



<p><b>JR:</b> I'm from Chicago</p> <p><b>Samir:</b> Oh I'm guessing it rains there a lot?</p> <p><b>JR:</b> Sometimes yeah but I like it when it comes you know</p> <p><b>Samir:</b> yeah</p> <p><b>JR:</b> It's different</p> <p><b>Samir:</b> I'm used to dryer weather. I like to do a lot of outdoor things. Rains fun and all but kinda restricts things like that</p> <p><b>JR:</b> Understandable</p> <p><b>Samir:</b> Well before we get started into our session, and get too far ahead of ourselves uh, I want to clarify how I work so that you can understand how the session is going to go and you'll have a blueprint of how things are run so you don't get surprised about anything. So this session is going to be about 10 min long, we are going to discuss the ussie you have for today, I'm going to ask you some questions so I can better understand your situation so I can be able to formulate proper feedback for you, however, just as a warning, I'm not going to be giving you advice because you are the expert of your own life, I'm going to be the practitioner to help guide you to find a way that best like</p>	<p>Should have been less dramatic with my hands, didn't notice what I was doing until it was too late</p> <p><i>Clarification of work</i></p> <p>Probably do no need to say some of the things because it was basically repeating myself like "you'll have a blueprint" even though I said, "so you can understand how the session is going to go"</p>	<p>Fairly confident about this section, only issues is I forgot what I was aiming to say, which probably led to me repeating myself the whole way through that</p>
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<p>were close and you used to confide in her and talk to her about things and now you're in college together, you seem to be drifting apart and she's kinda avoiding you and you're trying to be friends with her but she's kinda not putting the effort, I suppose,</p> <p><b>JR:</b> yeah</p> <p><b>Samir:</b> Also when she needs something though, she'll come back and be your friend and you just don't want to be friends so that she can use you that right?</p> <p><b>JR:</b> absolutely yeah</p> <p><b>Samir:</b> mhm, what, do you think you know what caused that?</p> <p><b>JR:</b> no I can't think of any reason, there wasn't a break or divide</p> <p><b>Samir:</b> yeah and I am guessing you and your friend were very close in high school? And middle school? Or?</p> <p><b>JR:</b> Just high school</p> <p><b>Samir:</b> Just high school, how long did you know her before, um, you got into high school?</p> <p><b>JR:</b> I didn't know her before I got into high school</p>	<p><i>Paraphrasing</i></p> <p><i>Echoing Key words</i></p> <p>No need for the "I suppose" part. Does not sound like I am fully aware of the situation</p> <p><i>Clarification</i></p> <p><i>Open-ended question</i></p> <p>Should not have asked this question, I already asked if above, may have insulted the client as if I wasn't listening to him</p>	<p>I think I know the answer to this, but I want to double check</p> <p>I am drawing blanks, what should I ask. Panicked and ended up asking the same thing. Definitely regretted it after the question was already asked.</p>
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<p><b>Samir:</b> okay and this was more of a sudden change that happened?</p> <p><b>JR:</b> mhm</p> <p><b>Samir:</b> okay, and how has that affected your daily life, with trying to figure out the relationship with your friend, if it's still there or not?</p> <p><b>JR:</b> Well it's just comes to mind when I get a text or a call from her like can you do something for me. Like I'll see her at events and she doesn't like interact, does that make sense?</p> <p><b>Samir:</b> yeah</p> <p><b>JR:</b> if it's happening in that moment, then I'll think about it but if it's not then I wont</p> <p><b>Samir:</b> Okay, so it's more of a when something else happens that involves her it comes to mind and then you have, what kind of feelings are associated when when she does text or message you or you see her. What kind of feelings do you have when that happens?</p> <p><b>JR:</b> kinda sad, kinda angry at the same time, just disappointment</p> <p><b>Samir:</b> okay, so anger sadness, kinda disappointment because the friendship you</p>	<p><i>Active listening</i></p> <p>Less words. Way too much talking here can be much more concise, "How do you feel when she talks or texts you?"</p> <p><i>Reflection</i></p>	<p>Curious why things dropped so suddenly, but what is the problem? Is this restricting something in his daily life?</p> <p>Not getting a lot of named emotions here, need to find out some without assuming I know what he feels</p>
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had is not as strong as it used to be

**JR:** right

**Samir:** mokay, what have you tried so far to try to mend this friendship?

**JR:** I've tired reaching out and she'll not take the offer but that's pretty much it. Or I'll tag her on Facebook or Instagram and she'll ignore it or even un-tag herself, so it's kinda weird.

**Samir:** Yeah it's a difficult situation and you're trying to reach out to her but she's not really accepting you reaching out

**JR:** right, yeah

**Samir:** well, I have a rather strange question to ask you

**JR:** okay

**Samir:** so bear in mind, but suppose tonight when you go back to your dorm room or your apartment, and go to bed, you can finally rest, really good rest. Like you completely knock out, you're sound asleep. And while you're asleep a miracle happens, but you're asleep so you didn't know the miracle had happened. So when you wake up in the morning, the miracle was that the issue you brought her today is completely solved, so when you wake up what

*Empathy*

*The miracle question*

Here's another attempt, is this going through as empathy? Really unsure but testing the waters

I like my twist on this question. I have this down. Totally confident



<p><b>Samir:</b> mhm</p> <p><b>JR:</b> cause everything would be back to normal, yeah I think that would probably be it</p> <p><b>Samir:</b> would your friends notice something different about you, if you and her were better friends?</p> <p><b>JR:</b> Probably not, only the people that maybe have gone to high school and known about our friendship with us and stuff, other than that I wouldn't think anyone would really notice</p> <p><b>Samir:</b> mkay, has, has there been any recent events in the near past where she hasn't been as avoidant, where she was hanging out with you more or texting you more and not just because she wanted something. Like kinda similar to this miracle day, except that happened recently, maybe like the past couple weeks or two months ago?</p> <p><b>JR:</b> no, not anything that I can recall</p> <p><b>Samir:</b> mkay, so do you know anything that you could do to be able to, that would, that you think you would be to work to help bring this friendship closer?</p> <p><b>JR:</b> Well I feel like I've done a lot, just in terms of trying to reach out, trying to give her opportunities to hang out with me and you</p>	<p><i>Active listening</i></p> <p><i>Another follow-up question</i></p> <p><i>Exploring for exceptions</i></p> <p><i>Goal-formation</i></p>	<p>I do not know who is important to him except his friend who was the problem of the session, so let's see if he responds about his friends</p> <p>Nope, that did not work</p> <p>Well that ended abruptly, not sure where to go from here but let's move to goal-formation and strengths</p>
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know, catch up and do stuff like that, but because she hasn't taken those offers, it's kinda harder to work with, and I've even tried to talk to her friends that she hangs out with a lot more now and I've tried to hang out with them, and they will hang out with me but she won't be there, just stuff like that. So I don't know

**Samir:** Well it seems like we kinda have an idea what you have tried and since our time is running out, um, maybe, if you would like to come again, we can arrange and talk more and explore the situation further and be able to find a better, a good method for you

**JR:** okay

**Samir:** But as a quick recap of the session, you and your friend are, grew distant. Back in high school you used to be really close and you used to hang out a lot but now she kinda avoids you, but she contacts you when she needs something and you've already tried to talk to her and to her friends and that hasn't worked. And is there anything else I missed?

**JR:** no that's about right

**Samir:** Okay, would you like to meet again?

**JR:** yeah let's do it

*Summary*

*Set plan for future sessions*

Time is running out, I need to end the session or risk going over without ending the session abruptly

<p><b>Samir:</b> alright, will next week work?</p> <p><b>JR:</b> yes sounds good</p> <p><b>Samir:</b> okay sounds perfect, thank you for coming, I'll see you then</p> <p><b>JR:</b> alright thank you</p>	<p><i>Close</i></p>	
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