

My name is Vasiliki Samikou and I am attending this training to become a narrative therapist. These days I work with people who consulting me, to try the practices I learn in the course.

From the writings about externalizing conversations and De-centers practices the elements that caught my attention were the the following.

First ,that by externalizing conversations is created space between the person and the problem {Through these sorts of questions, some space is created between

the person and the problem, and this enables the person to begin to revise their

relationship with the problem. Externalizing -

commonly asked questions co-ordinated by

Maggie Carey & Shona Russell }

Also the idea that taking position in relation to the problem give people the possibility to reclaim their lives from the problem. {Inviting people to

take a position in relation to the problem creates further space for people to begin

to reclaim their lives from the problem's effects. Externalising -

commonly asked questions co-ordinated by Maggie Carey & Shona Russell }

In addition at Externalizing conversations: Statement of Position Map 1 ,Mark Hayward says "It also gives people some distance between themselves and the problem, so they're not

defined by a problem "

In my understanding that space and distance gives people the possibility for action, something that was not possible when they and the problems were identical.

These ideas and thoughts were on my mind in a session with a woman , and my response was guided by them.

This woman has dealt with panic attacks, depression, agoraphobia in the past.

She came to me asking for support to "get her life back " She has not had a crisis in recent years nevertheless she was dealing a fear. She was avoiding going for walks, shopping, traveling because she is possessed by "this fear"

Additionally, she told about a fact that recently happened that make her realized "there is power within her " and it was out of the territory of this fear .

In my attempt to support her I asked her a few questions about this fear.

How this fear came to her life ?What this fear want? what effects has at her life?

Also I asked about the fact that was out of the territory of this fear, what qualities were around her during this event?

During this conversation between us, it came out that logic and composure were the qualities she used to resist at this fear ,while facing this situation. She had the control of her life and herself ,and she managed that by "doing what she had to do" and staying active.

At questions about fear ,she told me that the fear want the control of her life. I asked her if she want fear has the control ,if she is ok with that. She told me she doesn't like it and she want control back.

We found out more times in her life that this fear is not around ,like when she takes out her dog, and also she mentioned an another incident at her past that she was in a difficult situation and she managed to cope by taking control of her life.

I asked her what does it mean for her "taking control," or "having the control" and she told me that means that she doing what she has to do and staying active .Like the walk with her dog, she feels that it is something that must be done so she doing this without leaving the fear to deter her.

While we were talking about control of her life and how has played an important role in difficult times, she acknowledged that having the control of her life and herself in general , has always been very important to her. She gave me for example that she doesn't like to drink alcohol because she feels

that if she gets drunk she won't be responsible for herself and that's something that she does not like.

This is a part of our first two sessions. At the next meeting, she told me that in our last session when she recognized the value of control and responsibility, was like "a flash in her mind" and this fear this week was not even present.

She had taken control by doing small steps. She went out for shopping and had already started making plans for outings and a trip. She is aware that the fear may come back but she is happy for the steps she has made having control by her side.

(I want to mention that our discussions contain parts that are not mentioned because they are closer to other narrative practices than to externalization.)