

**TRANSCRIPT FOR ORAL EXAM**

Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Program Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Client Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Time | Name |  |
| 00:05 | Lorna | Hi Sarah, welcome to this coaching space. Thank you very much for allowing me to coach you today. Tell me, what are you bringing to our session today? |
| 00:10 | Sarah | Well thanks for having me. Our family is in the process of making a decision in regards to adopting a dog in the New Year and we have some options in the form of various puppies and an adult dog. It is a big decision and it affects me the most because I work from home. I have been doing a lot of journaling to help me get to a place where I am going to be at peace and happy with the decision that we are making. In doing that, I have noticed something coming up for me that is actually getting me quite stuck and I am wanting to explore that with you today in our time together. |
| 00:12 | Lorna | So tell me a little bit more about what you are noticing. |
| 00:13 | Sarah | If I am quite honest I think it is something that I do in other situations so this is not pertaining only to this. I seem to want to be very open, very open-minded, open-hearted and open arms even in this new opportunity which in this case is a new dog as we lost ours in the fall - and I feel something niggling, pulling me back and holding me there. That actually irks me because it goes against what I want which is I want to get to the place where I am completely free and open to welcome another animal. Because I am a journaler I keep these journals and I was kind of curious to see if this was something I had been doing before and I found quite a bit of evidence on those pages of the journals that this is something I do, so it is a habit, it is a pattern and it is not working, but it is getting me stuck like I can’t seem to take that next step in my progress. So I am wanting to chat with you about that today. |
| 01:25 | Lorna | So what I am hearing here is that there is a sort of current issue but you are discovering that it is a bit of a recurrent issue as well, so there is this decision that you are making now but there is also this other stuff that’s going on.So tell me in our work together today how would we work together to be most useful.What would we achieve today thatwould be most useful. |
| 1:45 | Sarah | I think I am aware that this is a way of me coping, or part of my process so I know that bit. I don’t know that exploring why would necessarily help me.I think what I need is to be able to have that space to kind of share and get it out and also see where this takes me and move me.So in my big picture of by the end of January I need to decide what kind of dogwe are getting. I am probably around a 4 and I am wanting to move, so by theend of our session I am wanting to have something to work with to help me move. |
| 1.52 | Lorna | Okay. And if you are able to achieve this movement in our session today, if you areable to use this sharing space to get some movement here what would that look like for you? |
| 2.07 | Sarah | I think right now I am feeling frustrated, I am feeling a bit bummed about this because this is what I do, so I don’t like it.I think it would help me have clarity, it would help me feel hopeful, it will also help me trust that what we do decide will be good and that I can make a good decision and in the big picture this is my bigger journey and that I have to learn to kind of go with this feeling of having this thing yank me backwards y’know. |
| 02.13 | Lorna | I know you said you didn’t really want to look at why and I appreciate that but if you are looking forward at what is keeping you from moving forward on your own, what comes upfor you there? |
| 02.29 | Sarah | I think a big piece, and it is probably because of what we are dealing with, which as you know is a living thing, is that I cared about my dog very, very much and we had her for 10 years.I think it is that comparison that I find myself doing like well this new little one won’t behave like the other one and I won’t love her as much as I loved my oneand that kind of thing.And those feelings are, well I wouldn’t say yucky but they are not peaceful, theyare not helping me be calm, which is what I want in my big picture. |
| 02.33 | Lorna | And what impact is that feeling that you are having creating for you on this decisionyou need to make? |
| 02.50 | Sarah | That’s a good question, what impact, um, it is getting me stuck, it is getting me to second-guess myself actually. I have also found myself squirrelling around looking for more options - thinking that the three good options that I have, that are very solid, that fit what we have decided upon as a family - so it is not like I don’t have options. I have three really good choices in these animals. So I find myself stewing and I am also squirreling looking for other ideas and other options and I am wasting my time I guess and I am wasting my energy butit’s also.. |
| 03.05 | Lorna | So, Sarah as we start working towards this need for space to kind of clear your thinking and to be more comfortable and to move from, I think you said a 4, to move higher, as I presume we are moving towards a higher number (laughs), what is it that comes to mind that you think needs to be looked at right now? |
| 03.20 | Sarah | I think it’s this thing, whatever you want to call it, that is causing me to affect my open mind. I am constantly comparing very valuable options to what I had and therefore placing very unrealistic expectations, I guess if I am honest, on this new scenario. You can’t compare apples and oranges but subconsciously somewhere in there I am doing it and it is preventing me from moving on. I am finding myself at you know, we have these family discussions and I will always come with the ‘what if this..’, ‘what if that..’ you know so that doesn’t work. |
| 03.25 | Lorna | So you are telling me this is a subconscious thing but your discussion of it seems very conscious. You seem very aware. What do you think of that observation? |
| 03.37 | Sarah | I guess you are right. I guess it is easier for me to say oh its subconscious its way down there so yes if I am honest I think it is a bit of a defence mechanism if I am really honest and thinking about it now.I want to get this new pet and I miss my dog and I am stuck there you know.I guess it isn’t subconscious otherwise I wouldn’t be able to tell you so well about it. Thank you for pointing that out (laughs). |
| 03:38 | Lorna | Well you did say it is a defense mechanism and I am wondering there what you aredefending? |
| 03.57 | Sarah | Now you are going to get to me.Um, I love what I had, you know it is kind of like when you have one child and you love it so incredibly much and you decide to have another one, it’s not to replace the other one (dabbing at eyes, sorry I cry so easily) but it is a bit of a feeling there of betrayal maybe.Yeah, that’s what I am defending, that I loved my dog and I want to be able to love another one the same but I don’t want this new one to take her place. That’s totally what it is.(tearful). |
| 04:05 | Lorna | I appreciate your openness to this conversation Sarah because it has obviously struck a chord with you. |
| 04:08 | Sarah | Laughs in agreement. |
| 04.14 | Lorna | So to pick up is a little challenging after the break but if I recall you are talking about not wanting this new dog to replace the wonderful pet you lost last fall I believe. |
| 04:16 | Sarah | Yes. |
| 04:20 | Lorna | So, what else is going on there do you think? What else is coming up for you around that? |
| 04.35 | Sarah | Well during the break I was able to stop crying for a minute and also I think that it is almost like I am projecting that I am expecting this new situation to be not as good or well.I will never find again what we had and you know that’s a bit false I guess but it is very real and so it is a bit difficult for me to process that one but that is coming up as we are sharing here this is coming to my mind. |
| 04:48 | Lorna | Ok. Can I just invite you to sit on the other side of the fence for the moment andimagine it being better? What would it look like if it were actually better as opposed to not as good? |
| 05:11 | Sarah | I think that is part of my issue in that I can’t fathom that it would be as good or even better than what we had. It was an absolutely perfect scenario and now you are kindagetting me thinking oh, it is possible not only to be as good but maybe that this one would bring something new and that would make it better, and I wouldn’t want to miss out on that.To your question if I am on the other side I wouldn’t want to miss out on that because I am closed or because I am hanging on for my dear life for what we had with Tessa the dog. So actually yeah I don’t want to be robbed of that. Like I wouldn’t of wanted not to be Brendan’s Mum because I didn’t know how I would love him after I had him right. Yeah, actually that makes sense. |
| 05:19 | Lorna | Sarah I was just noting the change in energy.From when you were talking about what you were going to be missing to now your statement that you ‘wouldn’t want to miss out’.What is that bringing up for you? |
| 05:39 | Sarah | Well its bringing up much more of a sense of hope I guess and peace.My heart was racing earlier, I was quite flushed and upset and that pull backwards that I was talking about, you know it hurts.But now I am feeling like okay, this could work.I am thinking my wheels are kind of going and I am thinking oh okay, so you know I don’t feel as stressed inside and I am feeling that if these three opportunities have come up to me its because deep down I know that they are good.I can take another look right so it gives me that desire to explore those ideas and not feel like I am cheating on my other dog if that makes any sense. |
| 05:48 | Lorna | Yeah. Well we have got a few more minutes to go here and at the beginning you said you wanted to explore this and you said you wanted some space to think about your decision and move from a 4.How are you feeling about that right at the moment? |
| 06:07 | Sarah | I am feeling much better, I am kinda like huh (a sigh of release), like I just feel like a weight off my shoulders. I think it was bottled up inside quite a bit and sometimes journaling helps because it is on paper and not in my heart and yet I could still feel it in me.So I was at a 4 I said, so I am probably closer to, well over the hump of the 6, going okay I could seehow I could entertain this idea in a way that is authentic to me and in a way that agrees with me so I am feeling much better about this, thank you. |
| 06:11 | Lorna | Sowhat do you want to do with this realisation and this movement now? |
| 06:31 | Sarah | Well I never looked at it like that, it really isn’t about getting the dog and I think a lot of the conversations I have had with people, friends or family, the focus has been on you must choose one of those y’know. It is very centred around this new thing and I kind of felt shoved aside and I think that this has helped me deal with me I guess. You know self-care here. I think it was a big piece for me and I am thinking that your question about looking from the other side is one I need to explore in my thinking, on my walks, like what could that look like. The good ‘what ifs’ whereas I had been focusing on the dreadful comparisons. |
| 06:36 | Lorna | So how are you going to take this now, this realisation that you can change this focus, what is something you can do with that right now to support you? |
| 07:07 | Sarah | Well first of all I am sensing that because I heard myself say it that I squirrel and look for other options. So, first of all I need to focus on these three that are in front of me and kind of objectively or open-heartedly look at those three options and what that means. That might mean the pros and cons or that might mean what is my gut saying, past that picture you see on your screen you know. I refuse to meet these dogs until I have made closer to a decision so that’s not in me. Journaling helps me, going for a walk and processing all of this helps me as well and maybe me being honest now that we are talking about it with my close family and friends about the fact that this has really bugged me. This has been hard for meme, not about the thing but what this has done to me. I think I was a bit unwilling to go there but now you have given me courage to think that that’s okay and I can do this. |
| 07:10 | Lorna | Ah that is so beautiful. Is there anything that we can do together in the minute or so that we have left? |
| 07:19 | Sarah | I think I feel quite good, I think I feel what I wanted was to get to a place where I am calm and peaceful and I have an open mind and I don’t feel yanked backwards. I don’t feel that at all right now. I feel pulled forward if anything so I think I am good for now, thank you very much. |
| 07:23 | Lorna | Thank you so much Sarah for being such a wonderful open client for our session today.Thank you. |
| 08:16 | Sarah | Thank you. |