

COUNTERTRANSFERENCE

Weariness
Washes over me
When you speak.
Warm waves of inertia
engulf me and lull me to sleep.
I struggle to stay awake.

Fatigue
seeps into the cells of my being
as you explain
the endless cycle of abuse
you heap upon yourself.

“I worked five hours today,”
 you say,
“Cleaning and tidying -
When I was done
I said to myself
Now why didn't you
Do this sooner
I know ... I know ...
I am judging myself now,
God I hate it when I do
That...
What is wrong with me?
That I can't stop it ...
I have to stop judging
myself ...
I did do something good tho,
I broke up with my girlfriend ...
I should have done it before ...
I always procrastinate
What is wrong with me?
There I go again, judging myself
I need to stop doing that...”

I try to stay present
Bear witness
To the closed loop of
Cause and effect -
The karmic wheel of fate
To which you have strapped yourself
Turning relentlessly
bruising and breaking you.

I want to say, “STOP!”

But you will say as
you have said before
"I know, I hate myself for doing it."

I will continue to try to stay awake
as you squirm,
skewered on the sharp
shaft of your own judgments.

Who can blame God for forsaking Jesus.
I bet He fell asleep
Watching him nailed down and suffering
the dualities of the cross of life
and wished he would just die
to the endless
judgments, recriminations, damnations ...
And get on
with the business of
being born anew.

April 2003

This is clearly written about a male client.

- What feelings are being activated?
- What need is being activated?
- What beliefs are being activated?
- What defenses are being activated?
- What do you imagine the socialization was that resulted in this inner response to a client?
- Of course, your answers are colored by your own life experience, but use empathy to try to feel your way into my experience as a therapist as related to my experience as a child.
- How might I, as the therapist, related to my inner experience in a loving and honest way?
- How might this free me to relating to the client differently?
- Write your own poem or dialogue and examine it deeply by asking the same questions