

Chapter 7

Creiddylad's Return to Life

It all began with a cheerful smile in a queue. The queue was endlessly long, and we had been waiting patiently for what seemed like an eternity. When life consists of distributing one's body weight from one foot onto the other and back again, the mind begins to wander, seeking contact with whatever is available. As I turned around to commiserate silently with the other sacrificial lambs in the queue, the young man behind me flashed a daisy fresh smile at me, and we started talking. I learnt that he was studying psychology, and heard with interest that he had a good friend, Creiddylad, who was suffering immeasurably after she had been raped. He was very concerned about her, since he had tried to help her, but then watched helplessly as she deteriorated from bad to worse without any sign of recovery over a period of four years. Having studied psychology himself, he was baffled by the tenacity with which her traumatic experience continued to affect her life and her health negatively. At the age of 24 she had changed from a sweet schoolgirl into a tired, unhappy, insecure, and dysfunctional young woman. He knew that she had attempted to commit suicide, but did not know how often. He was at his wit's end with helping her to stop thinking about ending her life. Apparently she had never told anyone what really happened, even he did not know her story. At the time I was buried in work, but on hearing the despondency in his voice, I agreed to see her on condition that she would talk to me.

He phoned the following day to assure me she did want to talk to me, but she requested *me* to phone her for an appointment. I thus phoned Creiddylad and we agreed to meet at my home at 9:00 on the 9th March 2003.

She arrived on time. A visibly underweight, bleak young woman emerged from the car. Compassion overcame me like a cloud, enveloping us both. I welcomed her warmly and led the way into my study. My first impression of Creiddylad was one of lethargy. Apart from that, and the fact that she had requested me to phone her for an appointment, there were no other visible signs of depression. I asked her if she would like to know anything about me before she begins to tell me her story. Yes, she did want to know whether I had children, and how old they are. I told her I have two daughters aged 23 and 25, and that the 25 year old is living abroad.

Creiddylad seemed to relax into the couch, and I asked her to tell me about her family, and what she does for a living. Unfortunately, these details cannot be disclosed, since she is afraid that someone might recognise the facts and link them to her. She is also afraid that the perpetrator may find her, and continue to harass her. She visibly shivered merely thinking about such a possibility. Shortly after having been raped, she had learnt that she had not been his first victim. He was notorious for doping young girls, but nobody seemed able to stop him from continuing with his macabre practices. She repeatedly expressed her fears of being followed, set up, and betrayed by him again. He was apparently known for behaving in that way, although she was unaware of these facts before her ordeal. She felt hopeless about her future, because she was constantly in the grip of fear.

Tears streamed down her face, and her thin frame shook while she tried to control herself. After knowing me for only five minutes, she felt embarrassed to cry so uncontrollably in my presence. Reassuring her that she did not need to worry about the fact that she did not know me, her tears slowly subsided. I explored issues of policing the perpetrator, or reporting him to the authorities, but whatever I said, swamped her mind with fear, and she was unable to even imagine following one of my suggestions. It became clear that after four years she was

still traumatised. Although she had not told me exactly what had happened, merely thinking about the man and her ordeal paralyzed her with fear. I therefore asked her whether she would like to get rid of the fear. Yes, she sobbed through a veil of tears. In order to do that, I said, she would unfortunately have to tell me the details, which would hurt her only one more time. After that everything would be over for ever, and if it wasn't we would just repeat the intervention until she is free of the fear. Creiddylad was very scared and doubted whether she would be able to tell the story, since she had never disclosed the details to anyone in her life. I assured her that there is always a first time, and that I would be right here to assist her should she be unable to continue. She finally agreed under the condition that she and her identifying details be kept anonymous. That is the way Creiddylad began her journey to recovery.

The story of her rape is now told in her own words, as it was seen through her own eyes, and experienced in her own body.

Creiddylad's Story

Four years ago, during my first year at a tertiary learning institution, I was approached by a senior student, X to pose in the nude for him. Trying to be nice, I said I would love to help him, but posing in the nude would make me feel uncomfortable. So the answer is no. Months later I was sitting in a restaurant with a crowd of friends over a bottle of wine, when he joined the company. When my glass was empty, he offered to refill it. He took the glass to the bar and after a short while returned with a full glass of wine. After half a glass of the refill I began to feel extremely tired. My muscles became limp which made it hard for me to sit up. He immediately offered to take me home, but one of my girlfriends suggested one of my friends' brother C take me home, which is what he did. At my home, C had to help me

get into bed, where I immediately fell asleep.

The following morning I woke up with a headache, feeling groggy, and generally tired. I recall musing over the fact that one and a half glasses of wine had not made me feel this way in the past. I hauled myself out of bed and forced myself to attend classes. At the time I was going steady with D, and after a few months of going out we briefly lived together. When the relationship fizzled out, we broke up, and I was left without a steady boyfriend, and without motorized transport to and from my classes.

Now I had to walk to my classes in the morning and home again in the afternoon. One day, when my crowd of friends was sitting together, X also being present, we discovered that my morning walk was on X's route to college. From then on, whenever he saw me, he would offer me a lift, which I gratefully accepted. One dreary Monday afternoon my crowd of friends and I were sitting together, and I spontaneously invited everybody for supper at my house that night. Nobody confirmed or declined, however, that evening only X stood on my doorstep with a bottle of wine in his hand, so I invited him in. He immediately offered to pour me some wine from the bottle he had brought along, and when I had drunk half a glass my muscles were paralyzed. I fell to the side, lying helplessly on the bed. I knew my roommate was right next door, but I was unable to lift my little finger, let alone shout for help! After that everything went hazy. I can only vaguely recall X on top of me pounding up and down. I cannot remember when he left, and I cannot remember what exactly happened that night.

The following morning I woke up late with a pounding headache, swollen eyes, and a feeling of an all encompassing bodily discomfort. Slowly, I began to recollect the pieces from what had happened the previous night. Recollections from past interactions with my friends appeared in my mind. I remembered that my friends had warned me several times that X could not be trusted, but I had ignored their well meant warnings. I also remembered that the

wine he had fetched me at the restaurant made me feel the way I had never felt before after only one and a half glasses. I saw clearly in my mind that the bottle of wine he had brought along that night was open when he arrived. But that evening I did not even question that observation! Then the puzzle began to fall into place. This man had deliberately drugged me, with the aim of raping me! I felt awful! This was scary, and I was petrified!

After the incident, I began to blame myself. I have never had a close relationship with my mother, so I was afraid to tell her lest she should blame me too. After that incident I began to have terrible nightmares that woke me during the night, after which I could not sleep any more. My fear of having to walk to classes in case X would see me and offer to give me a lift, drove me to stop attending classes altogether. I avoided going out with my friends, and during that time I went home more often than before, cried a lot, ate almost nothing, slept very little, and constantly had a general feeling of pain all over my body.

Having missed most of my classes after the incident I failed the year, but thankfully passed my course. The whole episode had left me with a feeling of being less than I was before, and a feeling of inadequacy, and guilt.

Eventually I did tell my mother. I also attended a few sessions with a psychologist, but I still get these feelings of nausea in my stomach when X unexpectedly appears on the scene. I also find it impossible to forgive myself for the incident, as much as I would like to put it behind me, but I guess it will always remain a part of me. I also think that something like that cannot be forgotten.

NLP Interventions

- B Are you comfortable the way you are sitting right now ? Or do you need anything else to make you more secure ?
- C *Is it OK if I put my legs onto the couch ?*
- B Yes, of course. Do whatever you need to do to make yourself as comfortable as you need. **(Draws up her legs, placing her feet under her buttocks in crosswise fashion, and snuggles into the couch.)**
- C *That's better. I am very comfortable now, and I feel secure and safe.*
- B You have just told me about your horrible experience. Now that you feel secure and safe, and know that you have survived the incident, is it OK for you to go back to the incident in your mind once more for only a very short time, and feel, see, and hear the way it was when it happened ?
- C **(Laughs, then screws up her face.)** *Yea, I can if I have to.* **(Goes inside. Her face falls, her jaw tightens, and her facial expression becomes serious.)**
- B OK, that's enough. You can come back to the present moment. You are still safe and secure, and you know I am here if you should need me for whatever you could need me for.
- Did you see, feel, and hear everything the way it was then ?
- C *Yes. I now have this nausea in my stomach again.* **(Rubs her stomach.)**
- B Did you have the nausea before ?
- C *Yes, every time I saw X. Sometimes it was so bad I had to run to the toilet, but I never got as far as really throwing up.*
- B OK, would you now like to choose a time when you were very happy ?
- C *Oh yes, I would love to.* **(Laughs, with her face open, and relaxed.)**
- B Can you think of a time or an incident in your life when you were very happy, and can you see, hear and feel how it was to be very happy ?
- C *Oh, that is easy, I have had some very happy times with my present boyfriend.* **(Goes inside, smiling.)**

- B See what its like when you are happy, hear the sounds that are a part of being happy, and feel the feelings of happiness.
- C *Yea, its wonderful (The face is radiant with joy. Face changes suddenly and tears appear, rolling down her cheeks.) Its crazy, when I'm happy I cry, when I'm sad I laugh ! (Wipes away her tears, blows her nose.)*
- B **(I pass her the box of tissues).** That's OK. **(With a soft, toned down voice.)** What is it that makes you cry when you are happy ?
- C *He left for Australia, and doesn't come and visit. He also says he is too busy and it is too expensive to come to South Africa, but he does go to Europe, and to America, so how can it be too expensive to come here ?*
- B Where did you meet each other ?
- C *In America, while I was working there for a year. We were very close, and he seemed to be right for me.*
- B What makes you believe that ?
- C *It's intuition, I know he is right for me. I know I dream a lot, but my intuition has always been right.*
- B If your intuition has never been wrong, and you **are** meant for each other, you will get together eventually. However, that does not mean that you cannot have a positive relationship with each other during the time you are living on two different continents. In fact, when one is apart one does get to know the other person better from a side that would otherwise have remained hidden. The physical body can sometimes get into the way and hide certain aspects of the person.
- C *Yes, I agree.*
- B On the other hand, it is very difficult for the one who pines for the other. What makes it even more difficult is when the one who one is pining for goes on living their life as if one did not exist.
- C *Yes, that is very hard !*
- B Unfortunately we have no control over another person's way of life. But what we can

control, is what **we** do **today**. So the best thing we can do is focus on today, by doing something to develop ourselves. By the time the future arrives, we will have developed into someone who is ready to embrace that future in a positive way.

C *When I was in America, I did want to start learning Spanish, but now that I am here again, I suppose it would be better if I learnt one of the African languages. I did speak Sotho fluently, when I was a young child.*

B If you would like to live in America, as you had said earlier, Spanish will be very useful, but if you want to remain here Sotho or one of the other African languages would be the better choice.

C *Yes. I must think about it.*

B Do that, and in the mean time we will come back to the present. You were experiencing a very happy time when we took a detour to America.

C **(Laughs)** Yes !

B Can we go back for the last time to the accident you had with X ?

C **OK. (The face becomes serious instantly, and the jaw tightens.)**

B Look at the incident as if it were a picture or a movie, and you are watching it from your position of comfort.

C **OK (In a steady tone of voice.)**

B Can you now pierce a hole in the middle, and as you look through the hole in the picture, you can see the happy picture. Now allow the happy feelings of the happy picture to flow over your bad feelings of the accident **(implying that it was not her fault)** with X, and also over you. Let me know when you are completely enveloped with happy feelings.

C *OK, there are only happy feelings now.*

B Wonderful ! Can you come back to the present now ?

C *Yes, I am back in this room.*

B Think of yourself and your friends having a good time at your favourite restaurant, when X walks into the room. Tell me what happens.

- C **(Surprise on her face and in her voice.)** *Nothing, it is as if he were any stranger.*
- B That sounds good ! Would you now like to think a few years into the future. You are busy with your work, and X, who is now a little older, walks into your presence. How do you feel ?
- C *I look up, and go on with my work. He seems like a stranger to me, and has no effect on me.*
- B Great ! You can now frame the accident and hang it into your memory gallery. If you do not want to look at it when you visit your memory gallery, you can flip it over, or pack it into a trunk. It is now something of the past that holds no interest for you any longer.
- C *That's amazing! I can't believe it!*
- B Life goes on. And this is the beginning of a new life for you!
- C *Do I have to come and see you again?*
- B You don't have to unless the bad feelings come back, or if you have any other problems you would like us to work on. You can of course always come around for a cup of tea and a chat, since you find it difficult to talk to your mom.
- C *Hm.*
- B Would you like to work on improving your relationship with your mom?
- C *Now?*
- B Yes, now. You have come all this way and are here now.
- C *I have a feeling my relationship with my mom will get better when I talk to her more often.*
- B Sure, connecting with a person usually helps on that level. You are an adult now, and it should be easy for you to find a way of connecting with the adult in your mother. It is very similar to connecting with your boyfriend.
- C *Yes, I never thought about it in that way.*
- B Try it, a good relationship with your mother is forever. You can also learn a lot about yourself through your mother. She knows you since you were born, and by asking her how you reacted and responded to your environment and to people, you will learn

valuable facts about yourself. Finding these facts out on your own is a laborious process, and it may take a very long time before you have learnt everything you need to know about yourself.

C *Hmmm.*

B When you are ready, you will let me know how you are progressing.

C *Yes, and thank you very much for everything, it is so cosy here, and it was so easy to talk to you.*

B Thank you for telling me your story. I enjoyed working with you. Stay well and have fun deciding where you want to go and what you want to learn.

(Creiddylad says goodbye and leaves).

Two weeks later – Creiddylad's feedback

The follow up session with Creiddylad happened two weeks later, when Creiddylad phoned to provide me with feedback with regard to the intervention.

C *Hi, I just need to tell you what happened yesterday. I was working at the shop, and suddenly X walked past. Normally my heart beats very fast, and I used to become nauseous in my stomach. Yesterday, nothing like that happened at all. I was calm, and I could stay standing behind the counter (normally I crouch down hiding behind the counter to avoid him seeing me). When he did see me today, I did get a little scared, but when he walked past it was like any stranger walking past. It had no effect on me at all!*

B That is absolutely wonderful. I am so happy for you!

C *I have also spoken to my mother, and I had a really good time talking to her. I didn't know we have so much in common.*

B I am so glad you discovered that. How are you feeling otherwise?

C *I feel very happy and relaxed. I haven't felt like this since the accident. My friends,*

and even my mother noticed that I had changed. They all want to know what happened.

B Did you tell them?

C *No, I just said I talked to a very nice lady.*

B Good, you have really grown up in a very short time.

C *Thank you, I am OK now.*

Three months later

I phoned Creiddylad three months after her phone call to reinforce her plans for the future.

B Hello Creiddylad, I just wanted to hear what you have decided about learning another language.

C *I have decided to go to America. I really enjoyed it there, and I want to give it another try.*

B That is very good. You always wanted to go back, didn't you?

C *Yes, I am saving money every month for my ticket, and now that I have decided to go, everything is coming together.*

B That is what happens when you follow your dreams. How do you feel about the accident with X?

C *Oh, that is totally out of my mind.*

B Really? Could you begin to think about forgiving yourself for having allowed yourself to get into that situation?

C *Yes, I have already forgiven myself. I was stupid to let him into my room, and I was also stupid to have disregarded the warnings my friends gave me. I won't do that again. I have also decided that this accident is not going to spoil my whole life. I have a feeling that going to America will be good for me. When I get there, I will decide whether I will learn another language or something else.*

B You really sound like a person with a mission. Even your voice has grown up, and you

- speak much more fluent compared to when I saw you the first time.
- C *Yes, I have made a decision to go.*
- B I can hear that in your voice.
- C *Is that so?*
- B Yes. Have you noticed other changes in your body?
- C *Now that you ask me, yes. I have much more energy than I have ever had before.*
- B Really?
- C *Yes, and I don't feel tired even when I work long shifts.*
- B That is interesting.
- C *I'm sorry to cut you short, but I have to go to work now.*
- B That is fine. Thank you so much for the good news, and enjoy working and preparing for America!
- C *I will, bye.*
- B Take care!

NLP Strategies and Comments

By focusing on Creiddylad's comfort in the way she was sitting on the deep, soft couch I zoomed directly in on her feelings of discomfort and an unsafe atmosphere during the rape. By making her aware of her present comfort and safety I hoped to enable her to tell the story she had never told before, and therefore never heard before flowing from her own mouth. She responded positively on the emotional level, which enabled me to continue with linking the horrible experience from the past to her present safety and security. I emphasised and affirmed the fact that the horrible incident lay in the past while she was safe and secure in the present, which means to her logical brain that she has survived the incident.

Now that she feels safe and knows she has assistance, is she ready to recall the incident from her memory. Her facial muscles instantly betray the feelings she experienced after the rape, and her nausea also appears. Immediately redirecting her thoughts away from the rape scene to a happy scene from her life allows her to notice the difference between a life enhancing experience and an energy draining, stress inducing experience. Her instantaneous relaxed physiological responses informed me she was indeed experiencing the happy event. Her choice of event determined her next response, which was indicated by her tears. By now her system was sensitised enough to detect differences, and she immediately pointed out the incongruent responses that were characteristic for her, i.e. crying when she is happy and laughing when she is sad. Choosing to focus on her crying amidst happiness, I responded compassionately by matching my voice tone to my feelings. She responded positively by telling me the story of how she met her true love. When she mentioned that her intuition has always been right, I supported her inner knowing, by strengthening her belief in her intuitive knowledge. That freed her to think beyond the constraints of time, and provided me with an opening to focus her attention on thinking beyond the constraints of place. This intervention confirmed the eternal and transcendent aspect of true love which made sense to her, because it matched her previous knowledge of intuition, love, and dreams. My following reasoning strategy which highlights her firm belief in her reliance on her intuition served to uncover the difference between her thoughts, feelings, and deeds, being under her own control, and her boyfriend's thoughts, feelings, and deeds, which are not under her control. This argument emphasised her responsibilities as opposed to her boyfriend's responsibilities, and by linking it to the present time, she became aware of the fact that changing whatever she wants to change can be changed in the present by herself, provided it is under her control. Future pacing happens immediately as I emphasised the passing of time as inevitable. This became clear when I highlighted the fact that changes that are made now in the desired way, will automatically change her future. She responded immediately in a positive way, by uncovering her dream of returning to America. Her dream is an informed dream, since she has been to America in the past and she enjoyed it there. After this little problem solving detour with regard to her future choices, hopes and dreams, I got back to the point of departure that triggered this

little excursion, namely describing a happy incident from her past.

The metaphor of journeying from happy moments with her boyfriend in the past to going to America in the future, but calling her back to the present, serves to reinforce the control we have over our lives in the present only. Her little laugh acknowledges that my intended message was understood by Creiddylad on a deep level. She had possibly tried to move on towards the future but had always been held back by her constantly present memory of the rape. My call for her to return to the present and to the task of dealing with the rape imitated her own inner process over the past four years. Through a repetition of that process she became sensitised to the need to do something in the present. Since the rape lay four years in the past, I described it to Creiddylad in the terms of the past, which in this case was a picture or a movie. Since it was her process, I allowed her to chose the form in which she wanted to keep the rape incident as a relic of her past. Asking her to watch it from her position of comfort allowed her to distance herself from the incident by allowing her to move the incident from her stomach (where she felt the nausea) out to a position before her eyes. This process also simultaneously separated the incident that lay in the past from her present comfortable position.

Creiddylad was now ready for an intervention which would address her feelings of fear, nausea, disgust, and betrayal at the time of the incident, which after four years had become anchored as a permanent feature in her body, as soon as the memory of the incident was triggered. By asking her to experience the rape from a distanced position of comfort on the couch, in the present, and watching herself being raped in the past, her accompanying feelings had become toned down. Her “OK” in a steady voice tone demonstrated that slight shift in the diminished intensity of her emotions. While she was looking at herself being raped in the past accompanied by less intense feelings, my instruction to pierce a hole through the picture of the past (the metaphor of her past rape incident as a static picture, that can be pieced, torn, burnt and destroyed, suggests her ability of control over the rape, now that it is in this form), while allowing the good feelings from her life movie, behind the picture of the

past, to wash over the painful picture of the past, thereby occupying the whole space in her present consciousness with good feelings. By using visual images, which occur faster in the brain than kinesthetic feelings, this overlay of bad over good feelings changing into good over bad feelings faster than the mind can think, results in a severing of the bad feelings that were anchored in her body as a stable entity. Changing a stable entity into a fluid entity allows new possibilities to take place.

Testing the intervention immediately afterwards elicited surprise on Creiddylad's face, which is an indication that the intervention was successful. This was immediately confirmed by her feedback when I asked her what she felt when she sees X walking into the room, and she answered "Nothing, it is as if he were any stranger". After that positive feedback I immediately paced her feelings in the future by asking her what she would feel if she bumped into him a few years later, when both of them are a little older. Her answer is the same, and I affirm her victory over having achieved control over her feelings in the present and in the future. To be sure that the rape experience remains unchangeable and in the past, I suggest to Creiddylad that she can frame it (maintaining the stable picture status) and hang it into her memory gallery (maintaining the idea that it is a part of her past), but allowing her to choose what she will do with that "accident" (releasing her from her feelings of guilt).

Creiddylad's immediate feedback of surprise and wonder is enough evidence for me that the intervention has been successful. In order to complete the process in an ecologically sound way, integrating it into her life, I anchor Creiddylad into the present without her "accident" from the past interfering with her present life, by focusing on the wanting relationship with her mother. Opening up a door into her future with her mother, I place her mother on the same level as myself, who is now talking to her. The present evidence of successfully speaking to me allows her mind to move towards picturing herself as speaking successfully to her mother. Allowing her to decide when she will be ready to report on her progress ('progress' can refer to the episode with her perpetrator, as well as the relationship with her mother) confers power to her as the one in control of her own life.

Creiddylad's feedback two weeks later confirmed that the successful changes with regard to the rape were still in place, and that she had proactively communicated with her mother and begun to appreciate her as an adult. This aspect constitutes positive changes on the mental, emotional and relational levels. According to Creiddylad's feedback, her friends and her mother had noticed a marked change in her, which suggests that there is a marked difference between the way she was and the way she is now. Three months later, evidence of creative choices are present when she reports that she has started to save every month in order to go to America. This feedback suggests that Creiddylad is moving towards making her dreams come true. This aspect constitutes positive change in the concrete and constructional mental realm. In the process of moving towards positive goals, she is able to forgive herself for her perception of her contribution towards having been raped. This aspect reflects a positive change in the spiritual realm. Her better informed view of what she should have and should not have done when she was at college has now become clearer to her. Having made the decision to go to America has lifted her out of the childhood mode into an adult mode. She has made a positive growth spurt by having acquired greater flexibility and better insight. The physiological change of a return of energy for living, as well as a coherent mode of speech and expression completes the successful intervention on the level of her body, which automatically integrates the changes that have occurred on the levels of mind, emotion, and spirit.

Discourse Analysis of Creiddylad's Story

Four years had passed since Creiddylad had been drugged, betrayed, and raped. Although she had seen a psychologist, and experienced limited support from a post graduate psychology student friend, she was still in a traumatised frame of mind (Karen, 2001; Carson, Butcher, and Mineka 1998). Riddled with guilt about her carelessness (Karen, 2001), swamped with fear of disclosing her shameful encounter (Halling, 1994), and meeting her

rapist by chance kept her away from attending classes (Gibson, Swartz,, and Sandenbergh, 2002; Gerdes, Moore, Ochse, and Van Ede,1988; Enright, Santos, and Al-Mabuk, 1989). She subsequently failed the year, although she said she passed the course (Parrott, and Spackman, 2000; Katz,1988). The course of these events can be likened to a hit and run accident in which the injured pedestrian is left lying in the road until he/she heals of their own accord.

Dudai, (1989) contends that psychological trauma can be as painful and disabling as physical trauma, in spite of the invisibility of the wound. Creiddylad was barely out of school when she was raped, and she was obviously unaware of the dangers of life (Humphrey, 1976). She was a deeply religious, trusting girl who expected no harm to befall her (Joseph, 2001). She was also physically very attractive, which complicated the whole issue according to Jung (1978). All in all the situation was very complex. Growing up is a complex process of following the example of the older role models and at the same time making up one's own mind (Oatley, 1987). It does however seem to be much more complex in a world such as ours in which young girls are reared in protected environments, socialised by media influences to make themselves generally as attractive as possible, and particularly sexually attractive, in order to meet Mr Right (Lewis, and Haviland-Jones, 2000; Oatley,1996). Incongruent expectations of being neither too straight, nor too tight, by aiming to be cool, and at the same time becoming independent places much pressure on a young woman who has left home probably for the first time in her life (Hays, 2001). Many times, pressures from home weigh heavily on their minds, for studying at a tertiary, residential institution costs their parents a small fortune, and many a young student is burdened with thoughts of failure, social and academic inadequacy, anguish about having chosen the wrong field of study, and guilt for not having chosen subjects with clear expectations of being able to procure work after their successful completion (Heidegger, 1956; and 1968; Keeney,1983; Kegan, 1979).

The possible pitfalls are legion, and many a little red riding hood has landed in the claws or jaws of the big bad wolf, who was dressed up as a toothless grandmother. Creiddylad was

one of those innocent creatures, who was swallowed by a wolf without having the knowhow to extricate herself from his belly (Kelly,1955).

Four years long she ruminated about the emotional betrayal and the sexual assault without a noticeable positive change in her condition (Johnson-Laird, and Oatley, 2000; Lavik, Nygård, Sveaass, and Fannemeel,1994). Around the age of 24, according to Conger (1991), when the real transformation from adolescence to adulthood is in the process of completion Creiddylad became arrested at a dysfunctional level of fearing everything, daring nothing, and wishing to die (Heidegger,1956, and 1968; Dawes, and Donald, 1994). Her non-life was dominated by fear of accidentally meeting her rapist, by becoming paralysed and swamped with fear when she did accidentally see him, and by dreaming of a better life without having the energy to pursue its realisation (Drucker, 1998; Carson, Butcher, and Mineka,1998). In the process of dealing with her traumatic experience she had very few friends she could trust (Dalai Lama,1999). The lack of trust was a real handicap during those first two years after having left home to go and study (Drucker, 1998; Carson, Butcher, and Mineka,1998). Lack of money was another disadvantage for her, since she seemed to be dependent on others for transport to and from her place of study (Casey, 1998). Walking to classes made her vulnerable to possible assault, being picked up, being robbed, and getting too tired for coping with the immense information overload in the first year in a strange place of learning (Dalai Lama,1999; Casey, 1998; Cameron-Bandler, and Lebeau, 1986; Carson, Butcher, and Mineka, 1998). According to Dawes, and Donald,1994) feelings of becoming overwhelmed by implicit and explicit expectations from the institution, society, parents, and oneself is not uncommon in such a context (Dalai Lama, 1999).

When Creiddylad was traumatised by the rape incident, she withdrew from most contacts she had built up (Cameron-Bandler, and Lebeau, 1986; Carson, Butcher, and Mineka, 1998) . Shame kept her away from her friends and guilt distanced her from her mother (Symonds, 1976; Adams, and Sutker, 2001). Although she went home more often after the incident, she shut herself emotionally off from her mother (Adams, and Sutker, 2001; Bochner, 1984;

Lazarus, 1966, and 1982). According to Symonds (1976) trauma shuts down appropriate emotional responses and pro-active behaviour, and Creiddylad was no exception. She hid from the possibility of running into her rapist, which resulted in avoiding to attend her prescribed lessons (Baþođlu and Mineka, 1992). Nightmares populated her nights, robbing her of valuable sleep, which resulted in depression and lack of energy (Carson, Butcher, and Mineka, 1998; Adams, and Sutker, 2001). Lack of information on a number of levels drove her to unwittingly follow a path of downward drift (Bradley, 2000; Burkitt, 2002). According to Forgas, and Vargas (2000) Creiddylad was on a path towards meaninglessness. I believe that was the reason we met (Isen, 2000; Husserl, 1964). One of her distant friends communicated her distress, directed by common ground in an inescapable situation, through smiling at a stranger (Burkitt, 2002). Life is sometimes a greater mystery than we realise, and asking the question "Why?" in a situation like this would border on the foolish, because the mysterious cannot be explained by relying on our intellect. Forgiving oneself, according to Karen (2001) is often a similarly mysterious process that may happen within or without the context of therapy. Creiddylad was only able to forgive herself when she was freed from the trauma of having been raped.