

NEGATIVE THINKING

Jenny is a lady who works in a professional capacity in a well-known Irish organisation. She is married with children.

“Jenny, you initially came to Affirmative Therapy with symptoms of negative thinking, and a feeling that you did not deserve the good things in life. How did you find the process over the past few weeks?”

“I found it very good. What I have found most beneficial is that it has allowed me to think differently. Rather than try to block out negative thoughts, it has allowed me to understand them and learn where they came from, and in doing so learn that they are not true. That has allowed me to start to build new thoughts and start to develop new ways of coping. It allows me to recognise the negative thought or behaviour and stop it. It allows me to say that this is not helping and what can I do to improve this situation.”

“So its as if you have taken control now?”

“Yes. Yes.”

“That’s great, really great!”

“Yes. Because you have been behaving in a certain way for a long time you can still find yourself going to get back into that pattern, but I’m finding it much easier now to stop and say if I think in this way or act in this way, its not going to make things any better, and how can I make things better, so...”

“Yes...”

“So...its very positive in that way. It’s a process that’s going on all the time in the background.”

“Yes, its like a flywheel that gains momentum and just needs a little nudge now and then. But as I said, the process does not just happen here when we work – that’s the nudge. The process continues to happen out there in your life.”

“Yeah...I think you spend a lot of your life kind of challenging other people, and now what I am actually doing is challenging myself, and asking myself why I am thinking these thoughts, or why I set these limitations. And that’s really interesting because it sets off a whole other thought process then.”

“ And do you feel happier within yourself?”

“I do. I feel much more balanced, which is good. And there is a strong sense that it is all real for me – its not as if I have just woken up and I am a different person. Its as if I can now think myself into different situations, if that explains it...”

“Yeah, I can see where you are going with this...”

“Its like...I have become a better person, rather than a different person. I understand who I was, and I accept who I was, and there's still a part of me that still there, but I deal with the negativity or anything that's there in my background or anything that's going on in other peoples lives...I can deal with it differently now.”

“Great. And so was it an enjoyable process for you?”

“Yeah...it was, and it's ongoing. I mean, I don't think I am ever going to stop...”

“Wow. That's great. I mean that's your journey of change, of life...whatever. And no therapist, or anyone, can take away your journey – it's simply your journey...”

“ Yeah, that's it....”

“And I guess as long as you are enjoying that journey it's just brilliant. We only did a small number of sessions, so the changes have been remarkable. I really want to thank you for you time...”

“No, thank you...”

“Your more then welcome. I do appreciate you taking the time to talk about your experiences. Bye for now”

“Thanks very much”