

Case13



A male client described his fear and doubts about being independent and looking for help all the time. Because he was told constantly that he is worthless and introjected the idea as own and it became part of his core belief system.

In the second drawing he is demonstrating and expresses the feelings of fear and doubts yet, he is being able to observe his own progress.

In the left side of second picture, client is showing that he is having help to prevent him from not falling down

In the right side he is able to climb the mountain without help.

These drawings were completed through several sessions.