

Jason Chapman 0:00

All right, Mitchell, thanks for coming in today. How are you doing?

Speaker 2 0:04

I'm doing okay, Jason.

Jason Chapman 0:05

Yeah, you're doing okay. What? What's what? What about what's going on that is making it okay.

Speaker 2 0:12

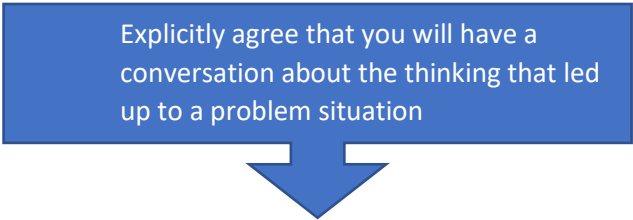
Women troubles,

Jason Chapman 0:15

Women troubles. So there's something going on with you that you, you're having trouble in your relationship?

Speaker 2 0:21

Yeah, that's exactly.



Explicitly agree that you will have a conversation about the thinking that led up to a problem situation

Jason Chapman 0:23

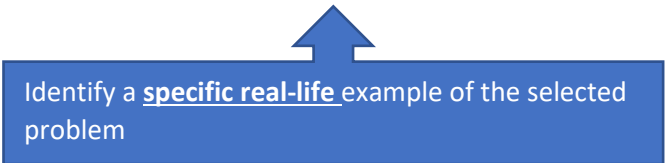
Okay. So do you mind if maybe we work together and talk about that a little bit, maybe explore some of your thinking and feelings on that?

Speaker 2 0:32

I certainly would appreciate it. I mean, I don't really know exactly how to feel about the situation.

Jason Chapman 0:38

yeah, I mean, sometimes feelings are really difficult. And we don't always know what we're feeling. And hopefully, we can kind of work that out together. So why don't you do this? Can you think of a specific instance, that is especially troubling to you?



Identify a specific real-life example of the selected problem

Speaker 2 0:57

Just the expectations that I had, that I'm, that she has on me, she expects me to do these things, and I want to do them, but at the same time, it's, I don't always remember or she was done a very specific way. And I'm not told the exact specific way that she wants to down so I screw it up.

Jason Chapman 1:16

So your behavior is you try to do these things. But you're not always successful.



Speaker 2 1:24

That's a good way of saying it. Yeah.

Jason Chapman 1:26

Okay. So you try to do these things, but are not always successful. What do you think is preventing you from being successful in this?

Speaker 2 1:37

I'd love more information. I like having things laid out for me knowing exactly what's expected of me. I feel I can go extra miles, I will sometimes go the extra mile is not exactly what was asked? So it's those inferences of What's that? And what's not that? What am I supposed to do when she tells me one thing, but then I go the extra mile but doesn't want that?

Have client identify their thoughts

Jason Chapman 2:00

Yeah, so like, on the one hand, you want to do the best that you can, and pleasing her and doing these things is important to and on the other hand, sometimes you feel like things are too ambiguous.

Should have said "think" not "feel"

Speaker 2 2:12

Exactly. Especially like, I deal with truth, yes or no. But I can like you want it done this way. I'll do it that way, every single time you want it done this way, with an exception? I'll do it that way. With an exception. I need to know these things.

Jason Chapman 2:27

Yeah. So you believe that, you know, conversations should be really clear. And you should be able to break those conversations down into black and white issues,



Summarized and highlight client's belief

Speaker 2 2:36

ideally. But we can't do that in this world, can we?

Jason Chapman 2:40

Well, maybe we can. You know, it's one of those things, you can't always do the things that you want. But maybe there's something that we can do to make it more likely. So if you're thinking about it, how do you notice that you are getting ambivalent instruction? What's like that first sign that goes through your head? That's like, um, I don't know about this.

Speaker 2 3:06

Her telling me to do it. Every time it's like, Huh, do I need more information here? already know.

Jason Chapman 3:14

So you're thinking to yourself, do I need more information here? What do you does that thought? Do I need more information here? Does that lead to a specific behavior?



Summarize and highlight client thoughts

Speaker 2 3:24

Oftentimes, I've asked for more information.


Connect thoughts to behaviors

Jason Chapman 3:27

Okay, so you follow that thought up by asking for more information? And what are the consequences or results when you do ask for more information?

Speaker 2 3:38

In the past, or what, what do I hope to see?



Connect behavior and consequences

Jason Chapman 3:42

Well what has happened, because it's something that you have done in the past,

Speaker 2 3:44

I have gotten the response that I'm looking for, which is more of information. I've also gotten snarky responses of like, you should know already, or really, you don't know this by now. But I guess it's forgotten that it changed last time. It was different the time before.

Jason Chapman 4:01

Sure. And so your history with this is mixed. Would you say that your history when you have when when you do ask for more information, you have these mixed results? Would you say that that is better or worse than when you don't ask for information at all?

Speaker 2 4:20

mixed results Again,

Jason Chapman 4:22

they're both mixed results.

Speaker 2 4:24

This is what's troubling me. Whether I asked for more information or whether I don't either way I'm stuck somewhere with.

Jason Chapman 4:32

So you feel like you're stuck and nothing that you do will make any difference.

Speaker 2 4:37

That sounds about right, I try to do my best and go well, I'll do better next time. It's kind of mindset I have to go with.

Jason Chapman 4:45

So you have this positive **mindset** of I'm going to do the best and see where that gets me. On the other hand, you also said that you're feeling a little bit trapped like nothing you can do will make any difference. Does the one attitude or the Other make a difference in how you perceive things turning out?

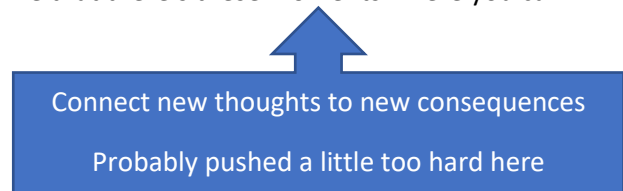


Unknown Speaker 5:05

Oh, always, there's all those little things going on I change even just her me asking the question I could come off as being louder, I guess I need to because I have my headphones on or something or all those things take factor into how I respond to her as well as how she responds to me.

Jason Chapman 5:24

So even though you have a bunch of different outcomes from this. You're recognizing that if you go into it with a certain attitude, a more positive attitude, you're more likely to get more positive results. If your behavior is you know, more calm, so you're not as loud, you're able to get more positive results. So this thing that you feel is out of your control, you do recognize that there's these moments where you can have an effect on what that outcome is.



Speaker 2 5:56

Yep. I do. Previous trainings, a lot of previous training.

Jason Chapman 6:00

So what would you say to yourself, to remind yourself moving forward? That would help you get the best outcome? Like, what is the thought that you can see in your head and be like, Man, this is gonna go better for me.



Speaker 2 6:17

Each time, it's always I'm, you know, I'm doing something. I'm not just sitting on my butt. So it's always at least I'm doing something at the very least. So I'm always trying to do better trying to do more. And hopefully you learn in the perfect way.

Jason Chapman 6:32

Yeah, I mean, you really care about this, and you're always trying to do better. And you had that thought. And you've had a thought, and it hasn't been strong enough to get you to always, you know, or more often respond in the right way or more often be in the right mindset, that you're not upset when

you get those. So what's a way that you can strengthen that thought? or connect that thought with something that you believe or value? What could you do to make that thought, more powerful?

Speaker 2 7:04



Empower the new thought/behavior

I think it does tie into my values of getting things right and knowing, knowing right, I guess, to me, being right is like having something in your teeth, if you just have to if you're saying something wrong, let me know. I've got to forgive them. If I'm saying something wrong, let me know. Maybe I can fix it.

Jason Chapman 7:22

Yeah. So for you, even if you're getting negative feedback, at the end of that, you are still taking that on board in a positive way. Because it's giving you information about how you can fix things in the future. It allows you to clear that up. And so you feel like that is clear. Do you think that you would have better outcomes in the future? If you keep that thought in mind?

Speaker 2 7:46



Empower the new thought/behavior

Connect it with new outcomes

I believe so. Because I have a better mindset going in. And even if I'm not doing things, right, maybe I won't hear her response as snarky here as just pointing out my faults.

Jason Chapman 7:57

Yeah. And that's something that with your value system you believe as a positive thing, that you know, when somebody gives you that feedback that you want to take that on board, because you're always looking to be do things better and be better.



Empower the new thought/behavior

Speaker 2 8:10

Yeah, you know, I just noticed that it's really hard to take negative feedback and turn it into something positive and keep it positive, just like you're saying, and if I do that more, maybe, maybe I'll have a better outlook on things and it wouldn't bother me.