

SUFFOCATED

BACKSTORY

Sal has only been attending therapy for a short time, but has been making speedy progress after only two sessions. Sal feels comfortable with the therapist, Dr. Marty, who has been nothing but supportive, compassionate and empowering to Sal.

PREVIOUS CIRCUMSTANCES

It is Sal's third session, and the session is heading into deeper territory about Sal's mother. Dr. Marty notices a good degree of struggle as Sal speaks about his/her mother and suggests that Sal may be feeling suffocated by her.

SAL

... very well put, Dr. Marty – yup, I feel suffocated by my mother - - CHACHING - - give the man another \$100 - - so what, doesn't everyone feel suffocated by their mother? Of course, you will not answer that because we are not discussing everyone - - we're discussing me. Look, I'm my mother's child - - and so far she has absolutely no hope of me providing her with immortality through grandchildren. I am a big disappointment - - I am an artist - - most mommies don't like that - - my mother is no different. In fact, she's the leader of the pack - - and my only revenge is that my artistic pursuits are suffocating her. *[Pause, as Sal contemplates this possibility]* Holy shit - I've never really thought about that - that's pretty fucking funny, doc. *[Sal laughs until he/she cries]*

EMOTIONAL FLEXIBILITY EXERCISE

- 1) Emotional/sense memory of a time when you were very angry at your mother.
- 2) Personalization: someone who validates and supports you.
- 3) Sensory condition: mother or mother surrogate as personalization - place on the forth wall.