

07. Fight Inside (skit)

Therapist: So Jordi it's been a while how have you been doing?

Jordi: You know... I guess average. I'm starting to learn uh how to express myself a little bit better uhm voice my opinion in a more respectful manner I guess. And uh yeah, I think overall I have a little less sad days and stuff..

Therapist: Ok. So it's good to hear you've made some progress. But how is it been going for you outside of the house?

Jordi: Uhm.. Well, that.. can be a little bit tricky sometimes cause still when I go outside I can still feel these people stare sometimes, or when am at a store I'm like 'I don't know what to do'.

Therapist: Ok, ok.

(Muffled therapist talking in the background begins)

Alter ego: Jordi c'mon, seriously why are we listening to her at all?

Jordi: Shut up! I'm trying to focus, I'm in the middle of a session and your interrupting

Alter Ego: I know, but it's not gonna help you?

Jordi: Oh no? Is it not? We're getting help right now, so work with me here!

Alter ego: C'mon how do you expect her to fix you?!

Jordi: She's not fixing me, she's putting us on the right path you moron!

(Muffled therapist talking in the background ends)

Therapist: Jordi? Jordi? Are you there? I kinda have the feeling that you're not listening to me anymore.

Alter ego: Fine, as you wish!

Therapist: Jordi? Can you come back to me? What are your thoughts on what I just said? Like, are you going to practice a little bit more? Because, I have the feeling that if you do you could grow whole lot more!

Jordi: Uh, yeah I'll definitely do that I'm sorry. I.... zoned out for a bit there. It was this voice in my head that was complaining that's all.

Therapist: It's ok Jordi you're fine. A lot of people have these issues.