

## Counter-transference - Exercise 2

**Your client arrives and says, “Oh my goodness, you are looking wonderful. Have you lost weight?”**

What emotional response do you have – if any? Do you feel good, shamed, anger, indifferent, happy etc.?

If you have an emotional response, how are you interpreting this statement – what message are you hearing?

Why? To what is this going back in childhood?

What need was not met, or overly met in childhood?

Have you ever said something like this someone? Why? What need were you trying to get met?

Given your internal response, what options do you have in responding to the client?

To what cultural issues does this comment point?

Given this discussion what commitment are you going to make to yourself to change something about yourself?  
How and why is a comment like this a therapeutic issue?

What is the client’s need? How is this comment defense?

How might you respond to the client from the awareness you now have? How can you facilitate awareness of motivation in your client?