

# Sarah's Stressful Situation

EMOTION - MEMORY - BELIEF - TRUTH - TRANSFORMATION

Mentee: "My boss just doubled my share of the project we've all been working on. I was already stretched to my limit. I don't know how I am supposed to finish all of it on time." (E1)

Mentor: "How does that make you feel?" (E2)

Mentee: "...anxious." (E5) > (E8)

Mentor: "What comes to mind as you focus on that?" (E10)

Mentee: "I think of all the other times that he has done this to me. He must think I have a ton of free time on my hands or something." (E1)

Mentor: "How does that make you feel?" (E2)

Mentee: "Panicked and overwhelmed." (E5) > (E8)

Mentor: "What comes to mind as you focus on that?" (E10)

Mentee: "I can remember feeling like this when I was little. My mom would gather us kids and assign jobs for each of us to do. Looking back, I'm sure she was just trying to teach us about responsibility, but it sure seemed like that was all she liked to do: bark orders at us." (E1)

Mentor: "How does that make you feel?" (E2)

Mentee: "It makes me feel as though I was nothing more than a means of accomplishing a job." (E1)

Mentor: "How does that thought make you feel?" (E2)

Mentee: "Belittled. Unimportant. Sad." (E5) > (E8)

Mentor: "What comes to mind as you focus on that?" (E10)

Mentee: "I remember a particular time that she called us over and assigned a job to each of us, but this time the workload was obviously unfair. My older sister had to put away the dishes, my younger brother was told to fold the towels, and I was put in charge of raking and removing the leaves from our yard. We lived on a 5 acre lot that was full of trees. My siblings were done with their chores in no time. Whereas it seemed like I was out there for hours!" (E14) > (E15)

Mentor: "How does that make you feel?" (M3)

Mentee: "It makes me feel like I was mistreated." (M4) > (M6)

Mentor: "How does it make you feel to believe that you were mistreated?" (M3)

Mentee: "I feel anxious...confused...disappointed." (M1)

Mentor: "Why do you feel that way?" (M2)

Mentee: "I just don't know why she did that. Why was my job so much bigger than theirs? Was it punishment for something I did? I don't know!" (M4) > (M6)

Mentor: "Well, how do those thoughts make you feel?" (M3)

Mentee: "I feel like she was mistreating me on purpose." (M4) > (M6)

Mentor: "How does that make you feel?" (M3)

Mentee: "Belittled. Mistreated." (M4) > (M6)

Mentor: "How does it make you feel to think you were belittled and mistreated?" (M3)

Mentee: "I know it's not true, but it makes me feel like I am nothing but garbage." (M4) > (M6)

Mentor: "How does that make you feel?" (M3)

Mentee: "Really bad." (M1)

Mentor: "Why do you feel that way?" (M2)

Mentee: "Because it seemed like Mom preferred them over me. There were a bunch of other examples of this kind of thing happening. She always seemed to give them extra attention. It always seemed like they were treated better than how I was treated." (M4) > (M6)

Mentor: "How does that make you feel?" (M3)

Mentee: "It makes me wonder why she did that. Was it something in her? Was it something about me?" (M4) > (M6)

Mentor: "How does it make you feel to think those thoughts?" (M3)

Mentee: "...bad...it makes me feel really bad." (M1)

Mentor: "Why do you feel really bad?" (M2)

Mentee: "Because maybe that's what it was. Maybe there was something wrong with me. And that was why she treated me the way she did." (M4) > (M6)

Mentor: "How does that thought make you feel?" (M3)

Mentee: "That feels really bad." (M1)

Mentor: "And why do you feel that way?" (M2)

Mentee: "Because, apparently, there is something wrong with me." (M4) > (M5)

Mentor: "Why does believing that there is something wrong with you make you feel really bad?" (M8)

Mentee: "Because that is the reality. There is something wrong with me. And because of that, Mom preferred my brother and sister over me." (M12) > (M13) > (M14)

Mentor: "Not that it is true, but does it feel or seem true that there is something wrong with you?" (BELIEF Box)

Mentee: "Yeah, that feels true."

Mentor: “May we present that belief to the Lord?” (TRUTH Box)

Mentee: “Yes.”

Mentor: “Lord, what do you want Sarah to know?” (TRUTH Box)

Mentee: “He said that He didn’t make a mistake when He made me, and that I was picked for the yard work, not because there was something wrong with me, but because I was the right one for the job. Come to think of it, at that point my brother would have been too little to be of any help out there. Ha, and my sister would have constantly gotten distracted which would have made that job last even longer. As much as I hated it, I got it done.”

Mentor: “Does it still feel or seem true that there is something wrong with you?” (TRANSFORMATION Box)

Mentee: “No. That doesn’t seem true anymore.”

Mentor: (Checks the Clock) “What are you feeling now?” (E2)

Mentee: “I feel a lot better. But if I think about what my boss did, that still makes me feel anxious.” (E5)

Mentor: “What comes to mind as you focus on that?” (E10)

Mentee: “I think about being in school. I always got good grades, but I always felt stressed. Just as I do now.” (E13) > (E1) + (E5)

Mentor: “What comes to mind as you focus on that?” (E10)

Mentee: “I remember working on a science fair project in middle school. I had put a ton of effort into it and knew that I was going to have the highest rated project that year. I felt excited at the time. Little did I know that my project would end up getting disqualified. I was devastated. It still stings to think about it.” (E13) > (E1) + (E5)

Mentor: “What comes to mind as you focus on that?” (E10)

Mentee: “I remember one of the judges telling me that my display was too large, and that I did not follow the guidelines. They said, “your project is very impressive, but rules are rules!” (E14) > (E15)

Mentor: “How does that make you feel?” (M3)

Mentee: “...disappointed. (M1)

Mentor: “Why do you feel disappointed?” (M2)

Mentee: “Because I had really worked hard, and I thought I had done everything right. But, yet again, I missed an important detail and screwed everything up.” (M4) > (M6)

Mentor: “How does that make you feel?” (M3)

Mentee: “It was a stupid mistake! I feel disappointed in myself.” (M1)

Mentor: “Why do you feel disappointed in yourself?” (M2)

Mentee: “Because I should have known about the height limit on the project displays. It was right there in the guidelines. It was such a simple thing. I was so stupid.” (M4) > (M6)

Mentor: “How does that make you feel?” (M3)

Mentee: “Stupid.” (M4)/(M1) (*This statement could potentially be an expression of belief or emotion, but it doesn't really matter as the Mentee's responses are “looping” either way.*)

Mentor: “Why does believing that you are stupid make you feel that way?” (M8)

Mentee: “Because that is what I am. I am stupid!” (M12) > (M13) > (M14)

Mentor: “Not that it is true, but does it feel or seem true that you are stupid?” (BELIEF Box)

Mentee: “Yes. That feels very true.”

Mentor: “Lord, what do you want Sarah to know?” (TRUTH Box)

Mentee: “I just heard the judge's words again, “Your project is very impressive...”

Mentor: “Does it still feel or seem true that you are stupid?” (TRANSFORMATION Box)

Mentee: “No. That doesn't feel true. I'm not stupid. I just missed some important details when reading the guidelines.”

Mentor: (Checks the Clock) “What are you feeling now?” (E2)

Mentee: “Actually. I feel a lot better. I can think about the science fair, but I don't feel anxious or disappointed. And as I think about my current workload, I feel ok. My boss has definitely put a lot on my plate, but I feel like my team and I can handle it. I just need to remember to pay attention to the details! Ha.

Mentor: “Would this be a good place to stop?”

Mentee: “Yes.”