THERAPIST: How long... can you tell... take me back to the earliest point in your life where you remember this happening, this feeling of missing something or having anxiety about missing something.

CLIENT: (pause) Hmmm... (pause) I guess it would be when I was in high school.

THERAPIST: Tell me first experience there.

CLIENT: Ooh, That’s kind of hard to remember. That may have been the first time. (pause) Maybe the first time I moved out, I think, and maybe not even then. When I was at home living with my parents and going to school, I would be wondering, “OK dawg (ph), did he lock the door? Was it left unlocked?”

THERAPIST: And what bad things have happened when you haven’t been there to make sure things are OK?

CLIENT: Well, he had a fight with someone that he worked with and stabbed him with a knife.

THERAPIST: It was very upsetting.

CLIENT: And I’ve thought maybe (inaudible at 00:13:56) if he called the police would be after him again.

THERAPIST: And what else?

CLIENT: (pause) Maybe... I’m trying to see if that’s it, though. But maybe if I hadn’t have moved out...
Counseling and Psychotherapy Transcripts Series

*Counseling and Psychotherapy Transcripts* is a unique online series that lets students and researchers peer deeply into the client-therapist relationship and follow the progress—and the setbacks—of clients across multiple therapy sessions.

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**Publication Details**

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