know.
- T71: Because "there's nobody else who would put up with you. But we will; we'll take care of you."
- C72: "You're...I'm trying...You're just completely contemptible. But...if you kinda try and behave a little bit, I'll do....then you can stay..."...or even, "you can be around me..." or, "I'll relate to you. Just so you know that you're not worth anything underneath, you know,...you're quite loathsome..what you really are..."
- T72: "Let's have it clear that you're contemptible. But if you'll sorta play along, we'll try to take care of you."
- C73: I feel it...that it is really a clear part of it and you couldn't put it in strong enough words because it really does say...and you can catch it in the feeling even if it isn't in the words...that "Underneath you're monstrous and wrong and loathsome and quite something to be ashamed of."

- T73: Ya. I guess one of the phrases comes back to me that you used in another little way...sorta as though they were saying..."You are an awful creature, but what a lucky fellow you are because...we'll put up with it." (Pause)
- C74: Aren't I the lucky one. I'm trying as hard as I can to kinda excuse the feeling...or try and see in a way there must...more of good or something. But this is really a part of it and it's not a good feeling and it's really...you know...it's kinda trying to see, well maybe they're really trying...saying that they're contemptible therefore they can't see me as worthwhile. Well, I don't know about that. But I can...I sorta sense directly that this statement of...of my being worthless, loathsome and irritating and all sorts of things...
- T74: You don't want to make it any darker than it is. You don't want to put things on them that aren't true, but it does seem rather deeply true if you're to describe where you had experienced it...then a part of it...
- C75: I don't know what I'm feeling right now...But it's kinda just so accurately that...
- T75: Mhm. Right now it feels that this is an awfully true description or certainly one aspect of the relationship.
- C76: No...that it is something...that...it's a feeling that...it's a feeling that I'm caught with. I can't even know what it connects with. That this is the way I felt, that I am loathsome and contemptible and worthless and monstrous. But that if I kinda try to be better, then as long as I try...OK..."Try, you know, to do something...try..."

Excerpts of Carl Rogers' Sessions with Mr. Necta – 1955-1957
Session 62

Part I

- C77: ...oh, I don't know. I'm still having a little trouble trying to feeling out or figuring out what this sadness or...and the weepiness means. I just know I feel it when I get close to my feelings or close to a certain kind of feelings...and usually when I do get weepy, it helps me to kinda break through some sorta lonely...or a wall I've set up because of things that have happened. I feel hurt or something about something and then automatically this kinda...shields things up...and then I feel quite like I can't really touch or feel anything very much and then when I can get to the point of talking about them where I'll kinda cry or something like that...
- T77: It's as though that weepiness is kinda of a softening of that shield or barrier that's beginning to dissolve.
- C78: Ya...ya...and it's little like if I would feel if I'd be able to feel or could let myself feel the instantaneous feeling when I'm hurt, I'd immediately start being weepy right then, but I can't..
- T78: This is kinda a delayed reaction in a sense of what you didn't feel at the time...or couldn't let yourself feel or something.
- C79: Ya. I just feel kinda...little things can make me feel so completely alone and hopeless. (weeps). That kinda to go around...I don't know. Anyway, when they do...then it's almost an impossible job for me to...with an effort of my own to get back to myself. As long as I'm alone it just kinda stays. It's very hard to work with (Pause 40 Seconds) Something that I was thinking that made me feel it more strongly is that living is really a very lonely business.

Part II

(Pause precedes speech)

- C80: It really ties into so many things. I can think of now the typical question..."What do you want to do when you grow up?" and I could see that the way I felt the question that I would have..."What's the use of doing anything when I grow up?" That's...if I'd only known myself a little more so that I would have wanted to have asked back.
- T80: That's the question that would have made sense to you.
- C81: "Why should I do anything at all?" Then I always have a tremendous trouble with the question..."What do you want to do?" Just...I'm kinda grasping for

things...maybe I want to do that...but not really thinking about it, just kinda escaping the problem..And I guess mainly escape the thing that was all the time kinda nudging me and saying, “What the hell’s the use of doing anything?” “What do you wanta...” (Pause 55 Seconds & Client Weeps) But I still don’t know quite why I feel that way. It’s so familiar, but yet, I can’t...you know, by asking the question means “What’s the use?” I really...there’s some feelings that also cause the tearfulness behind this, but...I just don’t know...(Pause 25 seconds) It’s kinda a feeling that tends to extremes...what’s the use...everything is miserable and everything lonely and everything is empty and hopeless. That’s kinda what the ...it’s kinda...comes out of an extreme feeling of just...I guess that’s why when I so often talk of loneliness; it makes me so sad.

T81: ‘Cause it’s a very pervasive thing that covers a lot of feelings really that sorta adds up to, “Nothing is worth-while; everything is hopeless.”

C82: It is kinda an extreme...sudden stroke feeling that...that nothing is any good.

T82: I’m getting at it...it’s apt to...it just sorta hits you and hits you completely. There isn’t one thing is really right; everything is negative.

C83: I used ta...I used ta have a picture of how I was...what I felt like living most the time when I was just a few years younger. And the picture I described you was...I was walking along the street with an elephant behind me and the elephant kept hitting me over the head with his trunk...ya know...and as I was walking...and all those...I forget exactly...but somehow it comes along with this...

T83: This is the boom with the elephant’s trunk...it just

C84: Ya. Kinda an open to things that just..a havoc..you know that ensues me. And things don’t make sense to me and people are cruel and very unhappy things do happen to them...and very unhappy things happen all the time.. So what’s the use..kinda. What’s the use doing anything now if I can truly be unhappy if..if I have been truly unhappy for a...I mean it can come..so easily again.

T84: Sorta, “What’s the use of struggling?” ..you know. “It’ll happen again.”

C85: Ya. It’s that kind of hopelessness..not much...

T85: “It might be a temporary break in it or something but what use is there in that? There’s no real hope to it.”

C86: It’s just some kinda momentary relief...I’m still amazed at the strength of this...It seems to be so much the way I feel. What is the use? And it’s..it’s just...ask it of me....You tell me. “What’s the use?”, I feel like saying? (Chuckle)

T86: So..."Try, try and prove it to me."

C87: Convince me.

T87: Mhm.

C88: (Long Pause) That's a terribly lonely thing to live with. I know that. To live with that question. The trouble is it's such a confused question and part is due to being hurt and part... it's a real question and the answer is the same way. If I looked to a complete answer I don't know why I'm getting tearful for. (Pause)

T88: Hard to know what feeling comes over ya...that brings the tears.

C89: Usually I can know exactly. (Pause)

C90: It might have been, it was a reaction to getting hurt. (Long Pause)

T90: This what you're saying there? ..."That maybe the tears come over me when I really do sense what it means to be so hurt?" (Client Weeps)

C91: Ya and but something in me is just refusing to say, "What's the use because someone's hurt me." I can say it logically but I don't feel it yet. It's kinda just a despair..a kinda giving of the...

T91: Just the sign of despair..."It's just useless."

C92: Just like sitting in a corner and looking into space and that's.. (Pause) I think that's got something to do with it; at least that I can do.

T92: What's that?

C93: At least that I can be without being bothered.

T93: Mhm.

C94: Without being demanded of..or put upon, or ...having to pay attention to things that don't have to do with this question somehow.

T94: It's a sort of you're saying...

C95: It's so funny cause my whole life I must have...what am I doing here now? If I'm really saying, "What's the use?" I don't know what the use is.

- T95: If I understand that it seems as though your behavior or your actions don't say this but your feelings do say, "What's the use?"
- C96: Some of my behaviors and actions do...it's only that for so long I've been (Long Pause) I always feel so queasy about pulling out cigarettes because I know what they mean. I know what it means when I light one up...If it's anyplace I certainly shouldn't light one up here.
- T96: You pulled it out but you put it back because you're very sure of the meaning it has for you...you feel, "I shouldn't mean that here."
- C97: It'll defeat the purpose. When I smoke I have a harder time getting close to myself. And it's only when I want to have a harder time being close to myself that I start smoking...because I start smoking...because the minute I do I can sense it...But I've given in to the uselessness.
- T97: Sorta a sense pulling out the cigarette...the feeling that oh.. "OK it's so useless I will get away from myself..."
- C98: Ya. That's right. That's right too. (Long Pause) It...it's just useless...
- T98: It's just as though you're kinda sitting in that feeling of complete despair and hopelessness..."There is no use."
- C99: It's kinda hard 'cause I'm sitting in it with my awareness really. That's what makes the difference...which it perhaps even less actually being in that otherwise way but somehow...it's being aware that I'm feeling useless...that I'm feeling useless. That's what I said before..I ...Then what's the use of living? What's there in it for me? I wasn't thinking that I was useless for living? I guess I do feel that way..I guess, but it's so hard. But, that's part of it too...that I'm useless and the things are useless...A part of the feeling is if you're useless too, then I hesitate to say because I think that part of the feeling that pervades. It's really quite an extreme thing.
- T99: Really covers everything.
- C100: To a certain degree.
- T100: Certainly had me too. I'm useless just as you're useless.
- C101: What's the point of it?

Excerpts of Carl Rogers' Sessions with Mr. Necta – 1955-1957
Session 63

Part 1

(After brief preliminary conversation regarding microphone)

C102: Everytime I sit down here I have to organize the whole universe. (Both chuckle)
(Pause)

T102: Kind of a large order (chuckle).

C103: Yes, it is. (chuckle). It really is...it's a large order (pause) at least for my universe. (Both laugh). (Pause 1 ½ minutes) Not only don't I know what to talk about, I don't know if there's anything I want to talk about.

T103: M-hm.

C104: It's really quite blank (nervous laugh). I don't know...I'm open for any suggestions. (Both chuckle)

T104: "Welcome any agenda." (Pause 50 seconds)

C105: It's been a...a few days isn't it, since I've had kind of a feeling...that's...it's been some time...

T105: M-hm. (Pause 40 seconds)

C106: I think, I think it's true...I can usually...can usually kinda recognize it. Oh, it's a little...it's a little...and it's usually and it usually happens when something's come up in the meantime and so...that I haven't been able to talk with you about it...so then I don't know what it is...I kinda harden in some way, at some level and ya, I can kinda feel it coming back now. But for the first few minutes here it was kinda out of reach, as if...

T106: M-hm. M-hm.

C107: It wasn't real to me...to talk about it.

T107: M-hm m-hm...interests me. That is, if...if during a period of several days and we haven't seen each other, something important or troubling occurs, then it seems as though a shell kind of hardens up...or something and when you come in here you just...there's nothing to talk about. There's...

C108: Its just kinda hard...you know. It's as if...as if my mind refuses to focus on anything to talk about.

T108: M-hm. M-hm.

C109: It's a little like...like, I'm a layer removed somehow.

T109: Ya...m-hm.

C110: From the real things...I'm not sure how true it is always...I'd have ta...but I

T110: But at least this is a feeling that you've experienced before. M-hm.

C111: Doesn't it sound kinda familiar?

T111: Ya, ya, it does and it...and that's why it kinda clicked with me. It just...it seems as though you're putting it more clearly than I had ever understood it before.
(Pause 13 sec.)

C112: It's a little scary because..."Look at what goes in—what goes on in me without my control..."...kind of...

T112: M-hm m-hm.

C113: Here I was...It makes me so suspicious of what I'm feeling...you know...

T113: M-hm m-hm.

C114: It's as if I can't...maybe I'm feeling...maybe I'm really this, like just before I came in here...maybe I was really that...or maybe it was pretty much – there was a kind of a wall somewhere inside of me...which was keeping me from something...

T114: Just to....

C115: I guess I kinda...

T115: Kinda realize this wall or barrier you've been talking about makes you real uneasy because then how in the hell do you know ordinarily whether you're dealing with a wall or with a real thing?

C116: Ya...but I guess I kinda know. Anyway...somewhere...No...but it's...it's really not true...something in me knows, but I don't...

T116: M-hm m-hm m-hm

C117: I was really quite unaware of this when I came in...and I really didn't feel it...it was only...I didn't feel it, you know, it's so hard to make sense out of...the unconscious.

T117: I get that...I get that. In other words...when you came in you could say most truthfully, "I'm not feeling anything or concerned about anything." But somewhere in you, something knew that wasn't so and little by little you could sense a little of...

C118: Ya, and the inkling of it came really that when I sat down here I felt that it had been—that...kinda psychologically, some kind of time had—something had interrupted...

T118: M-hm m-hm. Thinking of time as a barrier or distance you realize, "yes, and there are other...other distances involved here too." M-hm...

C119: And the way I felt then I realized that it was true...that when kinda something important comes up in me and I want to tell you about it...and then when I don't, and I don't see you or call you, something which I've never done, then I guess something happens to our relationship somehow and the next time I see you it's sorta different, you know...

T119: M-hm m-hm. The way I'm understanding that is that when something happened in you that you really wanted to communicate and then.... frustrated...you were frustrated by circumstances or something...then it is as though our relationship is at least temporarily damaged by that.

C120: Ya, it's kinda made more distant and so then when I see you next time, well, you know, I'm glad to see you, but there's no...some kind of interruption...it's not really...

T120: Some more distant thing or it is as though we hadn't seen each other for a long time.

C121: It's as if I'm not completely available then when I'm with you.

T121: M-hm.

C122: To myself somehow...that

T122: It's sorta as though, at least this is the way I catch that; it's sorta as though you're cut off from that part of yourself that didn't get communicated.

C123: Ya, ya, that...that's true although I don't know if that's causally, you know if it's because it didn't get communicated, but...

T123: yes....

C124: But that's right, that's true, you know, because that always comes down to be the part that I want to talk about and what I want to talk about now...too

T124: M-hm.

C125: But it's kinda of...I have to bring it back again because it is actually past, you know, when I come in. This is something when I come in that I've thought about a couple days ago and then had to let go because...of all sorts of other demands and my own...the amount I just could sorta deal it outside...deal with it outside...so when I come in, it's really not there then and I guess something happens where I just have to kinda connect the two and the...oh, this reminds me of a whole bunch of other things; the same thing is true about my past life...I mean years past. If I don't...it's as if some kind of strong awareness of something, of some feelings or other, or feeling something strongly and then not doing something with it, makes it stay right there...in my mind...and it just stays there and for years and years it can just stay there in exactly that form.

T125: M-hm...so that...so that this immediate experience is also very much like other things where you've felt something deeply and then never communicated or shared it and then it can just remain an undigested lump in you for years and years.

C126: Like the way I went through feeling like boys of different ages and how accurately I felt the emotions at the time...(PAUSE -17 sec.) and the one I felt a couple days ago...I really...I don't know...I feel a little kind of frightened about it...although that's almost exactly what the feeling is too...it was that I was living so much of my life and seeing so much of my life ahead as well as for the present in terms of being scared of something...what...what it directly came to me as, was with working on my thesis...(Pause) and then I kinda felt why was I...why was it so urgent for me to get my thesis...partly...because I was scared of failing in this secure set-up that I...that I...that—I guess at failing in this kinda safe world. What would I do if I didn't get my Ph.D., you know. And I didn't even think of it in that way, I just realized...then...a lot of what getting my Ph.D. means to me is kind of safety...is a safety in a sense of...it'll give me a little world where I can operate in and where I'll be secure, you know.

T126: So that you saw your thesis and lots of what you've done and will do in the future as just being something you were doing because you were frightened and to give you a secure little spot. (PAUSE - 30 sec.)

- C127: and for the same reason...I can just...I was thinking about...I don't know quite what...I was kinda letting it seep through. But I also tied it in with...with you and with my relationship with you and that's one thing I feel about it is kinda fear of it going away or that's another thing; it's so hard to get hold of...kind of two pulling feelings about it. One is that—or two me's somehow...one is the scared...the scared one that wants to hold onto things and that one I guess I can feel...feel pretty clearly right now...you know I kinda need things to hold onto...and I feel kinda scared.
- T127: M-hm. That's something you can feel right this minute and have been feeling and perhaps are feeling in regard to our relationship too.
- C128: Won't you let me have this, because you know...I kinda need it. I can be so lonely and scared without it.
- T128: M-hm m-hm. "Let me hang on to this because I'd be terribly scared if I didn't. Let me hold on to it..." (Pause).
- C129: It's kinda the same...won't you let me have my thesis or my Ph.D. so then ...cause I kinda need that little world...I mean...
- T129: In both instances it's kinda of a pleading thing too, isn't it? "Let me have this because I need it badly...I'd be awfully frightened without it." (Pause 20 seconds)
- C130: I get a sense of...I can't somehow get much further than that...it's this kind of pleading little boy...somehow, even this gesture of begging. Isn't it funny? 'cause that...
- T130: Put your hands in kinda supplication.
- C131: Ya, that's right...Won't you *do* this for me kinda...Oh, that's *terrible*...Who, me *beg*? You know?
- T132: It's just *awful* to realize..."why in posture and in tone and everything I'm just supplicating...*please!*"
- C132: I guess so. (Chuckle) I don't know. You're doing it even more than I do. (Both chuckle) It scares me.
- T133: Frightens even worse...
- C133: Isn't that funny. That's an emotion that I've never felt clearly at all...something I've never been. (Pause)

T134: Just seems to you..."I've never been a person who has begged or pleaded or felt that way."

C134: No, I've never....I've got such a confusion of feeling now. One is it's such a wondrous thing to have these new things come out of me. It's just...it so...it amazes me so much each time and kinda, and there again, there's that same feeling...kinda being scared that I've so much of this that I'm keeping back or something.

T135: It's such a wonderful thing.

C136: I just don't *know* myself...Here, *look* at this...here's something that I never realized, had any inkling of, behind the way I felt...or was something I wanted to be...some way or it was something I wanted to be.

T136: So on the one hand it's a real wonderful feeling, kind of a awed feeling, I guess.

C137: Ya, look at what pops up!

T137: ...tears that come to your eyes a little and on the other hand..."really a frightening thing if this was in me that I didn't know at all, what else, how many more things?"

C138: It's kind of despairing but just the same it's so much...it's just so, oh, it really is an overwhelming feeling when something completely new like that comes out of me.

T138: and somehow it does sorta...

C139: I don't know quite what the feeling is, but it certainly is overwhelming...I guess that's somehow the realness of it...I'm also backing away from it a little bit because I don't want to beg.

Part 2

C140: it's as if I'm continually on the look out for something. Afraid...afraid of something...you know. I really...it's all so much out in the open air. I don't know what I'm terrorized about...(PAUSE) or you know, where it's connected. I just kinda feel now that these are certainly feelings that I have very strongly. It's really being so completely frightened by things...it's out of all proportions to anything that could really happen to me...it's so hard to understand.

- T140: "This fear just seems so gigantic compared to any real thing that could happen...and it doesn't seem to be related to anything on the outside world at all...it somehow seems that nobody could be that afraid outside of him."
- C141: There just isn't any real thing that...
- T141: You'd much rather...you'd much rather take what ever you take from the outside than...than feel that great a fear. You'd much rather even if it were the worst thing you could imagine...you wouldn't let yourself get this afraid because that would be worse than the thing that would happen to you. M-hm M-hm.
- C142: See what I mean?
- T142: Yes I do. There's just nothing that this world could do to you could frighten you as much as this fear and you would...why you would take anything the world could do to you with all the fear that...that might entail rather than experience this fear.
- C143: Ya. Ya. You know and that's in other words if it was due to something on the outside...something on the outside could never make you feel this way it just wouldn't...because it's worse than...than whatever could happen you know.
- T143: The most terrifying real thing you could possibly dream up could not produce this bad an effect.
- C144: That's kinda funny it's kinda fun...because what it says in a way is...but that...that person wouldn't...that you and I wouldn't feel...I don't know quite what it says. but that's not...I don't know because you'd just...why should you feel so afraid? (Pause) ...at the feeling of fear that you do feel is more painful than what might happen to you.
- T144: M-hm. M-hm. How could it be that the fear you experience is worse in itself than any consequence you could suffer.
- C145: Ya...that's...I'm somehow implying the whole emotional structure. But I can't quite...quite get at it...kinda the central thing is...is that you'd never feel this about something that would happen to you. and I don't know if that's ...that's kinda assuming something that kinda came out and I just don't understand it... (Pause over two minutes). I'm trying to get hold of what that terror is.

Excerpts of Carl Rogers' Sessions with Mr. Necta – 1955-1957
Session 80

T145: One thing I want to mention. We haven't said anything about a...a what you want to do while I'm gone. But one thing I would like if you're willing...I'd like for you to take that series of tests again sometime shortly after I go. Will that be OK?

C146: Ya. I figured that would be the procedure.

T146: Ah...do you want to just get in touch with Goff yourself or do you want me to act as middle man or ask him to get in touch with you? That the best deal?

C147: Ya. I guess that's a good idea.

T147: Is that OK? Will you be here between December 15 and Christmas? I mean, will that be a possible time? You know? OK.

C148: Ah...it's kinda sad that you're leaving. (Long pause)

T148: I don't know why but I get the feeling that...each time that comes up...it almost seems to me as if it's something new hitting you...I mean, as though its been put away and almost as though..."Oh, my God he's leaving me"...hits almost...like a new thing. Is there any truth to that? Or am I wrong? (Long pause)

C149: While it seems...it doesn't hit that hard because it seems to be part of a general frame of mind...you know...that's kind of a...that's still the really high thing. You remember how, how we ended last time about my feeling so discouraged? And ah...it seems almost as though these things are very expected some how in that part of me.

T149: Ya. I see. It isn't so much a surprise as..."well course it's the kind of thing that always happens."

C150: It seems..it seems to fit very naturally...and I don't know if I really feel kind of a...It's a more or less...something sad that fits in with a lot of sad things. Not that just...I realize now, that, well that is, was, that it was kinda sad that you were leaving.

T150: Mhm. Mhm.

C151: Now I'm not really opening myself up completely to it to what that means...to what it really means. I've a lot of...I've some pretty strong feelings about it. But I'm kinda caught up in this general sad state...you know...what's the use...kinda thing.

T151: Mhm. Mhm. It kinda adds another bit to that... "what's the use" feeling' but also it's something that what ever feelings there are around my going...you haven't let yourself feel entirely.

C152: No...No, and I think especially that right now (Weeps) I'm so concerned about where I got this tremendous discouragement and things...you know. Where in the world did I manufacture this outlook so strongly? (Little confusion here. C.R. goes over to the radiator---)

T152: I'm just going to make sure that----

C153: Ya. I might have turned it off..... I really don't know..... it's actually such a hard thing to deal with because it seems to fit in.....better with what I'm really or liable to feel a lot of the time...than in any other way of feeling or outlook. Like the kind of tension I can still feel with people, you know, and a..... I'm getting quite a bit closer to that though....to being aware of it. It still creeps up on me at times. Ya, it still creeps up on me quite a bit but I don't know what it is but it's a little bit easier to handle now. But there's so much of it. I'm liable to be physiologically affected by so many things.... uncomfortably you know.

T153: Am I getting this right? It feels as though there's a relationship between this discouragement and what ever in hell caused it and the tension you feel when you're with people. Though you're getting a little closer to the realization of the tension only...I guess also it makes you realize...."Oh, My God there's a lot of it. It crops up in lots of instances."

C154: Ya. And it's..and the things that bothers me in it and that bother me in it are very physiological things. I'm very amazed at that. But I'm upset when my stomach is tight or when my breathing feels badly...that it's extremely organic kind of the things that do and the tension reveals itself that way almost immediately and sometimes, sometimes it gets there before if I'm away off...it gets there before it reveals itself...so it's the whole basis of my discomfort is these physiological...

T154: So in a sense something happens in your gut and then after that you realize..."Oh yes, I'm tense."

C155: Ya...

T155: Something like that?

C156: It's a little bit like...like the Wm. James version of emotion..

T156: Mhm (Chuckle)

C157: I'm not tense because so and so said something...so and so said something that made me feel a certain way and then and then I realize that I was tense.

T157: Mhm...But it's a kind of an awareness of how....

C158: And I guess that it does fit in with the discouragement in a way. Because it has crippled me so much. 'Kept me from being able to get anything positive out of things, out of relationships and almost anywhere...that I can almost count on feeling uncomfortable after a little while...almost anywhere and that's just.... that's just true. I really never quite thought of it that way. I guess if I were truthful about it that would be pretty true. It certainly would have been very true. And I'm still...that's still a difficult part. There's a period in a situation where things are alright than comes a rough part and getting out of that is a hard thing...a...I don't quite know how often I'm able to do it. Sometimes I guess I do it by becoming very removed by the situation...kinda by sitting back and not becoming involved in it... But it's kinda there and I'm getting more adept, I think, at maneuvering this situation so that I'll feel less uncomfortable. Maybe suggesting getting some coffee or talking about a different topic or...or a leaving which is always a possibility. But, it's still hard, especially when it's still kinda...I don't really know. I really don't have my finger on it. I'm just kinda describing it.

T158: Mhm. Mhm...

C159: What seems to be true right now...

T159: It seems to me you do have some ways of getting out of this if the rough period... you're getting into in almost any relationship. But it's darn difficult.

C160: (Chuckle) Your voice.....

T160: Well part of it...(Laugh) I guess I was planning to continue it...then stopped. (Chuckle)

C161: But ta... I don't somehow I don't have any real good alternative to this way of feeling discouraged yet. I... Last night we talked about this some to a good friend of mine. (Long pause) But I don't know (Sigh) It's kinda so hard for me to take care of myself... you know...to a..

T161: Could you use your jacket?

C162: (Chuckle) No. I don't have a membership today...just in case so it's kinda chilly on the outside...I don't have a jacket with me now..... It just kinda... I really don't know what it is..it's sorta taking care of me physiologically or something. I let myself get in a state of feeling which will get me physiologically upset with

the greatest of ease..with apparently with a great deal of willingness for some reason or another....and I don't know...It's just so hard not to do that....it's so easy for me to do that and it seems to take so much control and so much kinda conscious relaxation to keep me from doing that... although a lot less now than before...Ah..which is kinda demonstrated by the fact that around 16 I got an ulcer. It was that bad and in later years I still..... smoking and coffee and things like that would bother me much more than they do now. Kinda generally these things still bother me but they're more localized. You know..you know I can a....There's more cause and effect...you know my mind in the way to reacting to them. But there...then there are all sorts of them...that just seem to...I don't know why...I just seem to drive myself into a corner somehow....into a physiological corner where I've no choice but to smoke or to get tense or anxious or something. Any how it's so unnatural somehow, you know.

T162: Anyhow over the long run you can see some progress in this but still it is greatly puzzling that you seem so willing to let yourself get into a situation almost into a corner in which there will be physiological upset and where you will feel very tense.

C163: Ya. I don't know...I don't know what it means..you know? What's the point of it. It's certainly pointless for the present. I mean it just..it apparently has some kind of destructive effect or I don't know what it is...Some tension that grows in me..or some hopelessness or some kind of incompleteness and my life actually is very incomplete right now..you know..kinda realistically it's filled with relatively little..in the way of activities and interests, skills..a..I don't know. I just don't know. Seems to be..I think, I think the thing that I've found out about a year ago and is still true, the closest things it gets to is, is hopelessness. That the...that's what makes me smoke at least it did a year ago and I think its kinda a central thing. And that's when I light a cigarette..it generally means that I'm feeling hopeless.

T163: Hopeless...Am I getting this right...that it seems as though when you feel hopeless then that kinda opens the gate to the tensions?

C164: Ya...Ya..that's such a hard thing to deal with...to handle..that feeling of hopelessness. It somehow takes the very...just the bottom out..you know...it makes things too unpleasant to let them remain the way they are. You can do just about..almost anything...drink 'er..Anyway, you become very distracted from yourself. I do. I just start grasping at things to just forget them or 'er change me so at least that feeling won't be felt.

T164: I see...Ya. Now, now I do get it clear, I guess. In other words when you begin to feel hopeless then it seems so necessary to distract yourself from yourself and some....

C165: Ya.

T165: of these things creates great physiological tensions and really.....

C166: and they really are...

T166: and really aren't good for you nevertheless they distract you from the hopelessness.

C167: Definitely. Definitely. There was a time when I could, when I could, kinda really smoked myself into distraction. Although that had too rough a physiological effect on me. Then generally the next day I just wouldn't smoke... I'd give it up for a week or for a while or something because I was kinda only willing to let this physiological thing get so far I guess. Because then it would get too unpleasant and by that time when it was solidly unpleasant the feeling of hopelessness wasn't there. So then I could just let myself to recuperate...kinda

T167: OK. "I'll let myself get all tense and stirred up physiologically...so long as that relieves me for a time of this futile hopeless feeling."

C168: Ya. Ya. Isn't that funny? I never really looked at it that way. I'm just trying to check it...it always seems to me that the tension was much more extremely caused than this...that there wasn't something I used in this way. But it is true...it's really true.

T168: It seems so kinda different...you really want ta...to shape it against your feelings but it seems as though it really is true that you have used such things perhaps to escape from the hopelessness.

C169: And the hopelessness is such a clear feeling to me. It's just right there. It's where the...the kinda of..it isn't exactly the future but where the, the present, where the present is...where the present just blanks out...and holds nothing for me and just really seems hopeless. Seems like I do anything. I can't accomplish anything and can't get any enjoyment out of it. I don't know what all.....I kinda..ah...it's a bad feeling.

T169: Kinda doesn't like it because even when I talk about it, it kinda lets you into it a little bit..but it, it is just a blank slew of despond where the ongoing present doesn't hold a thing for you, of achievement, of happiness, of satisfaction, of anything.

C170: Ya...ya. It's really that it's such a...I don't know. I guess I am not really willing to figure out of it. It's a feeling I wanted to communicate..I think. (Sniffs) But it seems to be the most devastating thing to talk about to anyone. It can reduce almost anyone to ashes. Just about ...just to ...if I were to to really say I was

hopeless..you know...What was the use. There's nothing to be done...and...things are just completely black and grey, and ...and far away...and ..and sad and lonely and hopeless...

T170: And that's the feeling you wanted to share but it has seemed as though sharing that feeling reduces not only (Client weeps) you but the other person....

C171: Ya. I might like to talk about to somebody.

T171: ...to to just cold grey ashes.

C172: I don't think that I've ever found anyone who can deal with it who I felt could deal with it...now that might be partly my own...But I think it's usually true. There might be a few...

T172: That makes the feeling has been that this is something that would overwhelm anyone.

C173: Ya. I think the way I must have felt was that.....it was a kinda an unsolved problem for the people that I was close to. That there was no solution. Somehow I guess....

T173: They can't take it either and there is no answer.

C174: Ya. I really got the idea that hopelessness is just something you live with...that it's not something that you can do something about...Oh...that everybody's hopeless...OK...now lets go on from there...you know. (Pause)
Let's see I guess I'll stretch over to the window there. Oh you have a...oh you have a.....Oh that feels very good. You can come over to join me (Chuckle)

T174: Oh I guess I'm not that cold. (Chuckle)

C175: (Sighs) (Long pause)

T175: It sort of strikes me that...it's just kinda meaningful you're wanting of warmth at this point.

C176: Ya..it's kinda..it feels comfortable...and it's also kinda important cause I want to get down into this feeling and other things too. It's pretty easy for things to kinda interfere with...

T176: "How can I get into this awful feeling...unless I'm at least warmed and..."

C177: (Chuckle) Ya. You might say I don't now

T177: I think it's just..well maybe that's a little far fetched.

C178: (Sighs) (Long pause) I don't know ..I don't know. It's a big chunk or something or well....

T178: Pull up that chair..Pull up that chair close to the radiator

C179: That is a good idea. (Sigh) I mean..you..you know you can kinda see how hard it is to get really...really, really close to it. It is, it is just a....just so hard. I don't really know how genuinely I'm feeling it now but ...but this discouragement is very real not just being plain discouraged. But not any more. I don't know why (Nervous chuckle) It was yesterday it isn't today. It isn't enough today somehow. (Pause) I can kinda...I don't know why I'm feeling some kind of tension growing in me now. Ya I can kinda feel that....in my voice and the ease of talking. I don't want to talk or something like that and then the feeling in my muscle tone kinds.

T179: But you're not sure just quite what if it's in your voice, your muscles. You can feel some kind of tension rising.

C180: Ya. and that's the way it goes. That's what happens generally and that of course I won't know why it started rising and then I'll start turning..or start figuring out things to figure at less...drink something, or eat something or smoke something or leave or get some...or go out in the fresh air..just something to make this kind of tension level.

T180: This is just the kind of situation that you're feeling right now that you don't know quite how to cope with but you do various things to try to deal with...smoke, eat, walk out....

C181: Ya. And I guess really kind of a major part of my activity is devoted to an effort..just devoted to dealing with that. Sometimes it's quite hard to get rid of...you know...then it just stays and then I have to do all sorts of things. (Pause)

T181: Ya. That's really tough when it just...when you can't seem to get rid of it and it just stays. (Long pause)

C182: It's sure been (Sigh) kinda hard to carry around all this time I think.

T182: Sounds though you say that with real feeling, that it's been awfully, awfully tough to carry all this tension with you for years (Pause) (Confusion with microphone) (Weeps)

C183: It happens...it just happens so often. and in so many God damn many ways. I don't know. It's such a crippling thing all the time. I mean I don't know. (Very, very long pause) I guess in a way, I've tried to discount it and pretend a lot of the

time it isn't there. I don't like to think of myself as that precariously balanced kind of ...you know. That's, that's just true....I don't know.

T183: Mhm. Mhm.

C184: I don't know quite to what...

T184: But to just carry openly within to yourself the realization that, "I am this full of tension most of the time." ...well that just seems like too much...you have too...

C185: Ya. What's the point of...It's just somehow...I don't know I'm getting more confused about it...but I somehow don't want to think of myself as being that sensitive to things...you know.

T185: Mhm. Mhm.

C186: It, it makes me take myself into account too much and that means I have to constantly be concerned about myself.

T186: I see, "If I'm really that sensitive and that precariously balanced why I have to be thinking about myself all the time?"

C187: Ya, ya...(Pause...Sighs) That somehow seems sinful...Is that a, a really a possibility to think about the self all the time?

T187: It seems as if, that's forbidden somehow...

C188: Ya...That you should never do..."don't be conceited," kinda you know. (Long pause) I'm, I'm, I guess I'm kinda amazed at the... I don't even know if it's possible to think of yourself all the time. I don't even know really what means. It's kinda being concerned...about yourself. That hits it more closely...in a general way you know you'd be thinking but..but this kinda self concern...that's what I wanted to dismiss...all the

T188: Mhm. Mhm

C189: ...time I don't want...I'm tired of myself..You know I don't want to all the time be concerned about all this, concerned about that and on and on and on and on....

T189: Mhm. Mhm.

C190: I could have 10,000 concerns about me if I want ta.

- T190: So if you sorta realized how much tension there was in you it would seem as though then you would have to be almost constantly concerned for yourself and jeepers...you're sick of that...I mean...you know
- C191: Ya, ya...that's really right. I'm kinda sick of it. I've been sick of it. I've been sick of it a long time. I haven't wanted to be concerned about myself for years and years and years. I can remember my mother saying that I didn't complain enough or something like that and could not really understand it. The "What's the use of complaining?" or something, and I felt badly enough that I knew it...you know, but, but the kinda...I couldn't get any sense out of being concerned about myself...that somehow was...it didn't make any sense what...what's the use. You know....what was the point.
- T191: So that....
- C192: And that was already true quite a number of years back.
- T192: So this memory tells you back...way back in childhood even though your mother thought you didn't complain enough...that seemed to you meaningless. Sure you're hurt, but what's the use.
- C193: Ya. What's the...How could I be concerned about myself. I quite can't even understand it. How can I be concerned about me. That's such a hard thing...other people can be concerned about me...but somehow it isn't for me to be concerned about me.
- T193: Seems though that this is so remote...the phrase hardly has meaning for you...it just doesn't make sense quite...Another person could be concerned about you...but what would it even mean to feel concerned for yourself.
- C194: Ya, Ya.
- T194: I don't know...Does this help any? Or what would it mean if you really cared about yourself.
- C195: Ya...or want to care for yourself. That's more....
- T195: Mhm. Mhm.
- C196: To care...care of yourself...That's really gets it best..to care for yourself...to kind of be like a mother to yourself.
- T196: That's right. Mhm. What would it mean to take a cherishing caring kind of an attitude toward yourself..almost like a mother would do.

- C197: Ya...It's very strange I really never really wanted to...be a mother to myself...to mother myself..or to mother me. Really is....it's not myself..it's myself that's doing the mothering kind of...But I mean, you know, this me...this one, the physiological one.
- T197: "I never thought I'd wanted to be tender or caring toward myself...my body"
- C198: (Cuts in) Myself..ya. I don't know..it's confusing for one thing...but it strikes me as being a very really possible...as having a rather tender concern for your...for yourself.
- T198: So the physiological me can a....Mhm..
- C199: That's friendly.
- T199: And it does seem possible, I mean...I guess you can kinda...conceive of it. But it doesn't seem like an attitude you've ever felt.
- C200: No. No it definitely isn't an attitude. I felt. I felt quite the opposite although I didn't know what it is...a coldness toward myself, but couldn't even conceive of it as a possibility that I could have a kind of tender concern for me. It still strikes me as a...as such as an odd thing.
- T200: It almost...I get the impression...it almost seems to feel like, "this is, this is talking in a foreign language. I don't get it...what it would mean....."
- C201: I really don't...It would mean...I don't know...Setting up a little world all its own in me...calling up things in a way which I've never....How could I be tender, be concerned for myself...you know...while..when they're...one and the same thing?
- T201: "How could that be?"
- C202: But yet I can feel it so clearly...
- T202: I kinda sensed a little...
- C203: To feel, to feel of the..the taking good care of myself has a very...a feeling like a very good theory somehow...
- T203: Guess..It's just doesn't hardly seem logically possible what sense does it make?" And yet you can really feel it in yourself at this moment of what it might be like to feel kind of a tender concern for you?

C204: It almost and it seems almost seems so terribly central that this is one of the main points in living, really. I mean that this can give purpose to so many things which otherwise are pointless/

T204: Mhm. Mhm.

C205: You know...kinda taking care of your....like taking care of a child. You know you want to give it this and give it that and provide this and give it opportunities for the...you know..all these thing I can kind of clearly see the purposes for somebody else...but I can never see them for...you know. If I were kind of responsible or wanted to be...with someone else. But I could never see that for myself as a..that I could do this for me you know...

T205: That all the things that go.....

C206: I kinda expected the same thing in reverse I guess that someone else would take care of it for me. I was perfectly willing to care of it for someone else.

T206: Mhm. Mhm. But I guess it's why it has reality for you...you can see what would be involved and feeling that way toward someone else.. (Client weeps) but as far as yourself goes....you're always that, "well that's someone else's job..."

C207: Ya that's right. I never thought it was my job to take care of myself. I could take care...I could take care of other things very well...I guess...ya.. ya...in the way of caring for...but it was someone else's job to take care of me.

T207: Mhm. Mhm. Mhm.

C208: That makes a lot of sense too in the way I grew up. I'm not feeling wise but is just that I was given so extremely so little responsibility for myself that I was really taken care of in kinda of a really safe environment where things were taken care of for you so much instead of one having to take care of oneself. Or at least...or perhaps not. It's never struck me as being a real thing...it's so odd...still I guess I'm still kind a....

T208: You're still sorta asking....."you mean it's possible to feel this way?"

C209: Ya. Is it possible that I can really want to take care of myself and make that a major purpose of my life? To take care of me? That means I'd have to deal with the whole world as if I were guardian of the most cherished and most wanted...now let me see now, that this I.that was taken care of was between this precious me that I wanted to take care of and the whole world...

T209: It's really kind of...

C210: It's almost as if I loved myself...you know...that's strange...but it's true.

T210: It seems that that's such a strange concept to realize, "why it would mean I would face the world as though a part of my primary responsibility was taking care of this precious individual whom is me....whom I love."

C211: Whom I care for...whom I feel so close to....

T211: Mhm. Mhm.

C212: Woof...That's another strange one!

T212: It just seems weird.

C213: Ya. It hits rather close somehow. The idea of loving me. It's nice.

T213: Something kinda moving about that.....

C214: Very much so. And again this peculiar thing I don't know, understand...I love me, you know what I mean.

T214: "What's the grammar of that..." or something (Chuckle) "How is that possible?"

C215: Ya. But yet it feels good again. It's just like the other one.

T215: Mhm. Almost as if your mind says...it doesn't make sense to you and in the same thing...But your feelings say.... "God it feels good even to contemplate it."

C216: Ya. The idea of my loving me and the taking care of me (Weeps) That's a very, very nice one....very nice.

T216: Kind of a real welcome possibility to think that, "maybe I could feel of taking tender care of me."

C217: Taking care of me because I love me and kind of...That's a kind of necessary kind of conditioning for feeling the other way.

T217: It would sorta have to be the basis of it.

C218: Really, really it's so strange. I've never read anything about this (Both chuckle) I really don't seem to know what its really about.

T218: "Where did this come from?"

C219: But it really means loving me. (Pause) It really does...and it it's not "as iffy" either. It's not like taking care of me as if I love me. It's really almost like being in love with me. Being that....

T219: Feeling that close and that warm

C220: And that concern...and that, and not much giving...and not much satisfaction in being with me. You know, all those things.

T220: Guess you're whole feeling or that is kinda..."gosh..."

C221: Ya. And I really don't know what to do with it.

T221: I see we've got to do something about the time.

C222: OK. When a....

T222: Monday, 4:30 OK?

C223: Saturday? (Chuckle) Better?

T223: Saturday is better? Mhm.

C224: Ah...It would be better. (Blows nose) Four days isn't a long time.

T224: OK. Saturday at 3:30. How's that then?

C225: Do you sound a little discouraged by it?

T225: No...not discouraged. I've debated it, but I wouldn't say yes if I didn't mean it.

C226: Fine. That's very nice. I, I don't know...I guess that's one thing that it is making me dread your leaving...I feel a little pushy about it at times. I'd be more willing to accept Monday or something....you know....

T226: I know.

C227: But I want to take good care of myself.

T227: This is an expression of just what you've been talking about.

C228: Ya it is.

T228: OK. See you Saturday 3:30.

