CLINICAL FINDINGS

Seeking Direct Acknowledgment

Megan Alvarez

Prepared for Claire Holloway

Clinical Summary

Megan's difficulty with handing over her mother's care appears to be sustained by an expectation that her daily care will eventually be answered by her mother's own words of appreciation, which Megan has never asked for. She is likely protecting her place in her mother's regard; the long instruction sheet and her reluctance to shorten it are tied to that. Early on she framed the handover as a practical problem. By the end she connected it to a wait she described as lifelong, and she said she intends to tell her mother after Luis's visit. She described her hesitation about asking as still present but smaller. Your notes were confirmed in that Luis's report of her mother's pride affected her more than expected, and in her minimizing, which showed in frequent apologies. Anger at her mother did not appear.

Relational Pattern

Megan describes a one-directional exchange. She does the daily care, stays useful, does not tell her mother she wants to hear appreciation, and hopes it will be noticed. Her mother's pride reached her only through Luis, and Megan responded by going quiet and, regarding the handover, by writing a four-page sheet to keep control of the care from a distance. Her account of her mother shifts. She first said the voices calling her needy and ungrateful sound like her mother and the house she grew up in, then said that may be unfair because her mother never said such things aloud. She also says Luis can manage the pillow, then adds that she only thinks so. Her mother appears mainly as someone who would tolerate a missed detail without complaint, which Megan imagines and does not report as having happened.

What Drives the Pattern

Beneath the practical focus on the handover, Megan appears to feel sore and sad that her effort has gone unacknowledged by her mother directly. She fears being reduced to a set of instructions if Luis follows the sheet exactly, and being erased if he manages well without it. The belief driving her part

appears to be that her needs should stay small and that asking would make her needy, ungrateful or self-centered, with being easy and useful as the safer way to be valued. In CBT terms this resembles a core belief that her wants are a burden. She links its origin to a household where, as she describes it, not asking was expected without being stated. She sees her younger self as having had only that one plan. The sheet protects evidence of her contribution, and not asking protects her from finding out whether the want would be refused.

Strengths and Resources

Megan separated her hesitation about asking from a steadier sense that the want is ordinary, and she said the hesitation is still present but smaller. She stated a decision to tell her mother, set the timing outside Luis's visit, and said she would rather speak clumsily than keep waiting, which is change talk in MI terms. She extended tenderness to her younger self and to her mother, and acknowledged that her mother never voiced the rule about not asking. She admitted she may sound more sure than she feels. She named her habit of apologizing herself and suggested it is something to work on. She noticed the exchange of care for hoped-for words, though she credited the guide's phrasing for part of that. These strengths appeared during discussion of painful material, alongside repeated apologies.

Open Questions

It is unknown whether Megan's intention to tell her mother holds once the moment approaches, and what she would say. Her mother's view of Megan's care is known only through Luis's secondhand report, and her mother's likely response to being asked is untested. Megan's expectation that her mother would quietly put up with a missed detail is also untested. How Megan responds if Luis changes the routine is unknown, as is whether the sheet is shortened and what the pillow line stands for if it stays. Whether the anger at her mother described in your notes is still present is unknown; Megan expressed tenderness and described soreness only about herself. Her statement that she sounds more sure than she feels leaves the strength of her commitment unsettled.