

A2 cutting

P: After I scratched myself, it was like, okay, I need one of my vices. I can't do this, so I, um, I went downstairs and I had a drink. But I only had one!

T: So when was your low point though? Was it when you were in the mood to scratch?

The therapist is trying to help the patient connect the action of scratching to the preceding dysphoric emotion.

P: [Nods] Yeah.

T: And after you had the drink, did you have less of a need to scratch?

The therapist is trying to help the patient connect the action of drinking to a subsequent relief of a dysphoric emotion.

P: Well, I guess I just wasn't in the same environment really. I went downstairs to my room and I stayed down there for a few hours.

The therapist's efforts to help the patient connect feeling with action have thus far been unsuccessful. Instead, the patient goes off on a tangent.

T: Any idea what was in your mind when you were in that...or feeling that you were wanting to scratch?

P: [Shakes head] I have no idea.

T: Any negative thoughts or were you thinking about something that just happened, or memories or...?

P: Well, I went through this thing yesterday where I was, um, looking for something to fill my time, and I started working on that. But then, all of a sudden I was looking for something to scratch with. You know, it didn't make sense to me.

This patient is clearly unable to connect feeling with action. Her urge to scratch appears to come out of the blue.

T: I'm hearing you saying that it didn't make sense, but I'm wondering what you were experiencing emotionally at the time?

P: Nothing really.

T: By nothing, do you mean numb emotionally?

P: I think so...I'm trying to figure out how to put it into words...um, well, usually I just feel distraught...generally sad...but this time I was just doing one thing and then I was looking for something to scratch with, you know, and I... "Can I use this to scratch? Can I use this to scratch?"

T: Mmm. I see.