

## ***GIVE IT A SHOT***

### **BACKSTORY**

Sal is a psychiatrist. Marty is the patient, brilliant and filled with promise, but with a dark past filled with abuse and abandonment that makes it seem impossible to ever have the ability to let someone in. This struggle has led to Marty seeking help from therapy. Sessions have been going well, Marty is showing slow progress, at least in the relationship with Sal - they have established a bond and speak more freely in session.

### **PREVIOUS CIRCUMSTANCES**

In today's session. Marty has been talking to Sal about someone that he/she has been dating. Marty seems to like the person, but feels the need to end the relationship before discovering the person's bad qualities. Sal keeps a sense of humor while calling Marty out on the bullshit.

### **SAL**

I think that's a great philosophy, Marty, that way you can go through your entire life without ever having to really know anybody. *[Pause - Sal lets it sink in]* My wife/husband used to turn the alarm clock off in his/her sleep. I was late for work all the time. Eventually I got a second clock and put it under my side of the bed, but it got to where he/she was getting to that one too. She/he was afraid of the dark, so the closet light was on all night. Thing kept me up half the night. *[Pause]* My wife/husband has been dead two years, Marty. And when I think about him/her, those are the things I think about most. Little idiosyncrasies that only I knew about. People call these things imperfections. It's just who we are. And we get to choose who we're going to let into our weird little worlds. You're not perfect. The person you met isn't either. The question is, whether or not you're perfect for each other. You can know everything in the world, but the only way you're finding that one out is by giving it a shot.

### **EMOTIONAL FLEXIBILITY EXERCISE**

- 1) Emotional/sense memory of you were in touch with your capacity to love.
- 2) Personalization: someone who is so afraid they never really embrace life.
- 3) Sensory condition: the image of someone you love unconditionally.