

Molly is the oldest of two sisters. When she was a teenager her parents would divorce. The mother asked her to tell her younger sister about the divorce instead of her. When Molly confessed this episode to a friend of hers over the phone the mother scolded her for it. She said it was inappropriate to discuss family matters with people outside the family. Molly felt guilty for it. In the family her mother would go out of her ways to do things for people outside the family and Molly felt she was not spending much time with them. Later her younger sister became a drug addict and died recently. This loss brought Molly to therapy. She suffered with feelings of guilt, saying she had stopped communicating with her sister several years before her death. Molly felt that every time she came home their mother wanted her to have an understanding for her younger sister and help out with her problems such as debts that she had had. Molly didn't like this role and eventually minimized contact with her sister. In her marriage and towards her children and Molly is very responsible and finds it hard to relax. She does not have much free time as she feels that she has to be a responsible mother and also cannot ask her husband to baby sit when he comes back from work. She feels guilty even about the time in therapy when he "has to" baby sit. Career wise, Molly followed her husband to another country and is a stay at home mum. She is unsure what she would like to do when her children are older and she can go back to work. She is quite anxious and finds it difficult to relax and open up.

*Please try to formulate the case with the information you have. You may be left several questions at the end of it. It is only natural. Please include these questions (thoughts, associations, etc) into your presentation.*