

TPM SESSION EXAMPLE FOUR:

Diane's Diagnosis

EMOTION – MEMORY – BELIEF – TRUTH – TRANSFORMATION - ANGER - SOLUTION

Mentee: “Well, I’m not sure if you’ve heard, but I finally got word back from my doctor, and it looks like the cancer has come back. We started treatment three weeks ago, which is why you haven’t heard from me in a while. And even though I know what to expect, this time seems harder than last time. It has obviously been physically challenging, but it is even more difficult emotionally than when I was first diagnosed.”

Mentor: “I’m sorry to hear that. Yes, your husband updated me over the phone yesterday. Please let me know if there is anything I can do to help during your treatment! I really mean that. I know this is difficult. My mother passed away a couple years ago after being diagnosed with kidney cancer”.

Mentee: “I appreciate that. I will remember your kind offer if we need something. For now, I really just need to connect with the Father. Like I said, I feel emotionally drained.”

Mentor: “Well, as you know, even during truly difficult times...no, especially during difficult times, God is at work. I know He has comforting truths He wants you to know as you journey through this. And it is during these challenging times that we must be extra diligent in seeking out His perspective. For the enemy seeks out those who are struggling with challenges and difficulties so that he can whisper deceiving thoughts to us. He sees these difficulties as opportunities to persuade us of things that are not true and trick us into attempting to solve our problems ourselves rather than seeking out God’s perspective. And, as with any other situation, there is always the *possibility* that our existing lie-based beliefs can be triggered and used to misinterpret what is actually happening to us.”

Mentee: “I understand. That is why I wanted to meet with you today. I can tell that I need God’s perspective in this. I feel worried...and scared...and tired.” (E5) > (E8)

Mentor: “Well, if you would like to start working through the Process, what comes to your mind as you focus on what you are feeling?” (E10)

Mentee: “I immediately think of my first diagnosis and many months of treatment. It was so difficult for not only me but for my husband, my family, everyone. I just don’t know if I have the strength to do it all again.” (E1)

Mentor: “How does all that make you feel?” (E2)

Mentee: “It’s almost overwhelming...like a physical weight hanging on me.” (E5) > (E8)

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

Mentee: “I remember riding in the car on the way home after that visit to the doctor’s office. My husband and I didn’t say a word. I didn’t want to talk, and he didn’t know what to say. I felt this same heaviness then.”

Mentor: “How does thinking about that make you feel?” (E2)

Mentee: "I feel very overwhelmed." (E5) > (E8)

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

Mentee: "That car ride home...I stared out the window...my mind was racing...how could this happen to me? What was I going to do? Was I going to be ok? How would this affect my job...my family...my marriage?" (E14) > (E15)

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

Mentee: "I was shocked...confused...terrified...and angry." (M1) + (M11) > (A10) > (A15) (Because anger was included in her list of emotions, the Mentee moves to the ANGER Box.)

Mentor: "Who or what do you feel angry towards?" (A16)

Mentee: "I'm angry with God." (A19) > (A20)

Mentor: "Why do you feel angry towards God?" (A22)

Mentee: "Because He could have kept this from happening! I didn't *have* to get cancer. He allowed it!" (A21) > (A25)

Mentor: "Do you sense any resistance or hesitancy at the thought of not being angry at Him?" (S1)

Mentee: "Yes! It's not right that He allowed this to happen. If anyone else had the power to stop me from getting cancer but chose to allow it, I would be mad at them too!" (S6)

Mentor: "What do you believe would happen if you weren't angry at God?" (S8)

Mentee: "If I'm not angry, it would be as though I don't care that I have cancer! I would somehow be accepting the fact that God allowed me to get cancer, which I don't! This shouldn't have happened. It's not fair! Especially since I already went through all of this, and now He's making me do it again...I can't accept it...I won't!" (S12)

Mentor: "So then, the reason for being angry at God is what?" (S13)

Mentee: "I'm angry to protest the injustice of Him forcing me to go through this again! I'm mad at Him to show that I don't accept His decision to allow my cancer to return!" (S16) > (S17)

Mentor: "Not that it is true, but does it *feel* or *seem* true that being mad at God shows that you don't accept His decision to allow your cancer to return?" (BELIEF Box)

Mentee: "That *feels* absolutely true!"

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

Mentee: "Sure."

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

Mentee: (Her shoulders drop and tears begin to flow down her face.) “...He says that He doesn't need my permission or approval to do what He does...”

Mentor: “Does it still *feel* or *seem* true that being mad at God shows that you don't accept His decision to allow your cancer to return?” (TRANSFORMATION Box)

Mentee: “...no...”

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

Mentee: “...I don't feel angry anymore...but...honestly, I feel worse than before...I feel hopeless...” (E5) > (E8)

Mentor: “Well, it is not uncommon to feel worse after getting the Lord's perspective regarding our *solution beliefs*. When we are actively engaged in *solution behaviors*, the pain associated with the *perceived problems* that we are attempting to 'solve' often seems to lessen or become more manageable. And when we choose to set aside our solutions in response to receiving truth from the Holy Spirit, these 'problems' often seem to get worse. In reality, the pain is not getting more intense, we are just letting our defenses down and are more aware of the pain that we were drowning-out with our *solution*. But again, the pain you feel is not a bad thing. It hurts, but it is helpful. It will help you identify the belief that is producing it. That said, what comes to mind as you focus on that hopeless feeling?” (E10)

Mentee: “I felt this same way during my first round of treatment. I was so scared. I had no idea what to expect. It hurt. I felt sick. I didn't know how bad it was going to get...or for how long I would have to feel the effects. I felt so helpless...” (E13) > (E5) > (E8)

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

Mentee: “I remember those first few days back home. I was extremely fatigued and nauseous. I didn't feel like I could do anything on my own. I needed my husband's help with everything. I just...I just felt so helpless.” (E13) > (E5) > (E8)

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

Mentee: “I see my husband's face in my mind. He was so tired. Neither of us were prepared for all that we had to do. And I'm afraid that we won't have the strength to do it all again.” (E14) > (E15)

Mentor: “How does it make you feel to think about all that?” (M3)

Mentee: “I feel really worried...I don't know if we will be able to go through it again...we may not have the strength...” (M4) > (M6)

Mentor: (Since the Mentee's most recent statement described both emotion and belief, the Mentor asks the “Looping Question.”) “Why does believing that you might not have the strength to go through it again make you feel worried?” (M8)

Mentee: “Because the One who I would ask for strength is the One who allowed me to get cancer in the first place...I don’t know what to do...I feel completely helpless!” (M9) > (M10)

Mentor: (Again, the Mentee has described what she feels and believes in one continuous statement, so the Mentor asks the “Looping Question.”) “Why does believing that make you feel helpless?” (M8)

Mentee: “Because I AM helpless.” (M12) > (M13) > (M14)

Mentor: “Alright...does it *feel* or *seem* true that you are helpless?” (BELIEF Box)

Mentee: “Yes...It feels completely true that I am helpless...”

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

Mentee: (She begins to sob uncontrollably.) “He’s never left me...He allowed it to happen, but He didn’t leave me to deal with it on my own...Even my husband’s care for me is an expression of God’s care for me...and He’s reminding me of what He said earlier about not needing my permission or approval...He said He doesn’t wait for me to give Him permission to offer help...Thank you, Lord.”

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

Mentee: “No, of course that’s not true...He is my help...”

Mentor: “For clarification, I’m not asking if it *is true* or *was true*, but does it still *feel* or *seem* true that you are helpless?” (TRANSFORMATION Box)

Mentee: “No, I know what you mean. It no longer *feels* true that I am helpless.”

Mentor: (checks the clock) “Awesome, thank you Lord! So, what are you feeling now?” (E2)

Mentee: “Well...I don’t feel hopeless, but I still feel bad.” (E5) > (E8)

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

Mentee: “I think about the most recent diagnosis and the prospect of having to go through treatment again.” (M13) > (E1)

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

Mentee: “That thought makes me feel really tired...It’s like I’ve just climbed a mountain to see that I have another, larger mountain to climb.” (E5) > (E8)

Mentor: “And what comes to mind as you focus on how that makes you feel?” (E10)

Mentee: “That same image of climbing a mountain.” (E14) > (E15)

Mentor: “How does that make you feel?” (M2)

Mentee: “Again, it makes me feel really tired...I dread the physical and emotional toll that it takes...It completely depletes you.” (M4) > (M6)

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

Mentee: “I’m not sure how to describe it...I just feel ‘bad.’ That image of a mountain seems to really resonate with me...I feel like I should be able to celebrate the fact that I survived the previous ordeal, but instead, I have to do it all again...more pain, more sleepless nights, more nausea, sacrificed time and energy from those around me...It is going to be a difficult and painful journey...” (M4) > (M6)

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

Mentee: “Like I said, I just feel...bad..a heavy, tiresome bad feeling. ” (M1)

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

Mentee: “Because I know it is going to be another difficult and painful journey.” (M4) > (M5)

Mentor: “Why does believing that make you feel bad?” (M8)

Mentee: “Because it is going to be difficult.” (M12) > (M15) > (M16) > (M17)

Mentor: “Do you sense any resistance or hesitancy at the thought of not feeling bad about it?” (S1)

Mentee: “What? No! I would love it if it didn’t feel bad! That would make this whole ordeal much easier to endure.” (S2)

Mentor: “Well, I’m not really asking if you would *like* it to not feel bad. Essentially, I am asking you to look for any indication that you might be engaged in a *solution behavior*. Like we’ve talked about before, whenever we face problems, both big and small, lie-based or truth-based, we tend to look for *solutions* to them. And we will continue engaging in these *solution behaviors* until either we know the truth about them or are convinced of God’s perspective regarding the problem we are attempting to solve. One of the ways you can check to see if your current behavior is a *solution behavior* is by looking for ‘resistance and hesitancy.’ If you sense any amount of resistance at the thought of changing your behavior or if you hesitate, at all, when attempting to do something different, this means that you believe there is a reason to continue doing what you are doing. This also indicates that your current behavior is being done in order to ‘solve’ a *perceived problem*.”

Mentee: “Ok, I guess that all makes sense.”

Mentor: “And when sensing for resistance or hesitancy, it is important to know what you are looking for. You are not necessarily trying to ‘figure something out.’ Rather, you are simply feeling or sensing for something. You are attempting to determine if there is any amount of resistance at the thought of doing the opposite of what you are doing. For instance, if you were *feeling* angry, you would think about *not feeling* angry. If you were *disconnected* from your emotion, you would think about *connecting* to your emotion.”

Mentee: “So, I need to sense for resistance and hesitancy while thinking about *not feeling* bad about going through the painful journey ahead of me?”

Mentor: “Exactly!”

Mentee: “That seems a bit backwards, but ok...well...I obviously don’t *want* to feel bad..., but I do seem to feel a little hesitant to let go of what I’m feeling...It almost *feels* like it is important or expected that I feel bad through this experience.” (S6)

Mentor: “So what do you believe would happen if you were to let go of those feelings?” (S8)

Mentee: “I know it’s not true, but it seems like I wouldn’t get the help or attention I need to get through it all. It’s like that Principle we talked about last time regarding the purpose that pain serves; if it wasn’t for pain, we wouldn’t know that we’ve hurt ourselves. Well, if I’m not hurting, then no one will know that I need help.” (S12)

Mentor: “So then, the reason for holding onto the bad feelings is what?” (S13)

Mentee: “I guess so that I will get the help I need.” (S16) > (S17)

Mentor: “Not that it is true, but does it *seem* or *feel* true that you will get the help you need if you hold onto your bad feelings?” (BELIEF Box)

Mentee: “Yes, I obviously know that it is not true, but it does *feel* true.”

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

Mentee: (After a long pause, she begins to cry.)

Mentor: “What’s going on?” (LOST/UNSURE)

Mentee: “I heard Him say that He sees me and knows my pain...He is my help...,and then I clearly heard the words, “I had to endure difficult and painful experiences too, but our Father works even these things together for your good.”

Mentor: “Does it still *seem* or *feel* true that you will get the help you need if you hold onto your bad feelings?” (TRANSFORMATION Box)

Mentee: “No, that no longer *feels* true. I don’t need to convince Him to help me. He is my help. And He knows what He’s doing.”

Mentor: (checks the clock) “Well, I am afraid I have to end our session today, but can we schedule a time later this week to continue?”

Mentee: “That would be fine. Thank you for meeting with me. My husband and I have been reading the TPM book you gave us. I feel we are almost ready to start practicing with each other. Thanks again!”