

**Case Study Presented By Dr. A. Goren-Bar at Prof. Bollas's Workshop
Israeli Psychotherapy Association , April 7th. 1997.**

**“My Self is not transmitting yet, the broadcasting station hasn't been built yet,
and you already search programs on its scale?...”**

When L. was 22 years old, last year, he was referred to me by his mother. He is a second year student of Law & Accounting at University. He is a handsome young man, has a smiling, childish face, but he has a lot of tension around his mouth. He seems much younger than his 22 years.

L. is the eldest son of three boys: his middle brother serves in the army and his youngest brother is 16 years old. L's parents divorced two years ago. His father inherited a small business from his parents. He is a Technion graduate who never practiced as an engineer. L's father's economic situation is fine, yet there has always been financial stress at home. The mother is a biology teacher who changed careers and graduated as a clinical dietitian. She lives with her three sons, and has a widower partner. His father dates women occasionally.

L. started therapy with ambivalence. I can divide the process he had gone through into three phases:

May-July, 1996: Complaints and clarifications

July-December; Touching and escaping symbolic significances.

December, 1996-April 1997; Incubation and sprouts of hopes.

May-July; Complains and clarifications.

During the first session in late April, L. told me in his own words that there were six reasons for him to agree to come for therapy:

1. The main trigger was a nervous digestive system: stomach problems, stomach aches, gas, frequent trips to the toilet. He said it was unpleasant, especially embarrassing in social situations. The symptoms started when L. finished his army service in August 1994. He told me that at that time his Dad left the house. L. reported that all gastro examinations were found to be negative. His Mom, the clinical dietitian, used all her connections to have for tests done and the recurrent conclusion was that

these problems derived from a psychosomatic source. He told me that he had tried homeopathic treatments, and other “nonsense” but there was no relief from his suffering.

2. Signs of pressure and anxiety: L. said he was permanently thinking about trivial matters. How he should have his own apartment in ten years time, financial problems, whom he should marry. He said that these hypothetical preoccupations kept him from functioning properly in the present.

3. Anxiety from family affairs, meetings with important people, stage fright. He reported about issues that troubled him. How will he function as a lawyer. He also expressed a terrible fear of interviews, saying that he postponed interviews “like an ostrich”. Prior to telephone calls he would go to his Mom or girlfriend to consult with them on what he should say.

4. Friends. He told me about Aaron, a friend from the army who treated him badly. He said he didn't like conflicts so he learned to grin and bear it. He had no friends.

5. Temper-tantrums and helplessness. Lately he had been quarreling with his youngest brother, whom he had found to be stronger than himself. He threw the computer at the wall. He cried, yelled, it took him an hour to calm down and then he wondered what good came of it.

6. Girlfriends. His first girlfriend was in highschool, she mistreated him and was manipulative. He has been dating another girlfriend whom he had met in the army two years ago. She is a medicine student. They sleep at each other's apartments, and have a sexual relationship. My impression was that they lacked physical attraction, and that not too much had been invested in this component of the relationship. L. uttered that in spite of the fact that the two girlfriends were so different, his attitude towards them was similar: He feared they would abandon him.

During that session he also told me about his army service: Due to his knowledge of Arabic and the fact that he had graduated high school as a gifted student, he was referred to a special and prestigious unit in the intelligence. He worked with computers. “I fell into total undoing there. Aaron was my partner for our acting outs”. I was kicked out of that unit because of improper behavior. We used to provoke the commanders and listen to noisy Oriental music. Then, I was transferred to a small

field unit in the desert. There I developed myself. I listened to classical music. I met my new girlfriend. There I was happy.

After describing what psychotherapy was all about including the amount of money he would have to pay per session, he asked to take his time in order to see how he could arrange the money, and called me after three weeks. The financial problem was to be solved by his grandmother (his father's mother). In May, June and July he concentrated on his nervous digestive symptoms. Once, while he was complaining about his stomach, I suggested he talked to it. I was surprised when he presented three areas:

The mouth said: "I don't feel good about what I am filled with"

The intestine said: "I don't feel good about what's inside me"

The sphincter said: "I haven't got a capacity to pull anything out"

We discussed the symbolic significance of these sentences. For the first time L. raised the possibility that he was not really who he had seemed to be.

He told me that his stomach problem had overtaken him: terrible sharp pains attacked him at the bottom of his stomach, sharp aches in his sphincter, "as if somebody was holding it from the bottom."

He said he was frightened. He felt just "like a pot whose cover, if moved away, would send and "ricochets" flying everywhere". He connected the stomachaches to his father's abandonment. He told me he had cried several days when it happened.

"I felt sorry for Dad" he told me, "he was in lonely, it is his tragedy, Dad did not make it", he was lamenting the breaking apart of his home. L. said: "those who have united parents, have less problems, such attuned parents give backups, since my parents divorced each one of them listens to himself".

I said it seemed to me that he felt a bit like an orphan. I wrote to myself: "There are grief metastases on his father's abandonment, he is very dependent upon his Dad, and thinks "fatherlike".

In the beginning of June, L. told me his parents' background :

"I am my mother's child" he began. I love what she identifies with, her closeness, her faith, I appreciate her and love her on the emotional level. I love her because she is

warm, she expresses feelings, her devotion: her readiness to invest time, she is an address in time of need, she went through crises, In her marriage she was the inferior, humiliated, pushed aside, she had chosen to make the best of it. She is intellectual, social, well appreciated at work, she does not have career, she had gone into late changes, she could have been much more in all sorts of ways... She was born in a small town, a childhood in one place, good simple parents.

Grandpa was naive, kind and uneducated. He had passed away several months before. He worked in the family store from the age of 13. My Mom has a younger sister, due to Dad she hardly had relationships with her, now they have renewed their contacts. Mom's mother is still alive, she too couldn't advance, she was a housewife, and although she lacks education, she is a smart, energetic woman who helped her two daughters to study in university. A quiet family with no pressure.

Dad's positive traits are his mind, his general knowledge, his persistent hobbies. Dad jogs 10 km three times a week. Emotionally he is warm but irrational. Dad is not a family person, he does not reflect safety, he likes to put people down, he does not indulge others, but only himself, impulsive and violent. He used to beat me until I reached high-school. He also beat Mom. They went to a marriage counselor and the psychologist recommended Mom go to the police. Dad was restrained by Mom. I was like an abused child, afraid of criticism, afraid I wouldn't succeed at anything, things I could have done well I ignored, this is why I am afraid of people.

Dad's mother, born in Germany, is a cold person who acts according to what is expected. The norms of society dictate her feelings. She is strict with money: who owes her to whom she owes. She volunteers in many organizations. Her father had a printing business since 1930. As she was the only child, she was married and entered the business with Grandpa.

Grandpa is a Bulgarian Jew, warm & friendly. His family lives as a big tribe in Jaffo. He knows everything and lectures to everybody. My father had a difficult childhood with them till he moved to a boarding school, where he only lasted two months. My Dad treated his sister like a mother since his parents were in the store. When Dad went to high school the family was in crisis, Dad had insulted his parents. Dad is not in contact with his sister anymore.

During the first three months of therapy I found myself acting in three phases:

1. Gathering patience to hear L's complaints about his stomach again and again, and trying unsuccessfully, to transform his physical pain into psychological suffering.
2. Listening carefully in order to collect significant details about his life. Listening for such trivial data which might help me comprehend L's personality and would later on serve as footholds in the long quest for his individuation.
3. Identifying focal communications between L. and myself in order to maintain a positive atmosphere.

In the course of our sessions, L. conducted a small, yet significant, struggle with me: He insisted on arriving to therapy due to financial limitations, only three times a month. At first, I refused, interpreting the demand as an attempt to dictate the rules of the game, this deriving from his skeptical predisposition towards therapy. After a supervisory consultation, I was made more attuned to the young man's difficulty in tolerating our intimate meetings. In considering the emotional efforts expected of him while still facing his physical aches, the grief of his parents separation, his incompetence and especially, the therapeutic language which put an emphasis on the emotions which accompanied the verbal aspects, I changed my attitude towards the issue.

In the next session, I reconsidered my decision and accepted L's request.

L. arrived to our next meeting with two dreams.

I took his first dream as a calling-card, the unconscious predisposition at the beginning of therapy seemed very important to me.

Here is his first dream: **What a surprise, I remembered two parts of dreams: I arrive alone to a museum. I stand in line, as if at the entrance, but then it seems that the entrance is free because it is Friday. I meet someone whom I know from high school. He is in a wheelchair, I ignore this fact although, I wish to ask him about it. I speak to him and finally he tells me that a shell from Lebanon hit him in a painful place. This young man had a small dog in his hands. We descended to the lower level (like a cellar) and there was a veterinarian in a room, clinic or office. He handed his dog to the veterinarian for treatment.**

I asked L. to associate about the dream and together we arrived at the following understanding:

The place: a museum - pseudo place where people observe things from a distance. Not simple things that anyone can make, but rather things which are admired by others.

The first problem had to do with money. Fri-day is free day. I want to achieve things for a low price or no price, like Grandma and Dad .

Key personalities: The twin narcissistic wounded partner. His shadow who claims to have been in the wrong place and got screwed. The shadow however speaks in a courageous way, he talks about his wounds and brings his dog, the little impulse, the childish part of his personality, for treatment.

The veterinarian:” may be:you”, he said, I added: “Since you are the dreamer it also may be the healer within yourself“.

Lower level: signified the unconscious. This is where therapy leads us.

Mechanism of defenses displayed; Denial. He sees his friend’s limitation but doesn’t heed to it. The shadow, however, is not afraid to speak for himself.

We understand the message of the dream: we should listen to the shadow, to the inferior part of his personality, to the other partner within. L. arrives to therapy in private, wants it for free, wishes to correct his childish-archaic part from within.

When the fourth week arrived, and L. was entitled to skip a session, he gave up that option and asked to meet in order to go on deciphering his dreams.

Here I wish to relate to a transference aspect in this case, which had already been raised in the beginning of this therapy and was expressed in L’s first dream:

The mother, who detested her husband, and who had been a victim to a violent man, sends her first-born son to me, a male therapist, to cure her dysfunctional boy. Why did she choose me? The obedient son accepts his mother’s request, not with will to please her, but due to his physical suffering. What was my place as a therapist in comparison to L’s father. The father, was perceived by L. in an ambivalent way: on the one hand, he tried to function as a liberal, spoiling permissive Dad, on the other hand he demanded obedience and had high expectations which cultivated in L. a false-self. How should I cope with the undeveloped feminine aspect of L’s personality

represented by his problematic stomach (the place of our feelings, intuitions and containment). How should I assist L. in the conflicting process which characterized this transformation: Dialoguing with me in therapy while reconciling with his real father, nurturing his feminine side to enable him separate from his beloved mother. At this point the biblical triad of Hana her son Shemuel and the great priest, Eli, had occurred to me.

“and the child Shemuel ministered the Lord before ‘Eli. And the word of the Lord was precious in those days; there was no frequent vision. And it came to pass at that time, when ‘Eli was laid down in his place, and his eyes had begun to grow dim, that he could not see, and the lamp of God had not yet gone out in the temple of the Lord, where the arc of God was, and Shemuel was laid down to sleep: that the Lord called Shemuel; and he answered: here I am. And he ran to ‘Eli and said, here I am for thou didst call me. And he said, I called not; lie down again. And he went and lay down. And the Lord called yet again, Shemuel. And Shemuel arose and went to ‘Eli and said, Here I am, for thou didst call me. And he answered, I called not, my son; lie down again. Now Shemuel did not yet know the Lord, either was the word of the Lord yet revealed to him. And the Lord called Shemuel again the third time. And he arose and went to ‘Eli again in the third time...And ‘Eli understood that the Lord had called the child. Therefore ‘Eli said to Shemuel, Go, lie down; and it shall be, if he calls thee, that thou shall say, Speak Lord for thy servant is listening. So Shemuel went and lay down in his place. And the Lord came, and stood, and called as on the previous occasions, Shemuel Shemuel . Then Shemuel answered, Speak, for thy servant is listening.”(First book of Shemuel, Chap. 3)

Would I find the power and wisdom to darken and blind my professional eyes in order to make it possible for L. to see on his own? Would we comprehend his inner idiom expressed through his dreams and conversations? Would I be capable of referring him to his own inner voices at the authentic level which is analogous to God’s speech.

July-December; Touching and escaping symbolic significances .

Once again I suggest L. to talk to his stomach. Here is the conversation which followed:

L.: In a month or two we shall start going to the swimming pool, you have to...you - only females make such troubles, you are feminine (in Hebrew, stomach is feminine).

Three times a week, without excuses, as in the past, we will swim 8-10 pools to begin, you will be quiet and calm. At most I will allow you to transmit a bit of hunger. Once a week body building, there too you have to be quiet, In fact I'll train you to be quiet. Besides, we start work in a prestigious office, by the end of the summer, there too you will have to be quiet. You see, I am depending on you so you'd better not ruin anything, don't spoil anything. (I encourage L. to present his stomach)

Stomach: What do mean not to ruin? It surely does seem fun to irritate you, Up until now you were so successful, now it is time for you to invest more efforts, Why not make you a little nervous? It is about time you did other things...

L: We were condemned to live together, we'd better arrive at an agreement. I am not so accustomed to talking to you, so let's listen to each other, I am kind of a mood to listen to you. Tell me what's bothering you. If you were less noisy and more open I could listen to you, still I expect you to listen to me too.

Stomach: Ahha! finally I am being listened to. I intend to present to you a list of assignments which come up to my mind. I don't want promises, I want actions. Read a book, don't just keep it near your bed. Take me out to the movies, for years we did not go to the movies, I started to bother you during the movies because of you. If you want me to change you've got to change too...

We try to understand the meaning of this conversation. What did the discovery that his stomach was feminine mean to him ? How difficult it was to get along with those women in his life. He was embarrassed and admitted that the "chat" reminded him of the many quarrels between his parents.

August brought vacation from the University.

L. forgot to report to me that he was rejected from a prestigious project in Chicago because he had failed the interview. He did tell me that he had been invited to accompany his father on a trip to England, and that he intended to accept the offer since it was a free trip. When I tried to draw his attention to the psychological price that he might pay, he did not seem to want to give up the free opportunity.

Throughout this period L. brought problems he had with his girlfriend to therapy.

While he was in England, she went to the States. When she returned he welcomed her at her parent's home with a welcome note hung on a chain made from her brassieres. This witty act prevented me from reflecting to him the gap and ambivalence he felt towards their relationship.

In the beginning of October he complained about his stomach and reported that the situation was unbearable. He was concerned about wasting time in therapy and felt "empty". He asked how we could find a solution to such emptiness and I said we had to slow down the rhythm of our conversation. He told me about his fear of a disaster, a crisis, a break he would fall into. By the end of October, after a long silence he started the session with a question: "What does it mean, in your opinion, that there are things that I consider very carefully whether to tell you or not?". He related to the fact that I wrote notes during the sessions, and that someday such papers might be thrown in the garbage. I decided to respond by not answering and the silence brought his reaction. He told me about a friend from high school who was a good mate with whom he was competing for a girlfriend's attention. A smart, competitive young man with high self-esteem, who is now study medicine. After a two year break they met and started a kind of a ritual: His friend calls him when his parents are away, invites him over, they put on pornographic video cassette and masturbate.

Each one on himself, once or twice a month. When L. ended this story I felt there was a feeling of relief in the clinic mixed with sexual tension. I was aware to the intimacy between us, considering the fact that we both were peeping into his private life. He said he was afraid I would interpret this story as a homosexual act. He told me that his girlfriend did not know about it. I preferred to look at it as one of the adolescent preoccupations which were typical to his behavior. I wondered who was the initiator since L. said he was always invited and was afraid to refuse, as he did not want to loose another friend. We concentrated on the T.V's role as an intermediary between

the two, we noticed how they were afraid to look at each other. I thought about L's narcissistic wound and about his drive to be intrigued with such relationship. By the end of November L. related again to his fears of losing control. I wrote many notes on how to stick with him. How to survive his defenses in therapy as well as in life. I told him that each week I found myself shaking him like a coconut tree so that a nut would fall, we'd break it and see what was inside. L. liked the image. Only then did I realize that shaking his tree was like masturbating him, I was smiling. I remembered how I had promised myself to go on blindly so that he could benefit symmetry. I decided to bring his attention to how that image reflected our relationship. I asked him how we could create a place where he could feel secure with me, and how disadvantageous it was for him when I did the job for him. During the next session L. told me how afraid he was to present solutions to himself. How much he would have liked me to be his consultant. I told him again about that place called therapy where he could look safely at his own solutions while I was there to support the process. I wrote myself a note: how can I on the one hand convey him my sympathy and acceptance, and on the other hand help him look at things bravely without leading him?

Incubation and sprouts of hopes.

Two dreams in the beginning of December. The dreams were centered around L's "acting-outs", his prick of conscious and his attempts to avoid punishment. I understood that these were tests to expel the inner disturbed child while at the same time, he examining carefully the inevitable outcomes. **In the first dream L. is stuck in the ground in a huge crowded space where the only exit is through a very narrow pedestrian path which he can't pass since he is driving a jeep. He is therefore persecuted by an annoying old woman who tells him that this time he will pay a penalty. He chooses to rescue himself by jumping into a deep crack in the ground yelling and cursing her. In the second dream he breaks up the seminar on moral by annoying the professor, thereafter he tries to comply him by asking for his forgiveness. That minute a flood of dark ticks cover everybody and causes panic.**

I realized how on the one hand L. was afraid to meet the dark side of his personality, and how on the other hand he brought it to therapy. He also was unconsciously ready to jump into the unknown.

In our following meetings, L. talked about his fear of accidental slips of the tongue, saying dirty words while speaking. He commented that such accidents might cause him embarrassment. We talked about the existence of a real and false self in him. We discussed the significance of his name: L=liberty, and about his inner liberty. We talked about an informal law he had discovered: One who is not with his-self cannot truly be with others. He told me about a young Russian immigrant from his neighborhood whom he wanted to screw, then how he had persuaded his youngest brother to present himself as a delivery-boy and bring her flowers, and how it ended at the flowers stage. He asked: why do I need all these concrete walls around me? He sketched a picture of his ideal friend: a guy with high social status, who liked to flirt, did not admire the social hierarchy, degrees and money, and spoke concisely and spontaneously. I asked whether it were not the real L. who wished to be actualized by him?

Two weeks later L. told me he thought about registering in a literature course at the University. He was ashamed to admit he had feelings of regret about the field of studies he had chosen. He added that at his high school's science class for gifted pupils, there was a literature teacher who had a psychological orientation in her teaching, and her lessons were enchanting. He commented: "If at the beginning of the end of my studies I am hesitant, then something must be done...It is difficult, he said, to raise questions at the end of a process. I wish I could be a philosopher of life, wander the world, meditate and then know what's right for me."

I suggested that until he decided whether he wished to go on touring the world, his therapy could function as an India or Tibet substitute.

He then recalled his fifth dream: Prior to the dream he told me that associating with the literature teacher, and somehow also with connection to the dream, he recalled a short story he had learned in high school. The dream had to do with his father's father, Grandpa Shlomo, who was dying, and in the dream he went to visit him. He

remembered that part of the dream vaguely, and it had to do with a short story. Also he insisted on telling me that grandpa was very much alive in reality.

The short story, as he remembered it was *The Masque of the Red Death* by Edgar Allan Poe.

It was a very colorful story, with blood, black masks, feasts, crazy festival. It was connected to the dream, "I cried there", he said, "I was so sorry".

I asked him to tell me about grandpa Shlomo. L. said he was very dogmatic. A person who knew what was right and wrong. Grandpa always said: "From my mouth only true words come out, I said but no one believed me". He is a man of compromise. He pushes me to marry my girl friend. Then he uttered the full short story: **it's about an important prince who was told by messengers that the red death was approaching his kingdom to destroyed it. Thereafter the prince gathered his subjects and decided to lock everybody hermetically in the castle and have a huge crazy mask-party. However death entered the castle disguised as one of the guests and killed the prince. The inevitable must happen , L. commented.**

My interpretation of the dream was that the process of departing from the patriarchal code had unconsciously started, caused sorrow and pushed L. into corrupted ideas expressed in his dreams and in the sentence he added: "eat , drink and be merry because tomorrow you shall die". Before getting up to leave the room he commented briefly:

" Maybe I will be a kindergarten teacher", and smiled. Did that silly remark mean the breaking of the "father's code" would release the wounded child within himself? I wrote to myself: his true child has burst out with all its might and is looking for proper care.

By the end of January 1997, after he had told me that during the exam period his stomach's state had improved and decreased to the amount of 30% suffering, I wrote several comments: There is a discrepancy between his rich dreams (his self) and his every day personality (his ego). I notice that my dialogues with him increase his discourse's intelligence, when he talks solely he is terribly boring and dull, there's something in him murmuring and putting me asleep. I wonder where the parts of the advocate's or accountant's personality are?. In one of our next meetings I shared the ideas about these discrepancies with L. He responded and said his head was clouded

by fog, his mind was not focused, he admitted that it was difficult for him to be creative, that there was a split between the knowledge he had acquired and the ability to apply it into everydaylife. He said he had felt the discrepancy between what he was suppose know and what he used practically in life.

He told me about periods of silliness, when he talked obsessively like a baby, and that such a behavior frightened his girlfriend. He said he was worried such problems were incurable. I suggested we should try to understand why he needed this regressive behavior and we arrived at the conclusion that it served as compensating function for he had not been expressing himself spontaneously for years.

For next week's session, L. arrived with his sixth dream and two weeks later with two more dreams. In the sixth dream L. tells me:

I am wandering around in an unidentified place with my father, who hand me a black and gold ring. He says I can give it to my girlfriend. We approach the summit of a hill, and when I turn my head backwards I see a huge cage.

It is partly an aquarium in its backside and full with lions and lionesses. Some of them are in the front part of the cage and some swim about in the aquarium. It seems to me that they're all locked up in the cage. Thereafter we keep on walking in the open place towards the cage when suddenly one of the lioness somehow frees itself out and comes trotting towards me. At this part of the dream it wasn't clear where my Dad was, I run away terrified from the lioness who is chasing me freely in the opened place.

In the inquiry, I asked L. to give us associations for the dream and he said:

The place is unknown, may be it is deep in my soul. Dad represents a significant personality to me, he denotes impatience, an egocentric attitude. He is sensitive to instrumental-experimental stimuli, not human. The ring has to do with someone who has both enlightened and dark parts. He wants me to bequeath his will and handle it to the next generation by marrying my girlfriend, just like Grandpa.

The hill brings another perspective. If I take another point of view towards life I have to turn my head away. It's just like Orpheus who wanted to rescue his wife from hell and committed to bargain with Hades. They agreed that his wife would follow him 100 meters in distance and if she didn't turn her head around they would make it out. Turning a head backwards has to do with faith, he said. Shocked by the young man's

intelligence and courage I only added that the story reminded me of Lot's wife's from the Bible. When they had run away from Sodom she turned too her head and became a rock of salt. But what were these kings of the jungle doing in an aquarium, and why did one lioness escape and persecuted you I asked.

He referred to the lions and said: the lioness does all the hard work while his majesty the lion does nothing, finally he is impotent in many things. I commented that she was the feminine side of the king. I saw the chasing lioness as a representation of fear from Man's feminine part, the Anima, connected to L's stomach. I asked him to pay attention to the fact that while climbing up the stairs to my clinic every week, just above his head there has always been a huge aquarium with lion black-gold fishes. He was so surprised that he went out of the room to check weather there was there an aquarium and on returning his face was puzzled. I did not tell him I thought the ring his father handed to him could have to do with his aching sphincter (in Hebrew the word ring, as also in the English dictionary: "muscular ring that closes a bodily opening).

So we analyzed the dream's message: While breaking his father's will he was afraid of the archetypal aspects of the feminine side: in me (the aquarium), in his father (the ring), even may be in himself or his own mother or girlfriend. I reminded him of the old woman in his third dream who chased after him to force him pay a fine, and how he escaped from her by jumping into a the abyss. We discussed the feminine parts he was afraid of relating to me, and to those other significant people in his life. We talked about emotions, manipulations and vulnerability. I pointed out how the dream had ended. We saw that he was not ready yet to confront his feminine side since he had run away. To my question, had the dream continued, how would he end it up, he said: I would have climbed up a tree.

The two dreams which followed this previous one displayed a change in the way L. perceived his mother. We understood that the changes she made in life: her professional re-training, her obtaining a divorce from his father, her ability to find a boyfriend, her economic freedom, and sending him to therapy - all made him proud of her on the conscious level, but unconsciously quite threatened him. I reminded him of the relationship he had had with his two girlfriends who dominated him. I showed him

the connection between his imprisoned emotions, his aching stomach, the threatening women in his life and the fear of the feminine parts in his father and myself.

I wondered to myself, was L.'s remark about homosexuality in the mutual masturbation with his friend, more than just a concern?

At this point I feel confident about L.'s commitment to therapy and I dare to interpret to him my understandings. During our March sessions I often found myself asking him what his authentic self told him. He has recently answered: "Very much what is not socially acceptable. When I kept inquiring he added: **"My Self is not transmitting yet, the broadcasting station hasn't been built yet, and you are already searching for programs on its scale?..."**

March 31st 1997 - Session

L: O.K today, once again ,we shall speak about fears. A friend offered to me this week to move with him into an apartment, he is very anxious to leave his parent's house.

He fits into the criteria I have stated once with you about whom would I like to be my best friend, every day he dates a different girl, you shouldn't get the wrong impression, he got the Dean's scholarship, you must be thinking such things do not stick together. He surprised me, Why? why does he offer it to me? may be he offered it to 15 more people?, he also surprised me in other terms: he dates a lot, I hope he will invite me to go out with him, I am not that "cool" as he is...

Fear, we have discussed it also in relation to my girl friend, then I was less scared I wouldn't like it to be as it were in the past, to postpone things, he didn't call back, and I am quite in tension, I don't want to "put it on the shelf in a stand-by position and wait...

The fear, I shall have to cope with his friends, people, as his partner in the apartment, there will be all kind of people, as a stranger, I am not involved. It reminds me of a situation from elementary school. I "jumped" from first to third grade, I think I have mentioned it to you in my biography, this is why I am younger than people around me these days. So then, I was "in" on the intellectual base solely, there were girls in that class, they put me in a "cool" class, I was considered the "wonder-child" of the class, but under no circumstances the most popular socially. That was very humiliating. Kids were divided into two levels: the "In's"and the "inferiors", I did not belong to neither group.

Avi: Here you have a chance to position yourself in another status. Why does B. like you?

L: What I appreciate in him is the opposite of what he appreciate in me.

Avi: may be it is your stability, your economic situation

L: As a matter of fact, he once wanted me to meet his sister

Avi: so he must have liked you, shouldn't you two sit down and talk about his idea?

L: I wish to look at it from a different aspect. Up until now I have looked at it from the under esteemational aspect, may be I know he expects from me too much and I shall let him down, I might expose my drawbacks.

Avi: Where have you know such fears:

L: Home! Needless to say, but may be I should wait until my stomach problems disappear, and then move in... but you will say the opposite

Avi: Let's say I did

L: I do not see the direct connection you are pointing at (between the body and psyche).

My stomach problem is a crucial factor in my fears, central .

Avi: Let's hear what your stomach has to say about this issue

L: I feel very silly

I ask you, I have lost contact with you, lost faith in you, lost hope that your behavior will change, I do not understand your attacks, why do they still appear, as punishment, on the one hand you lock me, on the other hand you show no way for solution

Stomach: (long time response) You simply do not try anything, you do not perform anything you like, Regrettably, I disturb you , but had you done such things, I would have stopped, it's easy to blame it on me but you do not do anything by yourself.

Example: you have stopped your relationship with your girl friend, it's obvious it is final, you have had several chances here and there, however, you did nothing and blamed it on me.

Avi: how do you feel:

L: stomach ache

Avi: not what do you feel, how?

L: fear

Avi: see the connection: stomach ache, stomach fruit, Mom, separate from Mom.

It must be very frightening to leave Mom's home, isn't it?