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The following conversation is a clip of a therapy session between a client (name unknown) and a therapist (Carl Rogers). The client was diagnosed with leukemia and was in a state of remission when the session was recorded.

The following excerpt is 2 minutes and 37 seconds into the session.

[00:02:37 – 00:05:13]

C: client

T: therapist

58 C: I think that I've listened for so long: to other people about who I
59 wa:s.
60 T: mm.
61 (0.3)
62 C: an::d u::m I remember in second grade I: .hh #u:m:# I was a- k- I wud b-
63 I was a potential credit to my race:.
64 (.)
65 C: .pt
66 T: mm [hmm,
67 C: [that was one of th[e .HHH [>I used to< always wonder why: I k-
68 T: [mm hmm, [mm hmm,
69 C: I couldn't be a c[redit to somebody else's [race also but .hhh
70 T: [I see [eh heh heh
71 C: u::m #mm i- e-# I think I really condition (0.5) #u:h# (.) to be:
72 something .hhh #u::h# to be some kind of a symbol.
73 T: [uh hmm,
74 C: [or whatever [and u::]h
75 T: [mm hmm, [mm hmm,] mm hmm
76 C: and not really being a person you know I- I kind of missed out on my
77 childhood. .hh[h
78 T: [mm.
79 C: †to an extent y'know, I don't re- really regret it. .hhh I don't think
80 I regret it anyway but u::m .pth I've really been through a lot of
81 changes and [I think that no:w (0.4) .pth after finding out I had the
82 T: [mm hmm,
83 C: leukemia, .hhh and after dealing with the leukemia in the way I- I di:d.
84 it's just really incredible you see. .hhh u:m it was last June (.)
85 when I found out, .pth (0.2) #an:d u:m# I proceeded to geteverything in
86 order because I was [told that I had .hhh u:h less than a year to
87 T: [mm hmm,
88 C: live.
89 T: mm hmm,
90 C: .pthh (0.4) #an:d u:m# (0.7) †that was a trip.
91 (0.3)

92 T: I bet. (0.2) mm [hmm,
93 C: [that was a: >that was< a trip and u:h .H[hh
94 T: [i' was a trip
95 into a fairly (.) d:ark (0.2) [place I suppose_
96 C: [.hhh
97 C: =oh yeah: h for sure. (.) [for sure.
98 T: [mm hmm,
99 C:
100 (0.3)
101 C: .hh and at †one hand you know I- I acCEpted thee #e:# death. (0.2) I (.)
102 y'know, .hh at my young a:ge I think >that I've< lived #a-# a long: #and
103 and# a great deal. .hhh u:h but that was the <star:t> of some thi:ngs
104 that #u:m-# (1.1) that really has had an effect on me today [and like
105 T: [mm hmm,
106 C: .H I'm much happier than I've ever been to[day:.]
107 T: [mm.] (0.2) mm.
108 C: I'm much happier.
109 T: mm.
110 C: .h u:h but there's some there's a lot of hurt too.
111 (0.2)
112 T: mm hmm,
113 C: #there's an awful# lot of #hurt# [and I think >that I'm just #beginning
114 T: [mm.
115 C: to< reali:ze# that.
116 T: mm,
117 (.)
118 C: #u::m# (.) .ptH be↓CAUSE you know >b- e-< in- BEing a credit to your
119 race. .hhh and <be:ing> #u::h# outstan:ding student #an# outstanding
120 [scho#la:r an' an#
121 T: [mm hmm.
122 C: #out#standing
123 T: mm [hmm,
124 C: [#bu:h# (0.2) foot#ball player [whatever,# .HHH
125 T: [°mm hmm,°
126 C: #i'::# leaves you (0.3) little room to (0.3) to be:.
127 (.)
128 T: .ptHH you've been meeting (.) other people's expectations (.) of you,
129 (0.2) and it seems (of) that's what .HHH you should do and now I guess
130 you're really (.) questioning that (0.2) very much.
131 C: †oh yea:h. .hh †tremendously
132 an' [and like] .HH
133 T: [em hmm_]
134 C: >you get in< the- the- thee the †fun thing about it is& is that I'm- I'm
135 (0.2) finding out tha' (.) some of the things that †I think in#si:#de of

136 me (0.3) are okay. (0.4) .HH and like ↑that isn't- (0.6) you know I'm- I-
137 I feel oka:y and I'm in a process of of becoming okay but like
138 I >haven't< worked that out you know that .hh HURt is #a:# (0.6) .h hard
139 thing to deal with an' like u:m (.) .mkh conditioning yourself to die:
140 T: mm hmm,
141 C: is another thing you [know and u:h
142 T: [°mm hmm,°