

Below is a snippet from a case of a shy adolescent girl, whom I saw for three sessions. We worked on practicing in the sessions speaking without covering her face and eyes. Generalizing that to the natural environment; setting goals (now and ideal). My reinforcing her for talking "louder" and looking at me. The bind I felt trying to encourage so that the goals come from her. A positive experience where she was able to go up to a teacher at Thanksgiving and give her a present.

Consider
 - shy girl - goals, etc.

- 1.1. Does she want to become less shy. - Yes
- 1.2. Does she think she can.
- 1.3. Life goals; passive - "I don't know until it comes"
talk of goals.

Rec. → Develop hierarchy of situations / who she talks to / whom she practices breathing; Also "where she wants to be in 5 years"

→ Continue relationship w me; hands no longer in front of eyes; talking louder; looking directly at me

Rec. → Art / : Now / ideal - Decision making

→ Silence made her awkward (I trying to give her action opportunity)

Rec. → Have her look in mirror

BIND - want it to come from her, but like piece of cloud. So I think it running her through relaxation, yet that reinforces her passive behavior.

R+ her: I like it when you talk loud & look at me... it makes me feel good ~

(?) Need more specificity on her goals - how many friends now talks to -
 " " would like to talk to -

e.g. - P.E. teacher worked on her last wk / & she "went up"
 "extremely nervous" & gave her a present. (Thanksgiving)

vs
 Relationship - deep talking & let it unfold where it will - e.g. talk of her
 (great grandmother) cousins, etc -