

This is a PDF, when you print it out, you can just write in the answers - we will be going over this in our on-line class. You do not need to submit this to your mentor.

Contract-making and the identification of ego states:

As therapist, decide which ego state the client is "in" when making the contracts cited below and if the contract, structurally speaking, is an acceptable one. If you rate the contract "unacceptable," what kind of confrontation would you make to invite the client to make an acceptable one.

1. "I want to be aware of my feelings -- all of them. Does that sound O.K. to you?"

_____ ego state

_____ acceptable _____ unacceptable

(Confrontation)

2. "Dammit! I want to prove to myself and others that I'm no longer irresponsible and that I can get reports done on time."

_____ ego state

_____ acceptable _____ unacceptable

(Confrontation)

3. "I want to own my own importance. What kind of assertiveness training consultant am I if I don't have confidence in myself."

_____ ego state

_____ acceptable _____ unacceptable

(Confrontation)

4. "I want to be close to the people I love, and hug them and be hugged and jump up and down with them."

_____ ego state

_____ acceptable _____ unacceptable

(Confrontation)

5. "I want to take dancing lessons. I do a lot of work with the public and my figure is beginning to look a little heavy. More importantly, I want to take lessons because I love it!! I can really relax and be myself when I'm dancing."

_____ ego state

_____ acceptable _____ unacceptable

(Confrontation)

6. "I want to be decisive. I'm going to lose my job if I don't start making some tough decisions and soon."

_____ ego state

_____ acceptable _____ unacceptable

(Confrontation)

7. "I like the way you confront people, you're a fantastic therapist. I want to confront like you."

_____ ego state

_____ acceptable _____ unacceptable

(Confrontation)

Aspects for thinking to occur.

S4P14-3

A person discounts self, other or situation.

RELATIONSHIPS BETWEEN TYPES AND MODES OF DISCOUNTING

3 Types. Stimulus - Problem - Options.

MODE	TYPE OF DISCOUNTING		
→ Discount → EXISTENCE	T ₁ <i>not aware</i> Existence of Stimuli <i>(anything we experience)</i>	T ₂ <i>I have no problem</i> Existence of Problems	T ₃ Existence of Options <i>I can't do anything about it</i>
→ SIGNIFICANCE	T ₂ <i>I'm angry but it's insignificant so there's no problem</i> Significance of Stimuli	T ₃ <i>problem</i> Significance of Problems	T ₄ Significance of Options
→ CHANGE POSSIBILITIES	T ₃ <i>angry about wife</i> Changeability of Stimuli	T ₄ Solvability of Problems	T ₅ Viability of Options
→ PERSONAL ABILITIES	T ₄ Person's Ability to React Differently	T ₅ Person's Ability to Solve Problems	T ₆ Person's Ability to Act on Options

Treatment Issues:

T₁ - Awareness (internal and external)

T₂ - Significance of awareness, problem definition

T₃ - Awareness of change, defining problem significance, option definition

T₄ - Awareness of personal change, defining problem solutions, defining relevant action options

T₅ - Awareness of personal abilities, selecting viable options

T₆ - Awareness of ability to act, action

Study this page in order to understand what the 'con' is in the client's speech

S4P14-4

Identifying the first con:

As therapist, identify the first con in the following statements:

1. "I don't want to be as angry about my ex-husband as I am now. I want to say good-by to him and get on with it."

how angry do you want to be?

2. "Perhaps what I want is to be successful, to stop setting myself up not to make it."

Perhaps - sounds like you not sure? why Perhaps?

3. "Although it's not that important, I want to take in the strokes people give me."

*If it's not important, why bother.
(won't change)*

4. "I can't stop playing games with people when I get close to them. I want to try being straight for a change."

try

can't - wasting time

*change can't - So far you haven't succeeded
presupposing they will in future.
Relief type -
Chaz can't to work*

5. "I must be assertive. I can't go on this way, letting people walk all over me."

Parent control - who says so?

6. "People never do anything for you. I've got to stop expecting things from them and start standing on my own two feet."

Repeat to counselor

Parent

defining reality

People - includes feelings about counselor

7. Sits slouched in his chair and in a barely audible voice says, "I want to begin asking for what I want."

ask permission first. say I'd like to do experiment

Adapted child

Adult position leveling position feet on floor arms out 3 breaths state carefully

8. Bangs fist on thigh and says assertively, "I want to stop setting myself up to be hurt and start being good to myself - to pick good friends, engage in safe activities and get medical help when I need it."

he's doing what he says he's going to stop

Are you willing to say that again without hurting yourself?

Are you willing to stop that as of this moment?

Couples teach them to say "I have a criticism for you - are you willing to hear it now?" Other must respond with a time that they will accept criticism

EARLY RECOLLECTIONS

S4P14-5

15 year old boy, difficulties at school, primarily academic, "Doesn't understand his subjects, doesn't get help, difficulty in math and spelling. Walks out of math class when he doesn't understand the work, passively gives up rather than disturbs."

1. "I guess the first thing I can remember is stealing from my mother. One day I stole a dime off the shelf - it was my mother's, and I spent it, and I came back. My mother asked me where the dime was. I said, "What dime?" and she already knew I took it when I left the house. She sent me to my room and I cried because I got caught."

intends to get caught

cries for something

2. "I remember when I got run over by a truck. It was one day right after it stopped raining, and I was running along. There was an old rubbish truck. This guy went around collecting rubbish and stuff, and we used to chase him and see what we could get from him. So we were running along the grass, and I slipped and I ran into the wheel of the truck. The next thing I remember is my mother holding me, and I just kept screaming - I can't walk. I just kept repeating it."

Wanted to get caught

*He wants to express feelings
Be noticed*

*by getting hurt - expressing feelings
receives*

3. "I remember the first time I ever got into a fight, and there was this kid, he was going around the North end of town. He was beating up all my friends - everybody that got in his way. So I went after him and we got in a fight, and I got beat."

misinterpreting

loves adventure

*victim of self
Self imposed failure*

wanted adventure

*got beat because
that's the way to
get attention*

I am a loser

I should be strong

I want to be noticed

I am not important

life is unjust, unfair

people don't care