

Table 7: APPROACH/ AVOIDANCE, COUNTERSCRIPT, SECONDARY GAIN

What is the wish?	What is the fear?	conflict unresolved, So what can I do next	Secondary gain, what can salvage
1. being freed, unbound	vulnerable	captor values me	one watches over me
2. restored relationship	more than I can bear	I'm just not enough	If I feel bad, I'm good
3. that I'll take it.	no one will respect me	savor fantasies	wasn't meant to be
4. to know who I am	that this is me!	alienated from real me	live in my own world
5 (=5+6) to be sure	chaos overwhelms me	vacillating, don't test	pity me, the martyr
6.(=7) Fix my problem	If refused, now worse	where do I stand?	no one helps me
7(8+9) blot out world	have to face my pain	oblivion, then collapse	I frustrate helpers
8.(10) no stress , worry	can't obtain self-meds	others may rescue me	I'm not to blame
9 (11) fully possess	isolation	someone will find out	it's what I deserve
10.(12) fill the void	unremitted grieving	carry torch, depressed	I'm beyond help
11(13) save me, or let me die	no let up, can't get help	I watch myself perish	proof of no good world
12 (14) grab what I can	another will get it first	incessant competing	I won't yield
13 (15) to get even	won't get satisfaction	miss out on living	fantasy of their pain
14 (16+17) to control	I'll slip up, lose my grip	constant vigilance	others fear, envy me
15 (18) self denial	lack of appreciation	living on the edge	to them I'm a hero
16 (19) elude hunters	they'll track me down	capture is imminent	continue to survive
17 (20) new experience	more of the same	go on, not miss out	not held accountable
18(21+22)top the heap	come out 2nd best	strive harder	reputed go-getter
19 (25) saves others	not quick enough	I show I care	at least I'm trying
20 (23) see you grow	you may not make it	I'm doing my part	I did my best for you
21 (24) see you thrive	you'll forget me now	inner critic flays me	something to live for
22 (26) central figure	others overlook me	Own their conflict	loyalty is appreciated
23 (27) to enjoy gaiety	I won't feel their joy	uniting with others,	satisfied with world
24 (28) fuse with you	I'll lose me	keep others away	others don't interfere

First numbers refer to the 24 stories. In parentheses are the original 28 plot numbers. The list is meant to be suggestive, not exhaustive. I've taken one of the three possible views in nearly every case. Keep in mind the protagonist as active, as passive, and as turned within. Thus the chart does not do justice to two-thirds of the possibilities. Patients have been passive. In treatment they become more self-reflective. As they improve they become more active. All this may take place within the very same story, altering their story, or transitioning to a more positive story where the protagonist's desired outcome becomes more accessible. To do this, spontaneous modification of a protagonist's desires may be required to transform the old story.