

INCEST SURVIVORS' DASEIN:  
FIVE CASE HISTORIES

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## PREFACE

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## CHAPTER I

### INTRODUCTION

Incest is the most longstanding grievous offense against one-fifth to one-third of all girls 16 years of age and under. This criminal offense against girls and young women is one of the single, unmentioned, unsolved, untreated and non-legislated-against abuses that exists today.

Statistics gathered from private and family therapists, sex clinics and clinicians, research reports and law enforcement agencies give these startling figures on incest and its results:

Fifty percent of incest crimes are committed against girls under the age of ten years.

The psychological and physical effects of incest extend far into adult life. For example, 92 percent of the adult women in alcohol recovery therapy have suffered from incest; 70 percent of adolescent female drug addicts, and 75 percent of adolescent prostitutes were thus abused. Over 90 percent of the women in prison today were victims of incest attacks in childhood (NCAN News, 1983, p. 2).

Rush (1980) reported widespread prevalence of sexual abuse of children in the United States. This is not a recent phenomena; however, for De Francis (1969) found there exists an enormous national problem of unreported sexual abuse. In a recent presentation to a U.S. Congressional committee, Swift (1978), estimated that from 50 to 80% of all incidences of sexual abuse go unreported. Forward and Buck (1978) state that approximately one of every four females in the United States is a victim of sexual assault by the time she reaches age 18.

Finkelhor (1979), surveying female college students, found a 14% incest experience rate. Spencer (1978) and Rosenfield (1979) found, among their general out-patient caseloads, the prevalence of incest to be as high as 30% and 33% respectively.

The incidence of incest and child sexual assault appears to be on the rise (Finkelhor, 1979); however, professionals believe this is due to an increased awareness on the part of the public and the resulting increase in reporting. The sexual abuse of children has been a problem since antiquity.

#### Historical Prevalence of Child Sexual Abuse

The sexual exploitation of children can be traced to ancient periods of recorded history (Kramer, 1959). Stories of young children having sexual involvement with adults are commonplace in Greek and Roman literature (Licht, 1971). The sexual use of children also is noted cross-culturally in numerous historical, literary, and religious documents (Rush, 1980). In the historical documents and records of the Christian church there are numerous references made to sanctioned sexual behavior between adult males and female children (Fulton, 1883; Power, 1966; Smith, 1940).

Until the time of Freud, human sexuality was not openly discussed even in the scientific community. In analyzing young female patients, Freud reported that they often spoke of sexual encounters with members of their families (Masson, 1985). At first, Freud believed these women were telling the truth. He announced his findings in a paper presented in 1896 to the Society for Psychiatry and Neurology in Vienna (Masson, 1985). Even though his colleagues did not respond favorably to his position, Freud (1896), under some personal duress, published the address entitled "The Aetiology of Hysteria" (Masson, 1985). In the article, Freud (1896) stated that the origin of mental illness lies in early childhood sexual trauma. This concept, which was relabeled the "seduction theory," stated that early sexual experiences were not imagined by Freud's patients and, further, that there were long-term damaging effects on the child victims of these sexual encounters (Masson, 1985). According to Masson, Freud

was ostracized by the medical community for his position; and, in 1905 he publicly retracted his seduction theory (Masson, 1985).

In order to explain the women's reports of sexual abuse, Freud (1905) then proposed the theory of infant sexuality which purports that children have sexual feelings and fantasies long before puberty. While expanding on this theory, and simultaneously casting doubt on the literal truth of his female patients' reports of sexual abuse, Freud proposed the existence of the Oedipus Complex. His theory proposed that children have passionate sexual desires for the parent of the opposite sex. Freud stated that children frequently fantasize sexual encounters with the parent of the opposite sex, and that children repeatedly believe that their fantasies are fact. In Freud's time, therefore, the damaging aspects of the actual sexual abuse of children were dismissed in both the medical and psychiatric communities.

The issue of sexual abuse is currently being re-examined. As women begin to discuss their childhood sexual abuse by adults who were family members or friends, health care professionals are increasingly inclined to believe them (Gelinas, 1983). Health care professionals must deal with the incest taboo, which is directed at prohibiting the disclosure of the incestuous act. Reports of sexual abuse are being studied in an attempt to understand the long-term effects on the survivors (Gelinas, 1983; Greenberg, 1979; Shengold, 1979; Rosenfeld, Nadelson, Krieger & Backman, 1977).

#### An Historical Perspective on Incest Dynamics

The classical psychoanalytic views of an incestuous family are well rooted in the literature on masochism. The term masochism dates to Richard von Krafft-Ebing (1935), who originally coined the word after reading the work of Leopold von Sacher-Masoch. Kraft-Ebbing's writings were biographical tales of Sacher-Masoch who obtained sexual gratification from being sexually punished.

Today, the term masochism implies not only sexual maltreatment, but addresses psychologically destructive patterns of relatedness between people (Shainess, 1984; Wienecke, 1974).

Freud (1924) addressed the issue of masochism and noted that it was not purely a sexual disorder. He stated that masochism is related to problems of conscience (super-ego) and guilt. He claimed that the maintenance of suffering is at the core of masochism (Freud, 1931).

In his understanding of women and masochism, Freud (1931) believed that women feel defective due to feelings of castration (not having a penis). He believed these feelings caused women to be innately passive, narcissistic, and generally emotionally weaker than men. Freud continued that the only way a woman can restore her psychological balance is through childbirth; especially the birth of a male child. He deduced that women find pleasure (the potential gain of esteem through the birth of a male) in the pain of childbirth. Women, therefore, want and need to suffer both physically and psychologically (Freud, 1931).

Horney (1935) took issue with Freud's view of women and stated that psychoanalytic theory and its practice are essentially biased in favor of men. She stressed the cultural aspects of female masochism that define women as being traditionally weak and helpless. She believed Freud overlooked the effects of the cultural role of women. According to Shainess (1984), a woman raised in a traditional cultural environment experiences feelings of low self-esteem and powerlessness. Horney (1935) proposed that when women relate to others in their environment with feelings of low self-esteem and powerlessness, she may provoke further punishment and its resultant suffering.

Thompson (1943), a contemporary of Horney, stated that Freud's penis envy is a cultural rather than a biological phenomena. She stated that it is not the

penis, per se, the female envies, but the preferred status that culture gives to males. She argued that "masochism also proves to be a form of adaption to an unsatisfactory and circumscribed life" (p. 133).

Bieber (1974) viewed masochism as the misuse of power and authority one person has over another. Abusive parents tend to misuse their power and authority over a child and, as a result, the child becomes fearful of, rather than respectful of, power and authority in others. Bieber did not think physical abuse to be the only way parents created a fear of authority in dependent children. He proposed that exploitation also has the same results, and that this fear of authority is at the root of any masochistic encounter. He viewed masochism as a maladaptive defense mechanism that serves the purpose of extinguishing hostile aggression, real or imagined, in others.

Shainess (1984) stated that the masochistic person believes that self-inflicted injury prevents even more dangerous threats. She continued that the origins of masochism occur in the first days of life and that by the end of the child's first year of life the structure of masochistic relating is well established. The pattern of masochism begins in the child's relationship with his/her mother or primary mother figure. The power of a mother over her child, and her use of that power over her child, determine the child's basic outlook on the world (Shainess, 1984). As a mother responds to her child's needs and reacts to her children with his/her best interest in mind, a sense of "basic trust" develops (Erikson, 1950). The child then views the world as a safe place with benevolent care givers (Erikson, 1950). If, on the other hand, the child does not receive adequate mothering, the world view of the child becomes one of malevolence, a world which can bring harm to them (Winnicott, 1960).

#### Theories of Familial Patterns of Relating

This research will examine three paradigms of family interaction which



will serve as the theoretical foundations for explaining the dynamics of father-daughter incest. The approaches include psychoanalytic theory as interpreted by Wienecke (1974), psychodynamic systems theory as interpreted by Bowen (1978), and Minuchin's (1974) structural family theory.

### Psychoanalytic Theory

An unpublished position on psychoanalytic dynamics of masochism (Wienecke, 1974) is distinguished from traditional psychoanalytic theory by focusing on the child's earliest relationship with mother, more than upon the later developing Oedipal struggle. Wienecke's position examines early environmental considerations that influence the child's world view. The world view developed in childhood by an incest survivor may influence, in adulthood, patterns of thought, perception, and behavior.

### Psychodynamic Systems Theory

Bowen's (1978) psychodynamic theory focuses on the differences between emotional and cognitive states in people. He observed that people function poorly when emotion and cognition are fused and undifferentiated. Bowen (1966) introduced the undifferentiated family ego mass as a family emotionally "stuck together . . . a conglomerate of emotional oneness" (p. 371). Emotional oneness may be present in an incest family and may influence the incest survivor's thoughts, perceptions, and behavior in adulthood.

### Structural Family Theory

Structural family theory evaluates the family as a unit (Minuchin, 1974).

In essence, the structural approach to families is based on the concept that a family is more than the individual biopsychodynamics of its members. Family members relate according to certain arrangements which govern their transactions. These arrangements, though usually not explicitly stated or even recognized, form a whole - the structure of the family. The reality of the structure is of a different order from the reality of the individual members (p. 89).

A dysfunctional family system may exist within an incest family and influence

the incest survivor's thoughts, perceptions, and behavior in adulthood. A thorough discussion of these three theoretical positions is presented in Chapter II.

### Statement of the Problem

Statistics indicate that many female children are routinely subjected to sexual assault by men who are part of their intimate circle of adults (Herman, 1981). Incest victims often are too frightened to tell of their assault at the time of the incident (Rush, 1980). Usually, the telling of the incest story waits for the child to become an adult (Gelinas, 1984). Today, women are speaking out in increasing numbers regarding the sexual victimization they experienced during their childhood (Finkelhor, 1979; Henderson, 1972). The acknowledgement of the incest experience frequently gives rise to the questions: How did this experience affect me in the past and what effect does the experience have on me today?

These questions are causing controversy, for some health care providers believe, as did Freud, that women have fantasized their incestuous experiences and then believe their fantasies to be fact (Peters, 1976). Other writers state that incest is neither always emotionally traumatic nor must it necessarily interfere with emotional development and later adult functioning (Bender & Blau, 1937; Bender & Grugett, 1952; Henderson, 1972; Nelson, 1979; Rasmussen, 1934; Weiner, 1962).

On the other side of the issue, there is substantial support that early sexual abuse can have long-term effects (Blumberg, 1978; Brant & Tisya, 1977; Ferenczi, 1933). Frequent sex with the same adult can result in an ongoing depressive state within the child and may become chronic depression in adulthood (Blumberg, 1981; Gelinas, 1983; Rosenfeld et al., 1977; Shengold, 1979). Betrayal by an adult always occurs in cases of sexual abuse because there

is a corruption of the power and authority an adult has over a child (Forward & Buck, 1980).

### Significance of the Study

Female survivors of undisclosed incest frequently experience repeated adjustment problems in finding satisfying adult relationships and in parenting their children (Gelinas, 1983). If incest survivors seek psychotherapeutic treatment, they are often unable to state in exact terms what they want or need from the therapy experience (Rush, 1980). For example, they may state "I want to feel happy." Rush found that as clients, these women are often unaware of exactly why they are feeling such discomfort in their daily living. She stated that in some cases therapists may feel confused because incest survivors have repressed all or part of the memory of their incestuous encounters. This repression can leave therapists equally unaware of why their patients are in such distress.

When undisclosed incest survivors seek psychological treatment, they present a variety of symptoms such as being chronically depressed and fearful (Gelinas, 1983). Many of the damaging after-effects of incest are unconsciously re-enacted in their current relationships (Gelinas, 1983).

A review of the literature does not yield a discussion of how incest survivors' current perceptions, behaviors, and patterns of relating are influenced by the structure and dynamics within the family of origin. Gelinas (1983) believes it is essential for health care providers to be acquainted with a theory which can assist them and their patients in identifying patterns of interaction which remain as a result of the incest experiences.

Father-daughter incest is the focus of this study because it is the most frequently reported in the literature. This explanatory research is intended to contribute theoretical understanding in light of what is currently known about

father-daughter incest. The theories presented may explain the unconscious processes used by adult incest survivors to bring into their current relationships, legacies of their prior experiences.

#### Limitations

The following limitations exist in this explanatory research and are inherent in the design of this study:

1. Due to the limits imposed by the volume of material to be analyzed in the case study approach, interviews will be limited to five incest survivors.
2. Because of the narrow focus on five case histories, the findings are limited in their representativeness. The findings do not allow generalizations to a population until the appropriate statistical follow-up research is completed.
3. There is a risk that researcher bias will occur as subjective decisions are made to include or delete non-incest related information from the case studies.
4. Three theories of familial interaction will be applied in an attempt to identify and explain the patterns of adult interaction manifested in the lives of five incest survivors. Interpretations made by others of the theories and their propositions or other theoretical perspectives may lead to differing conclusions.
5. Because each of the five women has received psychotherapy, her perceptions of the meaning of the incestuous relationship may be influenced by the therapeutic process.

#### Assumptions

The following assumptions exist in this explanatory research and are inherent in this research:

1. It is assumed that the incest survivors' responses to the interview questions are factual.

2. It is assumed that the recollections of the incest survivors' will remain constant over time.

#### Definition of Terms

The following are definitions of terms used in this study:

Incest. Incest is any sexual activity (intimate, physical contact that is sexually arousing) between an adult male family member and a female child of the same family (Justice & Justice, 1979).

Incest survivor. An incest survivor is any adult female who experienced an incestuous relationship as a child with adulthood arbitrarily defined at age 18.

Incest victim. A female child subjected to an incestuous relationship with her father is defined as an incest victim.

Perpetrator. A perpetrator is an adult male who sexually assaults his daughter.

#### Research Questions

This research is designed to elicit information regarding patterns of relating reported by women who experienced incest. Structured interviews are conducted with each subject to obtain the information. The interview data is analyzed through the application of theoretical propositions of Wienecke (1974), Bowen (1978), and Minuchin (1974) to answer the following research questions:

1. Can the childhood patterns of relating to significant others, learned and subsequently practiced by incest survivors, be identified?
2. What, if any, are the effects of those early patterns of relating to significant others on the incest survivor's perceptions of themselves and others?
3. Do incest survivors currently maintain patterns of relating at work, in friendship, and in love relationships similar to those patterns learned within their family of origin?

### Organization of the Study

Chapter I included a brief historical background of incest and three theoretical approaches to family relationships, along with a statement of the problem, and the significance of the study. Definitions of terms and research questions were also presented. Chapter II presents a review of the related literature on incest and a discussion of three theories of family relating. Chapter III presents the methodology used in collecting and analyzing the data. Case studies of five incest survivors will be presented in Chapter IV. Chapter V will present an analysis of case material based on three theoretical approaches to family interaction. Chapter VI will contain a summary of research as well as conclusions and recommendations for future research.

## CHAPTER II

### REVIEW OF THE LITERATURE

This chapter contains a review of the literature in the area of incest as well as descriptions of three theoretical orientations used in explaining the incest phenomena. The review of literature is divided into three sections: an historical perspective, the impact of Freud, and current findings. The theoretical perspectives include psychoanalytic, psychodynamic systems theory, and structural family theory.

#### Incest

##### An Historical Perspective on Incest

According to the Babylonian Code of Hammurabi, written approximately 4,000 years ago, women and children had no human rights and they were considered to be the property of their husbands and fathers (Edwards, 1921). The consequence to a father for having a sexual encounter with his daughter was for them both to be exiled from the gates of the city (Edwards, 1921). Under this code, both the victim and the perpetrator of the sexual violation shared equal responsibility and equal punishment (Edwards, 1921).

The Hebrews took a similar stand toward the act of incest or rape (Deuteronomy 22:13-29). "Like her Babylonian sister, a married woman within the Hebrew culture who was victimized by rape was considered culpable, adulterous and irrevocably defiled" (Brownmiller, 1975, p. 10). Local Hebrew custom dictated that a father's daughter was expected to be responsible for maintaining her own virginity (Deuteronomy 22:13-29). If she was defiled, it was

considered partially her own fault. The phenomena of society blaming the victim for her assault dates back to antiquity (Brownmiller, 1975).

According to Rush (1980), in religious tradition it is the adult male not the female child who is considered the victim of sexual misconduct. The legend of Potiphar's wife provides a significant insight into the morality dynamic that allows the perpetrator to become the victim (Genesis 39). In the story, Potiphar's wife accuses Joseph, a slave of her husband, of attempting to rape her (Genesis 39). Legend states that in fact she had requested him on numerous occasions to sleep with her (Genesis 39). Joseph is presented as the innocent victim of a seductress - a seductress who falsely accuses him of rape (Genesis 39). Brownmiller (1975) noted similar tales of rape in the Koran as well as in Egyptian Folklore of 1300 B.C.

Rush (1980) found situations in both the Bible and the Talmud wherein sex is encouraged between men and women and very young girls. The Bible is repeatedly vague about the age of consent for females while the Talmud is quite specific (Nezikin, 1935). "The Talmud stated that a female child of 'three years and one day' could be betrothed by sexual intercourse with her father's permission" (Rush, 1980, p. 17). In both texts, the Bible and the Talmud, the victim was required to marry the perpetrator to legitimize the act. "Rape is a crime of theft, legitimized by payment and marriage" (Rush, 1980, p. 21). Rush (1980) emphasized that the Bible does not prohibit childhood prostitution, nor a child's prostitution by her parent. It does, however, prohibit a child from defying paternal authority even if the child's parent was to require participation in an incestuous act.

Schultz (1980) observed that the stated taboo of using children as sex objects dates back only a few hundred years. According to De Mause (1974), circa 100 A.D., male children were circumcised to reduce their potential sexual



arousal and some others were disfigured through castration and used as child prostitutes. He further stated that in ancient Greek and Roman writings the use of children as sexual objects was frequently noted. Female children were not immune from sexual exploitation either. "Petronias (45 A.D.) described his rape of a seven-year-old girl with the aid of older women, who stood and watched, applauding the rapist" (Schultz, 1980, p. 4).

History is filled with accounts of the sexual abuse of children by the wealthy and the politically influential (Brownmiller, 1975). Schultz (1980) pointed out that Cellini, a famous sculptor and student of Michelangelo, was a child molester. He noted also that the man who protected Joan of Arc, Baron de Rais, was put to death in 1440 for the rape and murder of 800 children.

It was not until the sixteenth century that England passed laws protecting boys from sodomy and girls under the age of ten from forcible rape (Justice & Justice, 1979). Schultz (1980) noted that even though Christianity recognized the need to protect children, it was not until the 16th and 17th centuries that secular law reflected these same standards.

Prior to the French Revolution, the death penalty was the customary punishment for those found guilty of sexual crimes against children. However, following the French Revolution and the popularization of the Napoleonic Code, wherein the rights of the accused being legally safeguarded, the death penalty was abolished in France (Schultz, 1980). The United States and England, as well as much of Europe, retained capital punishment for these sexual crimes (Brownmiller, 1975). The English statesman, Blackstone (1723-1780), refused to define which sexual acts against children were considered criminal and punishable by death (Bullough, 1976). It was typical under English law for the perpetrator and the victim to be found equally guilty and equally punished (Bullough, 1976). According to Blackstone's interpretation of the law, only

sexual acts witnessed by a third party could be prosecuted (Bullough, 1976). Because of his interpretation, few reports of sexual misconduct were made to the authorities (Schultz, 1980).

With the sexual exploitation of children in the legal foreground, there was a need for determining the legal age of childhood. Historically, there were disagreements over the appropriate age of consent for a female child (Prevost, 1966). The problem of consent arose primarily in regard to laws regulating statutory rape and unlawful sexual intercourse with a minor (Gigeroff, 1968). The state, therefore, was required to set an age limit that deemed intercourse legal (Schultz, 1980). Any child below this legal age limit was presumed to be incapable of making the decision to have intercourse (Schultz, 1980). In England, in 1861, the age of consent for females to engage in intercourse was changed from ten to twelve. It was raised again to thirteen in 1875 (Pertri, 1971). As the age of consent was raised pre-pubertal children could no longer be legally used as sex objects (Schultz, 1980).

There were laws passed in England in the late 1800s which prohibited homosexual attacks on children and protected them from exploitation. In spite of this, child pornography flourished (Rush, 1980). Adolescent girls entered into prostitution to escape poverty and unemployment (Schultz, 1980). In response to the campaigns mounted by the English social reformer Josephine Butler and the feminist groups, Y.W.C.A. (Young Women's Christian Association) and the W.C.T.U. (Women's Christian Temperance Union), the age of consent was raised in 1885 to sixteen by the English Parliament (Pertri, 1971).

During the same era reform was taking place in the United States. Between 1877 and 1885 the Social Purity Alliance was formed. The Alliance was made up of feminists and social workers, the Y.W.C.A., and the W.C.T.U. (Schultz, 1980). The stated purpose of the Alliance was to preserve the

innocence of childhood (Schultz, 1980). The Alliance rejected the religious belief that prostitutes were "fallen women" and viewed the use of child prostitutes as a crime (Schultz, 1980, p. 8). "White slavery," the selling of children into prostitution, was also a condition the Alliance fought against (Schultz, 1980, p. 8). In 1883, a group called the White Cross Society joined forces with the Alliance and worked to make brothels illegal (Pivar, 1973). Through their efforts to eliminate brothels, the scope of child prostitution became apparent and a matter of concern (Pivar, 1973). Between 1886 and 1895, the Alliance was able to convince legislators to raise the age of consent in most states in the United States, thus decreasing childhood prostitution.

In summary, children have long been sexually abused and exploited. This treatment of children remains a part of our culture (Rush, 1980). The progressive tendency of European, English, and American societies to raise, by law, the age of consent brought punishment and censure for non-observance. Making child sexual abuse a crime did not end the cultural practice of incest. The progressive criminalization of childhood sexual abuse brought with it the progressive rise of the incest taboo, the taboo against telling (Justice & Justice, 1979).

#### Freud's Impact on Incest Theory

While studying under Charcot in France, Freud saw, at the Paris morgue corpses of children mutilated by adults (Masson, 1985). Even though he knew first hand the history of the sexual exploitation of children by adults, his theory denied the reality (Masson, 1985).

It may be difficult to recall that Freud was raised, and did much of his work, during the Victorian era with its distinct values and views of the nature of man and mankind. He did not want to accept that sexual advances frequently were made to children and he could not reconcile the implications of the acts

with his own self-image or the identities of other men in his social class (Masson, 1985; Rush, 1980).

Almost all of my women patients told me that they had been seduced by their fathers. I was driven to recognize in the end that these reports were untrue and so came to understand that the hysterical symptoms are derived from phantasies and not from real occurrences (Freud, 1916, p. 584).

On occasion, Freud interpreted information regarding his patients to fit with reality as he, a Victorian, perceived it (Rush, 1980). In the 1924 edition of his Studies on Hysteria (1886), Freud stated that he had altered some of his studies to protect his patients' immediate family members (Freud & Breuer, 1893).

Between 1888 and 1902, Freud corresponded frequently with Wilhelm Fliess (Masson, 1985). His letters to Fliess suggested an awareness of sexual abuse, an awareness that Freud was not known for publicly acknowledging (Bonaparte, Freud & Kris, 1954). In his private correspondence to Wilhelm Fliess (February 11, 1897), Freud stated that ". . . the number of fathers named by his patients as sexual molesters had truly alarmed him" (Rush, 1980, p. 90-91). In his letters, Freud wrote about his belief that anxiety in his patients was connected with sexual abuse (Bonaparte, Freud & Kris, 1954). He also stated that sexual experience before puberty can be accompanied by revulsion and fear of sex (Bonaparte, Freud & Kris, 1954).

In April, 1896, Freud presented his theory of seduction in a paper before his colleagues at the Society for Psychiatry and Neurology in Vienna, entitled "The Aetiology of Hysteria." In this work he challenged the traditional theory that hysteria is a result of genetic factors and proposed instead that social forces influence this behavior disorder. Freud cited 18 cases of hysteria where specific excitement of the female genitalia, as a result of sexual abuse, preceded the hysterical symptoms (Freud, 1896). In this paper, Freud revealed his concern

that children were exposed to sexual stimulation much more frequently than was currently believed (Breuer & Freud, 1893).

During the 1890s Freud dealt with his own failing health as well as with the death of his father (Rush, 1980). His father's death was extremely painful for him and it necessitated a personal examination of a very disappointing relationship (Rush, 1980). She proposed that Freud needed to protect fathers as a whole, by not incriminating them in the sexual abuse of their daughters because of his conflict with his own father.

In 1905, Freud relinquished his original position on hysteria in support of the popular and historical viewpoint that men are victims of a woman's sexuality (Masson, 1985). He proposed his theory of infant sexuality, the seduction theory that states children experience sexual feelings. Freud's re-interpretations of his patients' reports of abuse added to the "seduction fantasy" which ". . . became integral and inevitable to a woman's nature" (Rush, 1980, p. 96). Freud postulated that his female patients' claims of sexual abuse were in fact their disguised wishes to be seduced by their fathers (Masson, 1985). He theorized that his patients stories of sexual abuse were told as wish fulfillment and, as a result, were in fact untrue stories about seduction (Masson, 1985). The seduction theory postulated that sexual assault on women was not the problem; rather, the problem was a woman's insatiable desire to possess a man's penis (Rush, 1980). The Victorian world listened to Freud's seduction theory and failed to explore the reality of the sexual abuse of young children (Masson, 1985).

#### Early 20th Century Views on Incest

Shortly after the turn of the century, the Freudian based psychological community had to rationalize its view on incestuous behavior as incest continued to become an emerging legal issue. The sexual use of children below the age of consent was being prosecuted as a criminal offense. There were three popular

positions held in the psychological community regarding incest (Rush, 1980). They were: (a) the victim seduced her father out of a desire to possess his penis; (b) if incest did occur the experience would not damage the child; and (c) the accused perpetrator never did rape the female child, she only wished that he had.

Rush found that professionals who believed that incest did occur held opposing views as to its impact. Some believed the act has no harmful effects. Others believed there are long-term negative effects on the survivor. These positions are discussed in the following sections.

The Innocuous Effects of Incest. Bender and Blau (1937) conducted 16 case studies of children, ages 5 to 12, who were admitted to Bellevue Hospital following sexual relations with an adult. The group consisted of 11 girls and 5 boys. To Bender and Blau these children appeared exceptionally attractive. They proposed that the children, in fact, seduced the adult parent. In support of their seduction theory, they stated that: "There was some evidence that the child derived some emotional satisfaction from the experience" (Bender & Blau, 1937, p. 517).

In 1941, the philosopher Guyon published Ethics of Sexual Acts. The writing was the basis of the establishment of the Rene Guyon Society, a group promoting sexual encounters between adults and children. The group professed a belief that early sexual experiences for children would reduce divorce and delinquency (Guyon, 1972). The group motto was "sex by eight or else it's too late" (Forward & Buck, 1978, p.16).

Yates (1978) proposed that she believed infants have an enormous erotic potential. She stated the opinion that ". . . non-coercive father-daughter incest can in fact produce competent and notably erotic young women. Childhood is the best time to learn" (Yates, 1978, p. 121). Wells (1978) cited the case history of an adolescent girl who was gang raped as a teen and later abused by her

brother. He claims that this woman, as an adult, has "no observable problems" (Wells, 1978, p. 152).

Yorukoglu and Kempf (1980) reported on two case histories of children who had incestuous relationships of "prolonged sexual contact" with a partner of the opposite sex (p. 126). At the time of the research the children did not seem to have long-term negative effects from the incest. They qualify their findings, however, by stating that symptoms may arise as these children mature, marry, and parent their own children.

Destructive Aspects of Incest. Weeks (1976) believed the sexual exploitation of children under age 14 to be a frequent event. As a result of the case studies reviewed, she thought that father-daughter incest resulted in major disorders of psychosexual adjustment. If the child did not receive the appropriate intervention and support, Weeks suggested that in adolescence the child may act out sexually. She may become promiscuous, have perversions, or fail to respond to sex in an enjoyable manner in adult life.

Blumberg (1978) proposed, as a result of his clinical experience, that the sexual abuse of children presents immediate emotional trauma for victims. From his review of the literature he learned of sexually molested infants who showed signs of feeding and sleeping difficulties. Toddlers and young children had symptoms of sleep disturbance, recurring night dreams, and withdrawn behavior. He also observed that pubescent girls who had been molested dress and act in provocative ways and become runaways turning to prostitution to support themselves. He proposed that adolescent boys may become impotent as a result of sexual trauma.

Blumberg (1978) believed that some young women seek out sexual encounters in an attempt to master the traumatic event and/or to work through their feelings of guilt and anxiety. In his opinion, the physical signs and

symptoms of sexual assault can heal themselves; however, what remains is the prolonged and permanent damage to the psyche.

From data obtained in an experimental study, Green (1978) hypothesized that children who are exposed to repeated physical and/or sexual abuse develop self-destructive behaviors. There were 60 abused children in the experimental group. The control group consisted of 60 children, none of whom had been abused. The children ranged in age from 5 to 12. Boys and girls were proportional in the groups. The presence of self-destructive behavior was determined through an intensive interview with each child's mother. Green concluded that children who are abused suffer from a poor self-concept, impairment in ego functions, and poor impulse control. He concluded that children who were physically and/or sexually abused had a significantly higher incidence of self-destructive behavior than children who were not abused. He found that the abused children experienced a sense of worthlessness, badness, and self-hatred as a result of the parental attack. Some of the abused children expressed suicidal ideation. Green interpreted these suicidal ideas as being symptomatic of the child's wish to escape the situation. He also interpreted these thoughts as the child's disguised attempt to "cry for help" (p. 581).

Summit and Kryso (1978) stated that the parent is totally responsible for defining and maintaining the appropriate limits of intimacy in parent-child relationships. They theorized that parents of children who are sexually abused have two common characteristics: (a) They lack impulse control and (b) there exists confusion in the definition of the role of the child in the family. Incestuous behavior begins when the father alters the limits of his relationship with his daughter and the mother of the child chooses to ignore the change. Summit and Kryso (1978) proposed, as result of their clinical observations, that the results of incest are both predictable and frightening. The girl is often



deprived of self-worth and self-esteem. She is abandoned by her parents, betrayed by trusted adults, and left with a devalued and depreciated concept of her own sexuality. As a result, they proposed she may spend the rest of her life searching for a relationship that will redeem her. At the same time she may want intimacy and closeness yet, expect and perceive rejection, betrayal, and punishment. They further stated that ". . . harm results from the perception by the child that the sexuality is inappropriate and that the relationship is exploitive" (p. 248). They contend that ". . . sexual abuse is the most controversial form of child abuse" (p. 250).

Bernstein (1970) presented two case studies which she believed represents the psychodynamics typical of incestuous families. She stated that the daughter is often too frightened to expose the relationship with her father because their relationship represents a sign of affection and love. It is often difficult and confusing for the child to see that the adult she trusts and loves is doing something wrong. The incest victim also fears that the telling may disrupt the family and her source of security. She may feel guilty and responsible for not accepting her father's form of love. Many incest survivors interpret the sexual act as an act of love rather than an act of violence. Bernstein (1970) stated that the victim will rarely complain to the family physician about the incest but will present a variety of symptoms, such as depression, fatigue, insomnia, anorexia, the fear of pregnancy, anxiety and fearfulness. Bernstein noted that social indicators, such as promiscuity, also may be present. The victim also may express feelings of worthlessness leading to self-destructive behavior such as truancy, drug/alcohol abuse, or prostitution.

Blumberg (1981) stated that sexual abuse is more likely to produce emotional harm than physical harm, for sexual abuse is not impulsive like physical abuse and rarely involves violence. The perpetrator, frequently a man,

fears failure and rejection in adult heterosexual relationships. The man, failing to make sustaining emotional connections with an adult, then turns to children for reassurance and comfort. Blumberg stated that incest is not motivated by a drive for sexual gratification, but out of a need for comfort.

Victims of incest sometimes attempt to master the after-effects of the incest experience as adults by having multiple sexual encounters. Blumberg (1981) stated that some victims develop depression as they become aware of feelings of loss of appropriate parental love and gain the awareness that they did not have adequate nurturance as children. These feelings can lead to anxiety, helplessness, and despair.

Woodling and Kossoris (1981) found, after compiling data from national and regional surveys, that one in four girls, during adolescence, are victims of molestation, forcible rape. Less than 50% of these incidents are reported. They also found that incest occurs most frequently between the ages of 10 and 14, with 11 being the most frequent age. They stated that children who are victims of incest frequently show signs of developmental regression. Night terrors are frequent in the very young. In the adolescent self-esteem suffers and there may be delinquent behavior.

De Young (1982) interviewed 45 females, ranging in age from 7 to 38, who had been victims of paternal incest. The sample was compiled from women responding to a magazine article on incest, juvenile court records, community college students, and a psychotherapy caseload.

She reported the prepubescent children who have had incestuous experiences displayed self-injurious behavior. She also noted that children in an incestuous family frequently attempt self-injurious behavior as an act of punishing themselves. She believed this behavior stems from the child's belief that she is responsible for the incestuous behavior on the part of the parent.

Because of this sense of responsibility, the child tends to develop a feeling of self-hatred and low self-esteem for she may think of herself as a "whore" (p. 581). The victim imagines that others condemn her as if they knew she was sexually active with her father. As a result of this she injures and mutilates herself.

According to De Young (1982), another trauma occurs when the victim feels that her body has betrayed her. Even though she finds the sexual act with her parent socially unacceptable, she is unable to control her own body's involuntary pleasure response to the sexual stimulation. When her body responds to the pleasure, she may justify in her own thinking that she deserves punishment for the pleasurable sensations.

The third factor that De Young (1982) discusses is ego reintegration. She observed that in such abusive families, children appear to have incorporate a keenly punitive conscience. Under such extreme self-criticism the child loses some ego functioning and may commit a self-injurious act. The self-mutilating acts are frequently done in front of a mirror while the victim is in a trance-like, self-hypnotic state. The victims frequently cut themselves and feel no pain. The sight of the blood or bruising brings the child back to reality and frees the child from the intense feelings that precipitated the self-injury. De Young believed this act then restores the defense that allows the incest victim to tolerate the continuing incestuous experience.

De Young (1982) concluded that her findings are tentative due to the number of subjects interviewed. She also was concerned that the recollection of the events in the older subjects might be distorted by the effect of elapsed time on memory and, therefore, affect the validity of the results. De Young found that self-injurious behavior in prepubescent children is rare, and when it is seen

in children, the possibility of physical battering and/or incest should be investigated.

Gelinas (1983) described three underlying negative effects of incest: chronic traumatic neurosis, continuing relational imbalances, and increased generational risk. Chronic traumatic neurosis emerged after the survivor had disclosed the information and some discussion of the events had taken place outside the therapy setting with her family. She stated that even though the memory of the details are painful to the patient, there was an eventual curative effect in discussing them. The incestuous experience is frequently overwhelming to the child and results in much confusion. Gelinas compared the incest experience to the experience of a rape victim and described the symptoms similar to those Horowitz (1976, 1979) described. Horowitz said the victims suffer from a type of post-traumatic stress syndrome. The use of denial and repression is common in the incest experience. Sometimes the victims use dissociative techniques and are, as a result, later in life confused about the events of the incest. These women also experience recurrences of the same dream, panic attacks, and crying episodes without conscious awareness. These women report feeling anxious and powerless in the presence of the perpetrator. Gelinas stated the most frequently noted secondary symptom of the chronic neurosis is depression with feelings of guilt, low self-esteem, and powerlessness. Suicidal thoughts and attempts are not uncommon. Adult developmental milestones and transitions frequently result in the patient seeking psychotherapeutic help, such as when a patient marries or gives birth to a child.

In discussing relational imbalances, Gelinas (1983) stated that incest constitutes a profound abandonment and betrayal. Frequently in the incestuous family, the child takes on a parent-like function. She frequently functions as an adult, not only in her sexual behavior but also in cooking, cleaning, and caring for

the other members of the family. She internalizes a role of responsibility and caring for others. This child learns to put the needs of others ahead of herself. Frequently in incestuous families, the mother of the victim was parentified when she was a child, and as a result failed to have her own needs for nurturance met. The mother, as an adult, encourages her daughter to fill this role, for in so doing the mother does not have to re-experience her own emotional deprivation. Incest is the result of both parents' inability to establish the appropriate parent-child relationship.

The effects of the relational imbalance are seen in the incest survivors' impaired self-esteem. She frequently feels she has no rights and perceives no needs of her own. Because of the abuse of her rights, the incest survivor tends to be passive. Guilt is often seen in her daily functioning, self-identity, and her understanding of what is fair in a give-and-take relationship. Guilt is often seen as part of her loyalty to her family. According to Gelinas (1983), "Guilt is the invariable legacy of untreated incest" (p. 323).

Gelinas (1983) was concerned with the intergenerational risk of the incest survivor. Frequently these women chose mates who wanted to be parentified. Like her mother before her, she also may not see the relational problems in her marriage and family. Too often untreated incest survivors become the mothers of a new generation of victims. The incest survivor may feel that she has overcome her problem or put it in the past; however, research suggests that this is extremely difficult without psychotherapeutic treatment.

#### Possible Theoretical Explanations for Incest

Even though the belief remains that people are autonomous and in control of their lives and destinies, there is increasing evidence in the literature that ". . . man is not as separate from his family, from those about him, and from his multigenerational past as he has fancied himself to be" (Bowen, 1978, p. 369).

People gain an identity and a validation of self from their families of origin (Minuchin, Rosen & Baker, 1978). The identity children take from their family of origin affects the self-image they have in their adult life (Goldenberg & Goldenberg, 1980). Goldenberg stated that events experienced by children in their original families affect their view of the world as benevolent or malevolent.

Three theoretical positions are presented as possible systems of explanation in understanding the effects of childhood incest on adult life. The positions are the psychoanalytical approach as interpreted by Wienecke (1974), the psychodynamic systems approach as interpreted by Bowen (1978), and the structural family theory approach as interpreted by Minuchin (1974).

#### Psychoanalytic Theory

The term masochism is at the core of psychoanalytic theory (Marcus, 1981). The term has evolved in meaning and currently covers a wide variety of psychopathological processes (Sack & Miller, 1975). Originally, the term masochism was coined by Krafft-Ebing (1935) when he categorized the sexual perversions of Sacher-Masoch. Venus in Furs (Sacher-Masoch, 1870) remains a classic piece of literature that exemplifies the master-slave relationship frequently sought in the masochistic relationship. Horney (1935) and Brown and Nyswander (1956) expanded the scope of masochism beyond the pleasure-in-pain notion, and hypothesized that masochism is a core concept in understanding neurotic behavior. Sack and Miller (1975) concluded that the term masochism refers to people who tolerate needless suffering, who unconsciously bring about problems through a lack of acting in their own best interest, and who seek pain and suffering as a means of obtaining gratification.

Freud is generally credited as being the first in the scientific community to address the issue of masochism and form theories about it (Marcus, 1981). As

Freud (1905) developed his libido theory, life drives arising from the libido are considered to be the basic motivations of human behavior. He became interested in sexual perversions because he believed they demonstrate distorted libidinal aims of life drives and expose the roots of neurotic process (Sack & Miller, 1975).

Freud spent considerable time developing a theory of masochism (Sack & Miller, 1975). He first suggested that masochism, as a sexual perversion, is a fixation or regression to a primitive level of sexuality. Later in his work, he expanded the concept of masochism to include moral masochism (Freud, 1919). With this expansion, physical pain and punishment are substituted for humiliation and failure (Sack & Miller, 1976).

As Freud's thinking evolved, he developed a more inclusive theory of masochism that remains highly controversial today (Sack & Miller, 1975). Freud (1920) stated that self-destructive impulses are instinctual and were more powerful than life forces.

#### Psychoanalytic School of Masochism

Psychoanalytic literature focuses on four areas related to masochism: anger turned inward, the repetition compulsion, feminine masochism, and guilt (Sack & Miller, 1975). These psychoanalytic theories stress that the intrapsychic conflicts related to the above areas are worked through by means of masochistic mechanisms.

Anger turned inward. Freud (1917) suggested that if a person's outward expression of anger is thwarted, the anger is turned inward. He proposed that when loss of a loved one occurs through separation or death, the grieving person suffers conscious pain which was an unconscious anger against the lost one.

Repetition compulsion. Freud (1924) expanded on his first theory and developed the repetition compulsion. This theory purports that when an individual experiences a severely traumatic event and the ego is nearly

overwhelmed, the person may re-enact the event through dreams, obsessive thinking, or acting out (Sack & Miller, 1975). As a result, a person repeatedly places him/herself in situations that produce unhappiness (Caplan, 1984). Freud (1924) believed this re-enactment is an attempt at mastering the after-effects of the event.

Feminine masochism. Freud (1924) addressed the issue of female masochism by interpreting infantile fantasies during the Oedipal period. Deutch (1930) agreed with Freud's views that the feminine nature includes certain amounts of discomfort due to normal bodily functions like childbirth and menstruation. She stated the abnormal masochism begins when a father denies his daughter the ability to defend herself through natural aggressiveness. When this aggressiveness is denied, outward expression of the aggressive feelings is turned inward. Parkin (1980) stated that women associate pain with important or pleasurable events such as childbirth. Women are raised to believe there is no gain without pain.

Guilt. In his final theory of masochism, Freud (1924) proposed that masochistic women feel guilty when they receive pleasure. Reik (1941) was convinced that pleasure and punishment are bound together and that suffering is necessary to obtain pleasure. Reik also believed this pleasure results in guilt.

#### Interpersonal School of Masochism

This school proposes that people develop masochistic bonds through modes described as attachment, aggression, or because of biological experiences. The following is a discussion of these modes.

Attachment. According to Berliner (1947), people develop bonds of attachment through masochism. He stated that some children cling to the introject of the hated parent out of their feelings of powerlessness and the need for survival.



Dooley (1941) theorized that when people disguise their masochism with humor about their own inadequacies, it is a way of increasing their attractiveness to others. Sack and Miller (1975) observed that masochistic people manipulate feelings of obligation and affection in others, as well as try to induce guilt in others to make them feel obligated. This frequently results in the caregiver feeling angry over the manipulation.

Berliner (1947) observed that people with a masochistic style of relating frequently become involved with narcissistic, exploitive, depreciating people. Menaker (1953) suggested that the masochistic person misperceives, through the mechanism of transference, non-existent abuse coming from others due to their own experience with an abusive mother. She stated that a masochistic person is drawn to painful relationships because this is the only kind of closeness that s/he knows. She hypothesized that the motive behind masochistic behavior is the self-preservation of the ego. These ideas are consistent with those of De Young (1982) and her writing on incest.

Aggression. In the aggressive mode, the masochist uses anger as a weapon (Sack & Miller, 1975). The masochist complains and openly suffers in order to coerce someone to help them so that they can reject the help. The masochist remains excessively inclined to provoke anger in others (Horney, 1935).

Biology. Hess (1959) found that even though the mother of the species is the customary object for attachment, the young also bond to other environmental stimuli if presented during the critical period of the bonding phase. In their research, Roseblum and Harlow (1963) found that painful experiences with mother and/or the early environment elicit intense attachments by the infants. These attachments are more intense than infants who bond to gentler sources of nurturance. Panken (1967) hypothesized that the early mother-child relationship is crucial in establishing a masochistic pattern.

### The Wienecke Position on Masochism

Wienecke's (1974) theory provides the foundation for a model for understanding and viewing the masochistic process and a masochistic sequence of relating. A brief discussion of the assumptions and limitations which undergird this position follows.

1. For practical purposes, Wienecke assumes the existence of an external reality, the perception of which is generally shared by most people. He does not propose that this reality is reality in the philosophical sense.

2. He accepts the existence of cause and effect and the existence of linear time, i.e., that the past does, in fact, occur before the present.

3. He accepts that although there is, for practical purposes, a knowable external reality, non-psychotic people vary in their perceptions of this reality. He proposes that this variance (effect) is the product of both historical and current stimuli (causes).

4. Wienecke assumes the historical existence of biological evolution. Some human biologically based instincts are the products of earlier evolutionary processes and some are the products of later evolutionary developments.

5. He accepts the existence of a biologically based amnity/emnity complex (Ardrey, 1966).

6. He accepts the existence of the instinct to bond and the instinct to avoid pain (Ardrey, 1961; Spitz & Cobliner, 1965).

7. He assumes the existence of the human unconscious wherein certain processes occur which are beyond the ordinary cognitive awareness of a person. He does not propose that humans are inevitably doomed to be the victims of the processes.

8. For practical purposes, he assumes that nuclear families may be broadly defined as healthy or unhealthy. He assumes that some variables may be

ascribed to healthy families, others to unhealthy families, and that these variables are mutually exclusive.

At its most succinct level, Wienecke's (1974) position on psychoanalytic theory states that a person's perceptions and subsequent behavior results from biological determination, past experience, and current stimulus. To the degree that these three factors are associated with pain, masochism results.

Early Environmental Consideration. In addition to the influence of biology, past experience, and current stimulus, Wienecke (1974) recognizes the special significance of the early mother-child relationship. His basic position is that people seek to recreate in subsequent relationships the feelings of relatedness similar to those they experienced in their first intimate relationship(s). While an infant's relationship with its mother is most influential, the father, significant others, and characteristics of the early physical environment can also influence the child. An infant is unable to clearly distinguish between parents and can bond to either/or both of them. This bonding, a feeling of relatedness, influences the child's developing world view.

In a psychologically healthy family, amnesty is the primary characteristic of the relationship to which the child bonds. An infant receives joyful acceptance, understanding and responsiveness which results in the infant feeling wanted and loved. The growing child is seen as fulfilling the destiny of the parents. The child has no inappropriate expectations placed on him/her. The parents are primarily oriented to the needs, rights, and well-being of the child rather than oriented to their own narcissism. Consequently, the parents' love is optimally healthy, protective, and nurturing of their young. As this amnesty process occurs, the child develops a view of the world as being fair and consequently trust develops.

In an unhealthy family, enmity is the primary characteristic. If the relationship to which a child bonds is predominantly painful, a masochistic pattern of relating to others begins. The predominant theme of the child's interactions with significant others becomes one of anger. The child and the significant others feel mutually hurt by the anger. The child consequently develops feelings of low self-esteem, guilt, fear, and distrust. The masochistic bonding, and subsequent patterns of relating, become an unconscious process which persists into adulthood. People do not consciously seek painful relationships. They seek the feelings of being responded to in the same manner that they experienced bonding in the relationships with their parents and early environment.

#### Factors Influencing Perception.

Biological factors. There are two major biological underpinnings of masochism: bonding and the amnity/emnity complex (Ardrey, 1961). Ardrey states the instinct to bond, to become attached to a nurturing figure, is even more powerful and primitive than the instinct to avoid pain (Ardrey, 1961). A human baby must bond with its source of nurturance (Harlow, 1971). The available bonding choices are evolved amnity or primitive emnity. Both options are beyond the control of the infant. To the degree the person to whom the baby bonds is depriving, depreciating, and/or exploiting to the infant, the infant is deprived of the experiential foundation for the amnity bond. The infant is left with its more primitive, biologically based instincts for the emnity bond relatively unaltered (Ardrey, 1966; Wienecke, 1974). Consequently, children who bond to hurtful parents tend to perceive others as malevolent. Perceptions of malevolence in others frequently trigger defensive, angry, and provoking behaviors towards others. Since people are stimulated to respond in kind to

interactions, defensive, angry, and provocative patterns of interaction become mutually depriving, depreciating, and exploiting.

The roots of masochism also lie in the amnity/emnity complex. Emnity is the deepest, most primitive aspect of animal behavior (Ardrey, 1966). It is the animal instinct to see a stranger as someone malevolent, someone to be driven away in order to protect oneself and one's territory (Ardrey, 1966). Amnity is the opposing biological force that draws people together to cooperate for the mutual satisfaction of their needs. This aspect of humanness is a much later evolutionary development. Its full development depends on experience and learning, as well as biological instinct (Ardrey, 1966). Through the evolutionary process, human beings have developed this characteristic of amnity which favors cooperation and ultimately enhances the survivability of the species.

If a child's parents are unfair, the child bonds to emnity and a sequence of hurtful interactive processes ensue. Children may respond to the unfairness of others with compliance or rebellion. Those who comply do so out of a need to feel belonging, but in their compliance they also feel trapped, belittled, and resentful. Those who rebel do so out of their anger and sense of injustice.

Past experiential factors. The literature recognizes the impact of early patterns of relating on later interpersonal relations. A child's early environment is most significant to subsequent development (Erikson, 1950). Trauma in early childhood influences future development (Harlow, 1971; Spitz & Cobliner, 1965). Wienecke's position addresses the long-term effects of parental deprivation, depreciation, and exploitation on future interpersonal relationships.

When children are deprived in their relationship with parents, the parents have failed to respond to the children's physical and/or emotional needs within a reasonable period of time. Young children left alone for extended periods of time, unattended or unfed, will feel deprived (Spitz & Cobliner, 1965). When

mothers are not emotionally available to their children they often feel deprived (Sullivan, 1953). When children are deprived, they experience a loss of the sense of relatedness as well as a loss of what is currently needed from their significant others and environment. They lose feelings of positive self-esteem.

Depreciation is experienced by children when the parents fail to sufficiently value the positive aspects of their children's personhoods (Wienecke, 1974). Disparaging or devaluing remarks to or about the child, made by parents or significant others, depreciate the child, as does physical hurtfulness. When children are depreciated they experience a loss of the right to be respected.

Children are exploitively traumatized when too much is demanded from them by their parents and not enough is given in return (Wienecke, 1974). Exploitation occurs when children are routinely expected to meet the physical and/or emotional wants of their parents. If children are expected to care for siblings in a parental way and/or required to perform adult duties, they are exploited. Children are exploited if required to meet the sexual wants of a parent. When children are exploited they experience a loss of their human rights.

Current stimuli. Current stimuli are potentially the most influential of the three determinants that affect how a person perceives reality (Wienecke, 1974). Current stimuli demand immediate attention. A person's current perceptions, and subsequent behavior, are influenced by biology and past experience, thus recreating and reinforcing old patterns of relating. This process may partially prohibit perceiving and experiencing people and current situations accurately.

If people learn as children to perceive the world from a predominantly amnity point of view, the world seems to consist of healthy love relationships and they become somewhat confident that their needs will be fairly met. On the other hand, people who learn as children to perceive the world from primarily an emnity

point of view are often distrustful of others and fear that their needs will not be met.

By understanding early painful learning through psychotherapy and/or obtaining a more accurate perception of reality through other education, the process of relearning the amnity oriented perceptual set begins. Through establishing fair relationships with significant others in the present, the current stimuli of these fair relationships can teach the more amnity oriented point of view. Subsequent current stimuli, resulting from these new amnity experiences, generally override the influence of the past learning, and eventually become the more influential. The current stimuli gradually re-program one's perceptions of reality for better and/or for worse.

Pick, Provoke, Perceive. As noted earlier, Wienecke (1974) proposed that people recreate in current relationships the predominant amnity and emnity bonds they associate with their earliest experiences. This is an unconscious process and requires a mechanism to achieve outward expression. Wienecke stated there are three overlapping mechanisms people use to maintain their feelings of bonding. The mechanisms are referred to as pick, provoke, and perceive. People can unconsciously recreate painful feelings of relatedness. This is accomplished by a person picking someone who relates to him/her in painful ways, provoking someone to relate to him/her in painful ways, or inaccurately perceiving someone as relating to him/her in painful ways. A passive variation of the mechanism is for people to remain in relationships in which they experience depreciation, deprivation, and/or exploitation.

In summary, whether behaviorally (picking or provoking) or perceptually involved in masochistic relationships, a person can function as both the victim and the perpetrator of pain. People raised in a masochistic family can neither

understand, express, nor accept they need a reality based, predominantly amnity based, relationship.

### A Masochistic Model

A visualization of the amnity/emnity complex could be shown as existing on a continuum. The illustration (Wienecke, 1974) highlights four primary degrees of variation, although there are theoretically an infinite number of degrees of variation between each end of the continuum (Figure 1).

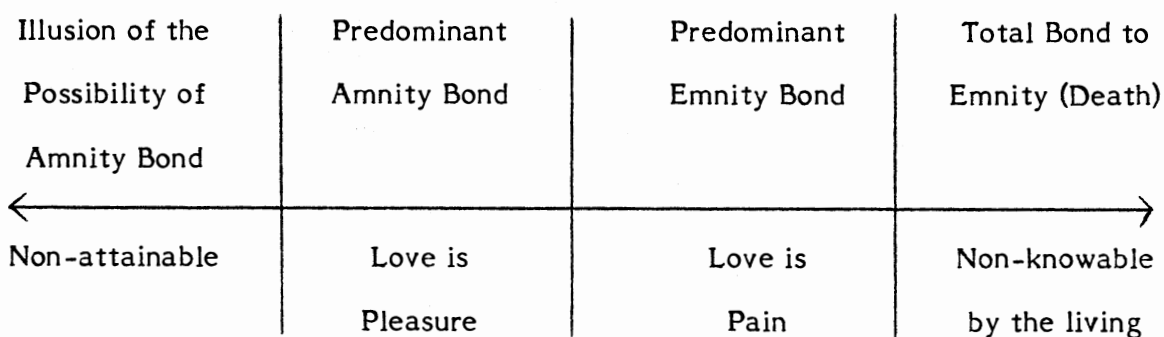


Figure 1. Amnity/Emnity Complex Continuum

Both extremes on the continuum are unrealistic. One extreme variable, perfect amnity, is unattainable and one, total emnity, is unknowable. Because realistic amnity bonds are largely beyond the scope of experience of the masochist, the masochist's model (Figure 2) of the amnity/emnity complex largely deletes the predominant amnity bond portion of the spectrum and leaves the illusion of the possibility of a perfect amnity bond to fill the experiential void (Wienecke, 1974).



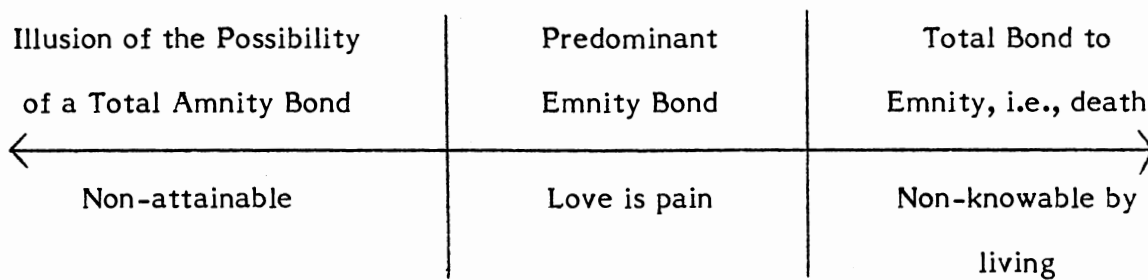


Figure 2. Masochistic Amnity/Emnity Complex

Predominant emnity relationships, founded unconsciously upon the illusion of the possibility of a perfect amnity bond, are fraught with the potential loss of the illusion. When the illusion is lost, the pain of the loss reinforces the "love is pain" belief, and increases the likelihood of future emnity bonds which result in masochistic relationships. Simultaneously, a lack of experience in a predominantly amnity relationships forces masochists to cling even more tenaciously to the unconscious belief that a perfect amnity bond is possible. When an emnity bond occurs, people will seek the illusion of perfect amnity, perfect love, to make up for their feelings of emotional deprivation. People raised in a highly masochistic family maintain the illusion that they will find a relationship in the future which will make up for all the unfairness they received in childhood. These people appear to seek someone to love them perfectly. Perfection does not exist in any relationship and the pursuit of a perfect relationship is, in reality, a smoke screen under which people can unconsciously pursue emnity.

What does exist is the illusion of a perfect relationship. As the illusion fades, people are left angry and disappointed and life again seems unfair. Thus, through the pursuit of the illusion of perfect amnity, people habitually recreate the familiar emnity emotions characteristic of the original love relationship. In

the masochistic family, members vacillate between the unfairness of their current relationships and the illusion of the pursuit of perfect relationships. In masochistic families children know little of the ways of obtaining fair love and, therefore, when they become adults the masochistic sequence is unconsciously repeated.

Sado-Masochistic Sequence. Wienecke's theory proposed that people recreate amnity/emnity bonds reminiscent of their earliest relationships. His position becomes the foundation for a model of a self-reinforcing sado-masochistic sequence (Figure 3).

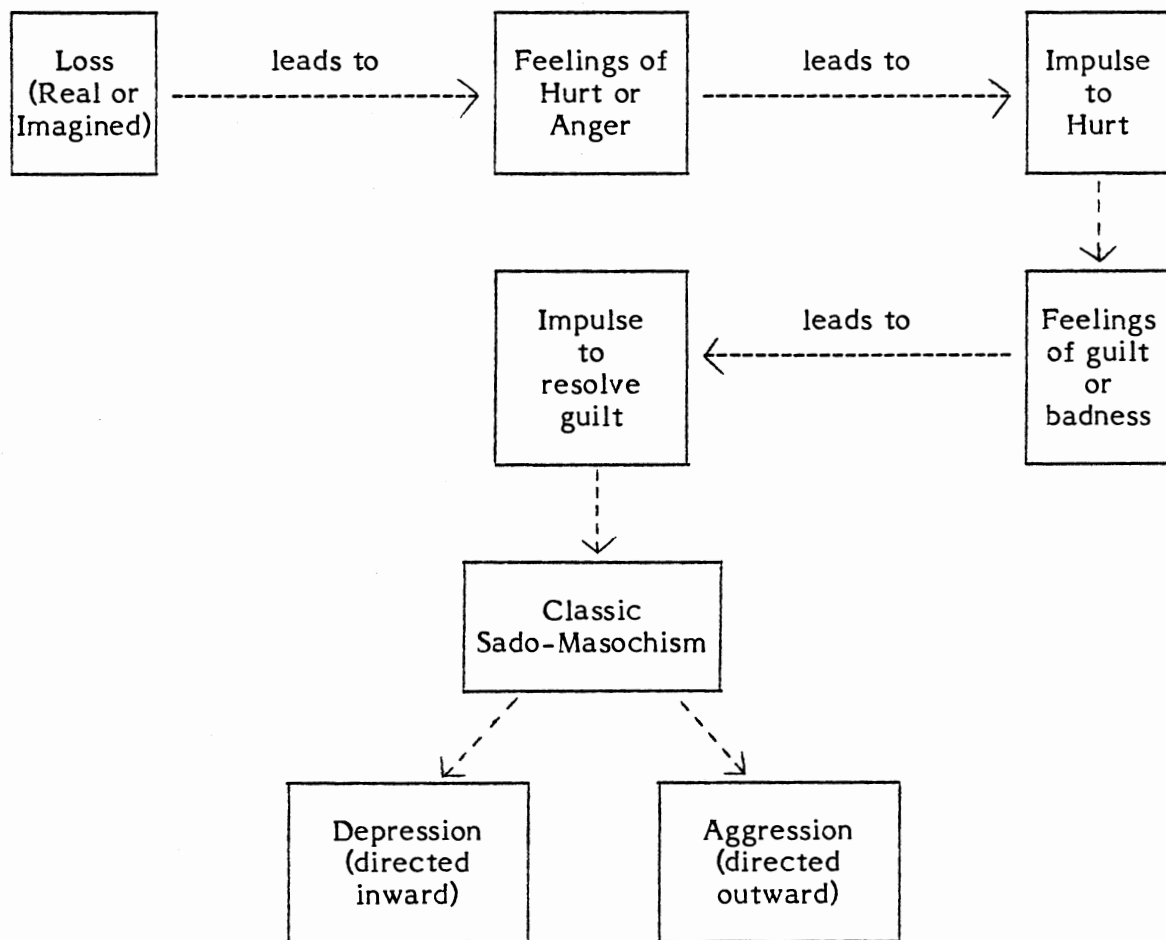


Figure 3. Sado-Masochistic Sequence

The sequence begins when people believe that they are deprived, depreciated, and/or exploited by a significant other. When these perceptions occur people experience a loss (real or imagined) which can affect their self-worth resulting in feelings of hurt and anger. While hurt and anger almost always coexist, it is the emotion of anger that is generally accompanied by the impulse to be hurtful, that is of concern in this paper. Acting on the impulse to hurt others is generally a cause for feeling guilt. Wienecke (1974) stated that guilt is the belief that a person is bad because s/he exists, because s/he needs, because s/he wants, and because s/he expresses. He stated that a guilty person believes that s/he is always responsible for hurting others because of his/her badness. The emotion of guilt is frequently accompanied by a desire to resolve the guilt. The resolution of guilt can occur through the impulse to be hurt, to be punished, to atone through suffering. These impulses are often expressed through classic masochism (depression/aggression).

If depression is the response to the above psychodynamic sequence, people behave poorly towards themselves and do not function in their own best interest. In subtle ways, depressed masochistic people punish those who hurt them by communicating how inadequately those persons respond to their needs. Masochistic people frequently let others know how much they are suffering in their depression. The unconscious intent of the masochistic depression is to hurt self and to hurt others. This is overtly sadistic and covertly masochistic to the self.

When classic masochism (aggression) is the response to the above psychodynamic sequence, people provoke others to hurt them. People in their masochism unconsciously make others feel hurt and angry in response to their provocations. If the masochistic has no understanding of their own provocations, they take the position of feeling sorry for themselves for being mistreated by

others. The masochist sets up the sequence of: I will hurt you so you will hurt me. This sequence is sadistic to others.

In summary, Wienecke's psychoanalytic position states that people seek in their present relationships the feelings of relatedness they experienced in the past. If children bond to predominantly enmity relationships (pain), they will tend to pick, provoke, and/or perceive others to relate to them in ways that deprive, depreciate, and/or exploit them. Children raised with predominantly unfair relationships will tend to seek the illusion of perfection in their current relationships to make up for past unfairness. This illusion is not fulfilled and, as a result, people are left feeling angry and disappointed. In an incestuous family the loss experienced by the victim is of parents who are committed to their children's best interest. According to Wienecke's position, this loss is the fuel for the masochistic sequence to repeat itself.

#### Theoretical Propositions for Analysis

1. People recreate in their adult relationships the amnity/emnity bonds experienced in their family of origin. These bonds are recreated through the sado-masochistic sequence.
2. Adults raised in a predominantly enmity based environment will pick, provoke, or perceive others as relating in ways that deprive, depreciate, or exploit them.
3. Adults raised in a predominantly enmity based environment will tend to act out the masochistic amnity/emnity complex.

#### Psychodynamic Systems Theory

Bowen's (1978) theory provides an explanation for viewing the family as an emotional system. A brief discussion of the assumptions which undergird this model follows:

1. Bowen (1978) accepted the evolutionary heritage of human beings and the existence of certain universals in human and animal behavior.
2. Man differs from other animals in brain size and the capacity for thought. The laws that govern emotion are orderly.
3. Emotional interdependence in families contributes to the predictability of behavior. The predictability results in patterns of interaction that are repeated in subsequent generations.
4. Families exert a strong influence on other members for conformity in behavior.
5. The family is a system which follows the laws of natural systems; this implies that a change in one part of the system is followed by a compensatory change in another part of the system.
6. Symptoms (social, emotional, or physical) can be viewed as evidence of dysfunction within a family.

#### Basic Theoretical Concepts

The undifferentiated family ego mass was the concept at the core of Bowen's (1978) original theory. The undifferentiated family ego mass is an emotional oneness that occurs in a family. It is a sense of belonging or oneness that bonds the family unit together.

When stress in the nuclear family is intense, extended family members and non-relatives can be pulled into the system. The closeness and intensity of the family functioning includes the belief that the family members know the thoughts and feelings of each other. Bowen (1978) found periods of closeness, fusion of self's, and periods of angry rejection of a family member to alternate over time. The time can be brief or span generations.

From his original premise, Bowen developed eight major core concepts to describe family functioning. These eight premises are discussed below:

Differentiation of Self. Bowen originally viewed differentiation of self as existing on a continuum, with fusion of self with others on one end and a separate self on the other. Differentiation is the ability to have meaningful emotional contact with family members and at the same time remain unfused. The lack of fusion allows a family member to be objective about self and others. When a person is differentiated, the focus is on a person's own beliefs and behavior rather than on the need to control the beliefs and behaviors of others.

A person with an undifferentiated self cannot separate his/her feelings from objective reality. The self is a reflection of what is felt at a given moment. A person with an undifferentiated self fuses their identity with others perceived as more powerful than themselves. When fusion occurs in a family, as frequently does between parent and child, the dominant parent rules and an adaptive child gives up the self and becomes submissive. On the other hand, a person with a separate self has firm convictions and beliefs about him/herself and environment.

Triangles. The identification of the characteristics of dyads and triads as patterns of relating in a family system dates back to the turn of the century (Caplan, 1968). Bowen (1978) conceptualizes the family as functioning in a complex network of interlocking three-person relationship systems (triangle). As change occurs in one triangle, corresponding predictable changes occur in the relationship system of the family. Bowen observed predictable patterns of interaction and interdependencies within familial triangles.

Bowen stated that the most common triangle in our culture is between child and parents. During the beginning of a child's life, mother and child are the primary dyad with father as the outsider. As the child emotionally and physically matures, the child disengages with mother and begins to differentiate self, thus moving towards more independence. When stress occurs in a familial

dyad (i.e., between mother and child), a third person (i.e., father) is frequently drawn into the problem as an outsider to reduce the stress. However, as alliances shift between members of the triangle, the unfavored outsider position also shifts. Thus, triangulation is in a constant state of fluctuation, the direction and intensity depending on the stress level of each of the family members.

Nuclear Family Emotional System. This describes the quality of the emotional environment between the members of the primary family. The intensity of the emotional environment of the family is determined by each spouse's level of differentiation of self. When both spouses have a high level of differentiation, less emotional intensity exists within the family and there is less anxiety. When spouses are less differentiated, the intensity between nuclear family members is greater, anxiety is high, and fusion frequently results. Fusion tends to restrict the family members behavioral options. These behavior patterns tend to be repeated in the next generation.

Bowen (1978) distinguished three mechanisms for lowering levels of emotional intensity and anxiety in the marital dyad. Partners may engage in marital conflict, dysfunction as a spouse, and/or project their problem onto their child or children.

Marital conflict develops when compromise is impossible between an adaptive and a dominant spouse. The conflict becomes a pattern within the marriage. Marital conflict shrouds the actual dysfunction of the undifferentiated spouse and minimizes the risk of dysfunction in the adaptive spouse. Marital conflict also reduces the projection of dysfunction onto children in a family. Marital conflict can also result in spouses emotionally distancing themselves from each other. Either conflict or distance can lead to the dysfunction of the adaptive spouse.

When a spouse becomes dysfunctional, s/he tends to give up self through fusion with the more differentiated spouse. This merger between spouses tends to suppress conflict and encourage feelings of closeness. The dominant spouse usually remains unaware of the problems of the dysfunctional spouse unless the adaptive spouse becomes physically or emotionally ill or becomes socially inappropriate. Continuous dysfunction of an adaptive spouse within a nuclear family is destructive and frequently irreversible.

In summary, the function of the nuclear family emotional system is to absorb and modulate the immaturity of each of the spouses. The amount and intensity of the stress absorbed by the system changes over time.

Family Projection Process. Family projection is the third mechanism that Bowen (1978) defined. The mechanism functions to lower anxiety and emotional intensity within the family. Projection occurs when a parent with a substantial amount of emotional immaturity misperceives that same immaturity as a characteristic of a son and/or daughter. When this process occurs, a fusion exists between parent and child. The parent, frequently the mother, becomes so over involved with the child that the child underfunctions. The mother becomes anxious with the underfunctioning child and perceives the child as being in need of her help rather than herself in need of differentiation.

A family projection represents the most intense emotional interdependency between a parent and a child. Children are most vulnerable to these projections because of their natural dependency on their parents. The level of anxiety in the family and the level of differentiation influence the degree of family projection and the choice of the target child.

A child who is enmeshed by a family projection is intensely emotionally dependent on one or both the parents. An intensely dependent relationship



between a child and a parent prevents the child from differentiating from that parent. The child's self becomes fused to the parents.

Emotional Cut-off. The emotional cut-off process results from extreme anxiety and is exemplified by distancing between family members. This process is used as a method to defuse emotional intensity and the demands of interdependency. One of the effects of emotional cut-off from past relationships is the likelihood of intense fusion in current relationships.

Multigenerational Transmission Process. The multigenerational transmission process describes how patterns of behavior are passed from one generation to the next in the same family.

Hall (1981) found in exploratory case studies that current marital conflict is related to past family relationships and experiences. She found the intensity level of marital conflict to be similar to the intensity at least one spouse experienced with his/her parent of the opposite gender. Further, when conflict between spouses is covert, the partner tends to become dysfunctional and/or the conflict tends to be projected onto a child.

Sibling Position. Bowen (1978) stated that sibling position influences the level of functioning and differentiation of the child. Family projections are the most potent influences on the child's functioning. Regardless of the child's chronological age, the child who is the identified object of the family projection is both treated as the youngest and behaves as the youngest child in the family system. The child who receives the family projection is encouraged to be dependent and is discouraged in differentiating a self.

Emotional Process in Society. Bowen (1978) pointed out that during certain periods of history, there have been pressures for society to move in the direction of either differentiation or togetherness. When differentiation is high, social

improvements and constructive developments occur. When fusion is high, society tends to manifest destructive forms of change.

In summary, Bowen stated that people form relationships in their current families based on patterns of interaction learned in their families of origin. The ability of people to function in a differentiated ego state is a reflection of the functioning within their family of origin and is repeated in subsequent generations.

#### Theoretical Propositions for Analysis

1. People recreate in their adult relationships the differentiation or fusion of self that existed within their family of origin.
2. Adults raised in intense conflict recreate that intensity in their current relationships.
3. The dominant methods of dealing with anxiety within the family of origin are recreated in an adult's intimate relationships. Adults adaptive within their family of origin remain adaptive within current adult relationships.
4. The person who underfunctions as a child underfunctions as an adult by finding others to take responsibility for him/her.

#### Structural Family Theory

Minuchin (1974) views the individual in a social context. A brief discussion of the assumptions which undergird this model follows:

1. People are active and reactive members of social groups.
2. A person's experience is determined by his/her interaction with the environment. As the environment changes, so does the person. Perception of self is dependent on validation by the family environment.
3. A person's thoughts and behavior within the family are governed by the rules of that social system.
4. The family imprints children with an identity and a mode of behavior.

5. The child's self has the need to feel belonging and a need to be separate. Belonging occurs on the part of the child by accommodating to the family group. Separateness occurs when family members participate in extrafamilial groups.

#### Basic Theoretical Concepts

The structure of a family consists of spoken and unspoken demands on each member that organize the ways a family interacts. The organization of the relating between family members forms predictable patterns. These patterns support the functioning of the family system and regulate the behavior of family members.

The family system maintains itself within a state of equilibrium. When internal or external stress disrupts the equilibrium of the family system, alternative patterns of behavior emerge to regain the equilibrium and maintain the identity of the group.

Minuchin (1974) believed that the patterns within a family are maintained by two constraining systems. The first constraining system consists of two universal rules governing family organizations. The first rule regards a hierarchy of power with parents and children at different levels of authority. The second rule is that spouses must function as a complimentary team, sharing interdependence. The second constraining system is idiosyncratic, involving the mutual expectation of each family member. The origins of the expectations are long standing and unconscious.

The family system distinguishes functions and duties of the members through subsystems. Each individual within the family is considered a subsystem. Subsystems frequently unite to form dyads such as the spouse dyad and the parent-child dyad. Family members belong to several subsystems with differing levels of authority and responsibility.

Boundaries. The boundaries of a subsystem define the parameters for the members. The boundaries define the behavioral expectations within each subsystem and protect the unique characteristics of each of the subsystems and its members. Minuchin (1974) stated that within a functional family the boundaries of each subsystem are clearly defined and maintained. Well defined boundaries allow optimal functioning of the subsystems within the family.

Minuchin (1974) identified dysfunctional boundaries as rigid and diffuse. A disengaged family has rigid boundaries with limited communication between subsystems (i.e., children are to be seen and not heard). Rigid boundaries result in emotional alienation between family members (i.e., keeping a marriage together for the sake of the children). An enmeshed family experiences diffuse boundaries between subsystems. There is little differentiation between parental and child subsystems. A child may routinely be expected to participate as part of the parental or marital subsystem (i.e., the child routinely parents other siblings, does all family meal preparation and laundry, and meets the sexual demands of a parent).

Enmeshment and disengagement refer to a style of interaction rather than a qualitative difference between functional and dysfunctional families. When children are young there is usually enmeshment between a mother and her child. As children mature, a father becomes more involved with the child and assists him/her in moving towards independence. The goal of independence is becoming separate from one's family of origin, resulting in the disengagement of the parent-child subsystem.

When families interact at the extremes of enmeshment and disengagement, there is a likelihood of pathology developing. A highly enmeshed mother-child relationship results in a symbiotic relationship with the father excluded and disengaged from the family. A symbiotic relationship discourages a child's

developing sense of self and independence. The enmeshed family also discourages a child's autonomous exploration and mastery of problems.

In the highly disengaged family there is a wide tolerance of acceptable behavior from family members. Stresses in family members do not permeate the rigid boundaries of this system. Family members feel isolated and emotionally unsupported.

Both enmeshed and disengaged families are dysfunctional when stress occurs in the family. The enmeshed family responds to stress with extreme speed and intensity. For example, enmeshed parents may become extremely upset because a child does not like a new toy and will buy the child another toy immediately. The disengaged family does not respond to stress when a response is required. For example, in the disengaged family parents are unconcerned about a child's illness or repeated failure in school.

Subsystems. Several subsystems exist within a family. The spouse subsystem is the most common because it forms the core of a new family. When children become a part of a family, a new subsystem emerges. The parental subsystem manages the behavior of the children. When there is more than one child in a family, a sibling subsystem forms. The sibling subsystem allows children to learn through peer interaction. A detailed discussion of these subsystems follows:

The spouse subsystem consists of two people joining together for the purpose of starting a family. A primary function of this subsystem is the mutual support of each partner. This means developing give and take which results in mutual interdependence. This subsystem is a refuge from external stressors. It also engages with other social systems like extended family and friends. If the spouse subsystem is non-supportive, it activates negative components in each partner. When negative aspects of the relationship predominate, negative

patterns of relating, such as the dependent/protector pattern, emerge and the subsystem becomes dysfunctional.

The spouse subsystem must maintain boundaries. Within this protected environment each adult gives and receives emotional support. If the boundary around the spouses is too rigid, isolation occurs. If the boundary is too loose, intrusion from other subsystems like children and/or extended family cause dysfunctioning of the subsystem.

The parental subsystem emerges with the birth of a child. A new boundary is defined which allows the child to access both parents while simultaneously leaving the spouse subsystem intact. As the child matures the parental subsystem must meet the demands for the child's autonomy. The subsystem sets limits and socializes the child.

The parental subsystem traditionally maintains power and authority in order to carry out the executive decisions regarding the family. In a dysfunctional parental subsystem, the use of power and authority is misused. The misuse occurs when parents exploit their children or allow power and authority to lie with the children.

The sibling subsystem is the first social situation where a child learns to deal with peers. In this subsystem children learn how to negotiate, cooperate, and compete. When this subsystem does not function in a family, children learn to accommodate to the adult world. When children accommodate adults they have difficulty developing autonomy and the ability to share.

Family adaption. The family is a social unit that passes through predictable developmental stages. Each stage requires the family to reorganize. The reorganization results in the function of each family member changing. As new subsystems enter the family, like the birth of a child, alliances change as do

relational boundaries. The family is constantly subject to inner pressure brought about by changes in the members.

In summary, when families are unable to appropriately adapt, they become dysfunctional. The dysfunction may appear as becoming enmeshed or disengaged. Minuchin (1974) stressed the need for family boundaries between subsystems to be clearly defined.

#### Theoretical Propositions for Analysis

1. People will recreate in their adult relationships the patterns of relating learned within the familial social system to maintain equilibrium.
2. Adults raised in enmeshed or disengaged families experience problems with boundaries in their current relationships.

#### Summary

This chapter reviewed the literature in the area of incest. Also reviewed were three theoretical orientations: psychoanalytic theory, psychodynamic systems theory, and structural family theory. These theoretical orientations will be used to analyze the interview data.

An historical perspective on incest detailed the evolutionary developments of the phenomena. Ancient writing, dating back approximately 4,000 years, was cited as evidence of the long standing practice of incest. Religious references to incest and child sexual abuse were found in the Bible and Talmud.

In sixteenth century England the legality of the sexual use of children came into question. A legal struggle ensued for nearly 300 years in an attempt to define the age and rights of childhood. In the 1800s, feminists began to influence the English courts, and laws to protect the rights of children were passed. Towards the later half of the nineteenth century, the United States followed the lead of the English courts. State legislatures established an age of consent in most states.

As the sexual rights of children were under scrutiny in the courts in the 1800s, Freud addressed sexual abuse in the medical community. At first Freud believed his female patients' recollections which frequently cited sexual abuse. Freud was so convinced of his patients' experiences that he presented his findings at an international symposium. His findings were discounted by his colleagues. A rejected Freud withdrew his statements concerning the reality of incest in favor of the more popular beliefs of his time. One belief was that men are the victims of women's sexuality. Another belief was that female accounts of sexual abuse were fantasies.

At the beginning of the twentieth century, sexual abuse was a criminal act if the child was below the age of consent. The psychological community struggled with the effects that the abuse, if it did take place, might have on the victim. In the 1930s and 1940s, still under the strong influence of Freudian psychology, professionals began to conduct research in the form of case studies to determine whether Freud's seduction theory was true. The findings were in favor of Freud. If the alleged assaults did take place, the effects on the victim were thought to be minimal.

With the rebirth of the women's movements in the early 1970s, the sexual exploitation of women and children again came to the attention of the psychological community. The events that women recounted regarding their sexual victimization was listened to and believed. Researchers again began to examine the phenomena with renewed interest. If the events of sexual abuse took place as women claimed, what effect did the incest experience have on them then and now?

According to the literature, the destructive aspects of incest are devastating to the victim. Journal articles are filled with examples of how the event permanently damages the capacity to achieve satisfaction in the work



environment, to have close friendships, and to have a meaningful enduring marital relationship. Many female incest victims remain silent for fear of breaking the incest taboo of speaking out.

There are several theoretical explanations for the incest dynamic. Psychoanalytic theory suggests a strong link between masochism and incest. The concept of masochism dates back to the 1870s and the writing of Sacher-Masoch. He viewed masochism as physical hurtfulness between two people that results in sexual pleasure. Freud used the writings of Sacher-Masoch to develop his theories of masochism. Freud speculated that masochism involves psychological as well as physical pain. Freud developed four distinct aspects to masochism: anger turned inward, repetition compulsion, feminine masochism, and guilt.

In the 1940s Freud's masochistic theories were modernized and the interpersonal school of masochism became popular. This theoretical position held that masochism is a result of bonds developed through attachment, aggression, or biological experiences.

The first theoretical approach used in this research to analyze the dynamic of incest is Wienecke's (1974) position on masochism. He stated that masochism is the result of biological determinants, past experience, and current stimuli. People pick, provoke, and/or perceive others to relate to them in hurtful ways. Wienecke developed a masochistic model to illustrate patterns of relating. This model explains how people remain in painful, masochistic relationships. Psychological pain, according to Wienecke, is frequently the result of a real or imagined loss. This loss, if it is not grieved, results in the sado-masochistic sequence being acted out. Theoretical propositions derived from Wienecke's position are presented. These propositions are used in the analysis of the interview data.

The second theoretical approach is Bowen's (1978) psychodynamic systems theory. He presented the concept of the undifferentiated family ego mass. From this concept Bowen developed the following eight core concepts to describe family functioning: differentiation of self, triangles, nuclear family emotional system, family projection process, emotional cut-off, multigenerational transmission process, sibling position, and the emotional process in society. Theoretical propositions derived from Bowen's theory were presented. These propositions are used in the analysis of the interview data.

The third theoretical approach is Minuchin's (1974) structural family theory. The basic theoretical concepts were discussed. Boundaries between subsystems were defined as diffuse or rigid. The effect of these boundaries was applied to each subsystem. Minuchin addressed how families adapt to their functional or dysfunctional patterns over time. Theoretical propositions derived from Minuchin's theory were presented. These propositions are used in the analysis of the interview data collected.

## CHAPTER III

### METHODOLOGY

Explanation building with multiple case studies (Yin, 1984) is the method of analysis for this research. "In a multiple case study, one goal is to build a general explanation that fits each of the individual cases, even though the cases will vary in their details" (Yin, 1984, p. 108). This procedure is similar to the hypothesis-generating process (Glaser & Strauss, 1967). "To 'explain' a phenomenon is to stipulate a set of causal links about it. These causal links are similar to the independent variables . . ." (Yin, 1984, p. 107). The goal of this research is not to form conclusions but to develop hypotheses for further research. This chapter will present the procedures for subject selection, instrumentation, collection of interview data, and for the analytic strategy for interpreting the interview responses.

#### Subjects

The research subjects were limited to five married, employed, female volunteers who were molested by their biological fathers. These women were in psychotherapy and had a therapist available to them.

Psychotherapists were asked to refer only those incest survivors whom they believed were ready to talk about their incest experiences in the intensive interviews.

This researcher obtained the incest survivor volunteers for this study through referral from mental health professionals in a major metropolitan area of a Southwestern state. Phone contacts were made with individual psychotherapists as well as with agencies known to specialize in the treatment of

incest. The organization Sisters In Survival (SIS), a nationally sponsored support group for incest survivors, were also be contacted for prospective subjects.

Following the initial contact with the therapist/agency, a meeting was arranged to discuss the purpose and methodology of the research. The criteria for subject selection was reviewed and each of the therapists/agencies was asked to inform eligible incest survivors of the opportunity to participate in this research. The referring psychotherapist informed the incest survivor that confidentiality would be maintained. The therapist made the arrangements to have the incest survivor contact the researcher for the initial contact. The researcher made arrangements for the interviews to take place in her office. In the initial interview, each incest survivor was asked to sign a statement of informed consent (Appendix A) addressing confidentiality and the maintenace of anonymity. The incest survivor also was asked to sign a permission form allowing the researcher to audio tape the interviews. The incest survivor obtained a transcription of the interview material to discuss with her therapist.

Table I presents demographic information on the subjects interviewed.

Table II presents self-destructive acts reported by each subject.

Table III presents the subjects emotional response to the incestuous act(s).

Table IV is a representation of professionals involved with each subject following the incestuous act.

The information for the case studies was collected by this researcher. Each incest survivor participated in two separate face-to-face interviews. One interview was conducted on consecutive days. The first interview covered the material on The Molester (Appendix B), The Act (Appendix B), and The Survivor (Appendix B). The final interview covered the material on Relationships

Table I

Demographic Information on Incest Survivors

	Melissa	Laura	Fern	Beth	Ellen
Current Age	31	31	33	40	62
Occupation	Quality Control Inspector	Claims Processor	Baker	Drug Abuse Counselor	State Empl. Clerical
Education Level	2 years college & technical school	High School Sophomore	8th Grade	High School Dropout	High School Graduate
Age of Onset	11	13	5	13	13
Marital Status	Divorced	Married	Married	Married	Divorced
Age at First Marriage	19	22	25	18	25
Number of Marriages	2	2	1	Many times	3
Number of Children	None	2	2	5	5
Marital Status of Parents at Time of Incest	Married	Married	Divorced	Divorced	Married
Number of Siblings in Home	4 Males	1 Male 2 Females	2 Males 1 Female	Only Child	2 Males 5 Females
Father's Occupation	Welder	Aircraft Constr.	Non-Comm. Officer	Computer Operator	Oil Field Worker
Father's Education Level	8th Grade	High School Graduate	9th Grade	7th Grade	6th Grade
Religious Affiliation of Original Family	Baptist	None	Baptist	Pentecostal Holiness	Catholic
Drug or Alcohol Abuse by Father	No	Yes	Yes	Yes	Yes

Table II

Self-Destructive Behaviors

	Melissa	Laura	Fern	Beth	Ellen
High School Dropout	No	Yes	Yes	Yes	No
Criminal Activities	Yes	Yes	Yes	Yes	No
Running Away	Yes	Yes	Yes	Yes	No
Truancy	No	Yes	Yes	Yes	No
Suicidal Attempts	Yes More than 1	No	Yes More than 1	Yes More than 1	No
Serious Depression/ Anxiety	Yes	Yes	Yes	Yes	Yes
Thoughts of going crazy of being out of control	Yes	Yes	Yes	Yes	No
Excessive Use of Drugs or Alcohol	Yes	Yes	No	Yes	No

(Appendix C). The interviews lasted approximately one hour each, for a total of two hours of interviewing per incest survivor.

#### Instrumentation

The interview questions (Appendix B) elicit information concerning the molester, the survivor, and the incestuous act(s). In their original format, the questions (Appendix D) regarding the molester, the act and the survivor were written as a result of clinical interviews conducted by Mayer (1983) in her private practice. The questions were rewritten from her original questionnaire format to fit the face-to-face interviews. Written permission (Appendix E) has

Table III

Emotional Responses to the Incestuous Act

	Melissa	Laura	Fern	Beth	Ellen
Anger	Yes	Yes	Yes	Yes	No
Hostility	Yes	Yes	No	Yes	No
Guilt	Yes	Yes	Yes	Yes	No
Worthlessness	Yes	Yes	Yes	Yes	Yes
Used	Yes	Yes	Yes	No	Yes
Scared	Yes	Yes	Yes	Yes	Yes
Responsible	Yes	Yes	Yes	Yes	No

Table IV

Professional Help at Time of Incestuous Act

	Melissa	Laura	Fern	Beth	Ellen
Psychotherapist	No	No	No	Yes	No
Physician	No	No	No	Yes	No
Police	No	No	No	No	No

been obtained from the publisher to use Mayer's (1983) material in this research.

Due to the extremely stressful nature of her interview material and the

exploratory nature of her research, no current validity nor reliability statements are available from Mayer (1983).

The interview questions pertaining to relationships at work, in friendship, and in love (Appendix C) were developed by this researcher. The questions are based on a synthesis of psychoanalytic theory (Wienecke, 1974), psychodynamic theory (Bowen, 1978), and structural family theory (Minuchin, 1974). The questions are designed to elicit descriptive material from the subjects regarding patterns of relating at work, in friendship, and love.

The first set of questions in Appendix C is designed to draw upon experiences in work relationships. Using the work setting as the background, the incest survivors will be asked to talk about a specific time they felt deprived at work and how they responded to that perception, both emotionally and intellectually. They then will be asked to recall an incident at work when they felt disrespected and how they responded to that perception, both emotionally and intellectually. They will also be asked to recall an incident at work when they felt used and how they responded to that perception, both emotionally and intellectually.

The second set of questions is designed to draw upon experiences in friendships. The incest survivors will be asked to talk about a specific time they felt deprived by a friend and how they responded to that perception, both emotionally and intellectually. The incest survivors will be asked to recall an incident when they felt disrespected by a friend and how they responded to that perception, both emotionally and intellectually. They then will be asked to recall an incident when they felt exploited by a friend and how they responded to that perception, both emotionally and intellectually.

The final set of questions is designed to draw upon experiences within each of the incest survivor's relationships with her mother, father, and spouse. Each



of these relationships will be treated separately in the interview. The incest survivors will be asked to talk about a specific time they felt deprived by their mother/father/spouse and how they responded to that perception, both emotionally and intellectually. The subjects will then be asked to recall an incident when they felt disrespected by their mother/father/spouse and how they responded to that perception, both emotionally and intellectually. They then will be asked to recall an incident when they felt used by their mother/father/spouse and how they responded to that perception, both emotionally and intellectually.

Validity. The validity of these two sets of interview schedules (Appendix B and C) was established by a review panel of experts on the subjects and/or psychological theory. The panel consisted of three mental health professionals. One panel member, a psychiatrist with more than 30 years of clinical experience, is an expert in psychological theories. Another panel member, a psychiatric social worker, administers an incest prevention and treatment program within a major metropolitan area. She is an expert in incest and psychological theory. The third panel member has ten years of experience in the treatment of incest survivors. She has co-authored a guide for professionals regarding the treatment of sexual assault victims. Each of the reviewers stated that the questions, as they appear in Appendixes B and C, will elicit responses regarding the patterns of interpersonal relationships with others in early childhood, the effects on the incest survivor of those early patterns, as well as current salient interpersonal relationships.

Reliability. Because of the stressful nature of the interview material and the explanatory nature of the research, incest survivors will not be required to repeat the interview experience. The subjects' willingness to share intimate details of their past experiences is expected to be directly proportional to their trust of the interviewer. The interviewer intends to encourage and enhance trust

in the initial interview by defining the limits to confidentiality and by assuring anonymity. The incest survivor will be offered a copy of the transcription of her interview. Assurance of reliability is enhanced through the use of subjects who have knowingly volunteered to participate in research in which details of incest are to be discussed. It is assumed that the subjects' responses are factual and the recollections of the incest experiences will remain constant over time.

### Analytic Strategy

Using the propositions developed from psychoanalytic theory, psychodynamic systems theory, and structural family theory, this researcher analyzed the content of the material gained in the five case history interviews. The general purpose of the analysis is to determine which of the theoretical perspectives best explains the incest dynamic in terms of the research questions.

### Research Questions

The questions under investigation in this explanatory research, as restated from Chapter I, are:

1. Can childhood patterns of relating to significant others, learned and subsequently practiced by incest survivors, be identified?
2. What, if any, are the effects of those early patterns of relating to significant others on the incest survivor's perceptions of themselves and others?
3. Do incest survivors currently maintain patterns of relating at work, in friendship, and in love similar to those patterns learned within their family of origin?

### Case Analysis

Each of the three theoretical positions (Wienecke, 1974; Bowen, 1978; Minuchin, 1974) will be used to: (a) build an explanation of identifiable patterns of relating to significant others which were learned and subsequently practiced by each incest survivor; (b) explain the effects, if any, of early patterns of

relating to significant others on the incest survivors' perceptions of themselves and others; (c) identify current patterns of relating at work, in friendship, and in a love relationship that are similar to those patterns identified in childhood. The details from each of the case history interviews will logically link the research questions to the theoretical propositions restated below:

#### Wienecke's Psychoanalytic Position

1. People will recreate in their adult relationships the amnity/emnity bonds experienced in their family of origin. These bonds are recreated through the sado-masochistic sequence.
2. Children raised in a predominantly emnity based environment will, as adults, pick, provoke, or perceive others as relating in ways that deprive, depreciate, or exploit them.
3. Children raised in a predominantly emnity based environment will tend to act out as adults the masochistic amnity/emnity complex.

#### Bowen's Psychodynamic Systems Position

1. People will recreate in their adult relationships the differentiation or fusion of self that existed within their family of origin.
2. Children who were raised in intensely stressful triads will recreate that intensity in their adult lives.
3. The dominant methods of dealing with anxiety within the family of origin will be recreated in the adult's intimate relationships. Children who were adaptive within their family of origin will remain adaptive within current adult relationships.
4. The person who underfunctions as a child will underfunction as an adult by finding others to be responsible for them.

#### Minuchin's Structural Family Position

1. People will recreate in their adult relationships the patterns of

relating learned within the familial social system which maintains equilibrium.

2. Children who were raised in enmeshed or disengaged families will experience problems with boundaries in their adult relationships.

#### Integrative Strategy

Audio taped transcriptions of the interview responses were prepared for each subject. Each incest survivor's response set was studied separately. The explanatory value of each theoretical position was determined by how well each theoretical proposition fits the data obtained. The following example illustrates the procedure. The researcher reviews the transcription using research question three, (Do incest survivors currently maintain patterns of relating at work, in friendship, and in love similar to those patterns learned within their family of origin?) and the propositions from Bowen's psychodynamic position. In the interview the incest survivor discloses that she had a fused relationship with her mother. She also reveals a fused relationship with her spouse. Based on proposition one of the psychodynamic perspective, (People will recreate in their adult relationships the differentiation or fusion of self that existed within their family of origin), the researcher regards the psychodynamic perspective as having utility in explaining the subject's current pattern of relating with her spouse. This procedure is repeated with each theory.

#### Summary

Chapter III has presented the procedures for subject selection, instrumentation, collection of interview data, and for the analytic strategy used for interpreting the material gained. Chapter IV will present an analysis of the material obtained in the interviews. Each case history will be discussed separately.

## CHAPTER IV

### ANALYSES

This chapter presents case history analyses from each of the five incest survivors interviewed. The analyses provide data to identify childhood patterns of relating to significant others. Theoretical positions (Wienecke, 1974; Bowen, 1978; Minuchin, 1974) discussed in Chapter II serve to identify those relational patterns. This data addresses research Question 1: Can childhood patterns of relating to significant others, learned and subsequently practiced by incest survivors, be identified?

The analyses provide data to identify the survivor's perception of themselves and others. This data addresses research Question 2: What, if any, are the effects of those early patterns of relating to significant others on the incest survivor's perceptions of themselves and others?

The analyses provide data to identify childhood patterns of relating that are recreated within adult work, friendship, and love relationships. This information addresses research Question 3: Do incest survivors currently maintain patterns of relating at work, in friendship and in love relationships similar to those patterns learned within their family of origin?

#### Case Analysis: Melissa

##### Childhood Patterns

The first part of this analysis is to identify early patterns of relating to significant others that were learned by Melissa in childhood. Using Wienecke's (1974) position as a system of explanation, the biological factors of bonding and

the amnity/emnity complex are identified. According to Wienecke, these two factors influence perception of self and others.

Melissa recalled that she wanted to be held and to be accepted by her mother. She also wanted affection. The bond to her mother, however, was predominantly linked to pain.

All the time she never touched me, unless she was angry. I don't know why. She was a real patient mother to the boys but not to me. She used to tell me all the time that I was possessed by the devil. I was evil and that's why she had to punish me all the time. We had a real bad relationship (Appendix F, p. 204).

She recalled another experience with her mother.

My brother and I been over to my aunt's. We came in the house. I held the door open for my brother and he ran in and lifted his arms. She grabbed him and hugged him and kissed him. I ran over and started hugging her around the waist. She pushed me down. I felt embarrassed and outcast. I felt degraded. I felt like the only way to keep her from hurting me was to stay away (Appendix F, p. 204).

Melissa decided at an early age that it was in her best interest to be emotionally protected from her mother. She recalled when neither her physical nor emotional needs were met by her mother.

It would have availed me nothing to make myself emotionally vulnerable to her. I would only have gotten myself hurt. Here she was beating and starving me for two or three days at a time. People outside the family are saying what a good kind person she is. They are adults and they are supposed to know. I just felt bad. I felt like I wasn't worth anything. I felt like I wasn't good for anything (Appendix F, p. 204).

When Melissa was nine, she and her younger brother went to live with her grandfather because her mother was gravely ill with amyotrophic lateral sclerosis (ALS). When Melissa was ten her mother died. She made no comment regarding this experience.

Melissa seems to have generalized her experiences with her mother to others in her environment at an early age. Melissa trusted no one to meet her needs.

Anytime a five year old child makes the decision that the only way to get along with people is to get nothing from them and give nothing to them, then no I don't think that's best. It didn't matter what I did, I was wrong. I was unlovable (Appendix F, p. 204).

Melissa recalled that she enjoyed her relationship with her father before the incest began. This was prior to her mother's death.

And when I was little, before the incest started, that was great. I thought he was wonderful. He could unbend with me (Appendix F, p. 180).

I would wait for him when he would get off work and carry his lunch box to the house for him. I would sit on his lap when he would read the paper. He would read the funnies to me and stuff. He would never do that with the other kids (Appendix F, p. 180-181).

Melissa perceived her father as meeting her physical needs because he provided for them. She did not experience her emotional needs as met by him.

I never heard him tell anyone that he loved them. It's just (pause), he's just a real stoic kind of person and he just doesn't (pause), he's not emotional (Appendix F, p. 180).

The data presented by Melissa suggests that her feelings of relatedness to her parents and early environment were predominantly painful. According to Wienecke's position, Melissa appears to have learned to relate to the world from an enmity based orientation which was painful.

Bowen's theory is now used to identify Melissa's patterns of relating in childhood. As a young child, Melissa's identity was fused with each parent. As a result of the incest, Melissa was unable to separate her father's incestuous behavior from her own self-worth.

I always felt so bad. I always felt horrible. I felt filthy, like I had done something really bad (Appendix F, p. 187).

She recalled these thoughts about the incest.

I wondered why he did it. I wondered why he did it to me. I wondered what it was about me that made that okay (pause), that made that acceptable behavior for him. I felt like I didn't have any value. (If) I had been a person of value to him, that would never have happened. I felt that I was something to be used (Appendix F, p. 188).

The family expectation was for children to obey adults without question. This resulted in a lack of differentiation between Melissa and her more powerful father.

It (the incest) made me feel uncomfortable because he was God and what could he be doing that was wrong? He was a real rigid upright type of man and so I immediately assumed that it was my fault. Something bad is going on. He could not be doing anything bad so, therefore, it was my fault. I was making it happen. It was also one of those things that I didn't know what to say either. It was unheard of in my family for a child to question anything that an adult was doing. For me to even say, "What are you doing? Why do you do that?" was totally unacceptable (Appendix F, p. 185).

Melissa's sense of self-worth was also influenced by her relationship with her mother. She was frequently confused by the discrepancy between her mother's public and private image.

She looked so different to the people outside the family. Here she was beating me and starving me for two or three days at a time. People outside the family are saying what a good kind person she is. They are adults and they are supposed to know. I just felt bad. I felt like I wasn't worth anything. I felt like I wasn't good for anything (Appendix F, p. 205).

Melissa recalled some additional thoughts of her relationship with her mother.

I didn't have any power. It didn't matter what I did, I was wrong . . . I was unlovable (Appendix F, p. 204).

According to Bowen's theory, Melissa experienced fusion with her parents. Her identity and sense of self-worth were linked to her parents' behavior. During the interview Melissa reported a lack of meaningful pain-free contact with either parent.

Melissa was raised in a family where, according to Bowen, triangulation was used to reduce stress. When conflict existed in Melissa's family, other family members were drawn in to defuse the tension. When Melissa's birth mother died, and her father married his wife's sister, the incest began. The incestuous relationship drew Melissa into the new marriage.



I wondered what it was about me that would make this man do something like that (the incest). I thought too, I don't think this now, but I thought too that it was because my mother was dead. It was just real obvious to me that I was real expendable (Appendix F, p. 185).

After the incest had been going on for about three and a half years, Melissa could no longer tolerate the stress of being in the middle of her parent's marriage.

When I was 14, that's when things stopped. When I was 14 I decided that everything was shit. I didn't believe in anything. I didn't trust anybody. I thought everything was terrible. For me, pretty much everything was terrible. I tried to kill myself (Appendix F, p. 189).

Bowen stated that children under stress in the family will develop methods of adapting to their situation. Melissa adapted to the immediate stress of the incestuous acts by withdrawing.

I would just go away in my mind. It's like, it became real clear to me, that this is not happening to me. This is happening to my body but this is not really happening to me, because it's like I'm asleep. I'm out of it (Appendix F, p. 187).

Following the incestuous encounters she continued to withdraw.

I had this place between the hedges at the side of the house. Nobody else really knew about it. I could scoot in between these hedges and be totally hidden. I would sit there for hours and I would just go there and sit. I would sit there and feel safe because nobody could see me and nobody could find me (Appendix F, p. 187).

Melissa's suicide attempt may be interpreted as an attempt to withdraw from the family.

For me pretty much everything was terrible. I tried to kill myself (Appendix F, p. 189).

Following the attempt, her withdrawal continued.

I was just like a zombie around the house. I never said anything (Appendix F, p. 189).

Melissa overfunctioned as a child by being involved in an incestuous relationship. She was placed in the adult position of taking care of her father's

physical and emotional wants. Melissa felt hurt and betrayed by her father's behavior.

I feel cheated because I think it's a fair and reasonable expectation for a little girl to expect that she can trust her daddy. To know that her daddy isn't going to do anything to hurt her. And it's okay to hug daddy and be physically affectionate with daddy. I don't think that it is an unreasonable or unfair expectation. I feel that I got cheated out of that. I feel like he stole my father. He became someone that wasn't my dad. He cheated me out of having that (Appendix F, p. 186).

Minuchin's theory is now used to identify Melissa's patterns of relating in childhood. Melissa was raised in a family where the boundaries were unclear and the roles of the child and adult were interchangeable. Melissa's family is an example of what Minuchin calls enmeshed.

Intellectually I can say he was sick. That's a sick thing to do (the incest). Everybody has boundaries and other people should recognize that. It's a sick thing to do. In my head I can say that, but I still wonder why. What makes it okay to slip over that line? What makes it okay to slip over that boundary (between parent and child) (Appendix F, p. 189)?

In response to the enmeshment caused by the incest, Melissa developed rigid standards in her later adolescence.

As if to compensate for what was going on (the incest) I became very moralistic, very rigid, I couldn't stand to hear someone tell a dirty joke. It was the biggest fear of my life that someone would find out my secret (Appendix F, p. 193).

In summary, Melissa demonstrated the following patterns of childhood relating:

1. Melissa appears to have a predominantly enmity based bond to her parents and early environment. This bond was predominantly painful.
2. Melissa was raised in a family where fusion between parent and child existed. This resulted in Melissa's identity being fused with her parents' behavior. She was unable to differentiate herself.
3. The emotional intensity that existed in Melissa's family, and the

resulting anxiety, were handled through triangulation. When stress occurred in her parents' marriage, Melissa was drawn into their relationship through the incest.

4. Melissa adapted to the stress in her family by withdrawal.
5. Melissa continually overfunctioned as a child. She was routinely expected to function as an adult in her incestuous relationship. She was made to feel responsible for her father's behavior.
6. Melissa expressed difficulty in the setting and enforcing of boundaries in her family relationships.

#### Perceptions of Self and Others

The second part of this analysis is to identify the effects of the childhood patterns of relating on Melissa's perception of herself and others. Melissa perceived herself as having done something bad for having been involved in the incestuous relationship. As a result of that experience, she felt she was of little value.

I always felt so bad. I always felt horrible. I felt filthy, like I had done something really bad (Appendix F, p. 187).

I was of little value. If I had been a person of value to him, that never would have happened (Appendix F, p. 188).

Melissa perceived herself as damaged by the incest.

It's still kind of hard for my mind to embrace the fact that I can be perfectly normal in all the rest of my life and to the outside world look just fine and still have that terrible secret (Appendix F, p. 190).

Following the incestuous act she reports having felt used and dirty. She saw herself as a liar. She recounted feeling hostile, guilty, worthless, scared, and responsible as a child.

It (the incest) was all my fault. He was a good man. He was a good Christian church-going man. It had to be my fault (Appendix F, p. 194).

Melissa's perceptions of herself and the incest have changed with the passage of time. Many of her feelings have also changed.

I don't feel responsible anymore. I don't feel guilty because it wasn't something I did. I don't have to protect him. I don't have to have his guilt for him. I still have a problem with feeling scared . . . in certain situations (I) will get that feeling now, crowds, sometimes small places, anywhere I can't get away, where I feel trapped (Appendix F, p. 194).

Melissa perceives her step-mother as having rejected her because of the incest. Her step-mother did not believe her.

She's disowned me and never wants to see me or hear from me again because I made up all those terrible lies about my father. That's exactly what would have happened then (as a child). Like it (not telling at the time) was self-preservation in a way (Appendix F, p. 188).

When Melissa told her step-mother the details of the incest, her step-mother denied all knowledge of it. Her step-mother also reported that when she discussed Melissa's allegations with her father, he denied the incest as well.

I told her and she said, "I'm gonna ask your dad about this as soon as he gets home from work." I said, "Good, I think you should." Of course, he denied everything. We were talking about it and I talked to her about some of the time I believed she had known when I was a kid. After I tried to kill myself our family doctor recommended I see a psychiatrist. He talked to me for a while and told my mother, "She is seriously disturbed. She needs help." She (her step-mother) never set up an appointment (Appendix F, p. 192).

The denial by both of her parents concerning the incest left Melissa confused about her own perceptions of reality. Melissa now perceives her family as denying any reality that is unpleasant.

I told her about how I felt about this (denial of psychiatric help), and that I felt on some level she knew. "Oh, no, no, no, I never suspected anything like that. I would have protected you. Why didn't you tell me? If this was really happening, why didn't you tell me? I always protected you." And then she turns around and tells me that she never wants to see or hear from me again for making up all those lies about my father. My family has a real strong denial system. Anything they don't want to see, they just don't see (Appendix F, p. 193).

Melissa perceived her step-mother as protecting her father after she made her suicide gesture. Her mother was unable to hear her husband's admission of guilt.

Well, my mother was calm and cool and my father was falling apart. He was in the front seat crying and saying, "It's all my fault, I know it's all my fault!" My mother turned around and was almost violent with him. "Shut up, what do you mean? It can't be your fault. I don't want to hear you say that again." Who is she defending there? Who is she protecting (Appendix F, p. 184)?

Melissa also protected her father. When her father approached her again for sex after her suicide attempt, Melissa refused; however, she did find herself comforting her perpetrator.

He came and tried to come in the room and he said, "Let me in." I said, "No!" I mean this was unheard of because you never said no to my parents about anything. And he said, "Let me in. I want to talk to you." I said, "No!" He was outside the door and he started crying. He said, "I'm so sorry. I don't know what made me do those things. Can you ever forgive me?" I said, "No, I'll never forgive you." And he said, "What!" real fiercely. And I said, "Yeah, yeah, it's okay dad" (Appendix F, p. 189).

Melissa realizes that both she and her step-mother protected her father.

I resented my mother for years because she protected him. I think I did too. Because one part of me wants to get up in his face and say "Why did you do that? How can you live with this? How can you carry this? Don't you think that you could be better if you got rid of this, if you let this out?" And another part of me says, "Oh no, dad can't handle this emotionally. I wouldn't say anything to him" (Appendix F, p. 190).

Melissa also perceived other care givers in her environment as unresponsive to her needs. She finds it difficult to understand why someone didn't help her.

When I tried to kill myself I saw a doctor. He didn't examine me physically. I was totally hostile and paranoid, totally defensive. I guess he knew something was going on. It's impossible to believe that the people around me didn't know something was going on. I was like a wild animal for years (Appendix F, p. 194).

Melissa realizes that the molestation has affected her relationship with men. She tends however, to generalize her feelings to both genders.

Men threaten me. Men intimidate me. They frighten me. I'm always prepared to be frightened. If I sit down and talk to somebody, like person to person, then it's fine. I'm okay, it's fine; but I always have the guards up. I'm always defensive (Appendix F, p. 195).

In summary, Melissa perceived herself as responsible for the incest as well as the physical abuse by her mother. Because of these perceptions she believed she was bad. She also believed that she could not trust her own perceptions of reality. She learned to deny her inner feelings and thoughts. Melissa does not easily trust herself or others. She perceives men as dangerous.

### Repeated Behavior Patterns

The final part of this analysis is to identify if patterns of relating that Melissa learned in childhood are repeated as an adult in her work, friendship, and love relationships. Melissa's childhood patterns identified earlier in the analysis are:

1. She has a predominantly enmity based bond to others and her environment.
2. She is unable to differentiate herself. Her identity is fused to the behavior of others.
3. She tends to triangulate stressful, intense relationships.
4. She adapts to stress by withdrawal.
5. She tends to overfunction by assuming responsibility for others.
6. She has problems defining the boundaries of a relationship.

Melissa recreated a predominantly enmity based bond with her supervisors at work. She was requested by her production supervisor to pass inspection on a defective part because a customer needed the part quickly. Melissa refused to comply with her supervisor's request.

There were always animosity between me and this particular production supervisor after that. It was as though I had done something personal to him (Appendix F, p. 198).

Following her refusal to comply with the shipment, Melissa and two of her co-workers were transferred to another department.

I'm sure it's not the thing to do, to tell your production supervisor where to go. They tolerated that because I'm good at my job (Appendix F, p. 199).

With feelings of exploitation a part of the enmity bond Melissa went on to recall.

It's like I have felt used and exploited in all of my life. I felt a little used when I was sent to that other department where the work didn't require as much mental skill. It required a lot more physical skill. I thought I was being used a little bit (Appendix F, p. 200).

Melissa recalled that sometime later, this same production supervisor had problems relating to some of the female employees. Melissa reported having an unusual reaction to his dismissal.

The essence was he had to resign or they would have to fire him for sexual harassment. Not with me but with several of my co-workers. I had the most bizarre reaction to it all. I just hated him. It was that whole same force. He has the power. I have no power nor do any of the other women (Appendix F, p. 198).

Melissa's decision to refuse her supervisor's request had a negative effect on her because of her inability to differentiate. Her perceived self-worth suffered because she needed the validation of others that she had made the right decision.

No one ever said, "You were really doing your job right. We should not have shipped that part" (Appendix F, p. 198).

I wasn't getting the validation and support I felt I deserved from the people in my department. And again it was kind of a defeated satisfaction because I was right and I knew I was right (Appendix F, p. 198).

Melissa's self-worth was again in question when she was transferred to another department.

I felt real disrespected at work when I was asked to change jobs. It was like they were saying, "You're not good enough. I'm going to get rid of you" (Appendix F, p. 199).

Melissa used triangulation to ease her anxiety over the firing of her

production supervisor. Rather than dealing with her thoughts and feelings privately about the matter, she discussed the issue in the breakroom.

He called all of us in one at a time and asked us what we thought of him. Now the guy was a totally inept bumbling fool. He wasn't a good production supervisor (laughing) and we all discussed this in the breakroom. Everybody lied and told him he was fine, except me and two other people (laughing) (Appendix F, p. 198).

Melissa repeatedly withdrew as a method of adapting to the stress at work.

When she refused her supervisor's request, Melissa withdrew into drugs.

I was still using drugs pretty heavily at that time and I was pretty angry (Appendix F, p. 198).

I was pretty unapproachable for a long time. I just did my work. I didn't talk to anybody (Appendix F, p. 199).

. . . I got stoned a lot more. I drank a lot more and cut I myself off from people a lot more (Appendix F, p. 199).

Melissa overfunctioned by assuming the responsibility for the company's decision to ship a defective part.

These guys are trying to pass the buck to keep from doing their job right. I really don't feel bad about it (Appendix F, p. 199).

She felt persecuted by her decision even though it was not her responsibility to make the final decision.

I felt persecuted. I was doing the right thing and what I did was right and they kind of needled me. To override an inspector's decision, that's not right. Especially when the decision (the company's) is wrong (Appendix F, p. 199).

Melissa realizes that she has considerable difficulties with boundaries. She is most comfortable when she knows what is expected of her.

I work real well in a controlled environment. A lot of times I've had problems knowing what I should do. But this job really alleviated all that. I know the rules and it suits me real well (Appendix F, p. 199).

She realizes her need for boundaries; however, they are still a problem for her in her personal relationships.



I have my guidelines and once I have my guidelines I will not budge. That is a good quality in an inspector but it's not a good quality in a relationship (Appendix F, p. 198).

In summary, Melissa recreates her childhood patterns of relating in her work setting. The pattern most reported is withdrawal and the pattern least reported is triangulation.

Each of the friendships that Melissa recalled in the interview were perceived by her as painful. These relationships were based on a predominantly enmity bonds. Melissa described a situation with Sally, her best friend.

Me and my friend, Sally, and our boyfriends were all living in a house in the city. Sally, she's an adult child of an alcoholic, and she has some of the same patterns as my mother. She became involved with my boyfriend and they started a relationship. She can't be trusted. She does unthoughtful things with people (Appendix F, p. 201).

Meissa recalled another instance where her friend, Jane, let her borrow her apartment for a couple of days. A third and mutual friend, Sara, was also planning to use the apartment when Melissa needed it. Melissa and Sara became angry with each other because they could not negotiate to get their needs met.

I still feel kind of bad about it. I still feel like it was a bad experience and Sara created it through selfishness (Appendix F, p. 202).

Melissa recalled an incident where her boyfriend, Joe, and a girlfriend, Carol, became lovers.

Then Joe started having trouble in our relationship. I suggested that maybe I should move out. I got an apartment and moved out. Joe and Carol became lovers when I moved out. I felt really used and exploited by that (Appendix F, p. 202).

Melissa described Joe as unemotional and yet, was the man she opted for as a lover. This description of Joe is similar to Melissa's description of her father.

Joe is one of those people who doesn't need a lot of friends. He's emotionally unavailable. He doesn't express a lot of feelings (Appendix F, p. 202).

Melissa also considered Carol to be her friend.

I knew some of these patterns with these people by what I had seen before. I felt real exploited because Carol was my friend. It was bad enough for her to get involved with Joe in that way but I considered her my friend (Appendix F, p. 202-203).

Melissa's enmity bond is evident in response to her feelings of anger about Joe and Carol. She responded to the situation through withdrawal.

I thought that basically given my background, my socio-economic background, if somebody messes with your lover, that's grounds for murder. I was real civilized about it all (laughing). I was so angry. I yelled at Joe more than Carol. I yelled at them. Basically we didn't see each other for a few months. There was a lot happening during these months. I was drinking a lot (Appendix F, p. 203).

To waste a friendship over a petty thing like a sexual relationship is ridiculous. When it comes to the point when I feel used and abused all the time then it's not ridiculous anymore (Appendix F, p. 203).

Melissa experienced difficulty with differentiation in the friendships she reported. She recalled how she felt when she and Sara could not get their needs for housing met in a cooperative way.

I felt like my needs weren't important and, therefore, I wasn't important (Appendix F, p. 202).

When Melissa's lover Joe became involved with her friend Carol, Melissa again had problems with differentiation.

I felt real expendable. I felt worthless. I was really a good friend to Carol and she had so little value for my friendship that she would do this (Appendix F, p. 203).

When Melissa's friends Carol and Terry dissolved their relationship, she got in the middle and attempted to help them. The process of triangulation is a pattern that Melissa continued to repeat from childhood.

I talked mainly to Carol. That's fine with me because I get along real well in that kind of situation. I have a function and I know what's expected of me. Carol spent a lot of time with us and I kind of took care of everybody's emotions. I took care of the negotiations of the break up of Carol and Terry (Appendix F, p. 202).

Melissa used withdrawal to deal with her anger regarding the conflict over housing.

We didn't talk for a long time because with Jane no kind of confrontation works. It doesn't work with Sara either. They can't deal with confrontation. So I just left it alone until Jane cooled off and we could talk about it rationally (Appendix F, p. 202).

Melissa recalled withdrawing in response to her anger towards Carol and Joe over their affair.

I was real angry and became withdrawn for a long time (Appendix F, p. 203).

Melissa attempted to overfunction in her relationship with Sally in order to maintain her friendship. When Sally took Melissa's lover, Melissa worked harder to maintain her friendship with Sally.

Well, basically I thought I would have to do some hard work to make our relationship work. I just kept confronting her and confronting her (Appendix F, p. 205).

I felt a lot of hurt. Why couldn't she be understanding? I bend over backwards for her and she used me (Appendix F, p. 201).

Melissa experienced much difficulty in setting boundaries in her friendships.

I found it hard for me to tell where a friendship stops and being a lover begins (Appendix F, p. 201).

That's something I've really needed to learn how to do; that's set limits. It's like I either trust somebody too much or I don't trust them at all. Because if you learn how to set limits you can trust someone to do one thing and not another (Appendix F, p. 202).

... basically I don't know what's black and white, what's right and wrong in the scheme of things, and I have two choices. I can say, "Yes, you did the wrong thing and I can forgive you for that," like with Joe or I can walk away from the friendship like Carol (Appendix F, p. 203).

As a result of her experience with Carol and Joe, however, Melissa learned more about setting boundaries.

And now there are more boundaries. I am able to tell them, "No, I don't want to do that." I think they have always been able to do that, so really I don't feel abused by them anymore. If there is something I can't give to them then I just can't give it. I don't have to feel guilty because they draw their boundaries and I draw my boundaries and we

meet somewhere in the middle and we negotiate what we can (Appendix F, p. 203).

In summary, Melissa reports the repeating of her childhood patterns of relating in her adult friendships. Melissa demonstrates little awareness of how she recreates enmity bonds in her friendships. Maintaining boundaries in friendship relationships seems to give Melissa considerable discomfort.

Melissa married twice. After two years of marriage, her first husband was killed in a car accident. Melissa has little awareness that the death of her spouse resulted in recreating the feelings of abandonment she experienced when her mother died. Melissa's painful bond to her environment was reaffirmed. A year after her husband's death, Melissa married Bill. Melissa described both marriage relationships as painful. She does not consciously recognize her bond to enmity.

I have always been uncomfortable with my sexual needs and my sexual response. Emotional or sexual rejection really pushed all my buttons. My first two husbands were impotent. My first wasn't interested in making love. My second had a pattern of emotional shutdown and couldn't find time for a relationship. As long as we didn't say anything we wouldn't fight. I wonder why I chose these people. They were very clear choices. I knew a lot of people who would have been better for me (Appendix F, p. 209).

I know it was not in my best interest to continue in that relationship. It was very destructive. It is a good thing that the relationship failed. Sometimes I do things in a negative way to accomplish what eventually turns out to be in my best interest. I didn't think it was in my best interest at the time. After the relationship had been over for a time I saw what was happening (Appendix F, p. 210).

Her enmity bond to Bill was intense.

I needed to hang onto the relationship even though it was causing Bill to not respect me. It was causing me to not respect me (Appendix F, p. 210).

She recalled that the relationships with Bill stimulated childhood feelings.

I felt like I wasn't important. What I needed wasn't important. Sometimes I come into conflict with what I need and what the other person needs. In this situation it was what I need versus what he wanted. I gave in anyway and it made me feel real bad about myself.

It brought back a lot of feelings I had about being loveable and competent. I also wondered if I was able to be in a relationship. I felt that if I lost him at that time it was me against the world again. That was real scary to me at the time (Appendix F, p. 211).

Based on her relationship with Bill, she reaffirmed her emnity bonds.

I felt ripped off. I was not worthy of respect. I didn't separate his actions from my being. He treated me disrespectfully; therefore, I didn't deserve respect. He treated me as if I am of no value; therefore, I'm worthless. I didn't separate where it became my personality and it became his action (Appendix F, p. 211).

Bill was the first one I trusted emotionally and he's the one who said it was okay to trust him. Then it turned out he really wasn't trustworthy. It had a pretty shattering effect on me. At first it was, "I was right. All those years you can't trust anybody" (Appendix F, p. 212).

Melissa realized that the way she related to Bill was not in her best interest and was unhealthy.

I felt like I set me up and I set him up too. It's very unusual in your relationship that one person gives up power and the other person takes it all. It will eventually become abusive. No matter who it is, no matter how you start out, no matter how it is at first, it sets things up that are real sick (Appendix F, p. 212).

When Melissa married Bill she became increasingly less able to differentiate. Soon after the marriage, Bill invited his father to live with them and this created problems in the new marriage.

I felt in a lot of ways my place was being taken over. Bill said he wouldn't ask him (his father) to leave (Appendix F, p. 209).

I clung to the relationship more. I put a lot more emotionally into it. Bill does not deal with emotional pressure. Instead of drawing closer I pushed him away (Appendix F, p. 210).

At another point in their marriage, Bill wanted to buy a house. The house was in a community quite distant from where Melissa and Bill were currently living. It was the town where she grew up and where her parents currently lived. Melissa struggled with the decision of whether to move and to give up her job and current friendships for the sake of the relationship. Melissa decided to go with Bill at the cost of giving up her identity. She later regretted her decision.

I should have said, "If that's what you need to do, then that's what you need to do, but I'm staying here." But, no I couldn't do that. It's like it pushed all my buttons. All the I'm not good enough buttons. Maybe I'm being selfish. I have a tendency to do that in my relationships (Appendix F, p. 210).

Melissa continued to fuse after the move.

I became more and more willing to cater to his every whim. Then he had me in a totally defenseless position. I had lost my peer group. I lost the people with whom I got validation. I felt like I was becoming emotionally weaker and weaker. I was more dependent on him (Appendix F, p. 211).

Melissa began her marriage with Bill's father living with them. When Melissa wanted Bill's father to leave her house, she was unable to confront her father-in-law with her request. Instead, to reduce her anxiety she triangulated and went to Bill.

After six months of this I said, "Bill, you have to talk to your dad about leaving. He's about to drive me crazy. He's trying to run everything" (Appendix F, p. 209).

At the end of her relationship with Bill, Melissa followed her pattern of withdrawal.

I didn't want any relationships and wanted to withdraw. I wanted to keep things on a nice calm confined level. I've done that close to two years now (Appendix F, p. 212).

Melissa assumed too much responsibility in holding the marriage together when Bill wanted to relocate. Melissa perceived that she was sacrificing everything for her spouse.

I think that maybe I should bend a little bit, which means I should bend over backwards and do everything for this person so this person won't leave me. Maybe I should do what is bad for myself so somebody else can have their own way. That's what I did in this situation (Appendix F, p. 210).

Although Melissa had serious problems defining boundaries in her marriage to Bill, the experience with that relationship taught her that boundaries are necessary in a healthy relationship.

Now I know not to set myself up again. I was so willing to prove he was trustworthy by trusting him with too much. Only a fool gives that much. There is a point of healthy giving, but there comes a point when you give too much and it becomes unhealthy. You shouldn't give what you can't afford to lose (Appendix F, p. 212).

In summary, Melissa recreated strong enmity bonds in her relationship with her spouse. This appears to be the most predominant childhood pattern of relating reported. Melissa also reported serious problems with fusion. She lost most of her identity for the sake of keeping her marriage. Melissa also experienced problems in setting boundaries. Melissa reported some problem with triangulation. Her tendency to overfunction was more of an emotional nature than behavioral. She overfunctioned by assuming responsibility for the lack of emotional life in the marriage.

#### Case Analysis: Laura

##### Childhood Patterns

The first part of the analysis is to identify early patterns of relating to significant others that were learned by Laura in childhood. Using Wienecke's (1974) position as a system of explanation, the biological factors of bonding and the amnity/emnity complex are identified.

Laura recalled that she wanted her mother to love and accept her for who she was. She reports feeling deprived.

I needed her to love and accept me for how I am and be affectionate with me. I feel that I am lacking in that. I wanted her to hug me and kiss me good-bye (Appendix G, p. 229).

Laura did not feel that her mother was emotionally available to her as a child.

Well, my mother has usually been there for me since I have been an adult anyway. She came out of her depression and saw a therapist. Now everything, she overdoes it a little bit cause she is trying to overcompensate. As a child she was not there basically. When I was a teenager and that did happen with my dad, it was like I never had any affection. She was emotionally very distant to everyone (Appendix G, p. 230).

My mother at the time it happened, it seemed like she would be in another world. I can't remember her being around much. She used to stay home with us but at the time she was emotionally distant and my dad, that was the only affection I got (Appendix G, p. 221).

In response to her mother's distance Laura felt lonely.

I was very lonely. I felt very by myself. I really felt like I had very few friends. I had no one to confide in (Appendix G, p. 230).

Laura recalled that the relationship with her father was painful. She was the oldest of four children and was favored by him as a young child. However, she viewed him as emotionally hurtful. She recalls that he met the family's physical needs by financially providing for them.

I have a lot of bad memories of him being a bad father. The only thing I can ever say he was a good father at was that he always worked and took care of our physical needs (Appendix G, p. 215).

There was never any affection. The only time he ever talked at you . . . he was in the military and was retired so that's how he ran the home. He would tease us until we screamed and cried so he was kind of sadistic in his approach. The only time he came near us was to touch us sexually or to abuse us. I don't have very many memories of him being a good father (Appendix G, p. 215).

Laura also felt mentally abused by her father.

I would think that most of the time it was mental abuse. He never said anything good. He always criticized like he was trying to tear down our self-esteem. He didn't beat us but he did spank us (Appendix G, p. 215).

Before he molested us he still had little sadistic behaviors. He would tickle you until you screamed or he always teased you until you just about hated him (Appendix G, p. 220).

The data presented by Laura suggests that her feelings of relatedness to her parents and early environment were predominantly painful. Laura's relationship with her mother appears to be based on emotional unavailability. Her father, although emotionally available, is reported as hurtful and sadistic. According to Wienecke's position, Laura appears to have learned to relate to the world from an enmity based orientation which was painful.



Bowen's theory is now used to identify Laura's patterns of relating in childhood. As a young child, Laura's identity was fused with her parents. Laura recalled that she felt lonely as a result of her mother's emotional unavailability. Her loneliness affected her feelings of self-worth.

I felt not very good about myself. Like something was wrong with me (Appendix G, p. 230).

To escape her loneliness Laura daydreamed. Her fantasies made her feel good.

I didn't like myself then. It was easier for me to live in a dream world than in the reality of it (the abuse) (Appendix G, p. 230).

Sometimes, however, she became emotionally detached as a way to deal with the incest.

Sometimes I could put my mind like in anaesthesia. All of a sudden I would place myself somewhere else while it was going on (Appendix G, p. 218).

Laura's feelings of self-worth were also fused to her father's incestuous behavior. She didn't like herself because of what he did to her.

When he molested me he wouldn't leave me alone. I felt like he exploited me during that time and I didn't like it very much. I felt like I was no good. I had a lot of destructive behaviors. I became very promiscuous. I did drugs. I did anything. I guess I didn't like myself very well. Nothing was beneath me (Appendix G, p. 233).

I felt like his own private whore (Appendix G, p. 222).

The family expectation was for the children as well as their mother to obey Laura's father without question. This resulted in a lack of differentiation between Laura and her father.

I don't remember them being close as a couple. They never went anywhere together. Didn't even seem as though they sat on the same couch together. It was almost like they tolerated each other. They just lived in the same house without being that close. They really never yelled or fought. If they needed to talk they always sent us out of the room. They just were never real loud or yelling. She obeyed him and they got along (Appendix G, p. 215).

He always had to be domineering. The only way he ever got along with anybody is if you did what he said (Appendix G, p. 216).

The expectation also broke down the mother-child relationship. Laura was afraid to confide in her mother about the abuse.

Except that my dad just told me that if I told her it would break up the family and I didn't want to be responsible for that (Appendix G, p. 223).

According to Bowen's theory, Laura experienced fusion with her parents. Her identity and sense of self-worth were linked to her parents' behavior. Laura reported a lack of meaningful pain-free contact with either parent.

Laura was raised in a family where, according to Bowen, triangulation was used to reduce stress. When conflict existed between Laura's parents, other family members were drawn in to diffuse the tension. The triangulation was reported over sexual conflict between her parents.

Well, I asked my mother what their sexual relationship was like and it seemed like she said it was all right, real straight forward. No oral sex, not a whole lot of touching. They never held or caressed. They always went ahead and had sex and that was it. The time he molested us he was impotent with my mother (Appendix G, p. 216).

Bowen stated that children under stress in the family will develop methods of adapting to their situation. Laura adapted to the immediate stress of the incest by withdrawing.

Sometimes I could put my mind like in anaesthesia. All of a sudden I would place myself somewhere else while it was going on. I would place myself playing with my friends. Something like that to get my mind off of what was happening. After a while it became pretty effective. I could do that just about anytime, get separated (Appendix G, p. 218).

Following the act Laura physically withdrew to her bedroom.

I usually shut myself up in my room because I didn't want to talk to anybody (Appendix G, p. 219).

Laura overfunctioned as a child by being involved in an incestuous relationship. She was placed in the adult position of taking care of her father's physical and emotional wants.

I felt responsible sometimes when I felt I could have avoided him and didn't (Appendix G, p. 222).

Laura felt hurt by her father's behavior.

I guess I just feel frustrated because my biggest wish is for me to have a relationship with my dad . . . a normal one and that can't ever seem to be (Appendix G, p. 222).

Minuchin's theory is now used to identify Laura's patterns of relating in childhood. Laura was raised in a family where the boundaries were unclear and the roles of the child and adult were interchangeable. Laura's family is an example of what Minuchin calls enmeshed.

My brother hates my dad with a purple passion. I suspect he molested my brother but my brother says he didn't. My brother is kind of mentally disturbed. He's gay and I don't blame it on being gay. My brother always hated my dad before that came out. There was no affection towards him . . . he just hated him before. But he had these sex talks with all of us. With just the three of us older ones and have the porno books there for all of us to look at. He always wanted to teach us about sex. So that's why I think my brother was a victim too (Appendix G, p. 221).

As a result of the incest, Laura lost her sense of boundaries.

I remember feeling trapped. How could I escape it? And the frustration of knowing you can't do anything about it (Appendix G, p. 217).

In summary, Laura demonstrated the following patterns of childhood relating:

1. Laura appears to have a predominantly enmity based bond to her parents and early environment. This bond is predominantly painful.
2. Laura was raised in a family where fusion between parent and child existed. This resulted in Laura's identity being fused with her parents' behavior. She was unable to differentiate herself.
3. The emotional intensity that existed in Laura's family, and the resulting anxiety were handled through triangulation. When stress occurred in

her parents' marriage, Laura was drawn into their relationship through the incest.

4. Laura adapted to the stress in her family by withdrawal.
5. Laura continually overfunctioned as a child. She was routinely expected to function as an adult in her incestuous relationship. She was told she was responsible for her father's incestuous behavior.
6. Laura expressed difficulty in the setting and enforcing of boundaries in her family relationships.

#### Perceptions of Self and Others

The second part of this analysis is to identify the effects of the childhood patterns of relating on Laura's perception of herself and others. Laura did not like herself as a result of the incest. Following the experience she felt empty and desparate. Laura saw herself as worthless and used. She reports feeling guilty over the incest. She was constantly frightened.

(I felt) scared, like he told me if anyone ever found out it would break up the family (Appendix G, p. 222).

She felt responsible in that she participated with him.

I felt responsible sometimes when I felt I could have avoided him and didn't (Appendix G, p. 222).

Laura's perception of herself and the experience have changed with the passage of time and treatment.

Most of them (my feelings) have (changed) with therapy. I don't even know who that person was . . . I feel like I am a completely different person than a few years ago because I like myself now (Appendix G, p. 222).

Laura perceived her mother at the time of the incest as knowing and not stopping it. She recalled being angry with her mother for not protecting her.

I was hostile towards my mother. Like she knew and wasn't doing anything about it (Appendix G, p. 221).

At the same time Laura wanted protection she saw her mother as unavailable.

My mother at the time that it happened, it seemed like she would be in another world. I can't remember her being around that much (Appendix G, p. 221).

However, when Laura confronted her mother with the information, her mother seem surprised.

She said, "If you had told me I would have killed him. Why didn't you trust me?" We had a big time of it. It was the only thing we talked about for six months. It was our back and forth feelings to my mother asking why I didn't trust her and everything. I can't understand why I didn't either (Appendix G, p. 223).

Laura's perception of other children was in question.

Sometimes I wondered if it happened to other people and stuff. I kept thinking little things like do boys and girls when they grow up is it really like this. If that's the feeling that it has then it isn't something I want to have a part of (Appendix G, p. 219).

Laura perceived all men to be like her father.

I became very promiscuous, because I thought that the only thing I was good for was to have sex. I became a prostitute for a while because I felt that was what they used me for so I was going to use them (Appendix G, p. 223).

Laura's perception of reality was significantly clouded by her experience with her father. Rather than seeing herself as a victim of a crime, she wanted to take care of him.

I wish there was some way I could force him to get help. That's basically what I want. I don't want to sue him and get everything he owns. I want to get him help (Appendix G, p. 220).

In summary, Laura perceived herself as responsible for the incest. Because of these perceptions she did not like herself. She believed she could not trust her perceptions of reality. She learned to deny her inner feelings and thoughts. Laura does not easily trust herself or others. She views men as objects to be exploited.

#### Repeated Patterns of Behavior

The final part of this analysis is to identify whether patterns of relating that Laura learned in childhood are repeated as an adult in her work, friendship,

and love relationships. Laura's childhood patterns identified earlier in the analysis are:

1. She has a predominantly enmity based bond to others and her environment.
2. She is unable to differentiate herself. Her identity is fused to the behavior of others.
3. She tends to triangulate stressful, intense relationships.
4. She adapts to stress through withdrawal.
5. She tends to overfunction by assuming responsibility for others.
6. She has problems defining the boundaries of a relationship.

Laura recreated predominantly enmity based relationships at her places of employment. She recalled working for an eight track tape company.

When they didn't have good business it seemed like we worked only when they did have business. I just felt like they didn't have enough for me to have full time employment. (I felt) trapped and drank (Appendix G, p. 225).

Sometimes when I got drunk and found out I had had a blackout and caused a fight, I felt regret. I didn't like myself very much at all (Appendix G, p. 226).

According to Wienecke (1974), perceiving disrespect and exploitation are a significant part of recreating an enmity bond. Laura felt disrespected at work.

Like when I would be talking to a supervisor or talking to someone they would come up and interrupt. Like what I had to say wasn't important. It made me very angry. I wished I had more of the guts to tell them to wait their turn (Appendix G, p. 220).

Laura felt exploited at another job.

When I worked in the file room I always felt like because I was one of the few white girls in there and there was a bunch of black girls, that I always felt like I had to do more work than they did. I did more work. They could be lazy but I couldn't. I was just very angry about it. I wished I could punch somebody out (Appendix G, p. 226).

In each of these work situations, Laura perceived that she was not treated fairly.

Perceptions of unfairness are associated with an enmity based position.

When Laura was interrupted in her conversation with her supervisor, she was unable to differentiate her self-worth from the reality of the situation. When she was interrupted her self-esteem suffered.

(I felt) that I was stupid at the time (Appendix G, p. 226).

Laura did not report the use of triangulation in her work relationships.

Laura repeatedly withdrew as a method of adapting to stress at work.

When she felt under-utilized at the tape company, she drank. When she was interrupted at work, she withdrew any comment. When asked what she did about her feelings, she stated:

I stuffed them (Appendix G, p. 226).

Laura overfunctioned in her position at the tape factory by doing what she perceived as more than her share of the work.

I always felt like I had to do more work than they did. I did more work. They could be lazy but I couldn't (Appendix G, p. 226).

Laura experienced her boundaries being violated at work when she and her supervisor were interrupted in their conversation. In response to the experience, Laura realized she needed help in setting boundaries.

I felt like I needed to take some sort of assertiveness course or something to help myself (Appendix G, p. 226).

In summary, Laura recreated at work most of her childhood patterns of relating. Most frequently, she established enmity bonds with her co-workers. Laura did not report triangulation in her work relationships.

Each of the friendships that Laura recalled were perceived as painful by her. These relationships were based primarily on enmity bonds. She repeatedly recounts feeling angry and let down by friends. Laura expects a great deal from her friendships.

I need their complete trust. I need their confidence. I need to feel like they like me and won't do me harm. I don't want someone who is

too criticizing because I do that myself. I want them to have confidence in me that I won't betray them (Appendix G, p. 227).

When Laura was drinking heavily, she was disappointed in her friend because her friend didn't meet her expectations.

I felt like I was let down when I needed them the most. It just made me very angry. I drank more (Appendix G, p. 227).

In another friendship Laura felt unaccepted.

I just thought she didn't respect my feelings in the matter. She didn't understand why I am the way I am, just to accept me (Appendix G, p. 228).

Laura experienced difficulty with differentiation in one of the friendships she reported. Laura recalled how she felt when her friend didn't come around following the birth of Laura's first child. During this time Laura was depressed and drinking.

My depression started right after he was born and that's what triggered it. I beat him a lot (Appendix G, p. 225).

During the time of my depression she was going to church so much. When I drank a lot and stuff she didn't have a lot to do with me. During that time I felt like I needed her the most (Appendix G, p. 227).

I didn't like myself at all (Appendix G, p. 228).

The process of triangulation is a pattern that Laura continued in her friendship with Sharon. Laura allowed Sharon in the middle of her marriage.

Sharon has always been a real kiss-assy kind of person. When she has a man she is always totally involved in them. I have always been kind of liberated and she has always made me feel like I don't do enough the way the Lord wants you to. She's more obedient towards my husband (Appendix G, p. 228).

We had fights about it. I told her to mind her own business and not to worry about whether I treated my husband the way she wants me to (Appendix G, p. 229).

Laura responded to her disappointment in friendships through withdrawal.

In her first reported disappointment she withdrew through alcohol. In her second



she withdrew by not expressing her intense feelings to her friend. In her third she withdrew by distancing the relationship.

. . . I couldn't do a whole lot about it except ask her to move out. That's what I did (Appendix G, p. 229).

Laura overfunctioned and had problems setting boundaries when she allowed Sharon to move into her home.

After Sharon got her divorce she moved in with us. I thought we shouldn't live together while I was married to my husband (Appendix G, p. 229).

In summary, Laura reports repeating all of her childhood patterns of relating in her adult friendship relationships. Enmity bonds are most frequently noted and overfunctioning least.

Laura has been married twice. She did not talk about the relationship with her first husband. With her current husband Laura wants to be held.

I like to be hugged and told that he loves me and stuff. I like to feel like I am special to him (Appendix G, p. 229).

Laura does not perceive that her needs are met with her spouse.

I would like him to hold me more often (Appendix G, p. 229).

Laura perceives her spouse as not meeting her needs in much the same way her mother failed when Laura was a child. Laura appears to have recreated feelings of deprivation similar to childhood in her marriage. These feelings tend to recreate an enmity bond.

Laura reported difficulty with fusion. She recalled an instance when her spouse invited a family member of his to come and live with them. Laura was very angry with her spouse.

I was very angry towards my husband. I didn't like it (the family moving in) very much at all (Appendix G, p. 234).

In response to the guests she fought with her spouse which lowered her self-esteem.

I didn't like myself very much (Appendix G, p. 234).

Laura repeated the childhood pattern of triangulation in her marriage. She sought her father's advice and approval in a financial deal to buy a car. She stated that she wanted to please him.

I remember when my husband and I bought a car. I told my dad how much it cost and stuff. He sat there and said it was very stupid of me to buy a new car like that when I could have gone to a showroom and bought it thousands of dollars cheaper (Appendix G, p. 232).

Laura used withdrawal to deal with her anger in the marriage. When she became upset about her husband's family moving in, she withdrew.

I made his life very miserable. I wouldn't have sex with him (Appendix G, p. 234).

Laura overfunctioned after she disclosed her incestuous relationship with her father to her husband. She was unable to trust the judgement of her spouse.

The time that I did confront my father (about the incest) he thought I should not. I felt that he did not respect my opinion to keep my children away from my father (Appendix G, p. 232).

I told him that if I ever caught him taking the children to my father I would divorce him (Appendix G, p. 232).

Laura also experienced difficulty in establishing and maintaining boundaries.

I felt used when he allowed one of his family members to live with us, even though I strenuously objected to it (Appendix G, p. 234).

In summary, Laura recreated strong enmity bonds in her relationship with her spouse. This appears to be the most predominant childhood pattern of relating reported. She also experienced considerable difficulties in setting boundaries.

#### Case Analysis: Fern

##### Childhood Patterns

The first part of this analysis is to identify early patterns of relating to significant others that were learned by Fern in childhood. Using Wienecke's

(1974) position as a system of explanation, the biological factors of bonding and the amnity/emnity complex are identified. These two factors influence perception of self and others.

Fern recalled that she was devoted to her mother as a young child. She believed her mother could do no wrong.

Well, I know that whenever I was younger I always loved my mother, no matter what she did to me, she was always my mother and I didn't want anybody to talk about her or be mean to her (Appendix H, p. 256).

Fern wanted physical comfort and reassurance that she was loved in return.

I just wanted her to hug me and tell me that she loved me (Appendix H, p. 256).

Fern did not have these needs met by her mother.

From her father she wanted to be protected and to be considered of value.

Well, I probably would have wanted someone to protect me and tell me I was worth something, I guess (Appendix H, p. 256).

These needs were not met by her father.

Fern recalled that her emotional needs were not met by both parents. Both parents frequently abused alcohol and were, therefore, frequently unavailable.

She remembered feeling unwanted by her mother.

Well, there was a time when she was holding my sister, my younger sister, and I just wanted her to hold me too, you know, and she pushed me away and told me she just didn't have time (Appendix H, p. 256).

In response to this experience Fern cried and felt sorry for herself. She felt that she was a nothing.

When Fern was a young child her father spanked her with a belt because she was afraid of the family goose.

I was about nine and this goose was a big goose and we had an outside bathroom. And anytime you would go out without an adult this goose would attack you. I couldn't understand why he was whipping me, when I was afraid and couldn't help myself (Appendix H, p. 257).

In response to the spanking, she went to bed and cried.

I just wished I could go away and leave everybody alone (Appendix H, p. 258).

The data presented by Fern suggests that her feelings of relatedness to her parents and early environment were predominantly painful. Fern's relationship with her mother appears to be based on rejection and emotional unavailability. Her father, also emotionally unavailable, is reported as hurtful. According to Wienecke's position, Fern appears to have learned to relate to the world from an enmity based orientation which is painful.

Bowen's theory is now used to identify Fern's patterns of relating in childhood. As a young child Fern's identity was fused with her parents. Fern recalled feeling rejected by both parents. This rejection resulted in her feeling unloveable.

Fern believed that her mother knew of the incestuous relationship and did nothing about it.

She knows, and she knew back then, cause I remember telling her (Appendix H, p. 244).

Fern does not recall her mother's reaction when she first told her of the incest. As Fern became older her mother was unresponsive.

Well, I can't exactly remember (mother's reaction), but I know when I was a little older she just kind of ignored it (Appendix H, p. 244).

Fern was blamed by her mother for the incest.

Because my mother put the emphasis on girls not being too hot. See, she favored her boys over her girls. It was my fault. I was a girl. I should've known better. And I could hear those words and believed them until I got older and found out that . . . How the hell was I supposed to know anyway. Nobody told me anything. So, yeah, for many years I thought it was all my fault (Appendix H, p. 244-245).

Fern reflected on her childhood experiences.

Well, I just wonder how things would, how different things would have been if that hadn't happened to me. You know, like what kind of life would I have had because I've come through a lot. And I've had to go through a lot of guilt and a lot, you know, being ashamed of myself (Appendix H, p. 241).

According to Bowen's theory, Fern experienced fusion with her parents. Her identity and sense of self-worth were linked to her parents' behavior. During the interview Fern reported a lack of pain-free contact with either parent.

Fern was raised in a family where, according to Bowen, triangulation was used to reduce stress. When conflict arose between Fern's parents she was drawn into the relationship through incest. Fern recalled another instance of triangulation.

He was just being real nice and just giving me all kinds of compliments and then he went to bed. And I didn't realize what was going on, you know. And then my mother came in and she knew he had been drinking. And she asked me . . . well, she didn't ask me really about it. My younger sister told her that he was real nice to me and gave me some money (Appendix H, p. 259).

Bowen stated that children under stress in the family will develop methods of adapting to their situation. Fern adapted to the immediate stress of the incestuous acts by withdrawing.

I pretended that I was not me. That I was something else. That I was away. I was gone. But I wasn't there. Maybe I was the wall or that bird, you know, I saw in the sky flying. I was not there though (Appendix H, p. 241).

Fern recalled her father getting angry with her over a meal she had prepared. Again her response was to withdraw.

I got mad and stomped and went to my room (Appendix H, p. 261).

Fern also withdrew to her room when her father whipped her for being fearful of the goose.

I went to bed and cried (Appendix H, p. 257).

Fern overfunctioned as a child by being in an incestuous relationship. She also overfunctioned by being required to do the meal preparation for the family.

See, I used to do a lot of chores, you know, and I always cooked the evening meal (Appendix H, p. 261).

Minuchin's theory is now used to identify Fern's patterns of relating in childhood. Fern was raised in a family where the boundaries were unclear and the roles of the child and adult were interchangeable. Fern's family is an example of what Minuchin calls enmeshed. Fern recalled an incident when, in addition to cooking for the family and providing child care for her siblings, she was paid by her father to protect him from his wife.

Well, I guess there was a time when . . . he came home one evening and it was late and my mother was working and he was real happy-go-lucky and I had cooked dinner because I had been cooking for quite awhile, and anyway, I guess I was about twelve, and I knew he had been drinking and he gave me some money (Appendix H, p. 259).

Even among the children in the family, boundaries were a problem.

My brother that was two years older than me thought he was going to do it to me and, I was about his size, so I fought him off (Appendix H, p. 244).

In summary, Fern demonstrated the following patterns of childhood relating:

1. Fern appears to have a predominantly enmity based bond to her parents and early environment. This bond was predominantly painful.
2. Fern was raised in a family where fusion between parent and child existed. This resulted in Fern's identity being fused with her parents' behavior. She was unable to differentiate herself.
3. The emotional intensity that existed in Fern's family, and the resulting anxiety, were handled through triangulation. When stress occurred in her parents' marriage, Fern was drawn into their relationship through the incest.
4. Fern adapted to the stress in her family by withdrawal.
5. Fern continually overfunctioned as a child. She was routinely expected to function as an adult in her incestuous relationship. She was made to feel responsible for her father's behavior.

6. Fern expressed difficulty in the setting and enforcing of boundaries in her family relationships.

#### Perception of Self and Others

The second part of the analysis is to identify the effects of the childhood patterns of relating on Fern's perception of herself and others. Fern perceived herself as having done something bad for having been involved in the incestuous relationship. As a result of that experience, she felt she was of little value.

(He told me) just that I was a girl and that's what I was made for (Appendix H, p. 240).

Fern recalled after the incestuous encounter she felt bad about herself. She believed she had done wrong.

I didn't like it, it didn't feel good. It didn't . . . it wasn't right. It was wrong (Appendix H, p. 241).

Well, I felt a lot of shame (Appendix H, p. 241).

Fern said she felt like dirt when it was over. She was not hostile towards her father, but withdrawn and scared. She reported feeling guilty, worthless, used, and responsible.

Her mother, a childhood victim of incest herself, blamed Fern for the incest because she was female. The expectation in the family was that women and female children were available for exploitation by the men and boys. The women and female children were to be seen and not heard.

Well, it seemed like whenever I first told her she wanted to shush me up. You know, just hush it up and be quiet. And seems like then each time I would tell her she would get madder and madder at me. And I remember one time when I told her, how she physically abused me. (She) threw me on the floor and kicked me and everything and told me it was my fault, I was a girl and all this and that. And so I didn't tell her anymore (Appendix H, p. 245).

When Fern was an adult she discussed the incest with her sister and was met with the same sanctions over breaking the silence.

Well, when I told her, when we talked about that, she was telling me about how my father had, he had done things to her, and I remember telling my mother about this and it . . . there was a big stink in the family. And then my sister denied, denied that she told me. And so I was a . . . big liar and a troublemaker (Appendix H, p. 245-246).

Fern's perceptions of herself and others were distorted as a result of the incest. She recalled devaluing herself and exploiting men when she was stressed.

Well, I've just found out some things about me that I didn't know, but whenever I was, whenever I would get real stressed, the first thing I'd think about would be to go mess around. You know, anybody, anybody different, you know, whatever, and this is what I did. I mean, I used sex to relieve my stress I guess (Appendix H, p. 246).

She would also cooperate with men exploiting her. She was promiscuous.

Well, when I was a teenager was whenever I had my most promiscuous part, and that's how I come to have my children so young. Well, I met this . . . I thought I was in love with and everything was going to be hunky dory, but before that I'd had a real insane reputation. And to think about it now, back then I thought that's what I was supposed to do. You know, to get boys to like you, you had to do that (Appendix H, p. 247).

Due to the intensity of her emotions and the unavailability to express them appropriately, Fern became self-destructive.

Well, I was eighteen when I first went to a counselor or someone, because I would always injure myself. I'd always end up hurting myself, physically. I've got scars here where I put my hand through glass and cut myself or just did something stupid (Appendix H, p. 247).

In summary, Fern perceived herself as responsible for the incest because she was female. Because of this perception she believed she was bad. Fern learned to deny her inner feelings through detachment. Fern does not easily trust herself or others. She views herself and others as objects to be exploited.

#### Repeated Patterns of Behavior

The final part of this analysis is to identify patterns of relating that Fern learned in childhood and then repeated as an adult in her work, friendship, and love relationships. Fern's childhood patterns identified earlier in the analysis are:



1. She has a predominantly enmity based bond to others and to her environment.
2. She is unable to differentiate herself. Her identity is fused to the behaviors of others.
3. She tends to triangulate stressful, intense relationships.
4. She adapts to stress through withdrawal.
5. She tends to overfunction by assuming responsibility for others.
6. She has problems defining the boundaries of a relationship.

Fern created predominantly enmity based relationships at work. In one instance, a co-worker, who was under Fern's supervision, refused to learn one of the jobs she was required to perform as a part of her employment. Fern argued with the woman until the altercation got out of hand.

She had gotten mad earlier with the bakery girls at the front and they'd had words. And she just started slinging things at me like, well, I never whatever. And I guess I was just playing games with her throwing it back at her too. Like she said mean things to me and whatnot. And then she got carried, out of hand, because she got really mad and started cussing. And I thought, oh boy, how am I going to get out of this. And I thought maybe she would go on break. Or go to lunch or just do something to get out. She always goes on break. I just tried to ignore her. And while I was waiting on a customer she was cussing, using words real bad and loud and I turned around and said, "Ginger, would you stop using that kind of language in front of our customers?" And she got even louder. And I went back to decorate a cake, and I turned around and there she was with a knife like she was going to stab me with it (Appendix H, p. 252).

I shoved the cake in her face that I had in my hand and knocked the knife out of her hand. Well, I felt like that I did what I had to do to survive. And after that she really assaulted me. She jumped me and started hitting me (Appendix H, p. 252).

According to Wienecke (1974), perceptions of depreciation and exploitation are a significant part of recreating an enmity bond. Fern felt depreciated at work.

I worked at this store and it wasn't a so called "chain store." In a way it was, but the owners were individuals. And anyway, my manager at

this time was ill-mannered and very controlling and you had to do everything her way (Appendix H, p. 253).

At another job Fern felt exploited.

There was a time that I came in sick because I thought that she needed me to be there to help her. And I was doing things a little slower than I generally do, you know (Appendix H, p. 251).

In each of these interactions Fern recreated patterns of relatedness similar to childhood. She established an enmity based bond in her work relationships.

Fern experienced difficulty differentiating her self-worth from the reality of her situation at work. Fern went to work ill and then resented her supervisor commenting on her slow pace. Fern interpreted the comment personally.

I felt bad because I couldn't . . . you know, because my body wasn't, my physical wasn't up to par like I think it ought to be on the job (Appendix H, p. 251).

Fern recalled another work situation when she perceived she had been treated unfairly.

I felt awful because I thought . . . I had been done dirty (Appendix H, p. 253).

Fern became involved in triangular relationships at work. She became angry when she assumed a supervisor had talked behind her back to another employee.

Well, just what I told her. That if there was something that I was doing that wasn't right, she should come to me. She shouldn't go behind my back (Appendix H, p. 251).

In another instance Fern placed herself between her manager and assistant manager. These two people were relatives.

And she told me two or three things to do with certain things and every time I'd try to change it she'd change it again. And I got mad. And the assistant manager, which was the son of the owner, more or less said, well, she is the manager, we'll just have to go with her (Appendix H, p. 253).

Fern withdrew as a method of adapting to stress at work. When she became angry with her supervisors, she withdrew.

Well, I just started doing what I would normally do and I just shut up. I didn't talk to her any more for the rest of that day (Appendix H, p. 251).

In response to another conflict Fern withdrew by walking off the job.

It (a conflict) made me feel like quitting. I went home. I clocked out and went home (Appendix H, p. 253).

Fern, in order to be helpful to her employer, did more than her job required. In this way she overfunctioned at work.

There was a time, not too long ago, back in November, when at the same job I was acting bakery manager because they didn't have anybody at that time. And since I knew what to do and what had to be done, the store manager told me, you know, that whatever, I was to take charge back there (Appendix H, p. 251-252).

And I had been working like about twelve hours a day, six days a week, because there was nobody else there but me and they didn't have anybody else to come in and relieve me (Appendix H, p. 252).

Fern reported difficulties with boundaries on several occasions at work.

She recounted an instance where she opted to go into work ill and not do her best rather than set a limit with her employer and stay home.

Well, maybe there was a time that I came in sick because I thought she need me to be there to help her (Appendix H, p. 251).

Fern recalled another instance when she attempted to set a limit with her employer because she was angry.

I had caught her talking about me behind my back, about how I was slow. Well, it made me mad. Well, I just told her that if there was something that I was doing that wasn't right, she should come to me. She shouldn't go to somebody else (Appendix H, p. 251).

After setting the limit Fern remained angry.

I didn't talk to her any more the rest of that day. Well, I guess I was just angry. I did it just to keep it from going any further, I guess (Appendix H, p. 251).

Fern recalled a third instance when boundaries were violated between herself and another employee.

And she started slinging things at me like, well, I never whatever. And I guess I was just playing games with her, throwing it back at her

too. Like she said mean things to me and whatnot (Appendix H, p. 252).

In summary, Fern recreated her childhood patterns of relating in her work setting. All of her childhood patterns are represented in her interview regarding work.

The friendships that Fern recounted were disappointing for her. She felt rejected by her best friend when her friend became involved with a man.

When she got involved with this man and a lot of her time was spent with him and we didn't have as much time to talk as we used to. (Appendix H, p. 254).

Fern seems to have unconsciously recreated the rejection she felt from her mother when she recalled earlier that a younger sibling was nurtured and she was pushed aside. In response to her jealousy, she went to find a man to replace her friend.

I think I went out looking for a man (Appendix H, p. 254).

I was just looking for somebody to be in my life (Appendix H, p. 254).

On another occasion and in response to being left home with her children on a Friday night by her live-in companion, Fern went out to find herself a companion. She recalled that what she did was not in her best interest.

Very senseless probably because at that time I had gotten mixed up with some guy that almost killed me that night (Appendix H, p. 255).

Fern reported recreating in her friendships enmity relationships similar to those in childhood.

At times Fern was unable to differentiate herself from others. When Fern went out on her boyfriend one Friday night, she did so in retaliation for his leaving her home with the children. In response to his behavior Fern felt badly about herself.

(He) made me feel used and unimportant (Appendix H, p. 255).

Well, I thought if he was gonna go out I could too, so I did (Appendix H, p. 255).

Fern recounted when she triangulated with her roommate and her roommate's boyfriend.

There was a time we were at some friends. At this time her and this man started living together and they were some friends of his. And I didn't really know them, but I was with her (Appendix H, p. 254).

Fern used withdrawal as a way to deal with stressful situations in her friendships. When she felt out of place while visiting some friends, she withdrew. She left on foot with her two small children.

And at that time I was real withdrawn and felt out of place anyway (Appendix H, p. 254).

Fern overfunctioned in her relationship with one of her friends by being responsible for his transportation to work. Fern then believed she was stupid when he exploited her generosity.

For a while I had borrowed my mother's car to get him to work and back for a week (Appendix H, p. 255).

Fern experienced difficulties in setting limits in her relationships. Fern recalled problems with her roommate.

So we had to go with her cause I was her babysitter. And we had to go over to their house (Appendix H, p. 254).

In summary, Fern recreated her childhood patterns of relating in her friendships. Her relationships are reported as painful.

Fern recreated enmity bonds in her love relationships. Fern recalled that her physical and emotional needs were not met by her spouse.

Okay. Physically, I wanted to be held. And just basically wanted to be loved, you know. Not for what I could do or would do for anybody, but just for being me (Appendix H, p. 256).

Well, like I said, he did a lot of drinking and there were times he used to assault me physically (Appendix H, p. 258).

She also participated in her own needs not being met.

There was a time when he drank and he smoked pot that I didn't want to have sex with him at all. To me I was being used at that time. I didn't want to (have sex), but yes (I did) (Appendix H, p. 261).

As a result of the physical assaults from her husband, Fern fused her identity with his behavior.

I just felt used and helpless and I wondered why it was me always getting all this bad treatment. And I guess I really wondered what I did do, what did I do that was wrong for him to do that to me (Appendix H, p. 258).

She also lowered her self-esteem when he came to her drunk to have sex.

I didn't want to (have sex), but yes (I did). I hated it. (I felt) worthless, not any good (Appendix H, p. 261).

Fern triangulated with her mother over her husband's drinking problem.

There was a time when we were visiting her that she more or less told me that I didn't know how to take care of my husband. Because I got mad when he drank and I didn't want him to drink. And she was telling me that I didn't know how to treat him. She didn't blame me for his drinking. She blamed me for feeling the way that I was feeling. Because she wanted him to drink because she drank (Appendix H, p. 258).

When Fern's husband was using drugs and approached her for intercourse, she complied and hated the experience. In response to her intense feelings, she withdrew.

I felt so . . . I felt like a robot. Like he controlled me (Appendix H, p. 262).

Fern overfunctioned in her relationship with her spouse. She frequently overfunctioned as a result of his drinking.

Well, let's see, there was one summer when I fell and cracked my ankle and I had to take myself to the hospital and drive myself back home because he was drunk (Appendix H, p. 260).

Fern attempted to set boundaries with her mother regarding her marriage. In setting the boundaries Fern felt guilty and protective towards her mother.

Well, it really pissed me off. Because I didn't think it was any of her damn business how I . . . you know, what I wanted, because I wanted better things with my husband (Appendix H, p. 258).

As Fern set boundaries her self-esteem was lowered.

Well, I didn't feel too good about myself because I had caused a ruckus (Appendix H, p. 259).

In summary, Fern created strong enmity bonds in her relationship with her spouse. This appears as the most intense pattern of relating reported. Fern reported serious problems with fusion which lowered her self-esteem. Fern lost much of her identity in the marriage. She had difficulties with triangulation as well as setting boundaries in the marriage relationship. Fern overfunctioned to compensate for her alcoholic spouse.

#### Case Analysis: Beth

##### Childhood Patterns

The first part of this analysis is to identify early patterns of relating to significant others that were learned by Beth in childhood. Using Wienecke's (1974) position as a system of explanation, the biological factors and the amnity/emnity complex are identified. According to Wienecke, these two factors influence perception of self and others.

Beth recalled that the relationship with both parents was painful. She recalled that her physical and emotional needs were not met by her mother.

My physical needs were to be patted or held, hugged. Verbal to be praised. The physical needs were not met. There were times when she did praise me (Appendix I, p. 280).

She described her mother as stocky, flighty and distant.

My mother would have times where she would be disoriented, in another time, she was almost manicy (Appendix I, p. 271).

Beth sometimes saw her mother's behavior as bizarre and yet she was emotionally torn over her attachment to her.

She would try to dress me up in the most gosh awful . . . and that's just true of schizophrenia. And she would put socks on my shoes when it rained. And she would put this big, gaudy brooch on me when I was six or seven years old. I was so embarrassed, you know. Real torn. This was my mother. I was to respect her and honor her. And

yet, I would get on that bus and start tearing things off, you know, whatever that she garbed on me and I was real torn between my own need not be laughed at and my loyalty to my mother (Appendix I, p. 281).

Beth continued to try to be close to her mother.

I tried to get close to her. I'm sure that at times I just grasped to reassure that there was some love there and . . . she wouldn't touch me (Appendix I, p. 280).

Beth recalled that her mother would lock her out of the house when she was small. When this happened Beth believed her mother didn't love her.

She used to lock me out of the house. I didn't particularly like that. I didn't. I think she was mopping and locked me out, but I really took it personally. Ooh, I thought she didn't love me. Ah, just the fear of abandonment was just tremendous (Appendix I, p. 280).

Beth recalled that she wanted emotional and physical closeness from her father.

I wanted to be physically close to him at times. I wanted to crawl on his lap (Appendix I, p. 280).

(I wanted) to communicate with him. To not be invisible to him. For him to see me and acknowledge that I was actually there. They (my needs) were not met (Appendix I, p. 280).

Beth recalled that her father was demanding of her and controlling. She described him as intelligent, cold, and deviant.

He was very overly strict in ways that I felt was nitpicky. I can remember him forcing me to eat when I gagged on certain foods, and I felt it was cruel, some of the things he did. He was very strict. He used a belt on me. I don't remember him actually beating me other than just whipping me hard (Appendix I, p. 265).

The data presented by Beth suggests that her feelings of relatedness to her parents and early environment were predominantly painful. According to Wienecke's (1974) position, Beth appears to have learned to relate to the world from an enmity based orientation which was painful.

Bowen's theory is now used to identify Beth's patterns of relating in childhood. As a young child, Beth's identity was fused with each parent. As a



result of the incest, Beth was unable to separate her father's incestuous behavior from her own self-worth. She recalled feeling guilty and responsible for the incestuous act. She stated that she felt worthless and used after the act. She also recalled feeling confused.

I wanted him to love me, but I didn't want it (the incest) to happen. That was what was so confusing about it (Appendix I, p. 269).

If it (the incest) was because he really cared about me . . . very confused (Appendix I, p. 269).

The family expectations were that there was to be little talk between family members. This also resulted in problems with differentiation between her parents and herself.

There wasn't any. Today I know it is a no talk, no touch rule. There was no talk, there was no feeling (Appendix I, p. 270).

Beth's sense of self-worth was also influenced by her relationship with her mother. She recalled that she felt depressed as a result of thinking she was being pushed away by her mother.

Those memories are very early of deep depression, of sadness, of being overwhelmed (Appendix I, p. 281).

Beth further recalled feeling badly about her identity and that of her mother's being different.

This was my mother. I was to respect her and honor her. And yet, I would get on that bus and start tearing things off, you know, whatever that she garbed on me, and I was real torn between my own need not to be laughed at and my loyalty to my mother (Appendix I, p. 281).

I felt guilty at times. Not really good because I had to do it (Appendix I, p. 281-282).

You now, I justified at the time, I think, in a way, everything my parents did, so I felt like I was bad (Appendix I, p. 283).

According to Bowen's theory, Beth experienced fusion with her parents. Her identity and sense of self-worth were linked to her parents' behavior.

During the interview Beth reported a lack of meaningful pain-free contact with either parent.

Beth was raised in a family where, according to Bowen, triangulation was used to reduce stress. The incestuous relationship between her and her father was used to reduce tension in her parents' marriage. Beth recalled an instance where her mother left her alone with her father while she cared for an ailing relative.

I was about eight years old and one of my father's aunts was getting very, very old and she was getting to where she couldn't take care of herself. So mom went to take care of her. So, when she first started, she would leave me out on the farm with my father (Appendix I, p. 283).

In order to escape the continuous triangulation between herself and her parents, Beth attempted suicide.

When I was eighteen years old I tried to commit suicide and I was put in the hospital. And in my sickness, I was diagnosed as neurotic-depressive while I was in there. They told me I should not go home and in my sickness that it was and my helplessness, my only answer was to find somebody to marry me. I don't remember thinking that consciously, but it was there (Appendix I, p. 284).

While in the hospital, Beth met a patient and married.

And I met this man and we struck up a friendship. And when I got out I married the man and I didn't know why he was in there. He told me something different than he actually had been put in there for. He had been put in there for attempted rape and he told me something about breaking and entering. Well, he had. He had broke into a hospital and attempted to rape this fifteen year old girl who had had an appendectomy. The man was very ill, apparently had a brain tumor from what I found out later. I married him and immediately knew I had made a mistake (Appendix I, p. 284).

The man she married was extremely disturbed and violent. In order to deal with her chaotic life at that time and protect her now infant daughter, she begged her parents to take her and her child into their home.

And my dad, in front of him, said your place is with your husband. And I could not, you know, I had told before he got there how this man was acting so strange and I was frightened of him and I could not convince my father that we were in danger. And so I said, "Okay, I'll

go back, but let mama keep the baby." And he said, "No, you have to get used to living with this man with this baby." And so I, you know, I went back (Appendix I, p. 285).

Bowen stated that children under stress in the family will develop methods of adapting to their situation. Beth adapted to the immediate stress of the incestuous acts by withdrawing.

Mostly I remember my pretending I wasn't there. My mind just seemed like it was just like a tornado inside. All my thoughts were whirling round and around . . . staring at the trees and concentrating on not being where I was at (Appendix I, p. 268).

After the act Beth recalled that she continued to withdraw.

I felt . . . I feel like that the best describing was that day I disappeared (Appendix I, p. 211).

As the stress of the incest increased, Beth used illness as a way to cope and retreat.

Well, I had a defense mechanism, and it was illness. And when anything real stressful would come up I would get sick. And I mean I literally would run a temperature. I would actually get sick. And my mother would cart me to doctors. And one of those doctors suggested to her that I needed to see a therapist (Appendix I, p. 272).

Beth's suicide attempt may also be interpreted as an attempt to withdraw from the family.

Beth overfunctioned as a child by being in an incestuous relationship. She was placed in the adult position of taking care of her father's physical and emotional wants.

I know today that I was really hurting when this happened. Why? Why did he do this to me (Appendix I, p. 269)?

Beth overfunctioned in dealing with her mother by listening to her rantings.

My mother kept me at her side an awful lot. She didn't allow me to crawl on my father's lap or show any signs of affection toward my father. She used me as a sounding board. She poured her heart to me at times. And so I felt at the time we were close (Appendix I, p. 270-271).

But there were those times where she would just fly and she'd pace and she'd be getting started verbally, just very rapid and very fast

and she'd tell these things . . . your father was having sex with your sister when they were just and growing up and he felt when she died at eighteen that he had been, you know, she would just rattle these things at me. And that's how I knew about her father. My mother was always trying to warn me about men from very, very early age (Appendix I, p. 271).

Minuchin's theory is now used to identify Beth's patterns of relating in childhood. She was raised in a family where the boundaries were interchangeable. Beth's family is an example of what Minuchin calls enmeshed. Beth recalled incest as a pattern of relating that crossed generations. She recalled hearing that her father had been sexually abused.

I know of one incident where he may have been in some sort of sexual abuse with his older brother (Appendix I, p. 266).

She also recalled hearing of an incident of sexual abuse regarding her mother.

There was one incident where my mom, well, there's actually two. She was not molested she was set up. She was raised by her grandmother and grandfather and they had children in the home. And her grandfather was a physician. And in those days they had an office in this home and people would be there for maybe two or three days. He was an eye doctor. And she was sent up to get this man for dinner and the man was lying nude on the bed, the door was open, and she comes bounding in and she sees him and she turns around and runs. And she has always thought that the older kids had set it up. And once she was going into the bathroom and one of these men comes in and exposes himself to her. It seems to that she was a very young age when these incidents happened (Appendix I, p. 266-267).

Beth believes that her sister was molested by her father.

I feel very strong. I've tried to find out all I can, I feel very strong about this that my sister very, very likely was molested by my father. She's never said. I can't find her (Appendix I, p. 271).

Beth also knows that her father molested her daughter.

I'm angry about, that I'm most angry about my daughter and that's why I can't have a normal relationship with you because I am just not at this point ready to forgive you for what you did to my daughter (Appendix I, p. 273).

The violation of boundaries was expected and normal behavior in Beth's family.

In summary, Beth demonstrated the following patterns of childhood relating:

1. Beth appears to have a predominantly enmity based bond to her parents and early environment. This bond was predominantly painful.
2. Beth was raised in a family where fusion between parent and child existed. This resulted in Beth's identity being fused with her parents' behavior. She was unable to differentiate herself.
3. The emotional intensity that existed in Beth's family, and the resulting anxiety, were handled through triangulation. When stress occurred in her parents' marriage, Beth was drawn into their relationship through the incest.
4. Beth adapted to the stress in her family by withdrawal.
5. Beth overfunctioned as a child. She was routinely expected to function as an adult in her incestuous relationship. She was also made to feel responsible for her schizophrenic mother.
6. Beth expressed difficulty in setting limits and enforcing boundaries in her family relationships. Incest was an intergenerational pattern. She was not taught how to set limits.

#### Perceptions of Self and Others

The second part of this analysis is to identify the effects of the childhood patterns of relating on Beth's perceptions of herself and others. Beth perceived herself as being unloveable to her mother. She recalled fearing abandonment.

Ah, just the fear of abandonment was just tremendous (Appendix I, p. 280).

She recalled feeling depressed.

I used to go down to the creek and hide and cry. And this was when I was three or four. I mean, my earliest memories (Appendix I, p. 281).

Beth also felt badly over rejecting her mother's attempt to dress her. She felt embarrassed by her mother's lack of sensitivity to her childhood needs.

Well, I felt guilty at times. Well, not really good because I had to do it (Appendix I, p. 281).

Beth had difficulty perceiving her mother accurately. When her mother insisted on attempting to deliver Beth's first born in a motel room, Beth again questioned her perceptions of her mother and her mother's perceptions of reality.

I felt panic at the time, I was really very, very frightened. My helplessness was so overwhelming that I really just, I really talked to, pleaded with her. I had the same conflict later that mothers are always right. I hadn't yet realized that my mother was psychotic. I must contend that my self-worth was just very, very low (Appendix I, p. 282).

As a young child, Beth experienced difficulty perceiving her father accurately. She found his behavior inconsistent and confusing.

He was carrying boards to a big flatbed truck. And he had the boards laying at the end of the truck. And I was maybe five or so. And I was down there playing, playing with the little boards. And I shoved them around. And he told me not to touch them. And if I touched them again that he would spank me. And then, he had a friend helping him work on the boards, on the sideboards, and so I went around to the other side and I was playing over there and he needed a board he yelled at me and he says, "Beth, come and hand me that board." And I thought it was a test. And I remember when he spanked me when I said no I wouldn't touch the boards. And I felt, I just felt betrayed. That he tricked me. So confused. I didn't trust him (Appendix I, p. 283).

Following the incestuous acts, Beth reports having felt guilty, worthless, used, frightened, and responsible. She no longer feels guilty.

That's taken a long time. I don't feel responsible. I feel like that I have managed to change much of those cause I had to (Appendix I, p. 272).

In summary, Beth perceived herself as responsible for the incest as well as taking care of a severely emotionally disturbed mother. Because of her inability to take care of her parents, Beth perceived herself as worthless. She also experienced difficulty in perceiving reality. She learned to deny her inner feelings and thoughts. Beth does not easily trust herself or others. She perceived men as non-feeling, non-human creatures.

#### Repeated Patterns of Behavior

The final part of this analysis is to identify patterns of relating that Beth

learned in childhood and repeated as an adult in her work, friendship, and love relationships. Beth's childhood patterns identified earlier in the analysis are:

1. She has a predominantly enmity based bond to others and her environment.
2. She is unable to differentiate herself. Her identity is fused to the behavior of others.
3. She tends to triangulate stressful, intense relationships.
4. She adapts to stress by withdrawal.
5. She tends to overfunction by assuming responsibility for others.
6. She has problems defining the boundaries of a relationship.

Beth created enmity based relationships at work. On one occasion she recounted being publicly demeaned by a fellow employee.

I worked in nursing for three and one-half years when I went to school for counseling. And I supervised a nurse who, of course, had been my boss and then when I went into counseling, well, then she wasn't my boss anymore. And I was walking down the hall with a client and she stopped both of us and jumped all over me, in front of my client, and I felt that, you know, I didn't like it at all (Appendix I, p. 276).

Beth recalled another incident when she felt treated unfairly when she did not receive her certification as soon as she wanted.

Somehow we did not communicate and that, I felt my rights were walked on (Appendix I, p. 275).

Beth's self-worth suffered at work. A woman who was once her supervisor mistreated her. Beth found it very difficult to deal with this woman whom she thought was her friend.

I felt helpless with her authority. She had been my boss for so long and I realized I was still reacting to her as if she was still my boss (Appendix I, p. 276).

Beth experienced problems with fusion at work. She was unsure she had the right to tell a male co-worker not to manhandle her.

I thought he was being very disrespectful to me. (I felt) angry. At the time I told him to put me down and that time he did. And I said, "Don't you ever do that to me again." First thought is I always have to reassure myself that I have the right to do it (Appendix I, p. 277).

Beth used triangulation in dealing with her supervisor regarding her certification problem.

At the time I couldn't understand it, her behavior and thought maybe it was personal and I shared with some people that I could share with and felt comfortable, I realized it wasn't a personal matter (Appendix I, p. 275).

As a result of the triangulation she felt uncomfortable.

I felt uncomfortable on the job for a while, several weeks (Appendix I, p. 276).

When Beth became upset with her ex-boss she went to a third party to deal with the stress.

I went and talked to my sponsor and realized that I was angry and decided that I had thought of her as a friend before that incident and that if she really was a friend that I could talk to her about it (Appendix I, p. 276).

Beth adapted to stress at work by withdrawal. When Beth and her supervisor disagreed over her certification she withdrew.

My natural defense is to withdraw. And I kept a very low profile (Appendix I, p. 276).

Beth overfunctioned by putting in more time and effort on her certification for counseling than did her peers. She was disappointed that the extra effort did not result in an early certification.

What comes to mind is my certification was delayed by my supervisor for a year because she felt it wouldn't be fair for me to be certified ahead of some other people, when actually I had been working on it longer (Appendix I, p. 275).

Beth had difficulty establishing and maintaining boundaries at work.

And there was a fellow counselor, one day, and we were all standing around talking about what we were going to do at this certain incident with a client, and I guess he was horsing around and I just . . . those old feelings just came back like full force. And I



thought all those feelings and many more. I thought he was being very disrespectful to me, (I felt) angry (Appendix I, p. 277).

In summary, Beth recreates her childhood patterns of relating in her work setting. She most frequently repeats the pattern of triangulation. Her enmity bonds are least evident in the material presented.

Beth stated she needs to be heard in a friendship relationship. She recalled an instance where her needs were not met. Beth was raped and her friend's response is typical of an enmity based relationship.

And she came in and accused me of deliberately putting myself there, asking for it. And it was very painful that she didn't remember, and I tried to convince her (Appendix I, p. 278).

I just remembered she didn't understand. She just did not understand (Appendix I, p. 278).

Beth formed another enmity based relationship. She had a roommate that did not respect her.

I have a girlfriend, roommate, we shared an apartment. And I remember I worked evenings and I would come home and my bed would always be full (Appendix I, p. 279).

Beth had difficulty differentiating herself in her friendships. Her identity was fused to the behavior of others. Beth recalled running away from home and a friend turning her down for shelter.

At the time I felt I didn't matter to her. (I felt) helpless (Appendix I, p. 278).

Beth recalled an instance when she was raped. Her friend blamed her for the assault. Beth believed her friend.

(I felt) terrible. I was afraid she was right (Appendix I, p. 278).

As a result of the rape, Beth triangulated. She could not recall the incident after it happened and relied on a third party to report it.

But then it was a very small town and someone had saw it and someone told her about it and the way they told her was not a pleasant way at all (Appendix I, p. 278).

In response to her roommate's behavior Beth triangulated.

If I remember . . . I left and stayed some place else a couple of times and would get back at her by telling someone what she'd done and (Appendix I, p. 279).

I wish I could have been assertive, you know, and confronted her about it, but I couldn't seem to do that (Appendix I, p. 279).

Beth repeatedly used withdrawal as a method to adapt to stress. Following the rape she withdrew.

It was after I was raped and I disassociated. I blocked it out, I didn't know it happened (Appendix I, p. 278).

When Beth's friend asked her about the rape she denied it.

Well, I'll tell you what, I denied it happened cause I couldn't remember. I kept telling her it didn't happen (Appendix I, p. 278).

I didn't feel good about myself. In fact, I felt so bad about myself, and I think I've stated, that I just almost felt invisible or that I didn't exist (Appendix I, p. 279).

Beth also used alcohol as a form of withdrawal. When her friend refused to have her stay when she ran away she turned to alcohol.

I think I went and got drunk (Appendix I, p. 278).

When Beth and her roommate argued about the sleeping arrangements she withdrew through alcohol.

I think I drank at her (Appendix I, p. 279).

Beth overfunctioned by allowing her roommate to have guests sleep in her bed. Beth came home after working nights and then would leave to find a place to sleep elsewhere.

Beth also experienced difficulties in setting boundaries with her friends.

On one occasion she gave up her bed rather than establishing a boundary.

I was really angry. Coming home and just fuming, I'd worked so hard and here I come home and she's always going to have friends over and I end up sleeping on the floor (Appendix I, p. 279).

In summary, Beth repeated all of her childhood patterns of relating. She

reported many instances of withdrawal from disassociation to alcohol consumption.

Beth established strong enmity bonds in her love relationships. She reportedly married numerous times. Her first husband was highly abusive and charged with rape. Another husband she recalls as being physically and emotionally hurtful.

He just didn't have any scruples (Appendix I, p. 286).

Well, during the same time he went overseas and I stayed at home and then I find out that he took my allotment and cut it off and took it with him. He took all the money out of the bank and I had three small children and one on the way (Appendix I, p. 286).

When her spouse returned from overseas she continued to stay with him.

As a result of her relationship with her spouse, Beth continued to have problems with fusion. When she discovered her husband was sleeping with her sister she felt badly about herself.

I would have been angry but also which I think is real important for me to know today is that I didn't feel like I could do anything at all. I didn't feel that I mattered and that really bothered me (Appendix I, p. 286).

When her spouse did not send money to support the family, Beth again saw his behavior as a reflection on her.

How could he do something like that to us? (I felt) degraded (Appendix I, p. 286).

With the stress of the impending separation for overseas duty, triangulation occurred in her marriage. The triangulation combined to violate boundaries.

Well, let's see, before he went overseas to the Philippines he had gone to bed with my sister (Appendix I, p. 285).

Beth reported another instance when triangulation combined to violate boundaries.

He came back in 18 months. We had been living in a small town by the base. And I had a friend there, no close friend I had gone to school with and she had five kids and so we kind of struck up a

friendship and she had a party and so with my husband's promotion she invited us for a little while. There was a 17 year old girl, young girl, whose husband had just got killed in Vietnam there and my husband decides to heal her and comfort her and so they go for a drive for about three hours and left me sitting there at the party (Appendix I, p. 287).

Beth used withdrawal to respond to her husband sleeping with her sister.

I withdrew and I was so very angry and I wanted to just have him to defend himself (Appendix I, p. 287).

She again withdrew in response to her husband leaving her at the party and going off with another woman.

I was angry, I withdrew, and I didn't talk with anyone for about a week or so (Appendix I, p. 287).

I didn't feel worthy enough to even stand up for myself (Appendix I, p. 287).

In response to her husband taking her money and leaving her pregnant while he went overseas, Beth overfunctioned.

(I) became angry and determined to make it. To make it on my own (Appendix I, p. 286).

Beth continually overfunctioned in more subtle ways by staying in very dysfunctional marriages. Being the mother to several children and dealing with the stress of disturbed spouses would require a certain level of overfunctioning.

In summary, Beth recreated strong enmity bonds in her relationships with her spouses. The fact that she could not maintain a meaningful long-term relationship suggests the intensity of her enmity bonds. Beth also reported problems with fusion. She triangulated with her spouse when other women were involved with him. One of the triangulations involved her husband having sex with her sister. This parallels the incestuous relationship Beth reported between her father and her sister. She and her sister both shared the same man. Beth continuously overfunctioned by supporting emotionally, extremely dysfunctional men.

## Case Analysis: Ellen

### Childhood Patterns

The first part of the analysis is to identify early patterns of relating to significant others that were learned by Ellen in childhood. Using Wienecke's (1974) position as a system of explanation, the biological factors of bonding and the amnity/emnity complex are identified.

Ellen recalled her emotional need was to receive approval directly from her mother.

Well, I needed more approval of things that I had done instead of being got on all the time about not doing the dishes right or not putting something up or not wiping off the table or all those other things that you get hollered at about (Appendix J, p. 310).

Ellen wanted to be held by her mother and at the same time claims she had no physical needs from her.

I doubt that I really had any (physical needs) because there never was any hugging or holding or anything like that in my life before. I didn't miss it. Well, looking back I would have liked it (Appendix J, p. 310).

Ellen stated that her physical and emotional needs were not met by her mother.

Her mother was frequently ill.

My mother was ill a lot from the time the one that was seven was born (Appendix J, p. 290).

Ellen recalled that she felt unimportant to her mother. She believed she was pushed aside by her younger siblings.

But, like I said, the daughter younger than me always seemed to be important. She went to kindergarten when I went to first grade, therefore, she was the baby, but she was doing things in school too and got the attention. She was the baby for four years then the other one came along and we all got put out. And, of course, my oldest sister had to be the mother way back then. It seemed like mother just . . . I don't know whether she was in her own world. I remember mother cooking and some things like that when we were young. But I don't remember her doing anything with us, even baking cookies or anything. I don't remember ever doing anything like that together (Appendix J, p. 310).

Ellen thought that her father had some good qualities.

Well, he always provided. We always had something to eat. Of course, we lived on a farm and we all worked in the garden and tended the cows, pigs, and chickens (Appendix J, p. 290).

She did believe, however, that he showed no affection.

Well, he really showed no affection. And I don't remember him being a bad father, except like I said he'd whip the boys and things like that. He whipped us girls once in a while, but not very often (Appendix J, p. 290).

From her father, Ellen wanted approval.

I wanted his approval. I wanted his attention once in a while. Of course, like I said, if I'd had my rathers, he would have been home more. I don't remember us as a family ever sitting at the table when I was real young (Appendix J, p. 313).

Ellen recalled that her needs were not met by her father. She wanted him to occasionally hug her.

I wanted attention and there were several times that I wanted him to hug me and he didn't. Maybe when we got dressed up to go somewhere or something and he happened to be around (Appendix J, p. 313).

The data presented by Ellen suggests that her feelings of relatedness to her parents and early environment were predominantly painful. According to Wienecke's position, Ellen appears to have learned to relate to the world from an enmity based orientation which was painful.

Bowen's theory is now used to identify Ellen's patterns of relating in childhood. As a young child Ellen's identity was fused with each parent.

Ellen interpreted her mother's lack of positive responsiveness as a negative reflection on herself. Her self-esteem suffered.

I didn't feel very good about myself because I wasn't getting any praise so I must just be in the way (Appendix J, p. 311).

I didn't feel good about myself. I wasn't pretty, I thought I was ugly. I was tall for my age (Appendix J, p. 311).

Ellen became self-deprecating as a result of her mother's lack of positive regard for her.

Well, I remember the first pie I ever baked and she got on me and told me I was so dumb I'd never learn nothing (Appendix J, p. 311).

Following the incest Ellen felt violated. In response to the violation, Ellen felt responsible for her father's behavior.

I really felt like I shouldn't be there (Appendix J, p. 294).

It (the incest) made me wonder just that much more if I was really the bad a person (Appendix J, p. 315).

Ellen described the closeness of her family. They appear socially isolated due to living in the country. What she describes is more dependency than closeness.

Well, I've always said that our family is close. But I think now that it was more of a thing of necessity because we did live in the country and didn't go anywhere very often. We never even all went to church together. Half of us went one time and half of us another. So whether we were close or not, I don't know. We wasn't close like my family is today, you know, as adults (Appendix J, p. 297).

According to Bowen's theory, Ellen experienced fusion with her parents. Her identity and sense of self-worth were linked to her parents' behavior. During the interview Ellen reported a lack of meaningful pain-free contact with either parent.

Ellen was raised in a family where, according to Bowen, triangulation was used to reduce stress. Ellen recalled that she would hear remarks about herself as her mother spoke to her grandmother.

She did . . . I'd hear her talking to grandma and stuff and bragging about how good I'd done and I needed that but it wasn't given directly to me, it was overhearing somebody talking (Appendix J, p. 310).

Following the incestuous encounters with her father, Ellen triangulated by confiding in her grandmother.

I guess I talked to grandma about it at the time. It must have been because I didn't stay depressed, I just let it go and kind of protected myself from then on (Appendix J, p. 315).

Bowen stated that children under stress in the family will develop methods of adapting to their situation. Ellen adapted to the immediate stress of the incestuous acts by withdrawing.

I got up and went back to bed (Appendix J, p. 294).

Well, there was a kind of a void in my life because I felt like I didn't have a father. I couldn't go to him for anything because I was afraid of what repercussion would come (Appendix J, p. 313).

Ellen recalled an incident where her sister and she were arguing over a blouse. Each believed the blouse to belong to her. In response to the stress Ellen withdrew.

I don't know really how I handled the feelings. I remember going back up to my room and reading and staying up there the rest of the evening (Appendix J, p. 314).

Ellen overfunctioned as a child by being involved in an incestuous relationship. She was placed in the adult position of taking care of her father's physical and emotional wants. Ellen was confused by her father's behavior.

Like I said, I thought he was crazy and I hoped it didn't happen again. Why didn't he go downstairs to mother (Appendix J, p. 295).

Ellen felt better about herself after telling her grandmother about the incident, and yet she overfunctioned.

I felt good and I felt wiser than I really was for my age, or should be for my age. That I'd made an adult decision (Appendix J, p. 315).

Ellen overfunctioned in the family by being responsible for many of the household chores.

She had a variety of illnesses but she was always sewing something or doing something like that. And the dish washer and the separate wash and the packing of the lunches, all that fell to me. Not only was there eight children in the home, but we took care of our grandparents too who lived across the drive from us. After I cooked the meals and put them on the table, then I had to take their portion



over to them. And a lot of times I had to feed my grandfather and clean the bed and all those things that a bedfast person does. When grandma could she tended grandpa. But a lot of it and all the carrying the water from outside was up to me (Appendix J, p. 290).

Minuchin's theory is now used to identify Ellen's patterns of relating in childhood. Ellen was raised in a family where the boundaries were unclear and the roles of the child and adult were interchangeable. Ellen's family is an example of what Minuchin calls enmeshed.

After my sister went to work, I was the one that had to take over the role of mother (Appendix J, p. 290).

Ellen felt used in her new role.

Well, thinking back about it, I think she used me a lot because she depended on me so much to do the work around there. I used to get real upset because it would be almost time for the school bus and I'd still be in the kitchen. And I missed it a couple of times and had to stay home from school (Appendix J, p. 312).

There were boundary problems between her and her younger sister.

And we were the same size, my younger sister and I, and one time when I really got upset with my father. We were getting ready to go the youth study club, the Catholic youth study club, and I had to finish up the dishes and she went upstairs to get ready. And she came down and she had my blouse on. We had white blouses alike. And they were marked on the inside where we could tell whose they were. And she had my blouse on. When I went to dress, my blouse was gone. So I went back downstairs and told daddy that she had my blouse on and that I didn't have anything to wear. And he said that's too bad then you have to stay home (Appendix J, p. 314).

In summary, Ellen demonstrated the following patterns of childhood relating:

1. Ellen appears to have a predominantly enmeshed bond to her parents and early environment. This bond was predominantly painful.
2. Ellen was raised in a family where fusion between parent and child existed. This resulted in Ellen's identity being fused with her parents' behavior. She was unable to differentiate herself.
3. The emotional intensity that existed in Ellen's family, and the

resulting anxiety, were handled through triangulation. When stress occurred in her parents' marriage, Ellen was drawn into their relationship through incest.

4. Ellen adapted to the stress in her family by withdrawal.

5. Ellen continually overfunctioned as a child. She was routinely expected to function as an adult in her incestuous relationship. She was further expected to take on many of the duties of a mother and housekeeper for her siblings. She was expected to nurse her infirmed grandfather.

6. Ellen expressed difficulty in setting and enforcing boundaries in her family relationships. This also included setting boundaries with siblings.

#### Perceptions of Self and Others

The second part of this analysis is to identify the effects of the childhood patterns of relating on Ellen's perception of herself and others. As a result of the incest Ellen felt used.

Probably that I felt bad because he felt the need to do this to me  
(Appendix J, p. 299).

She decided that she never wanted to be used again.

I guess that I made a vow that nobody was going to use me anymore  
(Appendix J, p. 299).

Ellen turned to exploiting men.

That's when I really started to take men for all I could get out of them. I'd supposedly please them, do anything they wanted me to do to a point, then I'd dump them. And would never let them have their way with me. You know, just really no way (Appendix J, p. 301).

Ellen tried hard to please her mother and found the goal impossible to reach. When she tried to finish the dishes before school and was unable to, Ellen was self-punishing.

Well, I got on myself again because I hadn't hurried faster. I took all the blame for not doing what I was supposed to. And, of course, there was no way I could have done it faster (Appendix J, p. 312).

Ellen felt badly about herself and resolved to do better.

I didn't do anything except try to work harder and faster the next time (Appendix J, p. 312).

At times Ellen cuts off her feelings of anger towards her father. She perceives that forces outside herself will deal with her father.

I never got real angry with him. I never cussed him. I never made threats or anything. I was brought up in a religion and I knew that God would punish, that I didn't have to. And I am very thankful that God did show me that attitude. That he would have to pay for his sins and I didn't have to get involved (Appendix J, p. 295).

Ellen remains ambivalent about her father's behavior and, as a result, protects him.

And we talked about why he'd done it. And that's when he told me that every time he got close to my mother she got pregnant. But he felt that it was better for him to use his daughters than it was to go out on her. And I have never condemned that or okayed it either one (Appendix J, p. 295).

When Ellen would confide in her grandmother she was frequently disappointed. She learned that other adults could not help her.

Of course, after we moved out there I'd go over and put my frustrations on grandma and usually she could . . . she didn't really understand what I was saying a lot of the time, but she'd say it would be okay or God loves you or something to make me feel a little bit better (Appendix J, p. 313).

Following the incestuous act Ellen reports having felt violated. She recalls feeling used. She did not feel angry, hostile, or guilty. She reports feeling worthless after having left home. She recalled feeling scared.

With the passage of time Ellen believes all of her feelings have changed.

It's a fact that I was used like every person is that are victims of rape or incest (Appendix J, p. 298).

Ellen recounted that the incest may have affected her relationship with men. Her first real love was with a married man who was stationed away from his wife during World War II. When the war ended they were in California.

I had gotten pregnant. I was almost eight months pregnant. He went home, supposedly to get a divorce and come back and I never seen or

heard from him again. I don't know what happened to him (Appendix J, p. 300).

In summary, Ellen sees herself as responsible for the incest and perceives that she allowed it to happen. She also perceives herself as not living up to her mother's expectations of her. Because of her perceptions she feels badly about herself. She also learned that she could not trust her own perceptions of reality. She learned to deny her inner feelings and thoughts. Ellen does not easily trust herself or others. She perceives men as objects to be exploited.

#### Repeated Patterns of Behavior

The final part of this analysis is to identify whether patterns of relating that Ellen learned in childhood are repeated as an adult in her work, friendship and love relationships. Ellen's childhood patterns identified earlier in the analysis are:

1. She has a predominantly enmity based bond to others and her environment.
2. She is unable to differentiate herself. Her identity is fused to the behavior of others.
3. She tends to triangulate stressful, intense relationships.
4. She adapts to stress by withdrawing.
5. She tends to overfunction by assuming responsibility for others.
6. She has problems defining the boundaries of a relationship.

Ellen created enmity based relationships at work. In one of her first jobs as a salesperson, she believed that her needs went unmet.

As far as compliments or anything they (my needs) are not (met) (Appendix J, p. 305).

Ellen also believed that others could not help her get her needs met.

And, of course, I found in this job the only way to get it is to go and get it myself (Appendix J, p. 305).

I'd never expect satisfaction out of anybody else (Appendix J, p. 305).

Ellen had problems at work separating her self-worth from her job performance. When her supervisor expressed dissatisfaction with her performance, she became angry.

And he gave me a very bad review that time. And I was real upset about it. I think that's as close as I got to being angry at anybody. And even though he was a married man I felt like he was jealous (Appendix J, p. 306).

Ellen triangulated by working in the same office as her boyfriend. When her supervisor confronted her with her poor performance, as well as her continual socializing, she became upset.

But anyway the lieutenant that done the evaluation decided that the actual work wasn't in my best interest. That really wasn't what I wanted to be there for. That I wanted to be there because my boyfriend was there. That I spent too much time on the phone with him and too much time on the phone with the APs on the outpost (Appendix J, p. 306).

Ellen withdrew at work as a way of coping with the stress. She recalled that she got some satisfaction out of her salesperson job. However, after work she would drink heavily.

Cause that's what I'd done, at this job particularly, all during the bad drinking (Appendix J, p. 305).

When she was reprimanded by her commanding officer she withdrew.

I didn't really do anything (Appendix J, p. 306).

When Ellen was stressed at work she tended to repeat her childhood pattern of overfunctioning. When she was working as a salesperson she put forth an extra effort when she didn't get the compliments she wanted.

Usually I worked harder (Appendix J, p. 305).

Ellen recounted problems with boundaries at work. She became involved with a fellow employee and began living with him. The boundaries between friend and lover became blurred.

My husband, who wasn't my husband at the time, also worked at communications. He worked the front office and I worked in the back office (Appendix J, p. 306).

At another job she experienced problems with boundaries when a supervisor asked her to do something that was not a part of her job description.

I don't like it. I feel like it's his job, his report. He assigns me the work and he should know what I do. Because I usually do what I'm assigned to do (Appendix J, p. 307).

In summary, Ellen recreated at work her childhood patterns of relating. Ellen experienced triangulation least at work. Boundaries were a frequent problem for Ellen at work.

Each of the friendships that Ellen recalled were perceived as painful by her. These relationships were based primarily on enmity bonds. Ellen recalled her needs in a friendship.

I still need approval. I still need praise, satisfaction. I still need to be able to do things for other people. I'm a much better giver than a receiver (Appendix J, p. 307).

Her needs were rarely met.

Well, I guess the prominent one is the fact that he left me on the street when he went home and I never heard of him anymore. It really devastated me for a while because I didn't know where to turn (Appendix J, p. 307).

Her misperceptions of others caused her pain.

(I felt) lost and alone (Appendix J, p. 308).

Following the abandonment by her lover and the birth of their child, Ellen placed the child for adoption. She decided she would never have such an experience again. She did, however, repeat the experience.

I was kind of down on myself. And, of course, vowed to not get involved like that and make a mistake again. Which I turned around and done anyway (Appendix J, p. 310).

Ellen repeatedly established intense and painful enmity bonds in her friendships.

At times Ellen was unable to differentiate the behavior of others from her own self-worth. Ellen felt badly about herself when she was abandoned by her love who returned to his wife.

After the man from Oregon left I felt used. Definitely. Because there he'd been having to stay away from his wife and I felt like he'd lied to me all the time. I felt like I had really been a dumbass or whatever you want to call it. Had really been dumb not to see through that. Well, it kinda made me go down (Appendix J, p. 309).

Following the birth of their child, Ellen realized she could not care for the child. She decided to give the baby up for adoption. She felt badly about herself.

I mean I've accepted it, but I still don't feel good about it. I know that I done the best for him (Appendix J, p. 310).

Ellen used triangulation to cope with highly stressful situations. When she found herself abandoned at the bus depot, she turned to a stranger for help.

I did have some relatives I could've went to, but I hadn't been in touch with them all the time I'd been there. I certainly wasn't going to go see them eight and half months pregnant or eight months pregnant. Another sailor came over and talked to me at the bus station and asked me what I was going to do and I told him I didn't know but I didn't have any place to go or anything so he bought me something to eat (Appendix J, p. 308).

Following her experience with the sailor, Ellen went to a local home for unwed mothers. Here she triangulated again.

I talked to the sisters after I got out to that home and everything. And, of course, talking to the other girls and most of them were so much worse off than I was (Appendix J, p. 309).

In times of extreme stress, Ellen used withdrawal. When Ellen realized that her marriage to the father of her child was not going to take place, Ellen withdrew from her infant.

I was very upset about it. Because that meant I had to give the baby up that we had really planned to keep (Appendix J, p. 308).

I felt really bad about leaving the baby up there, and still do cause I have no idea where that one is or what happened to him (Appendix J, p. 309).

Ellen does not demonstrate her childhood pattern of overfunctioning in friendships. In these relationships she reported underfunctioning. This process allows other people to take care of her because she refused to assume adult responsibilities.

I mean at the time I didn't have a room or nothing. We had been living on base and when he got out he had to give it up. So we'd left and I had no house, no money, no nothing. The particular day that he left I stayed in the bus station about two hours wondering what I was going to do even while he was gone, if he'd be back in three or four days. I didn't know what I was going to do (Appendix J, p. 308).

She recounted having a stranger take care of her because of her apparent helplessness.

He was going home the next morning. Which left me again with no place to go or nothing to do. But he suggested that I might want to call a place he had heard of for unwed mothers. Of course, I figured there was something to it. We were in San Francisco. So I walked back down to the bus station with him to catch his bus. Then when he'd left he had given me a couple of dollars. I used the telephone to call and they sent somebody down to get me. So I was very upset at the guy that had left me in that situation (Appendix J, p. 308).

Ellen had many problems with boundaries in her friendships. The man that she went with from the bus depot was a complete stranger.

Never saw him before or nothing. But I was so devastated and didn't have any place to go. He was married . . . we talked for a long time. And, of course, I did have intercourse with him (Appendix J, p. 308).

While Ellen was dating her future husband she was also seeing other men.

When I started going with my husband and was still seeing those other guys. One of them got very disrespectful with me cause I wouldn't go out with him again, when I decided to quite going with everybody but my future husband. And he started rumors and stuff that I'd do anything anybody wanted me to as long as I liked them. And that's a bunch of bull. I thought that he really had a problem cause he was a married man (Appendix J, p. 308).

In summary, Ellen demonstrated all her childhood patterns of relating except overfunctioning. Ellen underfunctioned by inappropriately placing friends and acquaintances in the position of taking care of her.



Ellen recreated emnity bonds in her love relationships. At first she saw her spouse as almost perfect.

Of course he was outstanding. He always cared about what I needed and how I felt. He always complimented me when I got dressed to go somewhere. Like I said, he always treated me like a queen. Of course, he was a southern gentleman and had always done everything possible, things for me and this always made me feel real good (Appendix J, p. 315).

When the children came the marriage changed.

Well, I think that I was so spoiled that when he really started drinking or started getting involved with work . . . he worked a lot because he had a disability, he couldn't take a written test, so he didn't get the promotions he should have had in the service (Appendix J, p. 315-316).

I remember he resented my being involved with the kids, therefore, he kept himself away from me more even if he was in the house he didn't show me any attention or anything (Appendix J, p. 316).

Frequently, Ellen was unable to differentiate herself from her spouse.

When her husband expressed resentment towards the children she felt guilty.

It really flustered me. I didn't know what to think. What was going on. And, of course, I felt like it was my fault, that I really did something wrong (Appendix J, p. 316).

She recalled that she tried to talk to him about her feelings concerning the marriage and her children; however, he did not understand her.

I felt like I had let him down a little bit because I had been his whole life. I felt not quite as perfect a person as I was before. But I was torn between whether God wanted me to do that. I knew that He didn't want me to neglect the children. I knew that I was supposed to be a companion and be available for my husband. So I was kind of torn (Appendix J, p. 317).

At times in the marriage Ellen thought her husband was seeing another woman.

Well, I wondered whether he was seeing another woman and whether he wanted out or not (Appendix J, p. 316).

Well, I really probably doubted myself, that I was capable of satisfying a man as a companion and raising kids both at the same time and I wondered . . . I remember thinking one time that I wondered why God ever gave me a child if it wasn't supposed to be, if that was going to cause friction (Appendix J, p. 317).

When stress arose in the marriage, triangulation occurred.

Well, in the later part (of the marriage) there was a lot of bitching about me to other people. Told them I wasn't any good or anything. And that really hurt when it came back to me (Appendix J, p. 316).

At times one of her children was brought into the marriage to reduce the stress.

Well, I tried to make her go to bed earlier so I was available when he came home. Which didn't work cause she's a night owl (Appendix J, p. 317).

Ellen also used withdrawal as a means of coping with her marital stress.

She recalled that when she went to the bar, her spouse was frequently with other women. Her response was to cry.

I cried. Used to tell me I bawled all the time. No, it didn't do no good. Well, it kind of relieved the tension. It's all I knew to do right then (Appendix J, p. 317).

Ellen both overfunctioned and underfunctioned as a way of dealing with the stress in her family. She would overfunction by going to a bar to bring home her intoxicated spouse.

He used to call me to come get him when he had been drinking (Appendix J, p. 317).

Ellen also underfunctioned. She sometimes believed she was helpless as a mother and a spouse.

Well, like I said, I felt inadequate. I couldn't make decisions. I didn't know what to do for us or him, what was best (Appendix J, p. 318).

Ellen had difficulty defining boundaries. Her spouse would drink with other women at the bar. She was unable to define or set limits on what was appropriate marital behavior.

When I got there (to the bar) he'd been talking to another woman or something and tell me I wasn't no good, that he didn't want me, that he wasn't going home with me and all those things. Then I'd leave crying because I couldn't let go of him and let her have him or anything, but I didn't know what to do (Appendix J, p. 317).

In summary, Ellen displayed each of her childhood patterns of relating. In addition to those previously mentioned, she also underfunctioned. By

underfunctioning she was able to act out her feelings of inadequacy and dependency.

## CHAPTER V

### RESULTS

The results of the five in-depth interviews with incest survivors are presented in this chapter. The three research questions are repeated and results are stated.

#### Research Question One

Can childhood patterns of relating to significant others, learned and subsequently practiced by incest survivors, be identified?

In each of the five case histories there were childhood patterns of relating identified. Each subject was raised in a family where an enmity bond was predominant. Each subject reported a predominantly painful relationship with each parent.

Each subject reported a childhood pattern of fusion between herself and a more powerful parent. This resulted in each subject reporting her feelings of self-esteem to be associated with her parent's behavior. None of the subjects were able to differentiate a separate self.

Each subject reported a childhood pattern of triangulation in her family of origin. The most frequent pattern of triangulation occurred as a result of the incest. Each subject was drawn into her parents' sexual relationship.

Each subject reported a childhood pattern of withdrawal. The withdrawal was a technique used to cope with stress within the family. The withdrawal ranged from mild, going off to be alone, to severe, suicidal attempts. Four subjects reported mental withdrawal at the time of the sexual act in order to refocus her attention onto a pleasant memory.

Each subject reported a childhood pattern of overfunctioning. When a parent demanded a subject to function as a sexual partner, the subject performed beyond the expected level of physical and emotional functioning culturally expected of a child. Some of the subjects overfunctioned by taking on inappropriate levels of household responsibilities.

Each subject reported a childhood pattern of having difficulty in defining boundaries. As the subjects became sexually active, they lost the appropriate definition of the role of a child within the family.

In summary, the case history analysis identified the following childhood patterns of relating to others.

1. Predominantly enmity based bonding to parents and early environment was reported. Bonds were predominantly painful.
2. Fusion between parent and child, with difficulties in separating the child's identity from parental behavior, was reported.
3. Triangulation as a method of coping with anxiety within the family of origin was reported. Each subject was drawn into the parents' marriage through the incest.
4. Withdrawal as the technique used by the child to cope with the stress of their experience as reported.
5. Overfunctioning as a child was reported. Incest required the subject to perform above her developmental level of emotional and physical maturity.
6. Confusion with boundaries between family members was reported. The subject was frequently unsure of how the role of child was different from that of spouse or lover.

#### Research Question Two

What, if any, are the effects of those early patterns of relating to significant others on the incest survivor's perceptions of themselves and others?

Case history analyses revealed that the incest affected each subject's perception of herself and others. Each subject reported feeling responsible for the incestuous act. Each subject reported a denial of inner feelings and thoughts as a method to cope with the incestuous act. Four of the five subjects reported having difficulty trusting their perceptions of reality. Four of the five subjects stated they could neither trust themselves nor others. Three of the five subjects believed they were bad as a result of the incest. Two of the five subjects reported that they did not like themselves. One of the five subjects viewed herself as an object to be exploited. Three of the five subjects viewed men as objects to be exploited. One subject viewed men as dangerous. Another subject viewed men as non-feeling, non-human creatures.

### Research Question Three

Do incest survivors currently maintain patterns of relating at work, in friendship, and in love relationships similar to those patterns learned within their family of origin?

Case history analyses revealed the continuation of childhood patterns of relating in each subject's adult life. Subjects reported a repetition of the childhood patterns occurring at work, in friendship, and in love relationships.

Each subject reported recreating enmity bonds at work. Each expressed the perception that her self-worth was fused to the behavior of others. Each used withdrawal as a way to cope with stress. Each reported overfunctioning at work. Each subject reported difficulty with setting and maintaining boundaries. Four of the five subjects reported using triangulation as a method of coping with stressful relationships at work.

Each subject reported creating enmity bonds in her friendships. Each expressed the perception that her self-worth was fused to the behavior of friends. Each triangulated in her friendships. Each used withdrawal as a means

of coping with stress. Each reported overfunctioning in her friendships. One subject reported underfunctioning by presenting herself as helpless to friends. One subject reported a combination of overfunctioning with the blurring of boundaries. Each subject reported problems with setting limits and enforcing boundaries.

Each subject reported recreating enmeshed bonds in her love relationships. Each expressed the perception that her self-worth was fused to the behavior of their loved ones. Each triangulated in their love relationships. One of the subjects combined triangulation with a fusion of boundaries. Under conditions of stress in intimate relationships, each subject reported withdrawing. Each subject overfunctioned in her love relationships. One subject reported occasionally underfunctioning and taking on an inappropriately dependent role. This same subject reported functioning similarly in friendships. Each subject reported problems with boundaries in her love relationships.

In summary, each subject reported a repetition of her childhood patterns of relating in her adult life. Some subjects combined patterns of relating. One subject did not report triangulation in her least intimate relationships; however, as closeness was established, she triangulated.

CHAPTER VI  
SUMMARY, CONCLUSION, RECOMMENDATIONS

Summary

Statistics indicate that many female children are routinely sexually assaulted by male family members, frequently their own fathers (Herman, 1981). The acknowledgment of the incest experience on the part of a woman frequently gives rise to the question: How did this experience affect me in the past and what effect does the experience have on me today? This research was designed to answer this question.

A review of the current literature traces the history of incest approximately 4,000 years. Many ancient writings draw reference to this phenomena. During the sixteenth century in England, a legal struggle began that would last for over 300 years. The struggle was over a definition of the age and rights of childhood. During the latter half of the nineteenth century many of the states in the United States legislated an age of consent for children. In this same time period, Freud was addressing issues of sexuality in the psychological community. His views caused much unrest. By the middle of the twentieth century, social science researchers were exploring incest through case histories. The findings supported the popular beliefs of the time. If the alleged assaults did take place, the effects on the victim were thought to be minimal. With the revival of the Women's Movement in the 1970s, the sexual exploitation of women and children again came to the attention of the general public. Researchers again began to study the phenomem, primarily through surveys and personal testimony. A theoretical gap appeared in the literature. There was no



systematic explanation for the effects of incest on survivors that was grounded in psychological theory.

This research presents three theoretical positions to be used in understanding the effects of incest on female survivors. The psychoanalytic position of Wienecke (1974), the psychodynamic systems theory of Bowen (1978), and the structural family theory approach of Minuchin (1974) are presented and theoretical propositions were derived from each theory to form the basic units of study. The theoretical propositions, as restated from Chapter II are:

Wienecke's (1974) Theoretical Propositions for Analysis

1. People recreate in their adult relationships the amnity/emnity bonds experienced in their family of origin. These bonds are recreated through the sado-masochistic sequence.
2. Adults raised in a predominantly emnity based environment will pick, provoke, or perceive others as relating in ways that deprive, depreciate, or exploit them.
3. Adults raised in a predominantly emnity based environment will tend to act out the masochistic amnity/emnity complex.

Bowen's (1978) Theoretical Propositions for Analysis

1. People recreate in their adult relationships the differentiation or fusion of self that existed within their family of origin.
2. Adults raised in intense conflict recreate that intensity in their current relationships.
3. The dominant methods of dealing with anxiety within the family of origin are recreated in an adult's intimate relationships. Adults adaptive within their family of origin remain adaptive within current adult relationships.

4. The person who underfunctions as a child underfunctions as an adult by finding others to take responsibility for him/her.

Minuchin's (1974) Theoretical Propositions for Analysis

1. People will recreate in their adult relationships the patterns of relating learned within the familial social system to maintain equilibrium.

2. Adults raised in enmeshed or disengaged families experience problems with boundaries in their current relationships.

Based on the theoretical propositions, the purpose of the study was to determine the following: (a) Can childhood patterns of relating to significant others, learned and subsequently practiced by incest survivors, be identified? (b) What, if any, are the effects of those early patterns of relating to significant others on the incest survivor's perceptions of themselves and others? and (c) Do incest survivors currently maintain patterns of relating at work, in friendship, and in love relationships similar to those patterns learned within their family of origin?

Five women, all whom had been molested by their birth father as children, were interviewed. Each woman received the same structured interview. The women were questioned regarding their perpetrator, details of the incestuous act, and their thoughts and feelings regarding work, friendship, and love relationships.

The results of the study demonstrate that patterns of relating can be identified in childhood. It is further evidenced that these patterns tend to influence perceptions of self and others and repeat themselves in adult relationships.

#### Conclusions

This research suggests that childhood patterns of relating can be identified. These patterns appear to be learned. There is reported consistency in the

patterns learned by the women interviewed in this research.

This finding suggests that children are influenced by the environment within their family of origin. This early environment may influence how a child indiscriminately interprets his/her world. These interpretations can skew a child's perception of reality which can result in seeing malevolence when none is intended.

This research suggests that the five women who were interviewed did experience perceptions of themselves and others which were based on their childhood patterns of relating. The perceptions of themselves and others are predominantly negative. Each woman perceived herself as responsible for the incest. Each woman reported a distortion in her own perception of reality as a method of coping with the incest.

Due to cognitive distortions in reality, which results from the incest experience, each of these women are potentially quite vulnerable to anxiety and depression. There is the possibility that these survivors may perceive interactions with people to be more painful than what reality suggests. Incest survivors may recreate a masochistic cycle of relating.

All of the women interviewed in this research reported that they currently maintain patterns of relating at work, in friendship and in love relationships similar to those patterns learned within their family of origin. There is reported consistency in the repetition of the patterns.

Since the research suggests that the subjects recreated their childhood patterns of relating, the question of how these patterns are recreated in their current reality arises. Wienecke's (1974) position suggests that these women opted to be involved with others who are hurtful, physically and/or emotionally, to them. His position further suggests that these women may provoke others to

be physically and/or emotionally hurtful. His position further suggests that these women may misperceive others to be physically and/or emotionally hurtful.

#### Recommendations

The following recommendations for future research are made based upon the results of this study.

1. Similar case study research should be conducted interviewing women who have not been or are not currently in psychological treatment.
2. Similar case study research should be conducted interviewing male incest survivors to determine the effects of the experience on their life adjustment.
3. With a theoretical foundation now in place on female incest survivors who have been in psychological treatment, this subject matter is ready for statistical analysis using larger samples. With patterns of relating identified, research to determine which pattern is most common and/or most dysfunctional among survivors could be identified. With those future results the clinician could more appropriately intervene, develop treatment plans and goals that are firmly grounded in theory. This could help the patient reconstruct more accurate perceptions of her current reality and move her towards living a less painful life.
4. As a result of this research, identifiable patterns of childhood relating in incest survivors are noted. Research can now be designed and conducted to test the null hypothesis that no differences in childhood patterns of relating exist between female incest survivors and females who did not experience incest.

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## APPENDIXES

APPENDIX A  
STATEMENT OF INFORMED CONSENT

## APPENDIX A

### STATEMENT OF INFORMED CONSENT

- I. I understand that this research for which I am about to participate is intended to broaden the theoretical understanding of the incest dynamic. I understand that I will be interviewed for approximately 1 hour per day, over two consecutive days, for a total of two hours.
- II. I understand that the questions I will be asked may be of an emotionally stressful nature. I have discussed my participation in the research with my therapist and s/he agrees to be available to me for consultation after the interviews.
- III. I understand that I will be interviewed in the researcher's office and the questions she will ask are of a highly personal nature concerning my incestuous relationship with my father.
- IV. I currently have a psychotherapist and have discussed my participation in the research with him/her. My therapist agrees to be available to me for consultation after the interviews.
- V. I have been given an opportunity to ask and receive answers to any questions concerning the research project.
- VI. I understand the limits of confidentiality. I understand that the information I will give will remain anonymous. I give permission for my interviews to be audio taped and that transcriptions of my responses may appear in the text of the dissertation. I further understand that my identity will be disguised at all times.
- VII. I have been informed that I am free to withdraw my consent and to discontinue participation at any time. Furthermore, I agree that there has been no attempt, either written or oral, to get me to waive any of my legal rights or to hold any person or other entity blameless except as provided by law.
- VIII. I hereby give my informed consent to participate.

---

Participant \_\_\_\_\_ Date \_\_\_\_\_

---

Witness \_\_\_\_\_ Date \_\_\_\_\_

APPENDIX B  
QUESTIONS ON MOLESTING

APPENDIX B  
QUESTIONS ON MOLESTING

Date of Interview

Length of Interview

Subject

Present Age

Occupation

The Molester:

1. What was the name of the person who molested you?
2. Did he live with your family when he molested you?
3. What was his age at the time?
4. Describe him physically.
5. Was he married to your mother at the time? If so, how long?
6. How many children were living in the home when you were molested? What were their ages and gender?
7. What was his relationship like with each child?
8. Did he favor one child? If so, which one?
9. In what ways was he a good/bad father (step-father)?
10. How did he punish the children?
11. How did he show affection to the children?
12. How did he show affection to your mother?
13. What was your mother's age when he began molesting you?
14. What was his relationship like with your mother?



15. In what ways was he a good/bad husband?
16. Tell me what you know about his sexual relationship with your mother.
17. Use three adjectives to describe your father (step-father).
18. Use three adjectives to describe your mother.
19. Was he/had he ever been involved with criminal activities? If so, what were they?
20. Did he have a police record?
21. Did he use alcohol or drugs?
22. What job did he have at the time he molested you. What was his approximate income?
23. What was the highest grade he completed in school?
24. What was his religious affiliation?
25. Do you know if he or your mother was ever treated for psychiatric problems or did s/he ever receive psychotherapy?
26. Do you know if he or your mother was abused, molested, or neglected as a child?
27. Were his parents divorced? Separated? Were her parents divorced? Separated?

The Act:

At (date, time),

I was (tell where you were).

I was (tell what you were doing).

I was feeling

and I was thinking

and I was wondering

and I was hoping.

Dad (step-dad) was (tell what he was doing).

He came to me and said.

Then he (tell exactly what he did to you)

and he also

and he also.

He said to me.

While he was (tell what he did)

I said to him

and I pretended

and I thought

and I felt

and I wanted to

and I wanted him to.

The place we were in was (describe).

The rest of the family was.

Dad (step-dad) stayed (how long).

When he left I (tell what you did)

and I thought

and I wondered

and I felt

And now I think

and I wonder

and I feel

and I want to say to to dad (step-dad):

1. Was this a single act or one repeated over time? If repeated, how often?
2. Before he molested you, did you ever feel uncomfortable in his presence?

3. During the act was he persuasive, threatening, sadistic, or offer bribes?
4. Was anyone else present?

The Survivor:

1. How old were you when the molesting occurred?
2. Describe the closeness of your family.
3. Were you closer to your mother or your father? Explain.
4. Were any of your siblings molested? By whom?
5. Did your family members know about the molesting? Which members knew?  
How did they react? What was said to you about the incident?
6. How did you feel after the act? Angry? Hostile? Guilty? Worthless?  
Used? Scared? Responsible? Which, if any, of these feelings has changed  
with the passage of time?
7. How do you feel now, talking about the molesting?
8. Did you see a therapist at the time? If so, what occurred?
9. Did you see a physician at the time? If so, what happened?
10. Were the police involved? If so, what occurred and when were they  
informed.
11. Whom in your life have told about the molesting? What was their reaction to  
what you said?
12. If you could say two or three sentences to the molester now, what would  
they be?
13. How do you feel the molesting has affected your relationship with men?  
Sexually? How did/does it affect your marriage?
14. Have you experienced any of the following difficulties: School drop out?  
Criminal activities? Running away? Truancy? Suicidal attempts? Serious  
depression/anxiety? Thoughts of "going crazy" or being "out of control"?  
Excessive use of drugs or alcohol?

15. How do you handle anger?
16. At what age did you marry? Have you been married more than once?
17. Use three words to describe the man you married.
18. How long have you been receiving psychotherapy?
19. Use three adjectives to describe yourself.
20. Do you have children? Age and gender? Have they been molested? If so, by whom? What do you tell them about sex? Are you affectionate with them?

APPENDIX C  
QUESTIONS ON WORK, FRIENDSHIP, AND LOVE

## APPENDIX C

### QUESTIONS ON WORK, FRIENDSHIP, AND LOVE

1. I want you to think back over your work history. Consider for whom you have worked and the kind of jobs you have performed.
  - A.1. Tell me about your needs at your place of employment?
  - A.2. To what extent are/were your needs met?
  - A.3. Tell me about a significant instance in which your needs were not met.
  - A.4. What did you think about that experience?
  - A.5. How did your thoughts make you feel?
  - A.6. What did you do in response to those feelings?
  - A.7. Was what you did in your best interest?
  - A.8. How did you feel about what you did?
  - A.9. How did you feel about yourself?
  
- B.1. Tell me about an experience when your felt disrespected at work.
- B.2. What did you think about that experience.
- B.3. How did your thoughts make you feel?
- B.4. What did you do in response to those feelings?
- B.5. Was what you did in your best interest?
- B.6. How did you feel about what you did?
- B.7. How did you feel about yourself?

- C.1. Tell me about an experience at work when you felt used or exploited.
  - C.2. What did you think about that experience?
  - C.3. How did your thoughts make you feel?
  - C.4. What did you do in response to those feelings?
  - C.5. Was what you did in your best interest?
  - C.6. How did you feel about what you did?
  - C.7. How did you feel about yourself?
2. Now I want you to remember back over your lifetime to friends you have had and/or currently have. In thinking about this next set of questions, select one person you consider to be your best friend. Answer these questions with reference to this relationship.
- A.1. Tell me what your needs are from a friendship.
  - A.2. To what extent are your needs met by this person.
  - A.3. Now, tell me about a significant instance when your needs were not met.
  - A.4. What did you think about that experience?
  - A.5. How did your thoughts make you feel?
  - A.6. What did you do in response to those feelings?
  - A.7. Was what you did in your best interest?
  - A.8. How did you feel about what you did?
  - A.9. How did you feel about yourself?
- B.1. Tell me about an experience when you felt disrespected by your friend.
  - B.2. What did you think about that experience?

- B.3. How did your thoughts make you feel?
  - B.4. What did you do in response to those feelings?
  - B.5. Was what you did in your best interest?
  - B.6. How did you feel about what you did?
  - B.7. How did you feel about yourself?
- 
- C.1. Tell me about an experience when you felt used or exploited by your friend.
  - C.2. What did you think about that experience?
  - C.3. How did your thoughts make you feel?
  - C.4. What did you do in response to those feelings?
  - C.5. Was what you did in your best interest?
  - C.6. How did you feel about what you did?
  - C.7. How did you feel about yourself?
- 
3. I want you to recall your main love relationships. These relationships include your mother, your father, and your spouse.
- A.1. Tell me about your physical and emotional needs in each of these relationships.
  - A.2. To what extent are/were your needs met by your mother (father, husband)?
  - A.3. Tell me about a significant instance when your needs were not met by her/him.
  - A.4. What did you think about that experience?
  - A.5. How did your thoughts make you feel?
  - A.6. What did you do in response to those feelings?



- A.7. Was what you did in your best interest?
- A.8. How did you feel about what you did?
- A.9. How did you feel about yourself?
  
- B.1. Tell me about a significant instance when you felt disrespected by your mother (father, husband).
- B.2. What did you think about that experience?
- B.3. How did your thoughts make you feel?
- B.4. What did you do in response to those feelings?
- B.5. Was what you did in your best interest?
- B.6. How did you feel about what you did?
- B.7. How did you feel about yourself?
  
- C.1. Tell me about a significant instance when you felt used or exploited by your mother (father, husband).
- C.2. What did you think about that experience?
- C.3. How did your thoughts make you feel?
- C.4. What did you do in response to those feelings?
- C.5. Was what you did in your best interest?
- C.6. How did you feel about what you did?
- C.7. How did you feel about yourself?

APPENDIX D  
(THE ORIGINAL)  
A PAGE IN MY JOURNAL  
QUESTIONNAIRE ON MOLESTING

APPENDIX D

A PAGE IN MY JOURNAL

At (time, date) \_\_\_\_\_, I was (tell  
where you were \_\_\_\_\_.

I was (tell what you were doing \_\_\_\_\_  
\_\_\_\_\_.

I was feeling \_\_\_\_\_ and I

was thinking \_\_\_\_\_ and I

was wondering \_\_\_\_\_ and I

was hoping \_\_\_\_\_ . Dad

was (tell what he was doing) \_\_\_\_\_.

He came to me and he said \_\_\_\_\_

\_\_\_\_\_. Then he (tell exactly what he  
did to you) \_\_\_\_\_

and he also \_\_\_\_\_

and he also \_\_\_\_\_.

He said to me \_\_\_\_\_.

While he was (tell what he did) \_\_\_\_\_

\_\_\_\_\_, I said to him \_\_\_\_\_

\_\_\_\_\_, and I pretended \_\_\_\_\_

\_\_\_\_\_, and I thought \_\_\_\_\_

\_\_\_\_\_, and I felt \_\_\_\_\_

\_\_\_\_\_, and I wanted to \_\_\_\_\_

\_\_\_\_\_, and I wanted him to \_\_\_\_\_

\_\_\_\_\_. The place we were in was  
(describe) \_\_\_\_\_.  
The rest of the family was \_\_\_\_\_.  
Dad stayed (how long?) \_\_\_\_\_. When he left, I  
(tell what you did) \_\_\_\_\_, and I  
thought \_\_\_\_\_, and I wondered \_\_\_\_\_  
\_\_\_\_\_, and I felt \_\_\_\_\_.  
And now I think \_\_\_\_\_, and I wonder \_\_\_\_\_  
\_\_\_\_\_, and I feel \_\_\_\_\_, and I want  
to say this to dad: \_\_\_\_\_  
\_\_\_\_\_.

## QUESTIONNAIRE ON MOLESTING

Date: \_\_\_\_\_

Length of Interview: \_\_\_\_\_

Person Interviewed:

Victim: \_\_\_\_\_

Relative of Victim: \_\_\_\_\_

Present Age of Person Interviewed: \_\_\_\_\_

Sex of Victim: \_\_\_\_\_ Of Person Interviewed: \_\_\_\_\_

Occupation of Person Interviewed: \_\_\_\_\_

## PART I: THE MOLESTER

1. Who was it who molested you/your relative? \_\_\_\_\_

2. How close was he to the family? \_\_\_\_\_

3. Did he live with the family? \_\_\_\_\_

4. How old was he at the time? \_\_\_\_\_

5. Can you describe him physically? \_\_\_\_\_  
\_\_\_\_\_

6. Was he married at the time? \_\_\_\_\_ Previously? \_\_\_\_\_

How many times? \_\_\_\_\_

7. Did he have children? \_\_\_\_\_ Living with him? \_\_\_\_\_

What were their ages and sexes? \_\_\_\_\_

8. What was his relationship with his children? \_\_\_\_\_  
\_\_\_\_\_

9. Did he prefer one of his children over another? \_\_\_\_\_

Which? \_\_\_\_\_

10. In what ways was he a good/bad father? \_\_\_\_\_  
\_\_\_\_\_

11. How did he punish his children? \_\_\_\_\_
12. How did he show affection? \_\_\_\_\_
13. How many years was he married? \_\_\_\_\_
14. What was his wife's age? \_\_\_\_\_
15. What was his relationship with his wife? \_\_\_\_\_  
\_\_\_\_\_
16. In what ways was he a good/bad husband? \_\_\_\_\_  
\_\_\_\_\_
17. Do you know anything about his sexual relationship with his wife? \_\_\_\_\_  
\_\_\_\_\_
18. Use three adjectives to describe this man: \_\_\_\_\_  
\_\_\_\_\_
19. Use three adjectives to describe his wife: \_\_\_\_\_  
\_\_\_\_\_
20. Was he/had he ever been involved in criminal activities? \_\_\_\_\_  
\_\_\_\_\_ If so, what were they? \_\_\_\_\_
21. Did he have a police record? \_\_\_\_\_
22. Did he use alcohol or drugs? \_\_\_\_\_
23. What job did he have at the time? \_\_\_\_\_ In the  
past? \_\_\_\_\_ What was his income? \_\_\_\_\_
24. What grade level in school did he complete? \_\_\_\_\_
25. Did he have a religious affiliation? \_\_\_\_\_
26. What was his nationality? \_\_\_\_\_
27. What was his regional origin? \_\_\_\_\_
28. As a person, which, if any of the following adjectives describe him?  
Seductive \_\_\_\_\_ Affectionate \_\_\_\_\_ Aggressive \_\_\_\_\_  
Rigid \_\_\_\_\_ Cold \_\_\_\_\_ Hostile \_\_\_\_\_

Loving \_\_\_\_\_ Impulsive \_\_\_\_\_ Immature \_\_\_\_\_

Inadequate \_\_\_\_\_ Serious \_\_\_\_\_

29. Do you know if he had psychiatric problems? \_\_\_\_\_

Was he ever seen at mental health agency for therapy? \_\_\_\_\_

30. Do you know if was abused, molested or neglected as a child? \_\_\_\_\_

31. Were his parents divorced? \_\_\_\_\_ Separated? \_\_\_\_\_

## PART II: THE ACT

1. What did he do when he molested you/your relative? Can you describe the details? \_\_\_\_\_

2. Was this a single act or one repeated over time? \_\_\_\_\_

If repeated, for what length of time? \_\_\_\_\_

3. How did he approach you/your relative? \_\_\_\_\_

4. Before he molested you/your relative, did you ever feel uncomfortable in his presence? \_\_\_\_\_ If so, why? \_\_\_\_\_

5. During the act, how did he behave? \_\_\_\_\_

Was he persuasive? \_\_\_\_\_ Threatening? \_\_\_\_\_

Sadistic? \_\_\_\_\_ Did he offer bribes? \_\_\_\_\_

6. If the molesting occurred over a period of time, how did his behavior change? \_\_\_\_\_

7. Were you passive or required to participate actively? \_\_\_\_\_

8. Where did the molesting occur? \_\_\_\_\_

9. What details regarding setting, clothing, time of day, appearance do you recall? \_\_\_\_\_

- \_\_\_\_\_
10. What words did he say to you? \_\_\_\_\_
11. Was anyone else present? \_\_\_\_\_

### PART III: THE VICTIM

1. How old were you/your relative when the molesting occurred? \_\_\_\_\_
2. What was your family constellation? \_\_\_\_\_  
 \_\_\_\_\_ Age and sex of sibling? \_\_\_\_\_  
 \_\_\_\_\_ Were your parents married? \_\_\_\_\_  
 Separated? \_\_\_\_\_ Divorced? \_\_\_\_\_
3. Would you describe your family as close? \_\_\_\_\_
4. Were you closer to your mother or father? \_\_\_\_\_
5. Was any other member of your family molested? \_\_\_\_\_  
 By whom? \_\_\_\_\_
6. Use three adjectives to describe your mother? \_\_\_\_\_  
 \_\_\_\_\_ Your father? \_\_\_\_\_
7. Did your family know about the molesting? \_\_\_\_\_  
 Which members knew? \_\_\_\_\_ How did they react? \_\_\_\_\_  
 \_\_\_\_\_ Do you remember what was said to you?  
 \_\_\_\_\_
8. How did you feel after the act? \_\_\_\_\_ Angry? \_\_\_\_\_  
 Hostile? \_\_\_\_\_ Guilty? \_\_\_\_\_ Worthless? \_\_\_\_\_ Used? \_\_\_\_\_  
 Scared? \_\_\_\_\_ Responsible? \_\_\_\_\_ Did your feelings change  
 with the passage of time? \_\_\_\_\_
9. How do you feel now, talking about the molesting? \_\_\_\_\_  
 \_\_\_\_\_
10. Did you see a counselor or physician at the time? \_\_\_\_\_



- If so, what occurred? \_\_\_\_\_
11. Were the police involved? \_\_\_\_\_ If so, what occurred and when were they informed? \_\_\_\_\_
- \_\_\_\_\_
12. Whom in your life have you told about the molesting? \_\_\_\_\_
- \_\_\_\_\_
13. If you could say two or three sentences to the molester now, what would they be? \_\_\_\_\_
- \_\_\_\_\_
14. How do you feel the molesting has affected your relationship with men?
- \_\_\_\_\_
- Sexually? \_\_\_\_\_
- How did/does it affect your marriage? \_\_\_\_\_
- \_\_\_\_\_
15. Were you very active sexually before/after marriage? \_\_\_\_\_
- \_\_\_\_\_ How active? \_\_\_\_\_
16. Have you experienced any of the following difficulties:
- School drop out? \_\_\_\_\_ Criminal activities? \_\_\_\_\_
- Delinquency? \_\_\_\_\_ Suicidal attempts? \_\_\_\_\_
- Serious depression/anxiety? \_\_\_\_\_ Thoughts of "going crazy" or "being out of control?" \_\_\_\_\_
- Excessive use of drugs or alcohol? \_\_\_\_\_
17. How do you handle anger? \_\_\_\_\_
18. At what age did you marry? \_\_\_\_\_ Have you been married more than once? \_\_\_\_\_
19. Use three words to describe the man you married: \_\_\_\_\_
- \_\_\_\_\_

20. What mental health services have you sought in life? \_\_\_\_\_  
\_\_\_\_\_
21. Have you ever been active sexually with a member of your own sex? \_\_\_\_\_  
\_\_\_\_\_ Attracted to member of your sex? \_\_\_\_\_
22. Use three adjectives to describe yourself: \_\_\_\_\_  
\_\_\_\_\_
23. Do you have children? \_\_\_\_\_ Age and sex? \_\_\_\_\_  
Have they been molested? \_\_\_\_\_ If so, by whom?  
\_\_\_\_\_ What do you tell them about sex?  
\_\_\_\_\_ Are you affectionate with them? \_\_\_\_\_
24. Give your first reaction to the following? Nudity: \_\_\_\_\_  
\_\_\_\_\_ Group sex: \_\_\_\_\_ Heterosexuality: \_\_\_\_\_  
\_\_\_\_\_ Homosexuality: \_\_\_\_\_ Bisexuality: \_\_\_\_\_  
\_\_\_\_\_ Sexual perversion: \_\_\_\_\_  
Oral sex: \_\_\_\_\_ Anal sex: \_\_\_\_\_
25. How are you feeling now? \_\_\_\_\_

**APPENDIX E**  
**PUBLISHER'S PERMISSION LETTER**



**LEARNING PUBLICATIONS, INC.**

January 27, 1986

Ms. Catherine Morgan  
2129 Northwest One-Hundred-Thirteenth Street  
Oklahoma City, Oklahoma 73120

Dear Ms. Morgan:

I am pleased to report to you that your request for permission to reproduce pages 55-60 from Adele Mayer's book, Incest, and the Questionnaire on Molesting has been granted. This permission reaches only in so far as to be used for your dissertation.

I wish you all the luck on your Ph.D and I hope that these publications will help you in obtaining your degree.

Very truly yours,

Tera J. Jackson  
for Edsel Erickson - President

Copy: File

APPENDIX F  
INTERVIEW: MELISSA

## APPENDIX F

### INTERVIEW: MELISSA

Date of Interview: 1/1-2/87  
Length of Interview: 2 Hours  
Subject: Melissa  
Present Age: 31  
Occupation: Quality Control Inspector

CM: The first part of this interview concerns your molester. I will ask you some specific things about him and some of the details of what happened to you. What was the name of the person who molested you?

M: William.

CM: Did he live with your family when he molested you?

M: Yes.

CM: What was his age at the time?

M: Oh, God, let me think, probably middle thirties.

CM: Describe him physically.

M: He's kind of a slight built man. He's real intense looking. He's got real sharp carved features. He's not very big, about 5'9", slight build, dark curly hair. He looks real intense. He looks, even though he's small, he looks like somebody you wouldn't want to mess with. (Laughing) He always looks in control. He's always in control.

CM: Was he married to your mother at the time?

M: Well, my real mother died when I was ten. He married my aunt. I called them mom and dad so, yes, I guess in effect he was. She had, my real mother had ALS. She was really kind of debilitated before she actually died. So when I was nine, I went to live with my grandfather for a year then I lived with my step-mother and dad for the rest of the time.

CM: How long were your parents married when your mother died?

M: Oh God, probably 10 years.

CM: How many children were living in the home when you were molested?

M: Five, including myself.

CM: What were their ages and gender?

M: They are all boys except me. Let's see, the oldest, I was next to the youngest. Mike was probably 14 or 15, Tom was two years younger than him (12), Jeff was three years younger than Tom (9), I was three years younger than Tom (9), and my youngest brother, Nick, who is my real brother is three and a half years younger than me.

CM: What was his relationship like with each of these children?

M: He was real distant. He can't express emotion. The only emotion he ever expressed was anger. You know, anything else he was real controlled. I would say he didn't have a close relationship with any of us. And, even now that we are grown, it's real strange because nobody can, (pause) he makes (pause) I thought that I was the only one that he made uncomfortable, but I have talked to my brothers and they all have pretty much the same reaction. He makes us uncomfortable. It's like he wants to talk to us. He wants to be close and stuff, but he really doesn't know how. After all this time I guess we don't know how with him either. It's like you have to try so hard. For me, I can't really speak for them (pause) although I know they are uncomfortable too, but it's like I have to try so hard to rack my brain to think of something to say. You know, we have a few subjects we are good on (pause), we're real good on like the weather (laughing). If the weather's been boring our conversations kind of lag (laughing). That's about it. He's real quiet anyway. He doesn't talk a lot (pause). He talks pretty well on surface things. You can't talk to him about anything that's below the surface. He's that way with everyone. I never ever heard him tell anyone that he loved them. It's just (pause) he's a real stoic kind of person and he just doesn't (pause), he's not emotional.

CM: Did he favor one of the children?

M: Yeah. He and my step-mom both favored Tom, he was the second oldest. He was like the hero in my family. He didn't get beaten. You know, he was smart. He was good looking. He was popular. He was a good athlete. He was the one we were all supposed to be like (sighing and laughing). He's the one also most like my father. It's like (pause), so on the outside Tom looks real good, he's real successful, he's wealthy (pause), you know, he's like poor working class parents' dream. He's gonna turn out great, but he's totally non-emotionally involved. He's totally unapproachable emotionally. He really has no emotional connection with anyone.

CM: In what ways was he a good father?

M: Let me (pause), I want to say something else about the other question first. He favored Tom and he favored me. You know I was the only one that he was ever physically affectionate with. And when I as little, before the incest started, that was great. I thought he was wonderful. He could unbend with me. He didn't have to be so on guard with me all the time. And it feels real strange now all the anger and hostility that has passed between us these last years (pause) to say, at one time, I was his favorite, but yeah, I was. Well, you know what it's like, he was my favorite too in a lot of ways. I would wait for him when he would get off work and carry his

lunch box to the house for him. I would sit on his lap while he read the paper. He would read the funnies to me and stuff. He would never do that with any of the other kids. Of course, they were all boys too, but . . . Even when my real mother was alive, he and I were always real close. We were a pretty close family anyway. It's like he would walk me to school in the morning and do stuff like that. It seemed like everybody else in my life was real impatient with me, but he wasn't. He was real patient. That changed when my mother died (laugh). At the time it was real neat.

CM: In what ways then was he a good father?

M: Most of the good father traits that he had kind of disappeared once my mother died. He provided for us. He didn't drink. He didn't (pause), here I'm saying all these things he didn't do. I can't think of anything that he did really. I can think of a lot of bad things that he didn't do.

CM: In what ways was he a bad father?

M: Well, it's like he never did anything with us. He never talked to us or helped us with our schoolwork. He never really ever related to us. We spent a lot of time just trying to stay out of his way. He was pretty hard on us physically, especially me and my little brother and my oldest brother.

CM: How did he punish the children in the family?

M: He would beat us. He would beat us with a leather belt, or slap us or hit us. He would beat me. He would slap me. He hit me if I made him mad enough. As I got older I did, I pushed him.

CM: How did he show affection to the children?

M: (Laughing) He would slap me on the face. Now I know that's real strange, but that's the only way. And he would pat you sometimes on the shoulder, or something (pause) and that was it. That was (laugh) you know, as far as, you know, just hugging you or tucking you in or something, no, he wasn't that kind of guy.

CM: How did he show affection to your step-mother?

M: Well, he would hug her sometimes. And like before he went to work and when he came home, they would hug and kiss. He would (pause) he would just pat her and stuff and hug her sometimes. They were (pause), I remember them as being affectionate but very properly affectionate.

CM: What was your step-mother's age when he started molesting you?

M: Oh God, this age stuff is real hard for me to figure. She must have been in her early 30s too, early to middle 30s. She's like four or five years younger than he is.

CM: What was his relationship like with your step-mother?



M: Well, I want to say that she was real benevolent (smiling). You know, it's real funny, the whole attitude about men among the women in my family. It's like, it's almost like they are pets. My step-mother loved him and she just thought he was dandy. She just thought he was great and everything, and she basically made all the decisions. Invariably if they had a disagreement about any particular subject, they would argue about it and then they would do what my step-mom wanted to do. And that's pretty prevalent in our family. I don't know (pause), women kind of marry passive men. All the important decisions about family are all made by the women. And that's why I say she was real benevolent, but she was a benevolent dictator. She pretty much laid down the law.

CM: In what ways was he a good husband?

M: Well, he didn't drink (laugh). He didn't run around. He always came home. He worked hard. He was never physically abusive to my step-mom. It's probably good for him (laughing) he wasn't. There are some things she wouldn't tolerate. That's (laughing) one of them.

CM: In what ways was he a bad husband?

M: I think that it must have been very frustrating to be in love with somebody who is so unapproachable emotionally, who is so contained, and is so unaffectionate. I don't think this is a conscious thing. I don't think he consciously withholds affection. I think he just can't express it.

CM: Tell what you know about his sexual relationship with your step-mother.

M: Nothing, (pause) absolutely nothing. I get the impression that they were real affectionate with each other. It seems like they might have had a good sex life. I don't have any idea. Sex is one of those things in my family that is absolutely invisible. It's not talked about, not ever. My extent of sex education from my step-mother, from my family in general, was about when I started my period. And that was it. Sex was just something that was not talked about.

CM: Use three adjectives to describe your father.

M: Intense, he's pretty intense. Angry, he's real quiet and controlled about it. It's like a big dog that he always has to keep on a leash. Stealthy. He almost played out a lot of the powerlessness roles that sometimes women get into. You know, when they live with a real tyrannical husband and stuff. Mom kind of knew, but she would never admit it, that he was being real hard on me and my little brother. She would kind of keep an eye on him for that. He would slip around trying to catch us doing something that he could get on to us for, especially my little brother. He had a real, real resentment for him.

CM: Use three adjectives to describe your step-mother.

M: She's warm. She's (pause) open and in a lot of ways she's stern.

CM: Was your father ever involved in any criminal activities?

M: Oh no, no.

CM: Did he have a police record?

M: No.

CM: Did he use alcohol or drugs?

M: No.

CM: What job did he have at the time he molested you?

M: He was a welder.

CM: What was his approximate income?

M: I have no idea. Money is another thing my family doesn't talk about.

CM: What was the highest grade he completed in school?

M: Eighth, (pause) his father died and they lived on a farm. He quit school to work on the farm. I think that was another thing that made him a little angry because he is a very intelligent man. I think if he had had the opportunity he would have done real well. I think that frustrated him a lot.

CM: What was his religious affiliation?

M: They were Baptist.

CM: Do you know if he or your step-mother were ever treated for psychiatric problems?

M: No, definitely not.

CM: Do you know if he was ever abused, molested or neglected as a child?

M: I don't know. On one hand, I have no evidence of it, but on the other hand, I don't think that his kind of behavior is born in a vacuum. I know it comes from somewhere. I know his father died when he was young and he had to take care of the family. I know that his entire family is real cold and unemotional. Other than that I don't know.

CM: Do you know if your step-mother was ever abused, molested or neglected as a child?

M: I know that she was physically abused because I have heard her and her sister talk about it. They don't say themselves that they were physically abused, but when I hear of the things that happened it's obvious that they experienced physical abuse. I wonder about incest in that family, but I have no idea.

CM: Now how is your birth mother related to your step-mother?

M: They are sisters.

CM: How about your birth mother? Do you know if she was abused, molested or neglected as a child?

M: I think physical abuse was definitely there. About anything else I don't really know.

CM: Were his parents divorced?

M: No. His father died. They weren't divorced.

CM: Were your step-mother's parents divorced?

M: Yes. My grandfather and grandmother were divorced. My real mother was the oldest daughter. She was old enough that she left home when they divorced. My step-mom was the next oldest and she left shortly after that. My two younger aunts were kind of tossed around here and there. They stayed with my mom and dad quite some time. This is real strange, my youngest aunt, she was twelve at the time she was living with my mom and dad (pause), he molested her or tried to. She asked me, after I was an adult, if he had ever tried it with me. And I said, "Yes." And she said, "I wondered, because he had tried to molest me." I had this unreasoned anger at her. I was furious with her for years. Why didn't she say something? I think it was that experience more than any other that made me confront my mother with it, because I don't ever want any of my nieces to have that anger at me because I knew and didn't say anything about it.

CM: The next part of the interview is probably one of the most intense aspects of it. This is about the incestuous act itself.

M: Let's just go ahead.

CM: The way the interview is set up is to have you remember a particular incident and we will talk about your thoughts and feelings about it. What is it you do remember?

M: I remember pretty much everything that happened to a certain extent.

CM: Do you remember about the day and time that this took place.

M: This took place over a period of years, about five years. It was usually when we were alone in the house.

CM: Starting at about what age?

M: Eleven.

CM: So it went on from eleven to sixteen?

M: Until about fourteen.

CM: I would like you to think about a particular incident.

M: It was always (pause), this is real funny (pause), but I would be sitting and watching television in my room or playing with my toys. He would come in my room and start touching me. I would immediately pretend I was asleep. It's like I just couldn't (pause), it just made it all too real. You know, I was (beginning to cry). You are pretty much going to have to prompt me.

CM: What are you thinking about right now?

M: I'm just (pause), I'm like (pause), it's like I'm feeling a lot of those feelings right now. I remember being just terribly, terribly frightened. It's like I feel paralyzed. I feel paralyzed outside and inside. I feel like I'm going so fast, so fast, and then slow.

CM: So remember you had been playing and he would come into your room. What might you be playing with?

M: I was usually playing with my dolls, or whatever. I read a lot at that time, so lots of times I was reading a book. It was like whenever we happened to be alone. There wasn't any specific time of day; although, he worked nights, so for a lot of that time he would come into my room at night after he got off work. He didn't get off until midnight, so it was about one or one thirty.

CM: What do you remember thinking about when he was coming in your room?

M: I was wondering why he was doing that. It's like (pause), it's like it started so gradually that I wasn't sure what was happening for a long time. He would caress my arms and legs and stuff like that. It made me real uncomfortable and I didn't know what was going on. It's just this funny feeling. My stomach would feel real funny. I would want to run away and I didn't know what to do. It's just (pause), things weren't right. I didn't know what was wrong, but I knew things weren't right. I knew that something wasn't right because it was just weird. It just felt so weird. It's like from the way he was acting and sneaking around I knew that he was doing something he didn't want to get caught doing. It made me uncomfortable because he was God and what could he be doing that was wrong? He was a real rigid upright type of man and so I immediately assumed that it was my fault. Something bad is going on. He could not be doing anything bad so, therefore, it was my fault. I was making it happen. It was also one of those things that I didn't know what to say either. It was unheard of in my family for a child to question anything that an adult was doing. For me to even say "What are you doing? Why do you do that?" was totally unacceptable.

CM: What were you wondering about during all this time when he was coming in your room? What kind of questions did you have?

M: I wondered mostly about myself. I wondered what it was about me that would make this man do something like that. I thought too (pause), I don't believe this now (pause), but I thought too that it was because my mother was dead. It was just real obvious to me that I was real expendable. It would be easy if I made a fuss about anything to be sent away. And it really wouldn't have bothered me so much to be sent away from that family

except for my little brother. I had a very strong emotional relationship with him. We just had each other for so many years. I don't know, in my mind it was almost like (pause), it was never stated to me that this is what's going to happen (pause), or I'll hurt you if you don't do this (pause), or I'll hurt you if you tell this. We never spoke a word. All those years, all that time not a word was exchanged. And it's like in my mind, that's what was going to happen and I really hated him. I felt so betrayed. I felt like that I could trust him and it's obvious I couldn't.

CM: So what were you hoping for through this experience?

M: That he would just leave me alone. From the first, when things really started finally, when he started touching my breast and genitals, I knew then that something was changed, something was broken (pause). It would never, never be right again. It would never, ever be okay again to crawl up in his lap again or anything like that. I knew that, but I didn't even hope for that. I just wanted to be left alone.

CM: So what are you feeling right now as you remember this?

M: I just feel real hurt. I feel real betrayed. I feel cheated because I think it's a fair and reasonable expectation for a little girl to expect that she can trust her daddy. To know that her daddy isn't going to do anything to hurt her. And it's okay to hug daddy and be physically affectionate with daddy. I don't think that is an unreasonable or unfair expectation. I feel that I got cheated out of that. I feel like (pause) he stole my father. He became someone that wasn't my dad. He cheated me out of having that.

CM: Let's go back to the experience of when you remembered when he would come in your room. Do you remember those times?

M: I can remember one thing real specifically. In the afternoon in the summer I had on shorts and I was laying on my bed reading a book. He came in and started putting his hands up inside my shorts and all that stuff. It's like he never, like he never had me (pause), that's what made me feel so guilty (pause). He never had me do anything to him. I would completely go comatose, like I had passed out or something. He would do things to me like oral sex and all this stuff. He would touch my breasts and touch my vagina and stuff like that. But I never touched him.

CM: So what do you recall about this experience on a summer day?

M: He never said anything to me. That was always one signal I knew. He was totally silent. He comes into the room, sits down on the edge of my bed. He starts touching me. I close my eyes and pretended to be asleep, which is real strange (pause). I don't know why (pause), but that seemed like my only defense or something.

CM: What were you thinking at the time you were pretending to be asleep?

M: (Sigh) If maybe he thought I was asleep he would know I was not participating. It's like this is something he's doing and I'm not. That day he took my clothes off (pause), my shorts, my panties, my blouse. He would

just (sight) start touching me and putting his mouth and stuff all over my body. And then after a while he would just stop and dress me again. And I felt like a corpse or something.

CM: How were you feeling through all this?

M: I don't know. I would just go away in my mind. It's like (pause), it became real clear to me (pause) that this is happening to me. This is happening to my body, but this is not really happening to me, because this is like I'm asleep. I'm out of it (pause). I don't know. It's real strange. I don't understand to this day but that's how it happened.

CM: What did you want to do while this was happening?

M: I wanted to kill him. It's like that feeling builds up in me for years and years.

CM: What did you want him to do?

M: I wanted him to die. I wanted him to die and just be out of my life. I (pause), I just wanted him to die.

CM: Can you describe the place where he molested you - the room?

M: We had for years, my brother and I, shared a room. We had bunk beds. He had the top bunk and I had the bottom one. Then we got twin beds. It's a small room and his bed was on one wall and my bed was on the other wall. The room came to a corner where we had a chest of drawers. We had a little braided rug that was on the floor. We had a closet and our toys were inside a box in the closet.

CM: Where was the rest of the family when he molested you during the incident you just told me about?

M: I don't know. My older brothers were probably gone playing baseball or something. My little brother was probably outside playing.

CM: How long did he stay?

M: I don't know. I have no sense of elapsed time at all. It seemed like hours. It could have been 10 or 15 minutes. I have no idea.

CM: When he left, what did you do?

M: I don't know. I don't remember.

CM: What do you suppose you thought about when he left?

M: I always felt so bad. I always felt horrible. I felt filthy, like I had done something really bad. The chances are real likely that I went outside. I had this place between these hedges at the side of the house. Nobody else really knew about it. I could scoot out in between these hedges and be totally hidden. I would sit there for hours, and I would just go and sit

there. I wouldn't play or do anything. There really wasn't room to do anything in there except sit. I would sit there and feel safe because nobody could see me and nobody could find me. And so probably I went there (pause) or the dog house (laughing). I used to go to the dog house (laughing). It was safe.

CM: What did you wonder about after he molested you?

M: I wondered why he did it. I wondered why he did it to me. You know, I wondered why me. I wondered what it was about me that made that okay (pause); that made that acceptable behavior for him.

CM: And how did you feel?

M: (Sigh) I felt like I didn't have any value. If I had been a person of value to him, that would never have happened. I felt that I was something to be used.

CM: Now let's switch back to being an adult and looking at the situation now through a little different eyes. What do you think about it now, the experience of being molested?

M: Well, I do feel like it had nothing to do with me, other than the fact that previously I had been warm to him emotionally. I think that he didn't know what to do with affection. It disturbs him when someone cares about him because he doesn't know how to return it. I think that maybe that's the only way he responds to women. No matter what age they are, that's the only way he knows how to respond to physical affection. Maybe he doesn't understand physical affection (pause), that it all had to be sexual or something. I don't understand, I don't know.

I don't feel like I did a bad thing. I feel like it was something done to me. I think it's easy for someone who's never been in that situation to say "Well, why didn't you just tell your mother?" In the first place, I couldn't. I was terrified. In the second place, all of my worst fears would have come true. I thought as a child she wouldn't believe me, that she would send me away, that she would think I was making up lies. I see how she has handled it even when she's an adult and I'm an adult. Those fears were real. Those were absolutely true, because that's exactly what happened. She's disowned me and never wants to see me or hear from me again because I made up all those terrible lies about my father. That's exactly what would have happened then. Like, it was self-preservation in a way.

It also made me feel and do a lot of bad things because I was so angry for so many years. I was furious. I lived in a pretty rough neighborhood. My parents beat the hell out of us, but everybody else's parents did too. I could hear kids screaming day and night constantly. None of us even thought we were being physically abused. So and so would come to school with black eyes because his dad hit him. People would have huge bruises and stripes and cuts all over them from their parents. Nobody ever thought we were physically abused because it was happening to everybody. That's just the way parents are and it was being a kid. I was bad, I got punished. It's like everybody's parents would beat them; then we would go out in the street and beat each other. For years I felt like I had this uncontrollable rage and I could barely keep a lid on it most of the time. Out in the streets

it's okay to be crazy because that was survival too. In a way I enjoyed it because it was a release. It was a chance to be powerful and I felt so powerless. I felt so trapped. I felt that they could do anything to me and I couldn't do anything.

When I was 14, that's when things stopped. When I was 14 I decided that everything was shit. I didn't believe in anything. I didn't trust anybody. I thought everything was terrible. For me, pretty much (laughing) everything was terrible. I tried to kill myself. I was really (laughing) methodical about it. Back then you could get 2 cents for a pop bottle. They didn't have nonreturnable bottles like they do now. I went and collected all those pop bottles and got all the money. I saved them for several days. I got enough money to buy two bottles of aspirins. I took them all. Well, it didn't kill me (laughing) obviously. I was in terrible pain; it was like my stomach was on fire, my ears were ringing. Someone told my mother that I had done this. They took me to the hospital. On the way to the hospital (pause), now my father is always calm and cool in every crisis and my mother falls apart. Well, my mother was calm and cool and my father was falling apart. He was in the front seat crying, saying "It's all my fault, I know it's all my fault!" My mother turned around to him and was almost violent with him, "Shut up, what do you mean? It can't be your fault. I don't want to hear you say that again." Who is she defending there? Who is she protecting? I had to stay in the hospital for a couple of weeks and then I came home. I thought maybe it's over because I heard him saying that. He knows this is having an effect on me. This is making me crazy. Why hadn't he been able to tell from everything else? I was just like a zombie around the house. I never said anything. The only emotion I ever expressed was anger. But then after I'd been home for a while, he started again. I was sitting in the living on the couch and he came over and knelt down beside the couch and started touching me. By that time I was so far gone, I was so far down, I didn't have anything to lose. I put my hands on his shoulder to push him back. He was kind of crouching, so he fell back on the floor. I got up and ran into my room and shut the door and shoved the dresser against the door. He came and tried to come in the room and he said, "Let me in." I said, "No!" I mean this was unheard of because you never said no to my parents about anything. And he said, "Let me in. I want to talk to you." I said, "No!" He was outside the door and he started crying. He said, "I'm so sorry. I don't know what made me do those things. Can you ever forgive me?" I said, "No, I'll never forgive you." And he said "What!" real fiercely. And I said, "Yeah, yeah, it's okay dad." He went away and it's never happened again. I was always real jumpy around him. If he would just walk by and pat me on the back like he did the other kids I would jump away. It used to really irritate him that I would do that. He would say something to me about it and sometimes he would say, "Stop doing that, I'm not going to bother you." I just couldn't help it. I have (laugh) the same reaction now.

CM: Now to thinking back to these experiences as a child, what do you wonder about?

M: I still wonder why he did that. I don't understand someone who could do that. Intellectually I can say he was sick. That's a sick thing to do to (pause), everybody has boundaries and other people should recognize that (pause), it's a sick thing to do. In my head I can say that, but I still wonder



why. What makes it okay to slip over that line? What makes it okay to slip over that boundary? I don't understand how he could live with himself. I don't understand how that wouldn't completely shatter his self image, his whole world.

CM: And how do you feel about what happened now?

M: It's getting better. It's getting easier. Now it's a terrible thing that happened, but it's in the past. I don't re-experience those emotions every time. It was years before I ever said anything about this. I would hear about a child being molested, a child being physically abused, someone being raped, and I would experience all that emotion all over again. My stomach would tie up in knots. I would shake. I would be totally inarticulate. I would be to the point that I literally could not speak. My throat would hurt and I couldn't speak. That is abated. I don't have to do that anymore. The more I am able to talk about it, the more it seems like something that happened and not something that I did because he's a good man. For years I thought that it was something that I did. My mind could not embrace the concept that a good person could do that. Everything was black or white in my mind. You were either good or you were bad. You were either healthy or you were sick. It's still kind of hard for my mind to embrace the fact that I can be perfectly normal in all the rest of my life and to the outside world look just fine and still have that terrible secret.

CM: What would you want to say to you dad?

M: I don't know. It's so hard (laughing) for us anyway. I don't know. I resented my mother for years because she protected him. I think I did too. Because one part of me wants to get up in his face and say "Why did you do that? How can you live with this? How can you lie about it? How can you carry this? Don't you think that you could be better if you got rid of this, if you let this out?" And another part of me says, "Oh, no, dad can't handle this emotionally. I wouldn't say anything to him." Which is probably (laughing) what will happen.

CM: Was this a single act or one repeated over time?

M: It was repeated over time.

CM: And how often.

M: There was no regular schedule, but I would say it was once or twice a week.

CM: Before he molested you did you feel uncomfortable in his presence?

M: No. Well, sometimes. He was kind of a Dr. Jeckyl-Mr. Hyde kind of character. When everything was okay, no, I didn't feel uncomfortable in his presence. So much of the time things really weren't okay. He was mad. I was scared of him before that. We had really stopped the nurturing part of our relationship long before that because I was so scared of his anger. He would just be fine and then he would just explode. When he exploded, there was always trouble. He would hurt me or he would hurt my brothers.

CM: During the act was he persuasive?

M: No, he never said a word.

CM: Threatening?

M: No, never.

CM: Sadistic?

M: No. When he punished me I felt like he was sadistic. I felt like he was having a good time. It's real strange. Anyone else that had ever beaten or spanked me it was, wham, wham, wham, wham, wham and then it was over. He would space things (pause), he would take a long time (pause), he would hit you with a belt and then wait, and he'd hit you and he'd wait, and on and on and on. I felt like he was enjoying it.

CM: Did this occur while he was molesting you?

M: No.

CM: Did he offer you any bribes?

M: No.

CM: Was anyone else ever present?

M: No.

CM: This ends the part of the interview on specific details.

M: (Laughing) Good.

CM: The next part contains about 20 questions about some of the effects of the incest. Some of this may be repetitious and may not require as much detail as you gave before.

M: Okay, I'm ready.

CM: How old were you when the molesting occurred?

M: From 11 to 14.

CM: Describe the closeness of the family.

M: I would say we weren't. I had my little brother, Don and Ken had each other. They were real close. That was it.

CM: Were you closer to your step-mother or your father?

M: My step-mother. She was the one who did everything for me. She was the one I could talk to. She was the one when I was in trouble in school or in the neighborhood, she would defend me. She defended me from my dad a

lot as far as physical abuse is concerned. She just wouldn't let him hit me. She told him to stop.

CM: Were any of your siblings molested?

M: No, I don't think so.

CM: Did your family members know about the molesting?

M: On a conscious level, no, I don't think so, but subconsciously everyone knew.

CM: Have you told?

M: Yes.

CM: Now who knows?

M: My brother Tom and his wife (pause), my brother Steve and his wife (pause), my mother (pause), my sister-in-law, who is Don's ex-wife (pause), my aunt. Those are the people in my family who know.

CM: Let's go back to the first person you mentioned, Tom. How did he react?

M: It's hard for Tom to believe that dad did that. I just told him what happened. I told him that dad had molested me. I wanted him to know because it would explain a lot of the anger between me and my parents. I wanted him to be careful with his kids. He has no problem believing what I say. So in his mind he believes, but I wonder how much internal denial is going on. I notice he's very careful with his kids.

CM: How did your mother react?

M: My mother asked me the details when I confronted her. She asked "What did he do?" I said, "Well, he molested me. He touched me. He did oral sex." She just couldn't believe it. "I can't believe your dad would do that, I just can't believe it." I said, "Well." The reason I told her, the thing that really forced me over the edge, she was going to have eye surgery. She had had the surgery on one eye and was blind in that eye. The doctor told her that this might well happen again, but she was going blind anyway. This was her only chance. We had been estranged for a long time. This is a real pattern for me and my family. She called me and was real upset. I'm the one she relates to, in fact, I'm the one they relate to emotionally. They have something that is really bothering them, they come and talk to me. She was talking to me about this surgery. As she was talking I was having this terrible image of her being blind and the grandchildren being there with him. I just had to say something. I told her and she said, "I'm gonna ask your dad about this as soon as he gets home from work." I said, "Good, I think you should." Of course he denied everything. We were talking about it and I talked to her about some of the times I believed she had known when I was a kid. After I tried to kill myself our family doctor recommended I see a psychiatrist. He talked to me for a while and told my mother, "She is seriously disturbed. She needs help." She never set up an

appointment. Insurance would have paid for it, so it wasn't money. What was she afraid of me saying? I told her about how I felt about this, and that I felt on some level she knew. "Oh, no, no, no I never suspected anything like that. I would have protected you. Why didn't you tell me? If this was really happening, why didn't you tell me? I always protected you." And then she turns around and tells me that she never wants to see or hear from me again for making up all those lies about my father. My family has a real strong denial system. Anything they don't want to see, they just don't see.

CM: Now we have talked about Tom and your mother. Who else have you told in the family?

M: I did not tell Steve and his wife. I don't know how they know. I didn't tell Debby either. And I don't know how she knows.

CM: Who is Debby?

M: Don's wife. Steve, I suspect found out from my mother. He won't speak to me. I strongly suspect he is sexually molesting his daughter. There was a lot of evidence (pause), I don't want to go into the whole thing (pause), but there was physical evidence. I went to parents anonymous and reported him and to child welfare people. My family was just horrified. They wouldn't investigate. In fact, someone told me unofficially at the office that there has been such a cutback in money, and in a conservative political climate with family protection stuff, they were very wary about investigations. I feel like that is criminal. I think that my family was more upset about me telling the secret than about the fact that my father was molesting his daughter. That's incomprehensible.

CM: How did you feel after the act?

M: I felt used. I felt dirty. I felt like I was living a lie. I felt like a liar. As if to compensate for what was going on I became very moralistic, very rigid. I couldn't stand to hear someone tell a dirty joke. It was the biggest fear of my life that someone would find out my secret.

CM: Do you remember feeling hostile?

M: Yes (laughing).

CM: How about guilty?

M: Yes.

CM: Worthless?

M: Yes.

CM: Scared?

M: Yeah.

CM: How about responsible?

M: Yeah, oh yeah. It was all my fault. He was a good man. He was a good Christian churchgoing man. It had to be my fault.

CM: Which is any, of these feelings has changed with the passage of time?

M: All of them. Almost all of them. I don't feel responsible anymore. I don't feel guilty because it wasn't something I did. I don't have to protect him. I don't have to have his guilt for him. I still have a problem with feeling scared. Certain situations will give me that (pause), I don't know how to describe it (pause). It's a feeling I have physically and emotionally. I had then and in certain situations will get that feeling now (pause), crowds, sometimes small places, anywhere I can't get away, where I feel trapped.

CM: How about feeling used?

M: No, not too much. Sometimes in some of my personal relationships it will show up. It shows up in my relationships with my family real easily.

CM: How about feelings of worthlessness?

M: I still struggle with that. I feel like I'm having to build my character from scratch. That I'm rebuilding.

CM: How about hostile?

M: A lot of that has changed. As I work through some of these feelings of hostility, it relieves a lot of the anger.

CM: How do you feel now, talking about the molesting?

M: It's possible to talk about it now. Every time I break the silence (pause), it becomes easier to talk about it the more I drag it out into the light to look at it as an adult. I felt like for years I looked at it like a child. I looked at it exactly like when it happened. That was the only frame of reference I had because I had never talked about it or thought about it as an adult.

CM: Did you see a therapist at the time you were molested?

M: No.

CM: Did you see a physician at the time?

M: No. I was really a pretty healthy kid. It wasn't until I had a diving accident about a year before, that I saw a doctor. When I tried to kill myself I saw a doctor. He didn't examine me physically. I was totally hostile and paranoid, totally defensive. I guess he knew something was going on. It's impossible to believe that the people around me didn't know something was going on. I was like a wild animal for years.

CM: Were the police involved?

M: No. They interviewed me when I tried to kill myself. He came and said, "Did you know that what you did was against the law?" I said, "No. It's my life and if I want to take it, it's my business." He said, "Well, it's not your business. It's against the law and I'm not going to do anything this time. If you do this again I'll have to lock you up." He asked me some questions like if I liked school and stuff. I would hardly say anything. And he asked me, "Why are you so afraid of the police?" I said, "Oh, I'm not." He said, "Why did you do it?" I said, "I don't know." That was about it.

CM: Who else in your life have you told about the molesting?

M: Friends.

CM: And what has been their reaction?

M: I was in treatment for chemical dependency. A part of my real barrier to being therapized was that I don't trust people very well. I don't want to open up to people very well. We had a thing called the hot seat. This was really a good approach (pause). This was exactly what I needed. I hadn't seen anyone's done like this. The therapist didn't have me read my assets and liabilities, she just had me talk. A lot of things I said had come out in private sessions and she would say "Tell us about this." I had to tell this whole group, a mixed group of men and women, about incest. It was so painful for me to do it, and so exhilarating. But once it was over, this big weight had been lifted off my shoulders. It's easier for me to talk about it now. I found that after I talked about it (pause), there were women that came up to me after that was over and said "I've never told anyone, but." Every time I talk about it in a group of women, even women I've known for years, someone will come up to me and say "I've never told anyone, but." I wonder how many people out there have had the experience. I think that statistics are no where near what is really going on. If no one tells, how will people who make the statistics know?

CM: If you could say two or three sentences to the molester now, what would they be?

M: I don't think you're bad; I think you need help. You need to understand what it is inside of you that makes you react that way (pause), that makes you do that.

CM: How do you feel the molesting has affected your relationship with men?

M: Well, not very well (laughing). Men threaten me. Men intimidate me. They frighten me. I'm always prepared to be frightened. If I sit down and talk to somebody, like person to person, then it's fine. I'm okay, it's fine; but I always have the guards up (pause). I'm always defensive.

CM: How do you feel the molesting has affect your relationship with men sexually?

M: One thing I noticed with my relationship with men is that I'm fine as long as I initiate sexual behavior. I get real threatened when they initiate sexual behavior. It's never okay in a relationship with a man. It's not to

say I did not allow it to happen. I felt real scared. It was hard for me to open up emotionally with a man. It's real hard for me to bond, emotionally bond. There were times when things would start playing over in my mind and I would just freak out. I finally discussed this with my second husband. I told him what was going on. He's a great man. He's really warm, kind and nurturing. He's just an incredible man. He dealt with me through a lot of this. It's like sometimes I feel real trapped. I feel threatened and I just need to be alone for a while and I'll be okay.

CM: How did it affect your marriage?

M: I was married a year and a half to my first husband. He was killed in a car accident. I was married again for about two years and got divorced. I think it affected how I related to men. I can't trust them. They are some unknown quantity and I don't know how they will react. I never considered men important in my life. They couldn't be counted on. They could not be counted on! I felt that way towards all men and it wasn't even conscious at the time. I just felt that when the going gets tough emotionally, or any other way, they are not the one I can depend on.

CM: Have you experienced any of the following activities? School drop out?

M: Yes, college. I have two years and some technical training.

CM: Criminal activities?

M: Criminal record, no, criminal activities, yes.

CM: Running away?

M: Yes, I tried running away away and was strongly cautioned (laughing) against it. I ran away a lot once I got eighteen. I ran for about three years.

CM: Truancy?

M: No, not while I was living at home.

CM: Suicidal attempts?

M: Yes.

CM: More than one?

M: Yes.

CM: Serious depression/anxiety?

M: Yes.

CM: Thoughts of "going crazy" or being "out of control?"

M: Yes.

CM: Excessive use of drugs or alcohol?

M: Yes.

CM: How do you handle anger?

M: Now, I pray about it. I do program stuff. I meditate. Another thing they taught me in treatment that I have done a couple of times is this. It has been marvelously effective. I get a cardboard box and I write down everything exactly and specifically everything that made me mad. Then I kick the box apart and burn it. I know it sounds really crazy, but it is marvelous. Then I turn the stereo real loud and sing. It helps. It just relaxes me.

CM: At what age did you marry?

M: The first time I married I was 19.

CM: Have you been married more than once?

M: Yes, I was married twice.

CM: Use three words to describe the man you married?

M: This is about my second husband. He's intelligent. He's kind. He's supportive.

CM: How long have you been receiving psychotherapy?

M: Oh, I would say about two years altogether.

CM: Use three adjectives to describe yourself.

M: (Pause) I'm smart. (Pause) I'm thoughtful. I'm considerate. I don't mean thoughtful necessarily in the sense that I'm considerate. I mean thoughtful in the sense that I think about things. I'm kind of intense too (laughing).

CM: Do you have children?

M: No.

CM: That's the end of this section of the interview. Now, I want you to think over your work history. Consider for whom you have worked and the kind of jobs you have performed. Tell me about your needs at your place of employment.

M: I need something that is a challenge. I need a job that pays well and I'm treated well. I need a pretty responsible type job. Mine is a really compulsive type of job. It's in quality control. It's something I have to exercise, but I don't have to carry it out in my personal life. I work real well in a controlled environment. A lot of times I've had problems knowing what I should do. But this job really alleviated all that. I know the rules and it suits me real well.



CM: To what extent are your needs met?

M: Pretty much. It's not something I want to continue for a long period of time because it uses only a small portion of me. I think I'm suited to better things.

CM: Tell me about a specific instance in which your needs were not met.

M: I was in charge of inspecting a part of a computer. That means that a computer was down and I rejected this part that was needed. This production supervisor really gave me a hard time. I told him if he wanted to override me and ship it anyway, that's up to him, but I won't pass it. My supervisor at the time agreed with me privately that the part wasn't right and he told me to ship it anyway. I told him I had some problems with this. I wouldn't do it. Finally, the production supervisor did sign off, let it go. The part got to the field, it wouldn't work. That was just it. No one ever said, "You were really doing your job right. We should not have shipped that part." There was always animosity between me and this particular production supervisor after that. It was as though I had really done something personal to him. I had this production supervisor at the job, and as they put it at his level, "He left to seek other career opportunities elsewhere." The essence was he had to resign or they would fire him for sexual harassment. Not with me, but with several of my other co-workers. I had the most bizarre reaction to it all. I just hated him. It was that whole same force. He has the power. I have no power nor do any of these other women. I'm glad he's gone. We had several people they transferred in. They were going to split the department and were going to put me in the new department. He called all of us in one at a time and asked us what we thought of him. Now this guy was a totally inept bumbling fool. He wasn't a good production supervisor (laughing) and we all discussed this in the breakroom. Everybody lied and told him he was fine, except me and two other people (laughing). He asked me if I thought he was a good production supervisor and I said, "No." I told him why I thought so. I didn't go into the personal thing. He asked this young man I worked with the same question. And he said, "No, I have no respect for you professionally and I have no respect for you personally because of the way you treat women." It's obvious to everyone in the plant what he was doing. I've always really admired that guy for saying what he did. So the three of us (laughing) were transferred out. And it's worked out real well for me since.

CM: How did your thoughts make you feel?

M: I don't know. Both good and bad. I wasn't getting the validation and support that I felt I deserved from the people in my department. And again it was kind of a defeated satisfaction because I was right and I knew I was right. I felt richer about this. I have my guidelines and once I have my guidelines I will not budge. That is a good quality in an inspector, but it's not a good quality in a relationship.

CM: What did you do in response to those feelings?

M: I acted appropriately in part of it and inappropriately in part of it. I was still using drugs pretty heavily at that time and I was pretty angry. I had a

real sharp short temper. This production supervisor kept after me and after me and said "I'm still your supervisor." Finally I thought "I don't give a fuck (laughing)." To hell with these other requests. It's like big deal. The big inspector told me when I interviewed for this job, "You don't have to be an asshole, but it really helps." And that's just basically how it is. So they expect you to blow up now and then (laughing).

CM: Was what you did in your best interest?

M: No, of course not.

CM: How do you feel about what you did?

M: Kind of amused. If I had done that to someone that was professional and I really respected them, I would feel bad. These guys are trying to pass the buck to keep from doing their job right. I really don't feel bad about it.

CM: How do you feel about yourself?

M: A little disappointed and a little amused. I could have been cool.

CM: Tell me about a time you felt disrespected at work?

M: I felt real disrespected at work when I was asked to change jobs. It was like they were saying, "You're not good enough. I'm going to get rid of you."

CM: How did you thoughts make you feel?

M: That made me feel real bad. I felt extremely angry.

CM: What did you do in response to those feelings?

M: I was pretty unapproachable for a long time. I just did my work. I didn't talk to anybody. I did a good job. I'm sure it's not the thing to do, to tell your production supervisor where to go. They tolerated that because I'm good at my job.

CM: Do you think that what you did was in your best interest?

M: Yes and no. No, because I got stoned a lot more. I drank a lot more and I cut myself off from people a lot more. That very behavior drove me to my knees and forced me to do something about myself.

CM: How do you feel about what you did?

M: I could have handled it more cosmetically. I could have made it look better. Basically what I did was call it like I saw it.

CM: How did you feel about yourself?

M: I felt persecuted. I was doing the right thing and what I did was right and they kind of needled me. To override an inspector's decision, that's not

right. Especially when the decision is wrong. This place traditionally has a low respect for inspectors. It's nothing for someone to walk up to your desk and say why the hell did you reject that? I have worked places before where if someone did that to you they would be reprimanded.

CM: Tell me about an experience at work when you felt used or exploited.

M: It's like I have felt used and exploited in all of my life. I felt a little used when I was sent to that other department where the work didn't require as much mental skill. It required a lot more physical skill. I thought I was being used a little bit.

CM: How did your thoughts make you feel?

M: I felt real bad because he kept inspectors that weren't as good as I was in his particular department and transferred me. In fact, he transferred all three of us and we were the best inspectors in his department. He transferred us for personal reasons and didn't make good business decisions.

CM: What did you do in response to those feelings?

M: I got real angry and used drugs and got drunk a lot.

CM: Was what you did in your best interest?

M: No, probably not.

CM: How do you feel about what you did?

M: I think I could have behaved more responsibly.

CM: How did you feel about yourself?

M: I felt terrible. I didn't feel appreciated by anyone.

CM: Now I want you to remember back over your lifetime to friends you have had and/or currently have. In thinking about this next set of questions, select a person you consider to be your best friend. Answer these questions with reference to this relationship. Tell me what your needs are from a friendship.

M: Acceptance and validation is what I need. To me validation is being able to tell someone the truth and have someone accept that as truth. Sometimes you come to a point where two people don't have a common place of reference. Validation is when someone says, "I don't really understand this but I accept what you say."

CM: To what extent are your needs met by this person?

M: Very recently, the last couple of years, it's been difficult because we live in different places. I don't get as much time to see her. When we do get to see each other, after a few minutes it's like we have never been apart. We just fall back into comfortableness.

CM: Now, tell me about a significant instance when your needs were not met.

M: Me and my friend, Sally, and our boyfriends were all living in a house in the city. Sally, she's an adult child of an alcoholic, and she has some of the same patterns as my mother. She became involved with my boyfriend and they started a relationship. She can't be trusted. She does unthoughtful things with people.

CM: What did you think about the experience?

M: Well, basically I thought I would have to do some hard work with her to make our relationship work. I just kept confronting her and confronting her.

CM: How did your thoughts make you feel?

M: Well, I felt a lot of hurt. Why couldn't she be understanding. I bend over backwards for her and she used me.

CM: What did you do in response to those feelings?

M: I talked to her about it. I decided to move out for good.

CM: Was what you did in your best interest?

M: I think so.

CM: How did you feel about what you did?

M: Fine. I did the right things. I had to do what I had to do. I didn't think it was exploitive of her in any way. Financially it would work out fine. Basically when she got back from Fort Worth I was gone. She called and asked me what happened.

CM: How did you feel about yourself?

M: I found that it was hard for me to tell where a friendship stops and being a lover begins.

CM: Tell me about a situation when you felt disrespected by a friend.

M: It was a situation where I had gotten laid off when a contract ran out. I was with an oil company. I looked and couldn't find another job. I had to take a job working in a kitchen. It was a lot less money and a lot more menial labor. I worked in the cafeteria where the university students would come for lunch. I was having trouble with my car and I had a friend, Jane, that lived a couple of blocks from there. I asked her if I could stay at her apartment a couple of days until I got my car fixed. She said she didn't mind because she was going out of town for a few days; however, she had told Sara she could stay there. She suggested I check it out with Sara. All three of us were close friends to I didn't mind either. Sara had a house and a car and didn't want me to stay at Jane's apartment. I felt a little disrespected because Sara didn't understand the position I was in. It was

real hard for her to understand because she could always call her mom and dad. They could have sent her some money. She could have stayed with them. She could have rented a car. It was a problem for me. I felt real disrespected and it Jane and me a long time to get over that.

CM: What did you think about that experience?

M: I felt like my needs weren't important and, therefore, I wasn't important.

CM: What did you do in response to those feelings?

M: We didn't talk for a long time because with Jane no kind of confrontation works. It doesn't work with Sara either. They can't deal with a confrontation. So I just left it alone until Jane cooled off and we could talk about it rationally.

CM: Was what you did in your best interest?

M: At the time I don't know. It has turned out to be.

CM: How did you feel about what you did?

M: I still feel kind of bad about it. I still feel like it was a bad experience and Sara created it through selfishness. The way I reacted to her and the whole thing was to draw my boundaries. I don't give her the opportunity to injure my feelings in that matter. That's fine with her. I'm important to her but she is really in and out of everybody's lives. I'm important to her now but next year she may be somewhere else and the next year somewhere else. She's important to me but not in the way that if she's not around my life won't be really changed.

CM: How did you feel about yourself?

M: I felt like I did what was best for me. That's something I've really needed to learn how to do; that's set limits. It's like I either trust somebody too much or I don't trust them at all. Because if you learn how to set limits you can trust someone to do one thing and not another.

CM: Tell me about an experience when you felt used or exploited by a friend.

M: When Joe and I were lovers and Carol and Terry were lovers; we were all good friends. Carol and Terry broke up. Carol was really lonely. She really needed a lot of support, a lot of reinforcement. Joe is one of those people who doesn't need a lot of friends. He's emotionally unavailable. He doesn't express a lot of feelings. He basically didn't get along well with Carol. I talked mainly to Carol. That's fine with me because I get along real well in that kind of situation. I have a function and I know what's expected of me. Carol spent a lot of time with us and I kind of took care of everybody's emotions. I took care of the negotiations of the breakup of Carol and Terry. Then Joe started having difficulty in our relationship. I suggested that maybe I should move out. I got an apartment and moved out. Joe and Carol became lovers when I moved out. I felt really used and exploited by that. In a way I could see what was happening. I knew some

of these patterns with these people by what I had seen before. I felt real exploited because Carol was my friend. It was bad enough for her to get involved with Joe in that way, but I considered her my friend.

CM: What did you think about that experience?

M: I felt real expendable. I felt like I was worthless. I was a really good friend to Carol and she had so little value for my friendship that she would do this. In my particular code of ethics, everybody has different ones, but in my particular code of ethics, that is unthinkable. That is not done.

CM: How did your thoughts make you feel?

M: I was angry. I was angry for a long time. If it was Jane and I, we would have screamed at each other for three weeks and would have worked it out. But Joe can't do that. If we are having a hard time he can't be cool and work things out and accept who you are. I was real angry and became withdrawn for a long time.

CM: What did you do in response to those feelings?

M: A lot of drugs and alcohol. I thought that basically given my background, my socio-economic background, if somebody messes with your lover, that's grounds for murder. I was real civilized about it all (laughing). I was so angry. I yelled at Joe more than Carol. I yelled at them. Basically we didn't see each other for a few months. There was a lot happening during those months. I was drinking a lot. It's still difficult if I stop and think about it, basically I don't know what's black and white, what's right or wrong in the scheme of things, and I have two choices. I can say, "Yes, you did a wrong thing and I can forgive you for that," like with Joe or I can walk away from the friendship like Carol.

CM: Was what you did in your best interest?

M: With Carol yes, with Joe, it's like we are acquaintances now. We're not really friends.

CM: How do you feel about what you did?

M: In some ways I think it was thrifty. To waste a friendship over a petty thing like sexual relationship is ridiculous. When it comes to the point when I feel used and abused all the time then it's not ridiculous any more. So when I was feeling used and abused I didn't go around. And now there are more boundaries. I am able to tell them, "No, I don't want to do that." I think they have always been able to do that, so really I don't feel abused by them anymore. If there is something I can't give to them then I just can't give it. I don't have to feel guilty because they draw their boundaries and I draw my boundaries and we meet somewhere in the middle and we negotiate what we can.

CM: How do you feel about yourself?

M: I feel good about myself. I feel right now that it was not a particularly honorable thing they did. But it does not mean that I'm not loveable or I'm no longer a good friend. We just have little bit different slant on things. That's why I function real well with Julie and Sara. We have that in common.

CM: Now I want you to recall your main love relationships. These relationships include your mother, father, and your spouse. Tell me about your physical and emotional needs in each of these relationships.

M: I wanted to be held. I wanted affection. I wanted to be accepted.

CM: To what extent are/were your needs met by your mother?

M: All the time she never touched me, unless she was angry; I don't know why. She was a real patient mother to the boys but not to me. She used to tell me all the time I was possessed by the devil. I was evil and that's why she had to punish me all the time. We had a real bad relationship.

CM: Tell me about a significant experience when your needs were not met by her.

M: My brother and I had been over to my aunt's. We came in the house. I held the door open for my brother and he ran in and lifted up his arms. She grabbed him and hugged him and kissed him. I ran over and started hugging her around the waist. She pushed me down.

CM: What did you think about that experience?

M: I felt embarrassed and outcast. I felt degraded. I felt that the only way to keep her from hurting me was to stay away.

CM: How did your thoughts make you feel?

M: Terrible. I didn't like myself.

CM: What did you do in response to those feelings?

M: Nothing, I just didn't approach her.

CM: Was what you did in your best interest?

M: Yes and no. It would have availed me nothing to make myself emotionally vulnerable to her. I would only have gotten myself hurt. Long term best interest no. It was the best in that situation though. Anytime a five year old child makes the decision that the only way to get along with people is to get nothing from them and give nothing to them, then no I don't think that's best.

CM: How did you feel about what you did?

M: I didn't have any power. It didn't matter what I did, I was wrong.

CM: How did you feel about yourself?

M: That I was unlovable.

CM: Tell me about a specific instance when you felt disrespected by your mother.

M: I felt disrespected when my mother would beat me and say I was possessed of the devil.

CM: What did you think of that experience?

M: (Laughing) I thought I was. She looked so different to the people outside the family. Here she was beating me and starving me for two or three days at a time. People outside the family are saying what a good and kind person she is. They are adults and they are supposed to know.

CM: How did your thoughts make you feel?

M: I just felt bad. I felt like I wasn't worth anything. I felt like I wasn't good for anything.

CM: What did you do in response to those feelings?

M: I don't know. I just stayed to myself as much as possible.

CM: Was what you did in your best interest?

M: I don't know, I guess so.

CM: How did you feel about what you did?

M: I survived, I survived physically. In some ways I did not survive emotionally. I have survived enough, however, to be able to stand up and say "No."

CM: How did you feel about yourself?

M: I felt alien.

CM: Tell me about a significant instance when you felt used or exploited by your mother.

M: I am terrified of mice and rats. We were real poor and we always lived places where there were mice and rats. She would always make me help her catch the mice and rats. She knew I was terrified. There were lots of other kids to help her catch the mice.

CM: What did you think about that experience?

M: I was terrified. I thought they were going to jump all over me and kill me. I remember being so scared in my bed at night. I would stand in the corner



of my bed and the wall. In the morning I would wake up and still be crouched there. I would stay awake as long as I could to watch for them.

CM: How did your thoughts make you feel?

M: I was just scared.

CM: What did you do in response to those feelings?

M: It got to the point where I didn't care what she said. I got into trouble for everything. I would go to the front yard and escape. Sometimes I would play with the neighborhood kids. I would play with the boys and would come home covered with dirt. She would punish me for it but at least I had a good time.

CM: Was what you did in your best interest?

M: I don't know, it's hard to say. Yeah, I had a few hours of enjoyment. Those are some of my happiest memories when I could go out and pretend that I was like the other kids. It was wonderful pretending.

CM: How did you feel about what you did?

M: I think it was a good thing. I learned how to fight back. Maybe that's why I'm trying to put my life back together.

CM: How do you feel about yourself?

M: I feel like I was bad and that they thought I was bad. I really wasn't that bad. Thinking I was bad kind of lost power after a while because I heard it all the time.

CM: Tell me about your physical and emotional needs in your relationship with your father.

M: I wanted somebody I could count on. I wanted somebody who would be the same. I wanted somebody who would not be cool and calm one minute and screaming and yelling the next. I needed somebody I could depend on. I needed someone I could go to. I needed it to be okay to have physical affection without sex. I needed it to be okay to have a hug or climb up in his lap or just be held. I needed that from him.

CM: To what extent were your needs met by your father?

M: They weren't really. Even before the incest began he wasn't an affectionate person.

CM: Tell me about a significant instance when your needs were not met by him.

M: I had just graduated from high school and I was still living at home. This guy who was a friend of mine asked me out on a date. Here I am eighteen and I'm concerned about what my father thinks about my date. I was working in a grocery store and my parents came in to buy a few things.

They come through my checkstand and go out to the car. A few minutes later my dad comes back in the store and comes up to me and says, "You're not staying out until all hours of the night acting like a whore. You be in at nine." I was real furious with him. I was mad at him for calling me a whore because nothing was further from my mind and my behavior.

CM: What did you think about that experience?

M: I thought he was terribly unfair. It left me with a lot of confused thoughts and fear of my own self worth.

CM: How did your thoughts make you feel?

M: Like there was some bad part of me that I needed to control.

CM: What did you do in response to those feelings?

M: I came home at nine o'clock like I was supposed to. I didn't go out with that guy again. He called several times and my mom kept asking why I didn't go out. I told her I just didn't want to. I didn't go out with anyone while I was living there.

CM: Was what you did in your best interest?

M: No, I don't think it was.

CM: How did you feel about what you did?

M: I feel that it was necessary for survival at the time.

CM: How did you feel about yourself?

M: I didn't trust myself really.

CM: Tell me about a significant instance when you felt disrespected by your father.

M: When I was fifteen, I had this teacher that took a lot of interest in me that year. I was in honors English. She thought I was pretty talented and she would give me special assignments. I would just eat it up because somebody was giving me some attention. There was a student of hers that had graduated and was at O.U. He had a lot of material that I could use in my research. I wrote to him and he contacted me to say he had a lot of stuff and was glad to give it to me. He said he was coming to town and would be glad to give it to me. He said he would come by the house and give it to me. My father was furious. I don't know what he thought I was going to do. I really liked this guy. He was really smart and everything. I decided to defy my parents and write to this guy secretly. We didn't meet each other or anything, but I know my parents thought we would.

CM: What did you think about that experience?

M: I just thought it was really bizarre. Thinking back I guess it would be real scary for your daughter to develop a relationship with someone in college and I can understand them being concerned. But not like my father, he was clearly jealous. Then another incident came about. I hadn't spoken to this guy for over a year. We had a party line at my grandfather's house. I was supposed to call over to my brother's house. These guys were on the party line and after an hour they were still using the phone. I got on the line and asked them how much longer they thought they would be on the line. My father came in the room and jerked the phone out of my hand. He listened to the phone and heard this guy's voice and thought it was Andy's, the guy from O.U. He was curious about what we were doing. We went home and he started screaming at me. I tried to explain to him what had happened and that I was not talking to Andy. He didn't believe me. He called me a liar.

CM: How did your thoughts make you feel?

M: Angry, I just got angry.

CM: What did you do in response to those feelings?

M: I didn't speak to him. There was one time when we didn't speak to each other for two weeks. I can't believe I lived like that.

CM: Was what you did in your best interest?

M: Even though it wasn't in my best interest I was glad I did it.

CM: How did you feel about yourself?

M: I felt like he was pretty wrong in what he did. I felt bad too.

CM: Tell me about a significant instance when you felt used or exploited by your father.

M: I think the whole incest experience.

CM: What did you think about that experience?

M: The thing that bothered me the most was that he did that to me. He justified it in his mind. To me this was just the epitome of hypocrisy.

CM: How did your thoughts make you feel?

M: Angry. I was angry twenty-four hours a day.

CM: What did you do in response to those feelings?

M: I would purposely needle him. I would do things to make him mad.

CM: Was what you did in your best interest?

M: No, I don't think so. I was just angry at the time.

CM: How did you feel about what you did?

M: Oh, God! It is still so painful. I'm real sad. All the anger will almost make me physically sick. I don't know why I didn't rebel. I just did it. Sometimes I thought I would go nuts (laughing). There was just nobody around for me.

CM: How did you feel about yourself?

M: I thought I could handle it, but I wasn't. I could sneak off, and I could stay in line. For a little while I didn't have to feel so angry and out of control. I felt like I had a big dog inside of me and I had to keep it tied all the time so it wouldn't get out.

CM: Tell me about your physical and emotional needs in your relationship with your spouse.

M: I have always been uncomfortable with my sexual needs and my sexual response. Emotional or sexual rejection really pushed all my buttons. My first two husbands were impotent. My first wasn't interested in making love. He would much rather be fixing the car. My second had a pattern of emotional shut down and couldn't find time for a relationship. As long as we didn't say anything we wouldn't fight. I wonder why I chose these people. They were very clear choices. I knew a lot of people who would have been better for me. In some ways the needs I had in childhood were met in these relationships. As a child I had never learned how to play. Now I was learning how to do that. When I was a little kid I always wanted lots of friends to play with. My first husband, for my birthday, bought me a coloring book and a box of crayons. I had never had a coloring book before. The rational part of my mind said, "What am I going to do with it?" Then another part of my mind said, "Oh, boy! I finally got it." He would do things like that with me. We would sit there and color. At first I found it a little strange. I am so used to being in control and logical.

CM: Tell me about a significant instance when your physical and emotional needs were not met by your spouse.

M: His father lived with us. Bill thinks his father can do no wrong. He missed out of the growing up process of realizing that his parents might die. They don't know everything. He never went through that with his dad. Sometimes I'm intimidated by men and his father was an alcoholic. He would be home during the day and he would be drunk on his ass. Bill would tell his dad that if it didn't work out at our house he would have to go live with grandma. Grandma has this big house on the other side of town and would love to have him stay, but she doesn't drink. After six months of this I said, "Bill, you have to talk to your dad about leaving. He's about to drive me crazy. He's trying to run everything." I felt that in a lot of ways my place was being taken over. Bill said he wouldn't ask him to leave.

CM: How did your thoughts make you feel?

M: I felt that my relationship was being damaged. I felt that Bill would rather do what his dad wanted than to work out his relationship with me. I felt

pretty bad about myself. I was obsessed with the relationship. I did a lot of things that were really bad for me because of this relationship.

CM: What did you do in response to those feelings?

M: I clung to the relationship more. I put a lot more emotionally into it. Bill does not deal with emotional pressure. Instead of drawing him closer I pushed him away.

CM: Was what you did in your best interest?

M: I know it was not in my best interest to continue in that relationship. It was very destructive. It is a good thing that the relationship failed. No, it was not in my best interest. I sometimes do things in a negative way to accomplish what eventually turns out to be in my best interest. I didn't think it was in my best interest at the time. After the relationship had been over for a time I saw what was happening.

CM: How did you feel about what you did?

M: I needed to hang onto the relationship even though it was causing Bill to not respect me. It was causing me not to respect me.

CM: Tell me about a specific incident when you felt disrespected by your spouse.

M: When I lived in ----- all my friends lived there and so did his. We both had jobs there. He wanted to buy a house. He had enough for the down payment in a trust fund that was left for him. I said, "Okay, let's find a house here." He had a friend that had a house for sale. Bill had to have that house. It was no spectacular house. I don't know to this day what motivated him to want that house. He wanted that house. I told him no I didn't want to move to -----, I grew up there. My family is there. I hate it there. I don't want to be close to them. I don't want to find a new job in this economy. I don't want to leave my friends. I just don't want to do it. We argued and argued and negotiated. He begged and I told him I just couldn't do it. Finally he said, "I'm moving with or without you." I should have said, "If that's what you need to do then that's what you need to do, but I'm staying here." But, no, I couldn't do that. It's like it pushed all my buttons. All the I'm not good enough buttons. Maybe I'm being selfish. I have a tendency to do that in my relationships. I think that maybe I should bend a little bit, which means I should bend over backwards and do everything for this person so this person won't leave me. Maybe I should do what is bad for myself so somebody else can have their own way. That's what I did in this situation.

CM: How did your response make you feel?

M: It made me feel like I always had to do something. I couldn't just be me. I had to do things to insure I was loveable and loved.

CM: So what did you do in response to those feelings?

- M: I became more and more willing to cater to his every whim. Then he had me in a totally defenseless position. I had lost my peer group. I lost the people with whom I got validation. I felt like I was become emotionally weaker and weaker. I was more dependent on him.
- CM: Was what you did in your best interest?
- M: No.
- CM: How do you feel about what you did?
- M: I feel like it was real wrong. That act did, however, result in my seeing the unhealthy pattern I have in all my relationships. It has forced me to see how I do all that.
- CM: How did you feel about yourself?
- M: I felt like I wasn't important. What I needed wasn't important. Sometimes I come into conflict with what I need and what the other person needs. In this situation it was what I need versus what he wanted. I gave in anyway and it made me feel real bad about myself. It brought back a lot of feelings I had about being loveable and competent. I also wondered if I was able to be in a relationship. I felt that if I lost him at that time it was me against the world again. That was real scary to me at the time.
- CM: Tell me about a time when you felt used or exploited by a spouse.
- M: I felt real used by him when he made the down payment on the house. He really didn't. He worked out a deal with the friend that owned the house. He had loaned his money in the trust to his dad (laughing) and of course the money was gone. He made this deal with Jack to pay \$150.00 per month on the equity and the balloon note would come due later. In essence I put a lot of money into the house. I paid for the house payment myself and in the end I was out on my ear. I have no place to live. I have no money. He has the house that I have paid for (laughing), and I have nothing. I don't think I would be willing to take any legal recourse. It's not that important to me. I don't have any even if I wanted to. I felt pretty used about that (laughing).
- CM: What did you think about that experience?
- M: It's forced me to separate a lot of myths I had about relationships. You worked together. The survival of the relationship is paramount. I don't believe that anymore.
- CM: How did your thoughts make you feel?
- M: I felt ripped off. I was not worthy of respect. I didn't separate his actions from my being. He treated me disrespectfully; therefore, I didn't deserve respect. He treated me as if I am of no value; therefore, I'm worthless. I didn't separate where it became my personality and it became his actions.
- CM: What did you do in response to those feelings?

M: I got real funny for a long time. I didn't want any relationships and wanted to withdraw. I wanted to keep things on a nice, calm, confined level. I've done that close to two years now. I'm swaying back now. Bill was the first person I trusted emotionally and he's the one who said it was okay to trust him. Then it turned out he really wasn't trustworthy. It had a pretty shattering effect on me. At first it was, "I was right. All those years you can't trust anybody." But now it's like I can't trust him but other people are trustworthy.

CM: Was what you did in your best interest?

M: Yes. I think in a lot of ways it was in my best interest. Now I know not to set myself up again. I was so willing to prove he was trustworthy by trusting him with too much. Only a fool gives that much. There is a point of healthy giving, but there comes a point when you give too much and it becomes unhealthy. You shouldn't give what you can't afford to lose.

CM: How did you feel what you did?

M: Terrible.

CM: How did you feel about yourself?

M: I felt like I was a fool (laughing). I felt like I set me up and I set him up too. It's very unusual in your relationship that one person gives up power and the other person takes it all. It will eventually become abusive. No matter who it is, no matter how you start out, no matter how it is at first, it sets things up that are real sick.

**APPENDIX G**  
**INTERVIEW: LAURA**



## APPENDIX G

### INTERVIEW: LAURA

Date of Interview: 1/29-30/87

Length of Interview: 2 Hours

Subject: Laura

Present Age: 31

Present Occupation: Claims Processor

CM: The first part of the interview concerns your molester. I will ask you some specific things about him and some of the details of what happened to you. I will prepare you before talking about the details of what happened to you. I will prepare you before talking about the specific details of the acts.

L: Okay.

CM: What was the name of the person who molested you?

L: I'll call him Jim.

CM: Did he live with your family when he molested you?

L: Yes.

CM: What was his age at the time?

L: 42.

CM: Describe him physically.

L: Short, stocky and well built. He had a crew cut and blue eyes. He was good looking.

CM: Was he married to your mother at the time?

L: Yes. When the molesting started it was 13 years.

CM: How many children were living in the home when you were molested. What were their ages and gender?

L: Four. I had a sister that was 12, and a brother that was 10, and another little sister that was six.

CM: What was his relationship like with each of those children?

L: I was the oldest and it seemed like we were close. The next one, she was a year younger than me, she and him fought a lot. My brother, he always tried to make a man out of him, so there wasn't much affection there. And then there was the baby who never really did anything wrong.

CM: Did he favor one child?

L: Me, the oldest.

CM: In what ways was he a good father?

L: I have a lot of bad memories of him being a bad father. The only thing I can ever say he was a good father at was that he always worked and took care of our physical needs.

CM: How was he a bad father?

L: There was never any affection. The only time he ever talked at you . . . he was in the military and was retired so that's how he ran the home. He would tease us until we screamed and cried so he was kind of sadistic in his approach. The only time he came near us was to touch us sexually or to abuse us. I don't have very many memories of him being a good father.

CM: How did he punish the children?

L: I would think most of it was mental abuse. He never said anything good. He always criticized like he was trying to tear down our self-esteem. He didn't beat us, but he did spank us.

CM: How did he show affection to the children?

L: He didn't.

CM: How did he show affection to your mother?

L: He didn't.

CM: What was your mother's age when he began molesting you?

L: 36.

CM: What was his relationship like with your mother?

L: I don't remember them being close as a couple. They never went anywhere together. Didn't even seem as though they sat down on the same couch together. It was almost like they tolerated each other. They just lived in the same house without ever being that close. They really never yelled or fought. If they needed to talk they always sent us out of the room. They just were never real loud or yelling. She obeyed him and they got along.

CM: In what ways was he a good husband?

L: I don't think he ever went out on my mother. He brags about that he never went out on my mother.

CM: In what ways was he a bad husband?

L: Not ever showing any affection. Never helping with the house or the kids when she needed it. Never complimented her whether she looked good or not. He always had to be domineering. The only way he ever got along with anybody is if you did what he said.

CM: Tell me what you know about his sexual relationship with your mother.

L: Well, I asked my mother what their sexual relationship was like and it seemed like she said it was all right, real straight forward. No oral sex, not a whole lot of touching, they never held or caressed, they always went ahead and had sex and that was it. The time he molested us he was impotent with my mother.

CM: Use three adjectives to describe your father.

L: Too criticizing, domineering, and very lonely.

CM: Use three adjectives to describe your mother.

L: (Long pause) Considerate, trustworthy, and affectionate.

CM: Was your father ever involved with criminal activities?

L: No, not that I know of.

CM: Did he have a police record?

L: No.

CM: Did he use alcohol or drugs?

L: Alcohol.

CM: What job did he have at the time he molested you? What was his approximate income?

L: He helped work to put airplanes together. He worked at Tinker. About \$1,000 a month then.

CM: What was the highest grade he completed in school?

L: He finished high school.

CM: What was his religious affiliation?

L: He didn't believe in it.

- CM: Do you know if he or your mother were ever treated for psychiatric problems or did she or he ever receive psychotherapy?
- L: My father never did, but my mother did after their divorce.
- CM: Do you know if he was ever abused, molested or neglected as a child?
- L: No.
- CM: How about your mother?
- L: She says no.
- CM: Were his parents divorced?
- L: No, they were married until his dad died.
- CM: How about your mother's?
- L: Her parents were divorced.
- CM: The next part of the interview is probably the most stressful. What we are going to talk about is a specific instance when he approached you in a sexual way. Can you tell me the approximate date and time that he approached you.
- L: I seem to remember a particular time when it was the summer when I was twelve.
- CM: Where were you?
- L: I was at home.
- CM: What were you doing?
- L: We were all home from school for school vacation. My mother was working nights and my dad got off about 3:30 and it was his job to watch all of us while she worked. It was about his best opportunity.
- CM: What were you feeling at the time?
- L: I remember when we were in the house and he locked all the doors so that all the kids were locked outdoors so they wouldn't disturb us. I remember feeling trapped. How could I escape it? And the frustration of knowing you can't do anything about it.
- CM: What do you recall thinking?
- L: Why was he doing that? Why did he think it felt good? I talked to girls that said that sometimes they thought it did feel good. I remember I never thought that I liked what he did. All I ever felt was a nervous butterfly feeling in my stomach.

CM: What were you wondering at the time?

L: I was wondering when it was going to end and wishing that someone would come in.

CM: And what were you hoping?

L: That someone would knock on the door or the phone would ring . . . something to interrupt.

CM: Tell me what he was doing.

L: He never had intercourse with me. But he always started off by wanting to look at porno magazines. He liked to use a vibrator kind of machine to massage us with.

CM: He came to you and what did he say?

L: He really never had to say much, he would just make sure he locked everything. In your own mind you knew it was your turn.

CM: Tell me exactly what he did to you.

L: Usually he started it off by coming up behind you and started putting his hands under your shirt and you knew what it was time for. Then he would sit there and want to hold you or . . . have you stand up or sit down or whatever, him with his hands under your shirt . . . start looking at the magazines. After he felt you for a while, your breasts, then he would start taking off your clothes and massage you all over, especially your sexual parts, with a vibrator.

CM: What did you say to him at the time?

L: He'd ask me if it felt good or if I felt any tingling and stuff. And I said, "No, I didn't." But he goes, "It will, it will."

CM: What did you pretend while this was going on?

L: Sometimes I could put my mind like in anaesthesia. All of a sudden I would place myself somewhere else while it was going on. I would place myself playing with my friends, something like that, to get my mind off of what was happening. After it while it became pretty effective. I could do that just about anytime, get separated.

CM: What were you thinking about?

L: I tried to think about something pleasant like a slumber party. Where everybody would talk about boys and everything. And think about is that what they really do.

CM: How did you feel at the time?

L: Just very nervous, just very nervous. I didn't know if he was going to do more sometimes. I didn't know if it would come down to what I heard people say the actual intercourse. I kept thinking that something was going to hurt me real bad. I wondered if that would ever happen.

CM: What did you want to do?

L: Kill him.

CM: What did you want him to do?

L: Just leave me alone.

CM: Describe the place where this happened.

L: The couch in our den in our home.

CM: Where was the rest of the family?

L: Outside playing and my mother was working.

CM: How long did he stay?

L: Usually about thirty minutes or so at a time.

CM: When he left what did you do?

L: I usually shut myself up in my room because I didn't want to talk to anybody.

CM: What did you think about while you were in your room?

L: Wondering if he was going to go get my sister and do the same thing.

CM: How did you feel about it?

L: Sometimes I wondered if it happened to other people and stuff. I kept thinking little things like do boys and girls when they grow up is it really like this. If that's the feeling that it has then it isn't something I want to have a part of.

CM: And now what do you think about the experience?

L: I feel like he is a very sick man. I wish somehow I could have had the guts to tell my mother then because she could have put a stop to it.

CM: What do you wonder about now?

L: If he is doing it to anybody else.

CM: How do you feel about it now?

- L: I wish there was some way I could force him to get help. That's basically what I want. I don't want to sue him and get everything he owns. I want him to get help.
- CM: What would you say to him?
- L: When I confronted him about it I told him that I was going to therapy and everything. He told me I had more problems than that. That couldn't have affected me like that. It made me so angry I haven't spoken to him since then.
- CM: Was this a single act or one repeated over time? If repeated, how often?
- L: It was repeated over time. Seems like it was every other day for about six months. When my mother worked at night, that's when it started. He was at home during the day then. When she stopped working nights is when it quit. It's like he ran out of opportunities.
- CM: Before he molested you did you ever feel uncomfortable in his presence?
- L: Not as uncomfortable, in a different sense. Before he molested us he still had little sadistic behaviors. He would tickle you until you screamed or he always teased you until you just about hated him.
- CM: When he was molesting you was he ever persuasive?
- L: Yeah, on me he always let me have a little bit more freedom with me. He didn't have to threaten me in any way. He told me I was his favorite child and he let me do other than what the other kids did and he did let me have a little more freedom.
- CM: Was he threatening in any way to you?
- L: Not me, but he did my sister. It's because she didn't cooperate as well as I did. She said that she thought he would kill her.
- CM: Was he ever sadistic with you during the act?
- L: No.
- CM: Was any one else present?
- L: No.
- CM: How old were you when the molesting occurred?
- L: 12.
- CM: Describe the closeness of your family.
- L: All of us kids were close. My mother seemed distant and my dad never really showed that much affection. So it was like the only ones that was close was us kids to each other.

CM: Would you say you were closer to your mother or to your father?

L: My dad at the time. My mother at the time that it happened, it seemed like she would be in another world. I can't remember her being around that much. She used to stay home with us, but at that time she was emotionally distant and my dad, that was the only affection I got.

CM: Were any of your brothers or sisters molested?

L: One sister by my father.

CM: Did your family members know about the molesting?

L: Yes.

CM: Which members knew?

L: My brother and my sister.

CM: How did they react?

L: My sister was real surprised when we discussed it because she wondered why he treated me a little different than her. He always acted real alienated from her but affectionately towards me. My brother hates my dad with a purple passion. I suspect he molested my brother but my brother says that he didn't. My brother is kind of mentally disturbed. He's gay and I don't blame it on being gay. My brother always hated my dad even before this ever came out. There was no affection ever toward him . . . he just hated him before. But he knew about it because my dad had these things called sex talks with all of us. With just the three of us older ones, and have the porno books there for all of us to look at. He always wanted to teach us about sex. So that's why I think my brother was a victim too.

CM: What was said to you about the incident?

L: I asked her if he touched her too. She said yes. We were so surprised because he never touched in front of one other. He always made sure it was by ourselves. She said, "Ah, ha, so now I know what he does with you when he locks us all out."

CM: How did you feel after the act?

L: Empty, desparate.

CM: How about angry?

L: That didn't seem to come until later.

CM: Hostile?

L: I was hostile towards my mother. Like she knew and wasn't doing anything about it.



CM: Guilty?

L: I felt very guilty over the years.

CM: Worthless?

L: That's probably the biggest one right there.

CM: Used?

L: I felt like I was his own private whore.

CM: Scared?

L: Scared, like he told me if anyone ever found out it would break the family up.

CM: Responsible?

L: I felt responsible sometimes when I felt I could have avoided him and didn't.

CM: Which, if any, of these feelings has changed with the passage of time?

L: Most of my feelings have changed with therapy. I don't even know who that person was . . . I feel like I am a completely different person than a few years ago because I like myself now.

CM: How do you feel now, talking about the molesting?

L: I don't feel angry. I guess I just feel frustrated because my biggest wish is for me to have a relationship with my dad . . . a normal one and that can't ever seem to be.

CM: Did you see a therapist at the time of the molesting?

L: No.

CM: Did you see a physician at the time?

L: No.

CM: Were the police involved?

L: No.

CM: Whom in your life have you told about the molesting?

L: My closest friends, my mother, my husband.

CM: What were your closest friends' reactions to what you said?

- L: They couldn't believe it. It seemed like when I told them they were very angry at my dad. They never wanted to be in his presence after that.
- CM: What was your mother's reaction?
- L: Completely shattered. She said, "If you had told me I would have killed him. Why didn't you trust me?" We had a big time of it. It was the only thing we talked about for six months. It was our back and forth feelings of my mother asking why didn't I trust her and everything. I can't understand why I didn't either. Except that my dad just told me that if I told her it would break up the family and I didn't want to be responsible for that.
- CM: What has been your husband's reaction to that?
- L: When I first told him it seemed like we got in a great big fight about it. He felt that my relationship with my dad should have nothing to do with the relationship with my dad and my children. He felt like I should not deprive my children of a grandfather just because of how I felt. And he couldn't understand how it could effect my whole life.
- CM: If you could say two or three sentences to the molester now, what would they be?
- L: I wish you would say you were sorry because it is all your fault and in no way was I responsible for your actions.
- CM: How do you feel the molesting has affected your relationship with men?
- L: I became very promiscuous, because I thought that the only thing that I was good for was to have sex. I became a prostitute for a while because I felt that that was what they used me for so I was going to use them.
- CM: How did it effect you sexually?
- L: It never made me frigid. I always did enjoy sex. I never enjoyed, I enjoyed just the sex. I didn't enjoy the hugging and the caressing or anything before. I associated that with my dad.
- CM: How did the molesting affect your marriage?
- L: It affected a large portion of it. It affected my ability to communicate with my husband, be able to trust him not to use me. I felt like I didn't like myself so I wasn't going to like anything about myself. It was like I just frustrated my husband because he didn't know how to deal with me.
- CM: Have you experienced any of the following difficulties? School dropout?
- L: Yes, I quit when I was a sophomore. My mom and dad got a divorce when I was 16 and that's when I dropped out.
- CM: Criminal activities?
- L: Prostitution.

CM: Running away?

L: My parents were still together. I kept running away because I was unhappy at home. I was fifteen and I started liking boys. It made my dad real jealous. He couldn't stand for me to date boys and he always called me a whore before I ever started. So why not be one? Why not run off?

CM: Truancy?

L: I always skipped school. I went off with my friends and did drugs.

CM: Suicide attempts?

L: No.

CM: Serious depression/anxiety?

L: I went through a very serious depression right after my son was born.

CM: Thoughts of going crazy or being out of control?

L: Yes.

CM: Excessive use of drugs or alcohol?

L: Yes, alcohol.

CM: How do you handle anger?

L: I used to go and break things. Take a glass and smash it against a wall or anything that was right there handy, I would tear it or rip it.

CM: At what age did you marry?

L: 22.

CM: Have you been married more than once?

L: Yes, I will talk about my current husband.

CM: Use three words to describe the man you married.

L: Trustworthy, devoted, affectionate.

CM: How long have you received psychotherapy?

L: For three years.

CM: Use three words to describe yourself.

L: Reliable, decent, caring.

CM: Do you have children?

L: Two.

CM: What are their ages and gender?

L: I have a boy that is five and a girl that is two.

CM: Have they been molested?

L: No.

CM: What do you tell them about sex?

L: My five year old boy has been taught since he's been able to know the correct names of body parts. And no one is allowed to touch him or have them touch him without his consent and that includes mommy and daddy.

CM: Are you affectionate with the children?

L: Yes, somewhat. It took me a long time . . . when I was in therapy . . . it seemed like I couldn't stand to be around my son, like I was taking it all out on him. My depression started right after he was born and that's what triggered it. And I beat him a lot. And after I started therapy that seemed to relax and then I had to learn all over again how to do the correct and right way of showing tenderness without having sexual feeling. I couldn't stand to be touched so I didn't touch.

CM: Now I want you to think back over your work history. Consider for whom you have worked and the kinds of jobs you have performed. Now tell me about your needs at your place of employment.

L: I need to know I can get promotions for good work. I need to be complimented and appreciated I guess.

CM: To what extent are your needs met?

L: Pretty much.

CM: Tell me about a significant instance when your needs were not met?

L: When I worked at a tape company making eight track tapes. When they didn't have good business it seemed like we worked only when they did have business. I just felt like they didn't have enough for me to have full-time employment.

CM: What did you think about that experience?

L: I became very angry and frustrated. I thought about finding another job.

CM: How did your thoughts make you feel?

L: Trapped.

CM: What did you do in response to those feelings?

L: Drank.

CM: Was what you did in your best interest?

L: No.

CM: How do you feel about what you did?

L: That that was a different person. Sometimes when I look at myself now I am so changed. It seems like I'm looking outside of a mirror.

CM: How did you feel about yourself?

L: Sometimes when I got drunk and found out I had had a blackout and caused a fight, I felt regret. I didn't like myself very much at all.

CM: Tell me about an experience when you felt disrespected at work.

L: Like when I would be talking to my supervisor or talking to someone they would come up and interrupt like what I had to say wasn't important.

CM: What did you think about that experience?

L: It made me very angry.

CM: How did your thoughts make you feel?

L: Like I wished I'd had more of the guts to tell them to wait their turn.

CM: What did you do in response to those feelings?

L: I stuffed them.

CM: Was what you did in your best interest?

L: No.

CM: How did you feel about what you did?

L: I felt like I needed to take some sort of assertiveness course or something to help myself.

CM: How did you feel about yourself?

L: That I was stupid at the time.

CM: Tell me about an experience at work when you felt used or exploited.

L: When I worked in the file room I always felt like because I was one of the few white girls in there and there was a bunch of black girls. I always felt like I had to do more work than they did. I did more work. They could be lazy but I couldn't.

CM: What did you think about that experience?

L: I was just very angry about it. I wished I could punch somebody out.

CM: How did your thoughts make you feel?

L: Frustrated. I just felt very frustrated.

CM: What did you do in response to those feelings?

L: I took night classes.

CM: Was what you did in your best interest?

L: Yes.

CM: How did you feel about what you did?

L: Good.

CM: How did you feel about yourself?

L: Better.

CM: Now I want you to remember back over your lifetime to friends you have had and/or currently have. In thinking about this next set of questions, select one person you consider to be your best friend. Answer these questions with reference to this relationship. Tell me what your needs are from a friendship.

L: I need their complete trust. I need their confidence. I need to feel like they like me and won't do me any harm. I don't want someone who is too criticizing of me because I do that myself. I want them to have confidence in me that I won't betray them.

CM: To what extent are your needs met by this person?

L: Pretty much.

CM: Now tell me about a significant instance when your needs were not met by this person.

L: During the time of my depression she was going to church so much. When I drank a lot and stuff she didn't have a lot to do with me. During that time I felt like I needed her the most.

CM: What did you think about that experience?

L: I felt like I was let down when I needed them the most.

CM: How did your thoughts make you feel?

L: It just made me very angry.

CM: What did you do in response to those feelings?

L: I drank more.

CM: Was what you did in your best interest?

L: No.

CM: How did you feel about what you did?

L: Not very good.

CM: How did you feel about yourself?

L: I didn't like myself at all.

CM: Tell me about an experience when you felt disrespected by a friend.

L: Sharon has always been a real kiss-assy kind of person. When she has a man she is always totally involved in them. I have always been kind of liberated and she has always made me feel like I don't do enough the way the Lord wants you to. She's more obedient towards my husband than I am. That's where I feel disrespected. I don't think she respects my feelings about that.

CM: What did you think about that experience?

L: I just thought that she didn't respect my feelings in the matter. She didn't understand why I am the way I am, just to accept me.

CM: How did your thoughts make you feel?

L: Like cramming my opinion down her throat.

CM: What did you do in response to those feelings?

L: I stuffed them.

CM: Was what you did in your best interest?

L: I think so.

CM: How did you feel about what you did?

L: All right. She came out of that a lot. She ended up getting a divorce because of that. He became so domineering because she was so obeying that he took advantage of it.

CM: How did you feel about yourself?

L: Not very good because I couldn't take anyone's domination. I have had to relax over the years.

- CM: Tell me an experience when you felt used or exploited by a friend.
- L: After she got her divorce she moved in with us. I felt used when she came in. I just felt used a little bit.
- CM: What did you think about that experience?
- L: I thought we shouldn't live together while I was married to my husband.
- CM: How did your thoughts make you feel?
- L: Frustrated, like I couldn't do a whole lot about it except to ask her to move out. That's what I did.
- CM: What did you do in response to those feelings?
- L: We had a few fights about it. I told her to mind her own business and not worry about whether I treat my husband the way she wants me to.
- CM: Was what you did in your best interest?
- L: Yes.
- CM: How did you feel about what you did?
- L: Good.
- CM: How did you feel about yourself?
- L: I liked myself.
- CM: Now we are going to talk about your main love relationships. These relationships include your mother, father, and husband. We will go through the set of these questions three times, once on mother, once on father, and once on spouse. Tell me about your physical and emotional needs in each of these relationships. Let's start with mother.
- L: I need her to love and accept me for how I am and be affectionate with me. I feel that I am lacking in that. I want her to hug me and kiss me goodbye.
- CM: How about your physical and emotional needs with your father?
- L: I don't care about physical needs from him. I would rather him not. But emotionally I would like for him to come to be a father for me. I think I need that.
- CM: How about your husband? What are your physical and emotional needs from him?
- L: I like to be hugged and told that he loves me and stuff. I like to feel like I am special to him.
- CM: To what extent are your needs met?



- L: They are pretty much met by my mother.
- CM: How about your father?
- L: No.
- CM: How about your husband?
- L: I would like him to hold me more often.
- CM: Tell me about significant instance when your physical and emotional needs were not met by your mother.
- L: (Pause) Well . . . mother has usually been there for me, since I have been an adult anyway. She came out of her depression and saw a therapist. Now everything, she overdoes it a bit cause she is trying to overcompensate. I can't remember her not being there for me as an adult. As a child she was not there basically. When I was a teenager and that did happen with my dad it was like I never had any affection. She was emotionally very distant to everyone.
- CM: What did you think about that experience?
- L: I was very lonely. I felt very by myself. I really felt like I had very few friends. I had no one to confide in.
- CM: How did your thoughts make you feel?
- L: I felt not very good about myself. Like something was wrong with me.
- CM: What did you do in response to those feelings?
- L: I daydreamed a whole lot.
- CM: Was what you did in your best interest?
- L: I think so at the time.
- CM: How did you feel about what you did?
- L: I felt good.
- CM: How did you feel about yourself?
- L: I didn't like myself then. It was easier for me to live in a dream world than the reality of it.
- CM: Tell me about an instance when your physical and emotional needs were not met by your father.
- L: When I confronted him I wanted him to tell me he was sorry and he loved me. All he could do was tell me it was my fault and that he didn't do anything wrong.

CM: What did you think about that experience?

L: I was very angry.

CM: What did you do in response to those feelings?

L: Withdrew.

CM: Was what you did in your best interest?

L: I think so at the time.

CM: How did you feel about what you did?

L: I felt good that I was able to confront him.

CM: How did you feel about yourself?

L: Good.

CM: Tell me about a specific instance when you felt disrespected by your mother.

L: When I would get on my son for doing something. She would sit there and say it was all right. I felt like she was not respecting my feelings and my being a mother and let me handle it and treat me as an adult.

CM: What did you think about that experience?

L: I thought that I needed to speak up more to my mother.

CM: How did your thoughts make you feel?

L: Angry and frustrated.

CM: What did you do in response to those feelings?

L: In my mind I would practice what I would say the next time. At the time I kept my mouth shut.

CM: Was what you did in your best interest?

L: Probably not.

CM: How did you feel about what you did?

L: Like I could have said something differently or done something.

CM: How did you feel about yourself?

L: I felt rather weak.

CM: Think about a time now when you felt disrespected by your father. Tell me about that.

L: I never felt respected by my father. I never felt like any of my opinions never mattered. He was always right. He never complimented and was always critical of me. I can't remember him ever saying he was proud or respected anything I ever said. I remember when my husband and I bought a car. I told my dad how much it cost and stuff. He sat there and said it was very stupid of me to buy a new car for that when I could have gone to a showroom and bought it thousands of dollars cheaper.

CM: What did you think about that experience?

L: I thought to myself that I could never please him.

CM: How did your thoughts make you feel?

L: Frustrated and angry.

CM: What did you do in response to those feelings?

L: I was silent. I didn't give any opinion to him.

CM: Was what you did in your best interest?

L: Probably so because arguing with him never would have done any good.

CM: How do you feel about what you did?

L: I wished that I would be able to speak up to him.

CM: How did you feel about yourself?

L: I didn't like myself very well.

CM: Think now about a specific time when you felt disrespected by your husband.

L: The time that I did confront my father he felt like I should not. I felt that he did not respect my opinion to keep my children away from my father.

CM: What did you think about that experience?

L: I was very angry. I felt that he should have been more sympathetic towards me.

CM: What did you do in response to those feelings?

L: I told him that if I ever caught him taking the children to my father I would divorce him.

CM: Was what you did in your best interest?

L: I think so.

CM: How did you feel about what you did?

L: I feel like it was the right thing.

CM: How did you feel about yourself?

L: I felt like I wished I could have been not so angry talking to him. I wished I could have been calmer in discussing it with him.

CM: Now I would like you to think of a specific instance when you felt used or exploited by your mother.

L: When I had to stay home during the summer to babysit. I felt like I was just exploited. I had to bring them wherever I went.

CM: What did you think about that experience?

L: I thought I would never do that to my children.

CM: How did your thoughts make you feel?

L: Frustrated.

CM: What did you do in response to those feelings?

L: I took it out on my younger siblings. When they would ask to go do something I would say, "No." Just be spiteful, like turn off the TV when they were watching it. It was not physical abuse. I would do little things to irritate them because I was very frustrated.

CM: Was what you did in your best interest?

L: No.

CM: How did you feel about what you did?

L: Like it was little of me.

CM: How did you feel about yourself?

L: I didn't like myself very well.

CM: Tell me now about a time when you felt used or exploited by your father.

L: When he molested me, he wouldn't ever leave me alone. I felt like he exploited me during that time and I didn't like it very much.

CM: How did your thoughts make you feel?

L: Like I was no good.

CM: What did you do in response to those feelings?

L: I had a lot of destructive behaviors. I became very promiscuous. I did drugs. I did anything. I guess I didn't like myself very well. Nothing was beneath me.

CM: Was what you did in your best interest?

L: No.

CM: How did you feel about what you did?

L: Not very good.

CM: How did you feel about yourself?

L: I didn't like myself very well.

CM: Now I would like you to think about a time when you felt used or exploited by your husband.

L: I felt used when he allowed one of his family members to live with us. Even though I strenuously objected to it.

CM: What did you think about that experience?

L: I was very angry towards my husband. I didn't like it very much at all.

CM: What did you do in response to those feelings?

L: I made his life very miserable. I wouldn't have sex with him. I nit-picked little fights blaming him for everything that went wrong.

CM: Was what you did in your best interest?

L: No.

CM: How did you feel about what you did?

L: Like I could have done something different and made it constructive somehow.

CM: How did you feel about yourself?

L: I didn't like myself very well.

**APPENDIX H**  
**INTERVIEW: FERN**

## APPENDIX H

### INTERVIEW: FERN

Date of Interview: 2/18-19/87

Length of Interview: 2 Hours

Subject: Fern

Present Age: 33

Occupation: Baker

CM: What was the name of the person who molested you?

F: Ben.

CM: Did he live with your family when he molested you?

F: Yes, he did.

CM: What was his age at the time?

F: He was like 35.

CM: Describe him physically.

F: Oh, I guess he's about 5'9" or 5'10". The last time I saw him he was overweight, about maybe 220 pounds probably. Dark hair, dark skin. I don't know what else to say.

CM: Was he married to your mother at the time?

F: No. They were divorced.

CM: How many children were living in the home when you were molested?

F: Okay, let me see. When I was five . . . I had a younger sister that was three, another brother that was one. And I had a brother that was two years older than me.

CM: What was his relationship like with the other children?

F: He was mean. He was brutal and dominant and mean.

CM: Did he favor one of the children?

F: Yeah, my brother two years older than me. They got along.

CM: In what ways do you think he's a good father?

- F: Well, I believe he does care about his children. Care about, you know, our upbringing.
- CM: How do you think he was a bad father?
- F: We were always frightened of him.
- CM: How did he punish the children?
- F: We got spanked.
- CM: How did he show affection to the children?
- F: Well, I'd see him pick up his little daughter and hug her and kiss her, you know, he'd really show the loving concern for her.
- CM: How did he show affection to your mother?
- F: Well, I've seen him hug and kiss her also.
- CM: What was your mother's age when he started molesting you?
- F: She was about 36.
- CM: What was his relationship like with your mother?
- F: They didn't get along too well because he was bossy. He didn't want to do what she wanted.
- CM: In what ways do you think he was a good husband?
- F: He worked for a living (laughing).
- CM: In what way do you think he was a bad husband?
- F: He drank somewhat.
- CM: What do you know about his sexual relationship with your mother?
- F: I know absolutely nothing.
- CM: Use three adjectives to describe him.
- F: Well, he's a big person. I guess powerful would be one. Brutal.
- CM: Use three words to describe your mother.
- F: Negative, pitiful. I don't know what else. Let me see. Closeminded, I guess.
- CM: Was he or had he ever been involved in criminal activities?



F: I think he was after he got out of the service. I don't know, it seems there were some type of charges brought against him, but I don't know for sure what kind. But he would do things, I had heard of him doing some things that was just out of this world. And it really made me scared of him, even when I was older.

CM: Did he have a police record?

F: It seems like he did.

CM: Did he use alcohol or drugs?

F: Yes.

CM: What job did he have at the time he molested you?

F: He was in the service.

CM: What was the highest grade that he completed in school?

F: Ninth.

CM: What was his religious affiliation?

F: Baptist.

CM: Do you know if he or your mother were ever treated for psychiatric problems or did she ever receive therapy?

F: I don't know if she ever did, but I believe he did.

CM: Do you know if he was ever abused, molested, or neglected as a child?

F: I don't know, but there's a good possibility.

CM: How about your mother?

F: Yes, I found out my mother was abused and sexually molested.

CM: Were her parents ever divorced or separated?

F: Her mother died when she was like four years old. Then she was raised by a stepmother who was very cruel to her.

CM: The next part of the interview is probably one of the most intense aspects of it. This is about the incestuous act itself. The way the interview is set up is to have remember a particular incident and we will talk about your thoughts and feelings about it. Do you remember the time of year that it was and the time of day?

F: The time of year must have been either late spring or early summer, because it was warm that summer.

CM: Was it during the day or night?

F: Daytime.

CM: Where were you?

F: Well, we lived out in the country. And there was this old barn, or whatever, back behind the house. And this was really stupid, but I guess I really wasn't stupid then. I just didn't know. But, he always seemed to lure me away from my younger brother and sister whom I played with.

CM: So you were at that time out in the barn?

F: Well, we were playing.

CM: You and your . . .

F: Younger brother and sister.

CM: And do you remember what you were playing?

F: Not really.

CM: Do you remember what you were feeling, just before it all happened?

F: Okay. I probably was feeling pretty good because we were buzzing around. I don't know if we was playing tag or what, but we were having fun.

CM: Do you remember what you were thinking about?

F: No.

CM: Do you remember what you were wondering about?

F: I can't remember that.

CM: What you were hoping?

F: You mean before this . . .

CM: Yes.

F: No, I don't remember anything then.

CM: What was your father doing at the time?

F: Well, he was up in that loft part, him and my older brother. See they could go up there and we couldn't because we were younger and we weren't supposed to go up there.

CM: Tell me exactly what happened.

F: Well, I'm not exactly sure how it was, but he lured me up there. I can remember that. I don't know what the deal was, maybe he told me he had something for me, like candy or whatever. I don't know. But, I remember being up there and then he wanted to play games, you know, pretend this and pretend that. . .

CM: What did he say to you?

F: Oh, he wanted to pretend that they were wounded soldiers and I was a nurse. And, I don't know, I guess I thought it was a neat game, I don't know.

CM: Then what happened?

F: Oh, then I was told I had to take off my underwear. And I really didn't want to do that, I remember. But when I tried to go back downstairs they wouldn't let me.

CM: So it was the two of them?

F: Yes.

CM: And then what?

F: Well, I was told that I had to walk by so they could look up my dress.

CM: So they asked you to take your panties off?

F: Yes.

CM: And then what happened?

F: I didn't think it would make me feel this way (crying).

CM: Just take your time.

F: And then what. And then my father had intercourse with me at that time.

CM: And what age were you when he first molested you?

F: I wasn't going to school yet.

CM: So you were about 5?

F: Something like that, yes.

CM: Do you remember what he said to you?

F: Just that I was a girl and that's what I was made for.

CM: Do you remember what you said to him?

- F: I don't remember saying anything. I mean, I just know I was scared. When it come to him, I was always scared cause he was always so mean.
- CM: Do you remember pretending anything while this was going on?
- F: I pretended that I was not me. That I was something else. That I was away. I was gone. But I wasn't there. Maybe I was the wall or that bird you know I saw in the sky flying. I was not there though.
- CM: Do you remember what you were thinking about?
- F: That I didn't like it, it didn't feel good. It didn't . . . it wasn't right. It was wrong.
- CM: Do you remember how you felt?
- F: I don't know. I don't know. All I know is that, like I said, I didn't want to be there.
- CM: Okay. What did you want him to do?
- F: I wanted him to leave me alone.
- CM: Where was the rest of the family?
- F: I guess my mother must have been in the house. And my younger brother and sister were downstairs, or out there playing somewhere.
- CM: When he left, when it was over, what did you do?
- F: I think I might have went to bed, and then to sleep because I felt I was sick.
- CM: Do you remember what you thought about?
- F: Well, I felt a lot of shame.
- CM: Do you remember wondering after it happened?
- F: If I wondered anything, I probably wondered why that had to happen to me.
- CM: And now, when you think about it, what do you think about?
- F: Well, I didn't realize that I still had a lot of feeling back then. I thought that I had gotten over it, that I had grown to understand a little bit about it and that I had worked through it.
- CM: What do you wonder about, when you think back about these times?
- F: Well, I just wonder how things would, how different things would have been if that hadn't of happened to me. You know, like what kind of a life would I have had because I've come through a lot. Not, you know, a lot of things, but . . . and in society's eyes are real wrong. And I've had to go through a lot of guilt and a lot of, you know, being ashamed of myself.

CM: And how do you feel about it at this point in time about what happened to you?

F: Well, I can't go back and change it. And I used to often wonder why these things had to happen to me anyway. And the only thing I can see from it is that I was there and I've lived through it and maybe, you know, maybe I'm supposed to try to help somebody else that's been through it too.

CM: What would you like to say to your father?

F: I would like to tell him to go get some help, you know, because you can't break a cycle unless you get . . . you know, you've gotta learn about it. I didn't know about it. I thought . . . see, as a matter of fact, this is what he told me. He told me that every father did this to their daughter. And so I thought they did. I don't know when I found out that they didn't, but I was so scared and ashamed and felt so guilty when I found out because I didn't want anybody else to know about it.

CM: Was this a single act or one repeated over time?

F: It was repeated over time.

CM: How often?

F: I really . . . I think I've blocked so much of it out. I would say maybe once a month, probably.

CM: For how many years do you think?

F: Probably once a month for a couple of years.

CM: Before he molested you did you ever feel uncomfortable in his presence?

F: I don't really remember.

CM: During the act was he persuasive, try to persuade you to do this?

F: I think so, whenever I was younger.

CM: Was he threatening?

F: When I was older, he was.

CM: Was he sadistic?

F: Yes, he was.

CM: Did he offer you bribes?

F: No.

CM: And was anyone else present?

F: When I was older no one was.

CM: That's the end of the details.

F: Okay.

CM: How old were you when the molesting occurred?

F: How old was I? When it started?

CM: Yes.

F: I think about five.

CM: Describe the closeness of your family.

F: Well, growing up I was closer to my younger brother and my younger sister mainly because I had to take care of them.

CM: Were you closer to your mother or your father?

F: Well, my mother.

CM: How about your father?

F: We, well, like I said, when I was younger I remember an incident of me and my younger sister combing his hair, but other than that, there's been no other, no relationship.

CM: Were any of your siblings molested?

F: Yes.

CM: By whom?

F: My daughter was molested by my husband.

CM: How about any of the other brothers or sisters in your family?

F: Oh, in my family.

CM: Yeah.

F: I have a suspicion that my younger sister was.

CM: By your father?

F: Yes.

CM: Okay. Did your family members know about you being molested?

F: I think they did. Well, my older brother did for sure because he had seen it.

CM: How did he react?

F: Well, my brother thought that he was going to do it to me and, I was about his same size, so I fought him off.

CM: What was said to you about the incident?

F: Nothing.

CM: Did your mother know or does she know?

F: She knows, and she knew back then, cause I remember telling her.

CM: What was her reaction?

F: Well, I can't exactly remember, but I know when I was a little older she just kind of ignored it.

CM: How did you feel after the act?

F: I felt like dirt.

CM: Were you angry?

F: I probably was.

CM: Did you feel hostile?

F: No, I don't think I was really hostile. I was more withdrawn, I think.

CM: Did you feel guilty?

F: Yes.

CM: Worthless?

F: Yes.

CM: Used?

F: Yes.

CM: Scared?

F: Yeah.

CM: Responsible?

F: You mean responsible for it? Yeah, I did. Because my mother put the emphasis on girls not being too hot. See she favored her boys over her girls.

CM: So she blamed you?

F: Right. It was my fault. I was a girl. I should've known better. And I could hear those words and believed them until I got older and found out that . . . How the hell was I supposed to know anyway. Nobody told me anything. So, yeah, for many years I thought it was all my fault.

CM: Which, if any, of these feelings has changed with the passage of time?

F: Well, being responsible for it has changed because I know I'm not responsible for it. And I had, and I did have a lot of anger which I don't think that I really had. I think I was more scared than anything.

CM: So as you got older you felt more angry?

F: Yes.

CM: How do you feel now, talking about the molesting?

F: Probably more hurt, I guess.

CM: Did you see a therapist at the time?

F: No.

CM: Did you see a doctor?

F: No.

CM: Were the police involved?

F: No.

CM: Whom in your life have you told about the molesting?

F: Well, I do know I told my mother. And I know my sister knows because I'm sure I told her. And I have some nieces I've talked with. I've talked about it with a lot of people.

CM: Let's talk about mom and your sister since those are the ones you mentioned first. What was mother's reaction to what you . . . well you told me . . . to what was said. Can you kind of just recap that briefly.

F: Well, it seems like whenever I first told her she wanted to shush me up. You know, just hush it up and be quiet. And seems like then each time I would tell her she would get madder and madder at me. And I remember one time when I told her how she physically abused me. Threw me on the floor and kicked me and everything and told me it was my fault, I was a girl and all this and that. And so I didn't tell her anymore.

CM: What about your sister?

F: Well, when I told her, when we talked about that, she was telling me about how my father had, things he had done to her, and I remember telling my mother about this and it . . . there was a big stink in the family. And then



my sister denied it, denied that she told me that. And so I was a big liar and troublemaker.

CM: If you could say two or three sentences to your father, what would you say?

F: Well, I'd just tell him how he screwed my life up. And then, you know, I wouldn't want him to do any harm to anybody else. You know, someone small, who doesn't know any better.

CM: How do you feel that the molesting has affected your relationship with men?

F: Well, I've just found out some things about me that I didn't know, but whenever I was, whenever I would get real stressed, the first thing I'd think about would be to go mess around. You know, anybody, anybody different, you know, whatever, and this is what I did. I mean, I used sex to relieve my stress I guess.

CM: How do you feel that it has, the molesting, has affected you sexually?

F: Sexually? Well, it took a long, long time for me to believe that it was okay to have sex with someone and like it.

CM: How do you think that the molesting affected your marriage?

F: Quite a bit. Because I went through a period, and sometimes I still do, where I don't want to have sex at all. Just leave me alone, get away from me, don't touch me at all. And then there are times when I'm okay. And, you know, it's all right.

CM: Have you experienced any of the following difficulties: School drop out?

F: Yes.

CM: Criminal activities. Doesn't mean being arrested.

F: Just any little thing? Yes.

CM: Running away?

F: Yes.

CM: Skipping school?

F: Yes.

CM: Suicide attempts?

F: Yes.

CM: Serious depression or anxiety?

F: Yes.

CM: Thoughts of "going crazy" or being "out of control?"

F: Yes.

CM: Excessive use of drugs or alcohol?

F: No. Mainly food. Excessive use of food.

CM: How do you handle anger?

F: Today? Well, I tend to cuss a lot when I get angry, and I may slam things down, but I try to look if, you know, like if someone's made me mad, and think why the heck do they do that or whatever, and then eventually I calm down. Not like I used to be.

CM: What were you like? What did you do with anger?

F: When, before? You know this is really something I didn't know, but I found out that . . . well, I was eighteen when I first went to a counselor or someone, because I would always injure myself. I'd always end up hurting myself, physically. I've got scars here where I put my hand through glass and cut myself, or just do something stupid. Well, when I was a teenager was whenever I had my most promiscuous part, and that's how I come to have my children so young. Well, I met this . . . I thought I was in love with and everything was going to be hunky dory, but before that I'd had a real insane reputation. And to think about it now, back then I thought that's what I was supposed to do.

CM: At what age did you marry?

F: When I finally married? I was twenty-five when I got legally married.

CM: Were you in any long-term relationships?

F: Well, the man that I married I had lived with for four years.

CM: Have you been married more than once.

F: No.

CM: Use three words to describe the man you married.

F: Well, he's strong, but he's kind. And he, well if he does something wrong he's tries to correct it. I don't know what you would . . .

CM: You talked about first going to see a therapist when you were eighteen. How long do you think you've been receiving therapy on and off?

F: Since I was probably eighteen.

CM: Since you were eighteen. Do you currently have a therapist or somebody you see?

F: Yes. I talk to her sometimes about things. And she's pretty openminded that she can talk to me about some things because . . . well, a while back I had found out that the father, the natural father to my children, had gotten killed like six months or so ago, and I just went crazy, I thought. And I thought well why should I feel bad, you know.

CM: So they have the same birth father?

F: Yes.

CM: He was the person you lived with in the . . .

F: No. I never lived with their father, I just more or less went with him when I was fourteen and he was twenty-two, and I never lived with him, but I just had two kids by him.

CM: How old were you when you had the first one?

F: I was fifteen or sixteen.

CM: And the other?

F: I was seventeen.

CM: You were seventeen. So they're just a year, the kids are just a year apart.

F: They're nineteen months apart.

CM: Use three words to describe yourself?

F: Well, I'm responsible. I like to do things that are right. It seems like I have this fetish, but it's got to be done the right way. And, I always want to learn more than what I know.

CM: And this is a repeat, but do you have children?

F: Yes.

CM: Their age and gender.

F: Okay, my daughter is sixteen and my son is seventeen.

CM: Have they been molested?

F: My daughter has.

CM: And by whom?

F: My husband.

CM: What do you tell them about sex? I guess it would be, what did you tell them about sex? I figure they know by now, at their ages.

- F: I do remember telling my daughter when she was younger not to let anybody touch down there, you know, or have her take off her clothes or anything because my father was going to spend a few days with us. And I was scared. And even though I was there with her I still wanted her, you know, you never know when they get a chance, and I was scared and so I told her. Little did I know that something had happened already.
- CM: So she was quite young when she was molested?
- F: The first time . . . I had lived with this guy for about a month and there was no relationship. I mean there was just . . . oh, I guess I wanted somebody so bad I'd live with . . . I've lived with a few guys here and there, but anyway.
- CM: You were a single parent, of course, at this time, too.
- F: When she was three she was first molested by this guy I had living with me.
- CM: Are you affectionate with your children?
- F: Not like I feel like I ought to. With my daughter I tried to be . . . well, I was more affectionate with her than I was my son. And my son went through a period where he didn't want you to touch him anyway. And then I feel like I don't hug him enough and tell him I love him enough, but my daughter right now isn't in the home. She hasn't been in the home since she was probably about twelve. She was made a ward of the state and was sent off to institutions because they said she was in need of treatment. This is when we found out that . . .
- CM: She'd been molested.
- F: Right. And we went to the counseling and we went to . . . This is whenever I had to find out a lot about incest. And the lady that was teaching it at PAC, the Parents Assistance Center, told me you better learn to deal with your own before you start learning to deal with your daughter's. Because I was shocked to find out that my husband had done this . . . because he knew about my past. I had told him about that. And, I was, I was just so shocked because he seemed so, so caring and protective, and then this happened, you know. And I had been in Alanon long enough to learn to forgive. Because if I had of found out about it when it first started, I would've . . . never want to have nothing to do with him. I want to kill him, is what I'd want to do. See I thought that since I had went through this, my daughter surely wouldn't ever go through this. You know, I thought that I may have bore some pain, or something had happened to me that would never happen to her. Anyway, he didn't deny any of it. The way it came out was it had stopped. It had been a year. See, he never had intercourse with her, but he fondled her. And, it had been stopped for about a year when her behavior started going bizarre and this is when we found out. It had been a year and it had stopped on its own. That's why he wasn't prosecuted. Because the DA, he looked at it, and he said that he'd never seen something like this stop by itself. But that they'd keep it on file and if anything else ever happened, you know, then they'd have to . . .

CM: So is she in foster care now?

F: Well, they were going to try to get her in a group home. You see, like I said, we've been through PAC, we went to PAC for a year. And was at all the institutions she'd had counseling at, but she still wanted to blame me and blame Gary for all the things that had happened to her. And even though he had done everything that the list that PAC gave us said to do, it still wasn't good enough. He did apologize to her in front of me and my son, and even, I think, a counselor.

CM: So he admitted it in front of . . .

F: Yes. He admitted that and he told her it wasn't her fault, that it was all his fault and that he was to blame. And he still feels guilt. I know he does. That's why when she asks for something it's really hard for him to say no because he's got all that guilt. Well, she's been on the streets for a year. And last time she came over she turned herself in. She had me call the police. I did. It was so hard though because I've had to learn tough love. Even though she still blames us for that. To me I think, you know, I felt like that if I was her age and if I had gotten the help that she had gotten that I would've come out of it, but she hasn't. She's done a lot of things to us. She stole my checkbook and forged some checks from my checking account and stole his watch. She told some lies about Jackie. Which she told them down there, when she was in -----, that my son had raped her when she was thirteen. So we went to him and we sat down and we talked with him about it. And we asked him and he said no. But he did tell Sam of a time when they were little how they explored each other. Sam had told him that was normal. But when they got older, did anything happen, and he said no. And then we had to look because they asked if he was sexually active at that time and he wasn't. And they said well if he wasn't active now then he probably didn't, you know. And he did confront her. Cause we were at the courthouse and we got in this room and he did, he confronted her. He said why did you say that about me? Why did you lie? And that's when she . . . anytime somebody confronted her with the truth she just wanted to run away. And that's just the way she was. So, you know, and I told her, I said, I have got just as much right to believe him as I do to believe you. And I was uncertain, you know . . . I thought maybe she was, maybe she was right. And I did doubt my son. He's a good kid compared to everything that's gone on in his life, too, you know.

CM: The next part of the interview we're going to talk about work, friendship and love relationships. And when we come to love relationships we're going to talk about mother, father and spouse. The first thing we're going to talk about is work. I'd like for you to think back over your work history. And think about who you have worked for and the kinds of jobs that you've had. Tell me about your needs at your place of employment. What do you want to get out of a job?

F: My present place of employment?

CM: Any one you'd like to talk about. What do you think your needs are in working.

- F: Well, I guess one basic need would be to be appreciated for the hard work that I do.
- CM: To what extent is that need met at work?
- F: To what extent? Oh, well, just kind of a, you know . . .
- CM: Do you think it's met or not at work?
- F: Do I think it's met?
- CM: Do you think they appreciate you?
- F: My manager does, my store manager does. My baker manager doesn't, but my store manager does.
- CM: Tell me about a time when your needs were not met. Tell me about a time when you were not appreciated.
- F: Well, maybe, there was a time that I came in sick because I thought that she needed me to be there to help her. And I was doing things a little slower than I generally do, you know. And she . . . I had caught her talking about me behind my back, about how slow I was.
- CM: What did you think about that experience? And how did your thoughts make you feel?
- F: Well, just what I told her, that if there was something that I was doing that wasn't right, she should come to me. She shouldn't go to somebody else.
- CM: What did you do in response to your feelings?
- F: What did I do? Well, I just started doing what I would normally do and I just shut up. I didn't talk to her anymore for the rest of that day.
- CM: Okay. Was what you did in your best interest?
- F: I think it was.
- CM: How did you feel about what you did?
- F: Well, I guess I was just angry. I did it just to keep it from going any further, I guess.
- CM: How did you feel about yourself?
- F: I felt bad because I couldn't . . . you know, because my body wasn't, my physical wasn't up to par like I think it ought to be on the job.
- CM: Think now about a time when you felt disrespected at work.
- F: There was a time, not too long ago, back in November, when at that same job I was acting bakery manager because they didn't have anybody at that

time. And since I knew what to do and what had to be done, the store manager told me, you know, that whatever, I was to take charge back there. And there was this girl who really didn't work at all. Didn't want to work at all. She just wanted money. Which there's a few of those out there. And I had been working like about twelve hours a day, six days a week, because there was nobody else there but me and they didn't have anybody else to come and relieve me. And I guess I was just kind of sick and tired of doing all this, and then when something had to be done on her job and she didn't want to do it because she didn't know how. And she'd been there like six months and still didn't know how to do it. And I had told her, you know, I said Ginger, I said if you're going to work the salad bar you need to learn how to make a salad by order. Well, I just don't know how, nobody's shown me. And I said well nobody showed me how to make a bakery order either. I had to learn on my own. And this threw up more response and this and that and she got mad . . . well, she had gotten mad earlier with the bakery girl at the front and they'd had words. And she just started slinging things at me like, well, I never whatever. And I guess I was just playing games with her throwing it back at her too. Like she said mean things to me and whatnot. And then she got carried, out of hand, because she really got mad and started cussing. And I thought, oh boy how am I going to get out of this. And I thought maybe she'd go on break. She always goes on break. Or go to lunch or just do something to get out. I just tried to ignore her. And while I was waiting on a customer she was cussing, using words real bad and loud and I turned around and said, Ginger, would you please not use that kind of language in front of our customers. And she got even louder. And I went back to decorate a cake, and I turned around and there she was with a knife like she was going to stab me with it. And I felt disrespected very much at that time.

CM: What did you think about that experience?

F: I was scared to death.

CM: How did your thoughts make you feel?

F: Well, all I knew is I had to do something to save myself.

CM: What did you do in response?

F: I shoved the cake in her face that I had in my hand and knocked the knife out of her other hand.

CM: Was what you did in your best interest?

F: I think it was, yes.

CM: How did you feel about what you did?

F: I felt good.

CM: How did you feel about yourself?

- F: Well, I felt like that I did what I had to do to survive. And after that she really assaulted me.
- CM: What did she do?
- F: She jumped up and started hitting me.
- CM: Tell me about an experience when you felt used at work.
- F: Well, it was probably this other job that I was on. I've worked in bakeries for about eight years now. I worked at this other store and it wasn't a so called "chain store." In a way in it was, but the owners were individuals. And anyway, my manager at this time was ill-mannered and very controlling and you had to do everything her way. And she told me two or three things to do with certain things and every time I'd try to change it she'd change it again. And I got mad. And the assistant manager, which was the son of the owner, more or less said well, she is the manager, we'll just have to go with her, what she says.
- CM: What did you think about that experience.
- F: I felt awful because I thought . . . I felt like I had been done dirty. Because she took, she used her being a manager to her advantage. In other words, she could tell you to do whatever you had to because she was manager. And him, he didn't really know how to handle it, so he just went with her, to her side.
- CM: How did your thoughts make you feel?
- F: It made me feel like quitting.
- CM: What did you do in response to those feelings?
- F: I went home. I clocked out and went home.
- CM: Was what you did in your best interest?
- F: Probably not. Because I . . . after I calmed down I called back up there to see if I had a job. So I went back to work in about an hour.
- CM: How did you feel about what you did?
- F: Well, I felt like that was an impulsive thing to do.
- CM: How did you feel about yourself?
- F: I felt helpless.
- CM: Now I want you to think back over your lifetime friends that you've had or a friend that you currently have. And in thinking about the next set of questions, select one person you consider to be your best friend. Tell me what your needs are from a friendship.



F: From a friendship. Somebody to be helpful. Somebody to listen and to talk with and maybe to be understanding.

CM: To what extent are your needs met by this person, or were your needs met by this person?

F: Quite a bit.

CM: Tell me about a significant time when your needs were not met.

F: When she got involved with this man and a lot of her time was spent with him and we didn't have as much time to talk as we used to.

CM: What did you think about that experience?

F: Well, I just thought she was too obsessed by him.

CM: How did your thoughts make you feel?

F: Maybe I was a little jealous.

CM: What did you do in response to these feelings?

F: I think I went out looking for me a man.

CM: Was what you did in your best interest?

F: I don't know. It probably wasn't.

CM: How did you feel about what you did?

F: I thought that maybe was what I needed to do.

CM: How did you feel about yourself?

F: I don't know. I was just looking for somebody to be in my life.

CM: Now tell me about a time when you felt disrespected by your friend.

F: There was a time when we were at some friends. At this time her and this man started living together and they were some friends of his. And I didn't really know them, but I was with her. I lived with her, as a matter of fact. Me and my kids did. So we had to go with her cause I was her babysitter. And we had to go over to their house. And at that time I was real withdrawn and I felt out of place anyway. So when we went over there I felt really out of place. I felt like she disrespected me, you know.

CM: What did you think about that experience?

F: I was mad.

CM: What did you do in response to those feelings?

F: I got my kids and I left, on foot.

CM: Was what you did in your best interest?

F: Yes, at the time it was.

CM: How do feel about what you did? Looking back on it now.

F: I think it was all right. I think it was what I should've done.

CM: How did you feel about yourself?

F: Very alone, I think.

CM: Tell me now about an experience when you felt used or exploited by your friend.

F: This one man that I had known. For a while I had borrowed my mother's car to get him to work and back for a week. And I thought this was gonna be a relationship that would last. And he gave me the money to pay for my mother's gas and I gave it to her. But he's was gonna go out drinking and just leave me at the house by myself. He had done been to work all week and gotten his check and gave me the money to give to her for her gas which I'd used. But then after that he was ready to go off on his own and the hell with you, you know. I guess you would say I felt used at that time.

CM: What did you think about the experience?

F: Well, I didn't like it.

CM: How did your thoughts make you feel?

F: Made me feel used and unimportant.

CM: What did you do in response to those feelings?

F: Well, I thought if he was gonna go out I could to, so I did.

CM: Was what you did in your best interest?

F: No.

CM: How do you feel about what you did?

F: Very senseless probably because at that time I had gotten mixed up with some guy that almost killed me that night.

CM: How did you feel about yourself?

F: I was stupid.

CM: Now I'd like for you to recall your main love relationships. And these relationships include your mother, your father, and your spouse. What do

you think that your physical and emotional needs are in the relationship with your mother?

- F: Well, I know that whenever I was younger I always loved my mother, no matter what she did to me, she was always my mother and I didn't want anybody to talk about her or be mean to her.
- CM: What did you think your physical needs were from her? What did you want from your mother?
- F: I just wanted her to hug me and tell me that she loved me.
- CM: To what extent were those needs met by her?
- F: They weren't.
- CM: How about your father. What were your physical and emotional needs from him?
- F: My physical and emotional needs? Gosh, I can't remember . . .
- CM: What do you think you wanted from him?
- F: What did I think I want from a dad? Well, I probably would have wanted someone to protect me and to tell I was worth something I guess.
- CM: To what extent were those needs met by your father?
- F: They weren't.
- CM: Now to your spouse. What are your physical and emotional needs from your spouse?
- F: Okay. Physically, I wanted to be held. And I just basically wanted to be loved, you know. Not for what I could do or would do for anybody, but just for being me.
- CM: To what extent were those needs met by your spouse?
- F: To some extent they were. At that time he had a severe drinking problem.
- CM: Tell me about a time when your needs were not met by your mother.
- F: A time when my needs were not met?
- CM: Your physical and emotional needs were not met.
- F: Well, there was a time when she was holding my sister, my younger sister, and I just wanted her to hold me too, you know, and she pushed me away and told me she just didn't have time.
- CM: How did your thoughts about that make you feel?

F: Unwanted.

CM: What did you do in response to those feelings?

F: I think I probably went somewhere and cried.

CM: Was what you did in your best interest?

F: I don't know. I guess.

CM: How did you feel about what you did?

F: I felt sorry for myself.

CM: And how did you feel about yourself?

F: I felt like a nothing I guess.

CM: Now about your father. Can you think of a time when your physical and emotional needs were not met?

F: Well, let's see. There was a time when he spanked me with a belt because I was afraid of a goose. And, I don't know whether that goes along with it or not. I was about nine and this goose was a big goose and we had an outside bathroom. And anytime you'd get out without an adult this goose would attack you.

CM: What did you think about that experience?

F: Well, I couldn't understand why he was whipping me. When I was afraid and couldn't help myself.

CM: How did your thoughts make you feel?

F: Well, I just couldn't understand, you know, what I was getting whipped for when I didn't think I had done anything wrong.

CM: How did you feel about that?

F: I guess I was really . . . well, I was helpless. I couldn't do anything about it.

CM: What did you do in response to those feelings?

F: I went to bed and cried.

CM: Was what you did in your best interest?

F: I guess.

CM: How did you feel about what you did?

F: I guess it was comforting.

CM: How did you feel about yourself?

F: I just wished I could just go away and leave everybody alone.

CM: Now think about the relationship with your spouse. Can you think of a time when your physical and emotional needs were not met?

F: Well, like I said, he did a lot of drinking and there were times he used to assault me physically.

CM: What did you think about that experience?

F: I just felt used and helpless and I wondered why it was me always getting all this bad treatment. And I guess I really wondered what did I do, what did I do that was wrong for him to do that to me.

CM: What did you do in response to those feelings?

F: Get away from him.

CM: Was what you did in your best interest?

F: Yes, I think it was.

CM: How do you feel about what you did?

F: I just felt like it was a thing I had to do.

CM: How did you feel about yourself?

F: I felt like I . . . I guess I was really helpless about these things. Kind of sorry for myself. I had a lot of self-pity.

CM: Tell me now about a time when you felt disrespected by your mother.

F: Well, there was a time when we were visiting her that she more or less told me that I didn't know how to take care of my husband. Because I got mad when he drank and I didn't want him to drink. And she was telling me that I didn't know how to treat him. She didn't blame me for his drinking. She blamed me for feeling the way that I was feeling. Because she wanted him to drink because she drank. Well, it really pissed me off. Because I didn't think it was any of her damn business how I . . . you know, what I wanted, because I wanted better things with my husband.

CM: What did you do in response to those feelings?

F: I told her about it.

CM: Was what you did in your best interest?

F: I think it was, yes.

CM: How did you feel about what you did?

F: Well, I didn't really want to hurt her, but I wanted her to know how I felt. That I didn't want him drinking cause he got mean when he was drinking.

CM: How did you feel about yourself?

F: Well, I didn't feel too good about myself because I had caused a ruckus.

CM: Now think about a time when you felt disrespected by your father.

F: Well, I guess there was a time when . . . he came home one evening and it was late and my mother was working and he was real happy-go-lucky and I had cooked dinner because I had been cooking for quite a while, and anyway, I guess I was about twelve, and I knew he had been drinking and he gave me some money. He was just being real nice and just giving me all kinds of compliments and then he went on to bed. And I didn't realize what he was going on, you know. And then my mother came in and she knew he had been drinking. And then she asked me . . . well, she didn't ask me really about it. My younger sister told her that he was real nice to me and gave me some money. And, so I didn't know it at the time, but the reason he gave me that money was to more or less bribe me not to tell my mother he had been drinking. So I felt disrespected then.

CM: How did your thoughts about it make you feel?

F: Well, I really felt bad because I know my mom would think something else.

CM: What did you think that she would think?

F: She would think that . . . my mother was a real jealous woman and she always thought everybody was messing with her husband. And she would probably think that I was.

CM: What did you do in response to those feelings?

F: Well, I was scared. And so I told my mother what time he came in and everything that had happened.

CM: Was what you did in your best interest?

F: I think it was, yes.

CM: How did you feel about what you did?

F: Relieved.

CM: How did you feel about yourself?

F: Well, I was scared cause I just didn't want anymore trouble.

CM: Think now about a time when you felt disrespected by your husband.

F: Well, let's see, there was one summer when I fell and cracked my ankle and I had to take myself to the hospital and drive myself back home because he was drunk.

CM: How did your thoughts about that make you feel?

F: I was angry.

CM: What did you do in response to your feelings?

F: From what control I had over him, I didn't have much. From what control I did have I was mean. I said mean, hurtful things to him.

CM: Was what you did in your best interest?

F: It probably wasn't.

CM: How did you feel about what you did?

F: Well, I thought I was getting even.

CM: How did you feel about yourself?

F: How did I feel about myself. Oh, gosh, I don't know how to answer that except I just felt like that's what I had to do.

CM: Tell me about a time when you felt used by your mother.

F: Well, let's see, there was a time when she came up to the city and she didn't have any money to get back home and she had a flat tire. She'd brought my younger sister back up to the city. And Sam had given me some money to buy some groceries with, me and the kids, and I gave her most of it so she could get back home. And I felt used because to me she should have went to the daughter that she brought up here and ask her, get some help from her instead of coming to me to ask me.

CM: How did your thoughts make you feel?

F: Well, at first I thought, you know, well, Sam did give, he gave this to me so I'll just try to help her since he was trying to help me.

CM: What did you do in response to those feelings?

F: Well, I just gave it to her and made do with what I had left.

CM: Was what you did in your best interest?

F: No, it wasn't.

CM: How did you feel about what you did?

F: I felt trapped. I wished I could've said no.

CM: How did you feel about yourself?

F: I felt like I was being stingy.

CM: Think now about a time when you felt used by your father.

F: Used? (Long pause) I don't know, other than the fact that I . . . see I used to do a lot of chores, you know, and I always cooked the evening meal. And there was this one time when he didn't like the way I had done something. He was really mad because I didn't do things right.

CM: You mean in regards to the meal?

F: Right.

CM: How did you feel about that?

F: Well, I just felt belittled because I couldn't do things right.

CM: What did you do in response to those feelings?

F: I got mad and stopped and went to my room.

CM: Was what you did in your best interest?

F: Yeah, I think so.

CM: How did you feel about what you did?

F: I guess it was my only way of getting even.

CM: How did you feel about yourself?

F: I felt stupid.

CM: Now think about a time when you felt used by your husband.

F: There was a time when he drank and he smoked pot that I didn't want to have sex with him at all. To me I was being used, at that time.

CM: You mean you went ahead and did it?

F: Yes. I didn't want to, but, yes.

CM: What did you think about the experience?

F: I hated it.

CM: How did your thoughts make you feel?

F: Worthless, not any good.

CM: What did you do in response to those feelings?



F: I cried.

CM: Was what you did in your best interest?

F: In my best interest? I guess it was.

CM: How do you feel about what you did?

F: I felt so . . . I felt like a robot. Like he controlled me.

CM: How did you feel about yourself?

F: I didn't like myself at all.

**APPENDIX I**  
**INTERVIEW: BETH**

APPENDIX I

INTERVIEW: BETH

Date of Interview: 2/6-7/87  
Length of Interview: 2 Hours  
Subject: Beth  
Present Age: 40  
Occupation: Drug Abuse Counselor

CM: The first part of the questions are going to talk about the molester, the person who molested you. What is the name of the person who molested you?

B: His name is Wayne.

CM: Did he live with you when he molested you?

B: Not at the time.

CM: What was his age at the time?

B: 57.

CM: Describe him physically.

B: Tall, slender, rough features, hatchet features.

CM: Was he married to your mother at the time?

B: No.

CM: How many children were living in the home when you were molested?

B: Just myself.

CM: How old were you then, at the time?

B: Thirteen.

CM: In what way was he a good father?

B: He was a good worker. He provided well for his children, materially.

CM: How was he a bad father?

B: He was very overly strict in ways that I felt was nitpicky. I can remember him forcing me to eat when I gagged on certain foods, and I felt it was cruel, some of the things he did.

CM: How did he punish you?

B: He was very strict. He used a belt on me. I don't remember him actually beating me other than just whipping me hard.

CM: How did he show affection to you?

B: He joked with me. He cut up with me.

CM: How did he show affection to your mother?

B: He was always very intellectual so his affection probably in gifts materially. I think that was it.

CM: What was your mother's age when he began molesting you?

B: In her fifties. My mother was thirty-six when I was born.

CM: What was his relationship like with your mother?

B: Distant, real distant.

CM: In what ways was he a good spouse?

B: Materially. I don't remember any closeness, any open affection.

CM: How was he a bad spouse?

B: Well, he had seven wives, so I'm going to relate to you the one I remember him being with the most. They got into a full-blown confrontations that ended up in physical violence.

CM: Tell me what you know about his sexual relationship with your mother.

B: I don't know.

CM: Use three adjectives to describe your father.

B: Intelligent, cold, deviant.

CM: Use three adjectives to describe your mother.

B: My mother, oh. Sheila. Stocky, flighty, and distant.

CM: Was he ever involved in criminal activities?

B: Nothing other than the police being called in on family affairs, like when his wife shot him.

CM: Did he have a police record?

B: I don't know.

CM: Did he use alcohol or drugs?

B: He did occasionally and he gave me alcoholic beverages usually before he molested me. I don't feel he was alcoholic unless he's developed a problem since . . . I haven't been in contact with him.

CM: What job did he have at the time he molested you?

B: He was a computer operator for some grocery chains.

CM: What was his approximate income?

B: Oh, that was some time ago. I know he, probably about, I want to say \$400 a week, I know he made real good money.

CM: What was the highest grade he completed in school?

B: Well, formal education he quit in the seventh grade, but then he went back and completed his high school and on to his training for computer work.

CM: What was his religious affiliation?

B: Pentecostal Holiness growing up.

CM: Do you know if he was ever treated for psychiatric problems or did he ever receive psychotherapy?

B: Not to my knowledge.

CM: How about your mother?

B: No. She never received it, but she started taking me to a psychiatrist right after when he started molesting me. She didn't know about it. And I had, there was three doctors telling her that she desperately needed psychiatric help.

CM: Do you know if he was abused, molested, or neglected as a child?

B: Yes, he was, I would say emotionally neglected. He was verbally abused. I know of one incident where he may have been in some sort of sexual abuse with his older brother.

CM: Do you know if your mother was abused, neglected, or molested as a child?

B: There was one incident where my mom, well, there's two actually. She was not molested, she was set up. She was raised by her grandmother and grandfather and they had children in the home. And her grandfather was a physician. And in those days they had an office in this home and people would be there for maybe two or three days. He was an eye doctor. And

she was sent up to get this man for dinner and the man was laying nude on the bed, the door was open, and she comes bounding in and she sees him and she turns around and runs. And she had always thought that the older kids had set it up. And once she was going into the bathroom, and she was in the bathroom and one of these men comes in and exposes himself to her. It seems to me like she was a very young age when these incidents happened.

CM: Were your father's parents ever divorced?

B: No.

CM: Or separated.

B: My father's mother died when he was seven.

CM: Were your mother's parents divorced?

B: Yes. They separated when she was two and she had a younger sister about six weeks old and she said that she felt she could remember her dad taking her on the horse and her mother running beside with the baby in her arms and trying to get her off the horse. And she never saw her mother again till finally when she was thirty.

CM: He took the children?

B: He took one, her.

CM: The next part of the interview is probably the most stressful part, discussing the act and the circumstances around that.

B: Okay.

CM: When did the act take place? What I'm asking when it took place, what I'm wanting to know is the time of year and time of day.

B: Okay. It was early fall. It was in the afternoon, midday afternoon.

CM: What were you doing?

B: Hunting.

CM: What were you feeling at the time?

B: Excited because I was getting to go somewhere with him.

CM: What were you thinking about?

B: That it was nice. The attention was nice.

CM: And what were you wondering?

B: Well, I was wondering why he was doing it because he never paid me that much attention before.

CM: By taking you hunting?

B: Yes.

CM: And what were you hoping?

B: That he would show me more attention.

CM: And what was he doing?

B: Making sarcastic jokes with me.

CM: Like?

B: Oh, he would tell me things that happened at work or he'd call people idiots. He'd make some sort of joke telling me about a funny situation. He always seemed to be making fun at someone.

CM: He came to you and what did he say?

B: I think that it was mostly gestures. He pulled out a bottle and offered me a drink and I took it and . . . he made some sexual remarks. I didn't pick up really that much on them.

CM: And then what exactly did he do to you?

B: He told me to sit down and I did and we sat there and drank. And then he pushed me back and started taking off my clothes.

CM: What did you say to him?

B: Nothing.

CM: What did you pretend?

B: Mostly I remember my pretending I wasn't there.

CM: And what were you thinking about?

B: My mind just seemed like it was just like a tornado inside. All my thoughts were whirling round and around . . . staring at the trees and concentrating on not being where I was at.

CM: And what did you feel?

B: Helpless.

CM: What did you want to do?

B: There was a part of me that wanted to scream and run and fight. It was really like all the thoughts in the world coming down on me.

CM: What did you want him to do?

B: I wanted him to love me, but I didn't want it to happen. That was what was so confusing about it.

CM: Can you describe the place where you were?

B: The trees were tall. There were leaves still, they were beginning to turn gold, but there was some green trees. And there was clumps of rather tall grass around me and it was not too far from a creek and the ground was sloping down toward the creek.

CM: The rest of the family was where?

B: Well, they were at the restaurant. The old restaurant my father ran in town. You see, my mother was cooking that day because we didn't have a cook or something. She was working.

CM: And how long did this go on? In other words, how long was he with you?

B: It didn't last long.

CM: When he left, what did you do?

B: Nothing. I just sat there and stared.

CM: And what did you think about?

B: It's so hard to say. I really was scared. I don't remember.

CM: What did you wonder about?

B: If it was because he really cared about me . . . very confused.

CM: Is that how you would say you felt? Was confused or did other thoughts come to you?

B: I know today that I was hurting terribly when this happened. Why? Why did he do this to me?

CM: And now how do you think about this experience?

B: Well, I can think of it now without feeling guilty.

CM: And what do you wonder about?

B: How many people he's done that to.

CM: And how do you feel about it?

B: There's a part of me that wants to make sure that he doesn't do it to anyone else.

CM: And what would you want to say to him today?



- B: That I feel like he's very sick and needs help.
- CM: Was this a single act or was it repeated over time?
- B: It was repeated for years.
- CM: Before he molested you, did you ever feel uncomfortable in his presence?
- B: That day I felt threatened. I felt I was in danger. I have never felt that way before. I had felt confused about his behavior as a child.
- CM: During the act was he persuasive?
- B: Well, I think so, but I came from such a sick family I know that I was already, I had the victim's personality.
- CM: Was he threatening?
- B: He didn't verbally threaten me. He was just very demanding in his actions.
- CM: Was he sadistic?
- B: Only verbally. And that's when I fainted.
- CM: Did he offer you bribes?
- B: Later. Later, he did.
- CM: Was anyone else present?
- B: No.
- CM: That covers probably the most stressful part of the interview.
- B: Okay.
- CM: How old were you when the molesting occurred?
- B: At that time when I remember I was thirteen years old.
- CM: Describe the closeness of your family.
- B: There wasn't any. Today I know it is a no talk, no touch rule. There was no talk, there was no feeling.
- CM: Were you closer to your mother or your father?
- B: My mother.
- CM: Can you explain that.
- B: My mother kept me at her side an awful lot. She didn't allow me to crawl on my father's lap or show any signs of affection toward my father. She

used me as a sounding board. She poured her heart to me at times. And so I felt at the time that we were close.

CM: Were any of your siblings molested?

B: I feel very strong, I've tried to find out all I can, I feel very strong about this that my sister very, very likely was molested by my father.

CM: But she's never said?

B: She's never said. I can't find her.

CM: So she's disappeared. Did your family members know about the molesting?

B: My mother knew a lot about the generations of molestation in my family.

CM: How did she react?

B: She was angry about it to a point where my mother would have times where she would be disoriented, in another time, she was almost manicy. But there were those times where she would just fly and she'd pace and she'd be getting started verbally, just very rapid and very fast and she'd tell these things . . . your father was having sex with his sister when they were just and growing up and he felt when she died at eighteen that he had been, you know, and she would just rattle these things at me. And that's how I knew about her father.

CM: What was said to you about the incident?

B: My mother was always trying to warn me about men, from very, very early age. And that was the intent of her lectures. If there was any rational reason for her doing that it was for her.

CM: How did you feel after the act?

B: My own molestation? I felt . . . I feel like that the best describing was that day I disappeared.

CM: Did you feel angry?

B: Not conscious. I was unconscious of the anger.

CM: How about hostile?

B: It came out that time and from then on the hostility did come out a lot.

CM: How about guilty?

B: Yes. Very much.

CM: Worthless?

B: Yes.

CM: How about used?

B: I'm sure I felt used. I just didn't think in those terms then.

CM: How about scared?

B: I was frightened.

CM: How about responsible?

B: Yes.

CM: Which, if any, of these feelings has changed with the passage of time?

B: I don't feel guilty any more. That's taken a long time. I don't feel responsible. I feel like that I have managed to change much of those feelings cause I had to.

CM: How do you feel now talking about the molesting?

B: Now it's a fact.

CM: Did you see a therapist at the time?

B: Not too long afterwards. I think like by fifteen I had a short time with a therapist.

CM: What occurred?

B: Well, I had a defense mechanism, and it was illness. And when anything real stressful would come up I would get sick. And I mean I literally I would run a temperature. I would actually get sick. And my mother would cart me to doctors. And one of those doctors suggested to her that needed to see a therapist.

CM: Did you see a physician at the time of the molesting?

B: No.

CM: Were the police involved?

B: No.

CM: Who in your life have you told about the molesting?

B: Well, from seven years ago until now, therapists, before that it came out when I was under hypnosis. I told my children. No details, just the fact that it happened.

CM: What was your therapist's reaction to what he heard.

B: My therapist just . . . The first one that I actually . . . you know, I went to therapists off and on from the time I was fifteen until two years ago. None

of them touched on it, even got to it. And I couldn't remember it. But when it did come out, he skimmed over it and grabbed onto the fact that I had been raped and he worked on that for quite a while. So, you know, it was almost as if it didn't count.

CM: What was the reaction of your children?

B: Some of it was relief.

CM: If you could say two or three sentences to the molester now, what is it that you would say?

B: I'm angry about, that I'm most angry about my daughter and that's why that I can't have a normal relationship with you because I am just not at this point ready to forgive you for what you did to my daughter.

CM: How do you feel the molesting has affected your relationship with men?

B: Frigid. I was totally frigid up until 1976.

CM: How has it then affected your relationship with a man.

B: Okay. I viewed men as non-feeling, non-human creatures.

CM: Are you currently married?

B: Yes.

CM: Have you been married previously?

B: Many times.

CM: How did the molesting affect your marriage:

B: I was unable to communicate. I had long periods of silence. Withdrawn and I disassociated.

CM: Have you experienced any of the following difficulties? School drop out?

B: Yes.

CM: Criminal activities?

B: For a very short time. It was minor, when I was real young.

CM: Running away?

B: Yes.

CM: Truancy.

B: Yes.

CM: Suicial attempts?

B: Many.

CM: Serious depression and anxiety?

B: Yes.

CM: Thoughts of going crazy or being out of control?

B: Yes.

CM: Excessive use of drugs or alcohol?

B: Yes.

CM: How do you handle anger, in the present tense?

B: The present tense. I talk to someone. I share with them how I'm feeling so that I can get it out.

CM: At what age did you marry?

B: Legally married, eighteen.

CM: Have you been married more than once?

B: Yes.

CM: Use three words to describe the man you married.

B: Three words. Silent, secretive and childish.

CM: How long have you been receiving psychotherapy?

B: Twenty-five years.

CM: Use three adjectives to describe yourself.

B: Calm, small, active.

CM: Do you have children?

B: Yes.

CM: The age and gender of your children.

B: Twenty-three female, twenty-one is male, eighteen female, seventeen female, and thirteen male.

CM: Have they been molested?

B: Yes.

CM: If so, by whom?

B: My oldest daughter was molested by my father, the father that molested me, when she was six years old. My youngest daughter was molested by my husband when she was ten.

CM: So that was her birth father?

B: Her real father.

CM: Okay.

B: He also attempted to molest our oldest daughter. And we divorced.

CM: What did you tell them about sex?

B: It was real important for me to tell them what they asked me. I told them as simply as I could and openly and they asked me some things and we talked about everything, in group form, after they'd gotten older.

CM: Are you affectionate with them?

B: Oh, I am now. Yes.

CM: Okay. The next part is when we're going to talk about work, love and friendship relationships. I want you to think back over your work history and consider for whom you have worked and the kind of jobs that you have performed. Tell me about your needs at your place of employment.

B: To feel comfortable with people I work with. To be able to communicate with them. To be heard. That about covers it I guess.

CM: To what extent are your needs met?

B: I would say they're met 85%-90% of the time.

CM: Tell me about a significant instance in which your needs were not met.

B: Okay. What comes to mind is my certification was delayed by my supervisor for a year because she felt it wouldn't be fair for me to be certified ahead of some other people, when actually I had been working on it longer. Somehow we did not communicate and that, I felt my rights were walked on.

CM: What did you think about that experience?

B: At the time I couldn't understand it, her behavior, and thought maybe it was personal and I shared with some people that I could share with and felt comfortable, I realized it wasn't a personal matter. She really felt that way.

CM: How did your thoughts make you feel?

- B: I felt uncomfortable on the job for a while, several weeks.
- CM: Can you describe uncomfortable.
- B: Displaced, not belonging.
- CM: What did you do in response to those feelings?
- B: My natural defense is to withdraw. And I kept a very low profile.
- CM: Was what you did in your best interest?
- B: It has served me well.
- CM: How did you feel about what you did?
- B: I'm alright with it.
- CM: How did you feel about yourself?
- B: There was times that I wanted to be assertive.
- CM: Now tell me about an experience when you felt disrespected at work.
- B: Okay. I worked in nursing for three and one-half years when I went to school for counseling. And I supervised a nurse who, of course, had been my boss and then when I went to counseling, well, then she wasn't my boss anymore. And I was walking down the hall with a client and she stopped both of us and she jumped all over me, in front of my client. And I felt that, you know, I didn't like it at all.
- CM: What did you think about that experience?
- B: That she was just being really, really terrible. I'd like for my language to stay clean. I thought she was a horse's ass, that's what I thought.
- CM: Okay. How did your thoughts make you feel?
- B: I felt helpless with her authority. She had been my boss for so long and I realized I was still reacting to her as if she was still my boss. So I worked on that.
- CM: What did you do in response to those feelings?
- B: I went and talked to my sponsor and realized that I was angry and decided that I had thought of her as a friend before that incident and that if she really was a friend that I could talk to her about it.
- CM: Was what you did in your best interest?
- B: I think so, yes.
- CM: How did you feel about what you did?

B: I'm okay with it.

CM: And how did you feel about yourself?

B: I felt real good after I did it.

CM: Now I'd like for you to tell me about an experience at work when you felt used or exploited.

B: I don't know if this fits, but I remember this particular incident. And there was a fellow counselor, one day, and we were all standing around talking about what we were going to do at this certain incident with a client, and I guess he was horsing around, but he picked me and he whirled me around and I just . . . those old feelings just came back like full force. And I thought all those feelings and many more.

CM: What did you think about the experience?

B: I thought he was being very disrespectful to me.

CM: How did your thoughts make you feel?

B: Angry.

CM: What did you do in response to those feelings?

B: At the time I told him to put me down. And that time he did. And I said don't you ever do that to me again.

CM: Was what you did in your best interest?

B: Yes. Yes.

CM: How did you feel about what you did?

B: First thought is I always have to reassure myself that I have the right to do it.

CM: How did you feel about yourself?

B: I was okay with what I did. I stood up for myself.

CM: Now I'd like you to remember back over your lifetime to friends that you've had or currently have. And thinking about the next set of questions, select one person you can consider to be a best friend. What are your needs in a friendship?

B: To be heard.

CM: And now thinking about this friend, to what extent are your needs met by this person.

B: Sometimes.



- CM: Tell me about a significant instance when your needs were not met.
- B: Okay. It was after that I was raped and I disassociated. I blocked it out, I didn't know it had happened. But then it was a very small town and someone had saw it and someone told her about it and the way they told her was not a pleasant way at all. And she come and she accused me of deliberately putting myself there, asking for it. And it was very painful that she didn't remember, and I tried to convince her . . . well, I tell you what, I denied it happened cause I couldn't remember. I kept telling her it didn't happen.
- CM: What did you think about that experience?
- B: Oh, it was really devastating.
- CM: What did you do in response to those feelings?
- B: I backed off from her.
- CM: Was what you did in your best interest?
- B: Well, I don't think that today, but at the time yes, I thought it was.
- CM: How did you feel about what you did?
- B: I just remember she didn't understand. She just did not understand.
- CM: How did you feel about yourself?
- B: Terrible. I was afraid she was right.
- CM: Tell me now about an experience when you felt disrespected by your friend.
- B: Okay. I had ran away and I didn't have any place to go and so I went to her house and she said that I couldn't stay.
- CM: What did you think about that experience?
- B: At the time I felt that I didn't matter to her.
- CM: How did your thoughts make you feel?
- B: Helpless.
- CM: What did you do in response to those feelings?
- B: I think I went and got drunk.
- CM: Was what you did in your best interest?
- B: No. No.
- CM: How did you feel about what you did?

- B: Well, now I know there was alternatives. At the time, I mean, it was as good as anything.
- CM: How did you feel about yourself?
- B: I didn't feel good about myself. In fact, I felt so bad about myself, and I think I've stated, that I just almost felt invisible or that I didn't exist.
- CM: Tell me about an experience when felt used or exploited by a friend.
- B: I have a girlfriend, roommate, we shared an apartment. And I remember I worked evenings and I would come home and my bed would always be full. She'd always have someone in my bed.
- CM: What did you think about that experience?
- B: I was really angry. Coming in and just fuming, I'd worked so hard and here I come home and she's always going to have friends over and I end up sleeping on the floor.
- CM: And how did your thoughts make you feel?
- B: Well, I felt used.
- CM: What did you do in response to those feelings?
- B: I think I drank at her. If I remember . . . I left and stayed someplace else a couple times and would get back at her by telling someone what she'd done and . . .
- CM: Was what you did in your best interest?
- B: No.
- CM: How did you feel about what you did?
- B: I feel that . . . well, I wish I could have been assertive, you know, and confronted her about it, but I couldn't seem to do that.
- CM: How did you feel about yourself?
- B: Helpless to take up for myself.
- CM: Now I want you to recall your main love relationships. And this is going to include mother, father and spouse. Tell me about your physical and emotional needs in each of these relationships. And first we'll start with mother.
- B: Were they met?
- CM: What were they. First of all it's what were they.

- B: Okay. My physical needs were to be patted or held, hugged. Verbal to be praised.
- CM: To what extent were they met by your mother.
- B: The physical needs were not met. There were times when she did praise me.
- CM: What were your physical and emotional needs with your father?
- B: My physical was the same thing. I wanted to be physically close to him at times. I wanted to crawl on his lap.
- CM: What about your emotional needs?
- B: To communicate with him. To not be invisible to him. For him to see me and acknowledge that I was actually there.
- CM: To what extent were your needs met by your father?
- B: They were not met.
- CM: What were your physical and emotional needs with your spouse?
- B: First thing that comes to mind, to be left alone.
- CM: Well, were they met?
- B: Eventually.
- CM: Let's take a look at a significant instance when your needs were not met by mother. Your physical and emotional needs were not met by mother. Can you recall an instance?
- B: She used to lock me out of the house. I didn't particularly like that. I didn't. I think she was mopping and locked me out, but I really took it personally.
- CM: What did you think about that experience?
- B: Ooh, I thought she didn't love me.
- CM: So how did your thoughts make you feel?
- B: Ah, just the fear of abandonment was just tremendous.
- CM: What did you do in response to those feelings?
- B: I tried to get closer to her. I'm sure that at times I just grasped to reassure that there was some love there and . . . she wouldn't touch me. But there was times when I could get that little bit of reassurance that it was okay.
- CM: Was what you did in your best interest?

B: I certainly think it was normal.

CM: How do you feel about what you did?

B: It was okay.

CM: How did you feel about yourself?

B: Depressed.

CM: Can you tell me more about that.

B: Those memories are very early of deep depression, of sadness, of being overwhelmed. I used to go down to the creek and hide and cry. And this was when I was three and four. I mean, my earliest memories. Strange.

CM: She was strange?

B: No, she was strange, but my behavior seems strange now.

CM: Okay. Okay. Tell me about a significant instance when you felt disrespected by your mother.

B: She would try to dress me up in the most gosh awful . . . that's just true of schizophrenia. And she would put socks on my shoes when it rained. And she would put this big, gaudy brooch on me when I was six and seven years old.

CM: What did you think about that experience?

B: I was so embarrassed, you know.

CM: How did your thoughts make you feel?

B: Real torn. This was my mother. I was to respect her and honor her. And yet, I would get on that bus and start tearing things off, you know, whatever that she garbed on me and I was real torn between my own need not to be laughed at and my loyalty to my mother.

CM: What did you do in response to those feelings?

B: I would go ahead and if it were possible for me to take it off or what, I would do it.

CM: Was what you did in your best interest?

B: I think so.

CM: How did you feel about what you did?

B: Well, I felt guilty at times.

CM: How did you feel about yourself?

- B: Well, not really good because I had to do it.
- CM: Tell me about a significant instance when you felt used or exploited by your mother?
- B: Okay. And maybe endangered would be, you know, but I go for this.
- CM: That's fine.
- B: Okay. I got pregnant by this man and I didn't, I ran away and went to an unwed mothers home. I didn't even pursue this guy to be responsible. He was too prominent in the community and I didn't want to ruin it. And my mother got wind that I was going to adopt the child out and I was thinking about and they got, and she come and got me. And we lived in Denver. The unwed mothers home was in Denver. And when it come time to have that baby she could took it on herself that she was going to try to deliver that baby and not take me to the hospital. And I did, I felt used and disrespected and that my rights were being, and I was so scared and I went into hard labor very quickly and stayed in there for a long time, thank goodness, and just finally just talked her into getting a taxi and going to the hospital.
- CM: What did you think about that experience?
- B: Ooh, I'm real grateful that it's over, you know. I was real frightened.
- CM: So how did your thoughts make you feel?
- B: I felt panic at the time, I was really very, very frightened.
- CM: What did you do in response to those feelings?
- B: My helplessness was so overwhelming that I really just, I really talked to, pleaded with her.
- CM: Was what you did in your best interest?
- B: Oh, yes.
- CM: How did you feel about what you did?
- B: I had the same conflict later that mothers are always right. I hadn't yet realized that my mother was psychotic.
- CM: How did you feel about yourself?
- B: I must contend that my self-worth was just very, very low.
- CM: This time I'm going to ask you the same set of questions, only this time it's going to be about father. Tell me about a significant instance when your needs, and we're talking about physical and emotional needs, were not met by him.

**B:** He was carrying boards to a big, flatbed truck. And he had the boards laying at the end of the truck. And I was maybe five or so. And I was down there playing, playing with my little boards. And I shoved them around. He told me to not touch them. And if I touched them again that he would spank me. And then, he had a friend helping him work on the boards, on the sideboards, and so I went around to the other side and I was playing over there and he needed a board and he yelled at me and he says, Beth come and hand me that board. And I thought it was a test. And I remember when he spanked me when I said no I wouldn't touch the boards. And I felt, I just really felt betrayed.

**CM:** What did you think about the experience?

**B:** That he tricked me.

**CM:** How did your thoughts make you feel?

**B:** So confused.

**CM:** What did you do in response to those feelings?

**B:** I didn't trust him.

**CM:** Was what you did in your best interest?

**B:** Oh, probably not.

**CM:** How did you feel about what you did?

**B:** I'm okay for being cautious about my father. I know my memory today is that he was not . . . well, he molested me. So, you know, my feelings about the man . . . I see him as a hurt, possibly molested as a child. Hurtful man. So my heart goes out to that man.

**CM:** How did you feel about yourself at the time?

**B:** You know, I justified at the time, I think, in a way, everything my parents did, so I felt like I was bad.

**CM:** Tell me about a significant instance when you felt disrespected by your father.

**B:** Okay. I was about eight years old and one of my father's aunts was getting very, very old and she was getting to where she couldn't take care of herself. So mom went to take care of her. And she would spend a lot of time there taking care of her. So, when she first started, she would leave me out on the farm with my father. Maybe the first week or so she left me there. And I was scared one night. It came up a storm and I got up and I went into to my father and I asked him if I could lay down on the bed beside him and he said okay. But he was, I noticed that he stiffened and he became real rigid and very cold when he said all right. And he scooted way over and I did, I laid down on the bed and I wanted to be reassured by him that everything was all right. And he didn't, and he absolutely just froze.

CM: What did you think about that experience?

B: I thought it was me personally that he was rejecting. If he had tried something with me I would have told. He could sense, you know, generally secretive. She was already gone. And if she'd have gone, you know, without saying what he done to her she would never have told. But I would have at that time.

CM: How did your thoughts make you feel?

B: Very, very lonely.

CM: What did you do in response to those feelings?

B: I wanted to cry.

CM: Was what you did in your best interest?

B: I would say so.

CM: How did you feel about what you did?

B: I'm okay. Because one of my thoughts was to just try to get close to him. And I didn't do it and I'm real glad I didn't.

CM: How did you feel about yourself?

B: I didn't count. I didn't matter.

CM: Now I'd like for you to think about a significant instance when you felt used or exploited by your father.

B: I married a man. When I was eighteen years old I tried to commit suicide and I was put in the hospital. And in my sickness, I was diagnosed neurotic/depressive, while I was in there. They told me I should not go home and in my sickness that it was and my helplessness, my only answer was to find somebody to marry me. I don't remember thinking that consciously, but it was there. And I met this man and we struck up a friendship. And when I got out I married the man and I did not know why he was in there. He told me something different than he actually had been put in there for. And . . .

CM: You mean in the hospital?

B: He was in a mental institution, too. He had been put in there for attempted rape and he told something about breaking and entering. Well, he had. He broke into a hospital and attempted to rape this fifteen year old girl who had had an appendectomy. The man was very ill, apparently had a brain tumor from what I found out later. I married him and immediately knew I had made a mistake. And he, I started noticing strange times, strange behavior. He'd wake up in a rage. Then he'd be just beautiful. Kind and then just . . . change his behavior wildly. And I stayed with him about six weeks and I just slowly become more terrified, and more

terrified of him. And I had my little girl, she was fifteen months old. And it became real apparent that his anger was probably more and more toward her. So, I called my mom one night. And it was after I had so terrified of leaving her. I'd get up in the night and go in and lay beside her for fear he'd do something to her. And I called and said come and get me. She did. She talked dad into coming and getting and I went home. And my father was a minister, Pentecostal Holiness minister, and so, of course, he followed me down a couple of days. He was right down there. And I did not want to go back. And my dad, in front of him, said your place is with your husband. And I could not, you know, I had told before he got there how this man was acting so strange and I was frightened of him and I could not convince my father that we were in danger. And so I said okay I'll go back, but let momma keep the baby. And he said, no, said you have got to get used to living with this man with this baby. And so I, you know, I went back.

CM: What did you think about that experience?

B: You know it is a terrible feeling to feel as if that you're not heard and that your opinion doesn't count.

CM: So how did your thoughts make you feel?

B: Useless.

CM: What did you do in response to those feelings?

B: As usual, passive, became very passive. I was helpless. I felt helpless.

CM: Was what you did in your best interest?

B: No. No. I almost lost my life over it.

CM: How did you feel about what you did?

B: I feel frightened when I think of how I time after time put myself into a place to be victimized over and over. Because of feelings of helplessness.

CM: So how did you feel about yourself?

B: I felt hopeless, useless.

CM: The next set of questions is in regard to spouse. Tell me about your physical and emotional needs with your spouse.

B: Oh, I have so many to choose from (laughs). Well, let's see, before he went overseas to the Philippines he had gone to bed with my sister and my usual response was I withdrew and I was so very angry and I wanted to, just him to defend himself or something and I couldn't bring myself to be, I had showed my anger the next day, and they hadn't really bothered to hide it that much.



CM: What did you think about that experience?

B: That was, oh, guy just, well, it's the Peter Pan syndrome, what else can I say (laughs). He just didn't have any scruples. I wouldn't think very high of the guy.

CM: How did your thoughts make you feel?

B: I would have been angry, but also which I think is real important for me to know today is that I didn't feel like I could do anything about it at all.

CM: What did you do in response to your feelings?

B: Withdrew. And I also expected him to, oh, defend himself.

CM: Was what you did in your best interest?

B: No.

CM: How did you feel about what he did?

B: I didn't like it. Didn't feel like I could change it.

CM: How did you feel about yourself?

B: I didn't feel that I mattered and that really bothered me.

CM: Tell me about a significant instance when you felt disrespected by your spouse.

B: Well, during the same time he went overseas and I stayed at home, and then I find out that he took my allotment and had it cut off and took it with him. And he took all the money out of the bank and I had three small children and one on the way.

CM: What did you think about that experience?

B: How could he do something like that to us.

CM: How did your thoughts make you feel?

B: Degraded.

CM: What did you do in response to those feelings?

B: Became angry and determined to make it. To make it on my own.

CM: Was what you did in your best interest?

B: I think so. I survived.

CM: How did you feel about what you did?

B: I'm okay with what I did at that particular time.

CM: Did you leave him or stay with him?

B: Not at that time; stayed with him.

CM: How did you feel about yourself?

B: I didn't feel good about myself.

CM: Now I want you to tell me about a significant instance where you felt used or exploited by your spouse.

B: He came back in 18 months. We had been living in a small town by the base. And I had a friend there, no a close friend I had gone to school with and she had five kids and so we kind of struck up a friendship and she had a party and so with my husband's promotion she invited us for a little while. There a 17 year old girl, young girl, whose husband had just got killed in Vietnam was there and my husband decides to heal her and comfort her and so they go for a drive for about three hours and left me sitting there at the party and I, uh, relating as to how I felt then, having to listen to these people saying, "I would not put up with that," "I would kill him when he comes back," "I would do all these things" and I think that just made me feel worse.

CM: What did you think about that experience?

B: Oh, I think by that time I was, ah, that's about par for the course. I think I expected it.

CM: How did your thoughts make you feel?

B: Um, well, there again, I'm very aware of my helplessness.

CM: What did you do in response to those feelings?

B: I was angry, I withdrew, and I didn't talk with anyone for about a week or so.

CM: Was what you did in your best interest?

B: No. No.

CM: How did you feel about what you did?

B: Well, you know, it seems kind of stupid now. About my survival kit.

CM: How did you feel about yourself?

B: I didn't feel worthy enough to even stand up for myself.

APPENDIX J  
INTERVIEW: ELLEN

## APPENDIX J

### INTERVIEW: ELLEN

Date of Interview: 3/2-3/87

Length of Interview: 2 Hours

Subject: Ellen

Present Age: 62

Occupation: State Employee-Clerical

CM: What is the name of the person who molested you?

E: Christian.

CM: Did he live with your family when he molested you?

E: Yes.

CM: What was his age at the time?

E: Approximately 40.

CM: Describe him physically.

E: Well, he was a large man. He wasn't fat, but he was large boned, big broad shoulders, about six foot tall.

CM: Was he married to your mother at the time? And how long?

E: Yes. Nineteen years.

CM: How many children were living in the home at the time you were molested?

E: Eight counting me.

CM: What were their ages and gender?

E: My oldest sister was nineteen. She didn't live at home full-time. She worked out of the house taking care of other people's kids when they had a child at home. Then I had brothers fifteen and seventeen. Then sisters eleven, seven, three and two.

CM: And how old were you then?

E: Thirteen.

CM: What was his relationship like with each child. Maybe we could start with either the oldest or youngest and work up or down.

E: Well, we can probably start with the oldest.

CM: Okay, let's do that.

E: He had a real close relationship with her. In fact, my situation in incest was different than most people's in the fact that it wasn't sneaked around. By this I mean my father openly slept with this older sister ever since I can remember. Since she's five years older than me, well, I'd say he slept with her at least that long if not longer. He shared the upstairs bedroom with her. Under the excuse that mother liked a soft mattress and her bed was too soft and he needed a hard mattress. And he needed his rest. And she had the little kids downstairs with her. So he and my older sister shared one bedroom. The two boys shared another bedroom. And then my sister, eleven, and I shared a bedroom. The boys, the only relationship I saw then is the fact that he was the punisher. In other words, mother always told me what went on, what they'd done wrong or didn't do. My daddy worked in the oil fields. He was gone before we got up in the morning and came home after we left at night. So he really had no relationship toward the younger children at all.

CM: Did he favor one child?

E: The older one.

CM: In what ways was he a good father?

E: Well, he always provided. We always had something to eat. Of course, we lived on a farm and we all worked in the garden and tended the cows, pigs and chickens. After my sister went out to work, I was the one that had to take over the role of mother. My mother was ill a lot from the time the one that was seven was born. Through after the other kids. The other kids were born when she was past forty. She had a variety of illnesses but she was always sewing or doing something like that. And the dish washer, and the separate wash and the packing the lunches, all that fell to me. Not only was there eight children in the home, but we took care of our grandparents too, who lived across the drive from us. Grandma couldn't remember anything. After I cooked the meals and put them on the table, then I had to take their portion over to them. And a lot of times I had to feed my grandfather and clean the bed and all those things that a bedfast person does. When Grandma could she tended to Grandpa. But a lot of it and all the carrying the water from outside was all up to me.

CM: In what ways was he a bad father?

E: Well, he really showed no affection. And I don't remember him being a bad father, except like I said he'd whip the boys and things like that. He whipped us girls once in a while, but not very often. So I don't think he was really a bad father.

CM: So how did he punish the children.

E: Well, like I said, I don't remember him punishing the younger kids at all. So I don't think I can really remember what he punished them like. Outside of the boys getting whipped with a belt.

CM: How did he show affection to the children?

E: I saw no affection.

CM: How did he show affection to your mother?

E: The only time he showed any affection to my mother is he did go by and kiss her when he went to leave.

CM: What was your mother's age when he began molesting you?

E: Forty-two.

CM: And what was his relationship like with your mother?

E: Like I said, I don't know anything about their relationship. I think he worked seven days a week. You remember I was born during the Depression. And they were glad to have a job. Let alone having to work seven days a week.

CM: In what ways was he a good husband?

E: Like I said, he was a provider. Kind of kept things in line up until the time the boys went to war they kept the farm going with animals and farming wheat land and cow feed, along with going to school and everything. And he managed to keep this all going, so he's a pretty good provider.

CM: In what ways was he a bad husband?

E: I felt like he could have showed her a little more affection. He never put her down in front of us except he always wanted to know exactly, if he left her any money at all he wanted to know exactly what she bought with it and how much each thing cost. She wasn't allowed to write any checks or have any cash. He took care of everything like that.

CM: Tell me what you know about his sexual relationship with your mother?

E: I really don't know anything about it. Except the fact that after we made our amends and stuff, he told me that everytime he went to bed with her she got pregnant. With eight kids, well you can almost understand that.

CM: What three words describe your father?

E: Handsome, nice looking man. Most people thought a lot of him. He gave people his word and you could count on it.

CM: What three words describe your mother?

E: Mother was always well liked. She'd rather have been involved in working with people. Belonging to the Home Demonstration Club and the Women's Society rather than being home taking care of kids. And so on and so forth. And I always saw this as a disagreement with my father. My Grandma liked to do all the things and she'd try to get mother to go just for an hour. No, Daddy might come home. So Mother would never relax and do anything.

CM: Was he ever involved in criminal activities?

E: No.

CM: Did he have a police record?

E: No.

CM: Did he use alcohol or drugs?

E: No.

CM: What job did he have at the time he molested you?

E: Like I said, he worked in the oil fields. He was a pumper in the oil fields.

CM: What was his approximate income?

E: I have no idea.

CM: What was the highest grade he completed in school?

E: Sixth.

CM: What was religious affiliation?

E: He was Catholic. Up until about the time, well when I made my confirmation about ten years old he quit going to church.

CM: Do you know if he was ever treated for psychiatric problems or ever received psychotherapy?

E: No, he wasn't that I know of.

CM: How about your mother?

E: No.

CM: Do you know if your mother was abused, molested or neglected as a child?

E: I don't know, but I wouldn't think so. She also had six sisters. Well, one of them died. She was the oldest. She might have been, but I don't think so.

CM: How about your father.

- E: Well, my father was a very responsible person even though he had eight kids. One of his brothers had mortgaged his parents' farm and was about to lose it and Daddy went in and signed the papers and we moved out there. And that was just before this started happening.
- CM: So do you know if he was abused, molested or neglected as a child.
- E: I don't think so, but by working with psychologists myself and psychiatrists they tend to think he was.
- CM: Were his parents divorced or separated?
- E: No.
- CM: How about your mother's?
- E: No.
- CM: The next part of the interview is probably the most difficult and stressful part. During this time I would like you to recall a specific instance when you were molested by him. When I ask you the date and the time, what I'd like to know is what time of year was it and what time of day was it of the particular event that you'd like to talk about.
- E: Well, it was probably in the spring, because I don't remember heavy covers on the bed. Of course, sleeping upstairs with no fire there would have been heavy covers if it was winter. But it wasn't summertime because I did have covers. The time was in the middle of the night.
- CM: And where were you?
- E: I was asleep in bed.
- CM: What were you feeling?
- E: I really . . . the first time it happened I had no feeling. Like I said, I was very naive. I didn't even realize this was going on with my sister even though they were sleeping in the same bed. This was just adult stuff and I didn't know nothing about it.
- CM: What were you thinking about at the time?
- E: You mean when I was asleep?
- CM: When it was going on.
- E: Just hurry up and get it over with.
- CM: What were you wondering?
- E: Why he had to do that.
- CM: And what were you hoping?



E: That it would hurry up and get over with.

CM: What was it that was happening. What was he doing?

E: He definitely . . . well why don't I just review the thing. He came into my bedroom and woke me up by shaking me and when I woke up I realized it was my Daddy. I said what do you want. And he said come with me. And he proceeded to go back into his bedroom, in his bed. Which I realized right away I was expected to crawl in bed. And he went ahead with intercourse with no, what do you call it, play before hand or nothing. He was ready and he crawled on. And of course I was scared at first cause I didn't know what was happening. Like I said, naive.

CM: Did you say anything to him while this was happening?

E: No.

CM: What did you pretend while this was happening?

E: I just laid stiff.

CM: What did you think?

E: Well, he's crazy.

CM: And what were you feeling?

E: I really felt like I shouldn't be in there.

CM: What did you want to do?

E: I just wanted him to get off so I could get up and go back to my bed.

CM: What did you want him to do?

E: Just quit.

CM: Can you describe the place where this occurred?

E: Well, it was the south bedroom upstairs, two story house. Window on the east, one on the west and one on the south.

CM: Where was the rest of the family?

E: All asleep in their bedrooms.

CM: How long do you think he stayed with you?

E: Probably eight-ten minutes.

CM: When he left what did you do?

E: I got up and went back to bed.

CM: And what did you think about it after it was over?

E: Like I said, I thought he was crazy and I hoped it didn't happen again.

CM: What did you wonder about when it was over?

E: Why he didn't go downstairs to mother?

CM: And how did you feel after it was over?

E: I felt violated.

CM: Now, as an adult, when you look back what do you think about the experience?

E: I think it was unfortunate and I think my father was ill.

CM: What do you wonder about?

E: I don't really wonder about anything. I just know that it happened, not only to me but all my sisters. All except one. She didn't let him do it the first time.

CM: And now how do you feel about it?

E: I feel all right about it. I never got real angry at him. I never cussed him. I never made any threats or anything. I was brought up in a religion and I knew that God would punish, that I didn't have to. And today I'm very thankful that God did show me that attitude. That he would have to pay for his sins and I didn't have to get involved in it.

CM: What would you want to say to your dad?

E: I was fortunate that my dad and I talked about it before he died. He came to me after we'd been in Alaska for two years and told me he was sorry about what happened. And he was so proud of what I'd done with my life and everything, and that he envied for all the traveling I had done. And we talked about why he'd done it. And that's when he told me that every time he went close to mother she got pregnant. He remarked that he could've had most anybody he wanted, including mother's sisters. Because like I said she was the oldest one of seven girls. And he was a nice-looking man. But he felt that it was better for him to use his daughters than it was to go out on her. And I have never condemned that or okayed it either one. That was his thinking, his feelings. Like I said, I was just grateful that I didn't have to do anything.

CM: Was this a single act or repeated over time?

E: It was only repeated twice. Then . . . we were at home during the daytime. And he approached me in the kitchen. Of course, the little kids were around, but they were playing like kids do. I guess the boys were out in the barn or someplace because mother didn't usually leave me with the little ones unless somebody else was around. And he came in, he'd been sleeping.

I guess for some reason he was home in the afternoon that time. Because when he came into the kitchen and reached for me like he wanted a feel or something, I told him that I wasn't comfortable with that and there would be no more. Touching me, coming to get me to go to bed or anything.

CM: Before he molested you did you ever feel uncomfortable in his presence?

E: No.

CM: During the act was he persuasive?

E: No.

CM: Threatening?

E: He asked that I never tell anybody, don't tell mother. But he never threatened me, you know.

CM: Was he sadistic?

E: I wouldn't call it that, course I don't know much about sadistic.

CM: Did he offer you bribes?

E: No.

CM: Was anyone ever present?

E: No. Except my sister was still in my bed.

CM: She was in the bed where he was having intercourse with you?

E: No, where he come and got me out of.

CM: Well, that's it on the details. We're through with the details.

E: Well, I might say too, he did come back to the bed one time and asked me to go and I just looked at him and said no. And he walked right around the bed and took her in the bedroom.

CM: And she went.

E: She went. And from then on she went as long as I was at home.

CM: Now she was younger than you.

E: Two years younger.

CM: How old were you when the molesting occurred?

E: Thirteen.

CM: Describe the closeness of your family.

E: Well, I've always said that our family was close. But I think now that it was more of a thing of necessity because we did live in the country and didn't go anywhere very often. We never even all went to church together. Half of us went one time and half of us another. So whether we was close or not, I don't know. We wasn't close like my family is today, you know as adults.

CM: Were you closer to your mother or your father?

E: My mother.

CM: Can you tell me about that.

E: Well, I think part of it was the fact of me taking care of the smaller ones and her having to rely on me for the running of the house and everything. Then she helped me learn to sew, can and all these things so we were together a lot. And even after I was older we always done things like that together.

CM: Were any of your siblings molested?

E: I've already went into that. All the girls except one. She was the oldest of the two little ones.

CM: And by whom?

E: By my father.

CM: Did your family members know about the molesting?

E: I didn't think so at the time, but really I didn't spend too much time thinking about it. But after my father died, this sister that's younger than me went into a trance and fell across the bed and passed out or whatever she does and then she talked like she was father talking from heaven. She apologized to all of us girls and especially to mother about this going on. She went on and on. She made me write it down and I had a notebook, a shorthand notebook, full of stuff and then had me call a meeting and tell the other kids and when that was going on it seems the boys knew as much about as the girls did. That's when I found out that he hadn't actually molested this one girl. He had included two . . . all eight of us girls which included two daughter-in-laws. The one daughter-in-law, my oldest brother's wife, is Italian and she stood and hollered, She's lyin' through her teeth. Nobody would know that I never let him touch me. So at that time we called her husband and told him he best come and get her before we put her in Central State. Before he came he checked up, she's a registered nurse, he checked her medication to she what she was taking, and found out she'd been on schizophrenic medicine for almost two years. None of us knew that. This was a real bad experience for all of us when that went on. It terrified my mother, she was terrified. And, of course, we forbid her husband to let her come back down there without, they lived in Kansas, without him being with here or someone. That went on for about two years and then she started coming down again. And everytime she'd call and say she was coming mother would call me and ask me to come. And I had to

stay with mother all the time she was around. We have no relationship to this day. I've tried, but it just doesn't make sense. None of the girls really are real close with her. She's just in her own little world. She has nine kids and then my daddy, when this youngest girl, next to the youngest, refused his advances, she was seeing a little boy at school, you know had a little boyfriend and she was fourteen years old. And he proceeded to send her up to stay with this sister all summer to help her take care of her kids and do the harvest. And for that sister to break her of seeing this other little boy. Because if he couldn't have her, nobody could. Of course, I remember this going on with my oldest sister. Him taking a shotgun and threatening her boyfriends out the upstairs window and all this stuff. But I wasn't allowed to have boyfriends or anything either. He told me I couldn't date. The only way I got to go anywhere was with my brother that was older than me.

CM: How did you feel after the act?

E: I guess used would probably fit that better.

CM: So did you feel angry?

E: No.

CM: Hostile.

E: No.

CM: Guilty.

E: No.

CM: Worthless.

E: I didn't at the time, course that came later after I had left home and everything.

CM: Scared.

E: Yeah, I was a little bit scared.

CM: Responsible.

E: No.

CM: Which, if any, of these feelings has changed with the passage of time?

E: Well, I think all of them have changed. It's a fact that I was used like every person is that are victims of rape or incest.

CM: How do you feel now talking about the molesting?

E: It doesn't bother me at all.

CM: Did you see a therapist at the time?

E: No.

CM: Did you see a physician at the time?

E: No.

CM: Were the police involved?

E: No.

CM: Whom in your life have you told about the molesting?

E: I've told a lot of people.

CM: What has been generally their reaction to what was said.

E: Well, there's so much of it went on. Of course, it's coming out more all the time. But there's very little reaction any more. Now my sister and I had talked about this, my oldest sister, and she knows that it gave me a lot of trouble and I had to go to counseling and stuff after I got grown, that it messed up my life as a teenager after I got away from home, a young adult. And she says that it doesn't bother her at all and I believe her. She doesn't act like it does. That it was just a thing in the past that happened and that's just part of life.

CM: If you could say two or three sentences to the molester now, what would they be.

E: Probably that I felt bad because he felt the need to do this to me.

CM: How do you think that the molesting affected your relationship with men?

E: It affected it due to the fact that I guess I made a vow that nobody was going to use me anymore. And, of course, being . . . I got out of high school in 1943 during the war and I went over to Stillwater and went to school a while. Didn't date while I was over there. But then I got a chance to come down here and work at Douglass, which was out where Tinker is. I lived at the Y, but we went to dances and stuff on the military base. The Y always took the girls out to dance then we had to come home with them. Then I would dance with the guys and everything, but then when my oldest sister moved down here with me after her husband went overseas, she decided she didn't want to live at the Y. She wanted to live with me, she didn't want to live at the Y. So I consented to move into a women's rooming house. Which we did, we had a bedroom upstairs and we all ate together downstairs. You know, just a regular old-fashioned rooming house. No men were allowed above the first floor. But she got tired of this too, because like I said she had been promiscuous I guess. She'd went out on her husband before she ever came down here and I know for a fact she went to my father after her husband went overseas. Or she stayed there when he went over. You know, when he went in the service, she stayed there at home. But she moved down here, but I had no problem with just leaving the men at the base or wherever we were until she decided to bring one home, or have him come over on Sunday and meet us. And, of

course, he brought a buddy along. They never do anything by themselves, you know, they've got to go in twos. Of course, he knew I lived there I guess. So anyway I went along. We lived on N.E. 16th Street. And we used to walk up at the Capitol on Sunday afternoon. We'd take a streetcar and go to Beverly's and eat, then we'd go back to the Capitol and sit on the lawn and talk and stuff, and then walk on back home cause it was just a few blocks down to Sixteenth Street. We moved into an apartment so we could cook for the guys and stuff instead of always having to go out to eat cause it ended up we had to pay for our own half the time. Sometimes theirs too cause they was always broke. So we moved into an apartment. We continued to see these two guys. And the guy I was with all the time told me right up front that he was married and had two kids back home. But I so naive because I hadn't really went with anybody to any extent that I fell in love with the guy. When he transferred to Florida he asked me to go with him. And told me he really loved me, you know we call it a line nowadays. But I think he really meant it in his own way. Anyway, I went to Florida with him. I called mother and told her I was going to. And she told me I shouldn't, you know, cause women didn't do that. I need to back up a little bit. When I graduated from high school, and I told you that my daddy after I told him no, that it wasn't right and I wasn't going to be involved in it, I was the workhorse around, and when I graduated from high school they gave me a watch for graduation. Daddy went down to the bank and helped me. I wanted to go to college. Helped me by co-signing a note for \$300. He went and bought me a bus ticket and put me on the bus. And when he told me goodbye at the bus station, told me as far as he was concerned he didn't have a daughter by my name and I didn't need to bother coming home or calling. So I didn't for a long time. Till after my sister and I moved together down here. Then I decided who is he to tell me I can't go see mother and my little sisters. Because those two little ones called me momma till they was way up in school. The youngest one had polio when she was eleven and, of course, back then it was so contagious or they thought it was that they wouldn't let anybody in. They put her in isolation. She got a little bit better and they decided she could have visitor, whoever she wanted. And she asked for me instead of mother. And, of course, I went and that just tore mother up. But from then on I went and came as I wanted to and just ignored daddy. And he never made any move to say anything to me, ask me any questions, or anything. Till I called up there and told him I was going to Florida. And then mother said that daddy said he wished I wouldn't. I don't know if he was feeling guilt, or what was going on with him, but anyway I went to Florida with this guy. I didn't know at that time, of course we lived as husband and wife, him being in the Navy. I didn't know at that time that he had written my parents and asked them not to condemn me, that I was good girl, that he really did love me, as quick as the war was over he was going back and divorce his wife and come back and marry me. I didn't know that till after my father died and mother gave me the letter. Of course, that was my first big love affair which didn't turn out to nothing. When he got transferred to California, I also went to California with him. We were out there when the war ended. I had gotten pregnant, I was almost eight months pregnant. He went home, supposedly to get a divorce and come back and I never seen him or heard from him again. I don't know what happened to him.

CM: How do you feel that the molesting has affected your relationship with men sexually.

E: I doubt that the molesting actually done the thing, and I'm telling the truth, because with this guy disappearing too, the first one I ever really fell in love with, that's when I really started to take men for all I could get out of them. I'd supposedly please them, do anything they wanted me to do to a point, then I'd dump them. And would never let them have their way with me. You know, just really no way.

CM: How do you think it affected your marriage?

E: Well, it affected my marriage because I was stupid enough to tell my husband about it. I'd done this same thing that I was talking about doing to the other men to my husband. We'd have a date and go somewhere and I'd always dump him and go home with somebody else. But he'd keep coming around. But I did tell him. I had been into a . . . I had lived at different places after I started moving around and came back from California. I couldn't get home from California cause they didn't let nobody on the buses and trains except military. And you had to be married to a military man or be with one to get back after the war was over. But I went to an unwed mothers home and had the baby and give it up for adoption and then I tried to get home. Then I couldn't get home. Had a brother that was getting married. So I picked up a guy at the bus station and came home as his wife. Of course, nothing happened. We messed around and he felt and stuff on the bus, but that's the way that I used to get home. But then I went to work at Ponca City and got involved with some motorcycle guys and some traveling salesmen and they were pretty rough characters. And one night we went out and they doped my drink and I ended up getting pregnant. I guess they decided by God I'd led them on enough and they were going to do something about it. Anyway, I ended up getting pregnant and I went to New York with my oldest brother and had the baby. Left it up there with some friends and under the pretense that I'd come back and get a job and go back and get that baby. So when I fell in love with my husband I told him about my daddy and I also told him about the baby, it was probably seven or eight months old at the time. I'd left him with my brother's next door neighbor. He told me I had to make a choice, him or the baby. So I did choose him and let them adopt the baby. And I haven't seen him . . . well, I have seen him too because we went up my brother's when we were stationed in New York we saw him then, he was almost three years old. But I haven't seen him since. I do know what his name is and where his parents are and stuff.

CM: Have you experienced any of the following difficulties? School drop out?

E: No.

CM: Criminal activities.

E: No.

CM: Running away.



E: No.

CM: Truancy.

E: No.

CM: Suicidal attempts.

E: No.

CM: Serious depression or anxiety.

E: Well, I've had some depression but I don't really think it had anything to do with this.

CM: Thoughts of going crazy or being out of control.

E: No.

CM: Excessive use of drugs or alcohol.

E: No.

CM: How do you handle anger?

E: I really haven't experienced that much anger. I've experienced more anger probably since my husband died than I ever did before. I'm not a good person as far as getting angry, I get hurt when people do something wrong to me, or say something. But I don't really get angry. I have been doing, I've studied a lot of different ways to handle anger and things and I usually pray for the person that's trespassed me or whatever. I examine my heart in whatever it was that was going on, and if I felt like I really caused it then I go back and apologize for the uneasiness that I caused.

CM: At what age did you marry?

E: Twenty-five.

CM: Have you been married more than once?

E: Yeah. Three times to the same guy.

CM: Use three words to describe the man you married.

E: Well, he was nice-looking. He was a military career man so I knew that he had a good, stable income. He was very caring. Treated me like a queen most of the time, even after we remarried. He was an alcoholic. After we remarried for the third time people would still ask how long we'd been married. And, of course, added it all up together it was 32 years.

CM: How long have you been receiving psychotherapy?

E: I haven't.

CM: Have you ever received counseling or . . .

E: Yes. When I was . . . when the drinking caused problems at home I got into a lot of pain, and didn't know what it was, what was causing so I was always at the doctor. Being a military doctor it didn't cost me to go. And had a lot of major surgery, they'd taken about everything I had and I was still hurting. So they finally told me I needed to go see a psychologist or psychotherapy. Which I did. I went into mental health counseling. Then they figured out that it was the alcoholic situation and the not being able to trust him. He was such a good husband until he got to drinking. And, of course, he drank when we married, but that didn't bother me cause I drank too. But after it got to be so bad that he stayed out and stuff and was more a less a violent drunk. He didn't mind coming home and hitting me if I didn't do what he wanted me to do. He wanted us all up in the middle of the night. So it was just a turmoil at the house. And, of course, the kids tried to protect me from him and it was the same old story. Our son had a weak stomach. They didn't know whether he had an ulcer or what was going on. But the psychotherapist finally told me that for my sanity and my son's I needed to get out of this situation. Which I did. And that's why I filed for separation and we got divorced later. I stayed in . . . I went to a psychologist after I was up here, while we were divorced. I didn't get much out of it. Everytime I would relay some of the things that happened in my life to me, he would say I don't see how you didn't have a nervous breakdown. And to me that don't make no sense for a therapist to sit there and tell you I'm surprised you haven't had a breakdown. And he would say it four or five times during one session. I just decided that even though it was government's money, why waste it. So I've more or less been in self-help groups. I've been in Al-Anon twelve years. I went through training for drug counseling. Through learning how to show compassion for other people I've learned how to handle some of my own problems. I was able to work through my husband's death and everything by using the same tools that I learned in the drug training. So I think that the fact that my faith, my religious upbringing and my relationship with a higher power in Al-Anon and realizing that God does work through other people and everything, I've been able to handle most things.

CM: What three words would you use to describe yourself.

E: I think I'm a very compassionate person. Self-reliant. I am very spiritual. I like people.

CM: And you do have children?

E: I have three.

CM: What are their ages and gender?

E: I have a girl that will be thirty-five this month. I have a boy that will be thirty-one. And a daughter that's twenty-nine.

CM: Have they been molested?

E: No. My husband kept throwing up this incest bit and the fact that my daddy went to bed with me. And everytime I'd tell him no during our marriage or when he'd come in drunk, told him to leave him alone. He'd say, well if you let your daddy have it . . . So therefore, the kids knew about my daddy molesting before they walk because my husband told them. And when my oldest daughter was ten years old, we were in Louisiana at his folks. And they live way out in the middle of the woods. You can get lost just going in their driveway to find the house. And him and my oldest daughter went to the store after something and he proceeded to go off of the road back in the roads where he knew she couldn't find her way out. And reached over and started to feel of her. And, of course, she knew that I had been molested and I had talked to her about not letting anybody touch her or anything. So she got out of the car and told him to go to heck, she'd walk home. Well, he let her walk a little ways and then he came back, came up to her where she was going cause she wasn't going the right direction and told her to go ahead and get in he wouldn't bother her. And when she got back to the house she told me about it immediately.

CM: This was your husband.

E: This was my husband. When I asked him about it, he said I just wanted to be sure that she knew not to trust anybody, her daddy or nobody else. So that's as close as they ever came to being molested.

CM: What did you tell your children about sex?

E: That's been so long ago. Well, like I said, they knew about this. And I told them it was an act that God gave that was just the privilege of married people. And that no one was to violate their private parts until they were married. And I think they believed it at that time in their life. I had a real good relationship with my girls when they were growing up. Don't remember as much about the oldest one's teenage years cause that's when the drinking was real bad and things were in such a turmoil. And, of course, she would do things that she thought I didn't want her to do. Thinking that if I'd find out maybe I'd let her do more. Like she started smoking in the eleventh grade. And one time when I wouldn't let her go somewhere well she threw it up to me, well you might as well know I've started smoking. I've been smoking for two weeks. I said, I know it. Anybody can smell smoke that don't smoke, you know. But the youngest daughter, I remember her coming home . . . the kids always came and woke me up when they come home. Well, I was usually awake like most mothers. But they would always come and sit on the bed and talk about what they'd done. The youngest daughter, I remember when she was fourteen or fifteen if she went anywhere, and usually they didn't date at that time, but they did go with other little girls or other people's houses and stuff. And anybody, any guy put his hand on her leg, even on her knee she told me about it. When she was seventeen she and I were living alone. That's when daddy and I were divorced. And she came home one night and she said mamma I really like Alan. Said he even put his hand way up here and held her hand here. Of course, it was still quite a ways from her panties. And I really wanted him to do it. But she come and told me. She was in college when she stayed the first time with him and came and told me. So we just had a good relationship.

CM: Were you affectionate with the children?

E: Yes.

CM: This next section is regarding work, friendship and love relationships. And I'd like you to think back over your work history. And consider for whom you've worked and the kind of jobs you've performed. What do you consider your needs at your place of employment. What do you want to get out of working.

E: Well, presently I've worked in this job for twelve years so it's encompassed quite a bit of time and everything and I get satisfaction out of doing a good job. I expect to have whatever I need to do my job. And, of course, I found in this job the only way to get it is to go and get it myself.

CM: I think I'm looking more in terms of personal kinds of needs that you want to have met at work.

E: Well outside of the satisfaction of a job well done.

CM: To what extent are your needs met.

E: As far as any compliments or anything they are not.

CM: Think about a significant instance in which your needs were not met.

E: Well, I don't really recall any because like I said I'm a self-made person. I'd never expect satisfaction out of anybody else. I remember before I moved up here I needed to be able to be complimented on my work as a salesperson. I needed to be . . . I always set my goals real high and usually I was able to make my goals. When I didn't I was usually encouraged, and said that's okay we can try again. That's the only work that I really recall ever expecting something from somebody else.

CM: What did you think about that experience?

E: I think that was a real good experience in my lifetime because that's when I really found out that God works through other people. It was a company where everyone was compassionated for each other, you know, showed compassion for each other, always was interested in what was going on, helped each other when we could. My fellow workers which was completely different from me but we were all real close.

CM: How did your thoughts make you feel?

E: I got my satisfaction from my work. Cause that's what I'd done, at this job particularly, all during the bad drinking.

CM: What did you do in response to those feelings?

E: Usually worked harder.

CM: Was what you did in your best interest?

E: Yes.

CM: How do you feel about what you did?

E: Feel good about it.

CM: And how did you feel about yourself?

E: That's how I kept my self-worth during the drinking. Was being a good salesman.

CM: Think back now about an experience when you felt disrespected at work.

E: I think I got an evaluation one time that I didn't like. That was right before I was married. Well, at the time I was really put out because it really wasn't fair. I worked at the phone company on base, worked at the com office. My husband, who wasn't my husband at the time, also worked at communications. He worked the front office and I worked in the back office. I don't really remember what happened that the supervisor was mad about because there usually wasn't anybody there. But anyway the lieutenant that done the evaluation decided that the actual work wasn't in my best interest. That wasn't really what I wanted to be there for. That I wanted to be there because my boyfriend was there. That I spent too much time on the phone with him and too much time on the phone with the APs on the outpost. And he gave me a very bad review that time. And I was real upset about it.

CM: How did your thoughts about it make you feel?

E: I think that's probably as close as I got to being angry at anybody. And even though he was a married man I felt like he was jealous.

CM: What did you do in response to those feelings?

E: I didn't really do anything.

CM: Was what you did in your best interest?

E: I think so.

CM: How did you feel about what you did?

E: I felt good about it. He had a problem.

CM: How did you feel about yourself?

E: I felt pretty good.

CM: Now let's think about an experience at work when you felt used or exploited.

E: Well, I got a little peeved at my supervisor up here the other day. Cause he wanted me to write a progress report, and I told him it wasn't a part of

my job, that I didn't write paragraphs. I still haven't done it either. But I'll have to probably eventually.

CM: What did you think about that experience?

E: I think it's all right. We've been through it before and I didn't do it and he never did come back and said anything so now he's come back and said something.

CM: How did your thoughts make you feel?

E: I think they made me feel good at the time. That I can still stand up for myself.

CM: And you haven't done anything in response to this. What do you intend to do in response to those feelings?

E: Well, he told me he'd give me a month and no report, no paycheck next time. So I'll probably do it.

CM: And you think that's in your best interest?

E: Yes.

CM: How do you feel about what you're going to do?

E: I don't like it. I feel like it's his job, his report. He assigns me the work and he should know what I do. Because I usually do what I'm assigned to do.

CM: Now I'd like you to remember back over your lifetime to friends you've had or currently have. In thinking about the next set of questions think about one person you consider to be your best friend.

E: You mean present best friend.

CM: It can be any time. Just in general what are your needs from a friendship.

E: I still need approval. I still need praise, satisfaction. I still need to be able to do things for other people. I'm a much better giver than I am a receiver.

CM: To what extent were your needs met by this person.

E: Well, at the time I was with him they were rarely met.

CM: Tell me about a significant instance when your needs were not met.

E: Well, I guess the most prominent one is the fact that he left me on the street when he went home and I never heard of him anymore. It really devastated me for a while because I didn't know where to turn.

CM: What did you think about that experience?

E: I didn't like it.

CM: How did your thoughts make you feel?

E: Really lost and alone.

CM: What did you do in response to those feelings?

E: Well, I guess my . . . I mean at the time I didn't have a room or nothing. We had been living on base and when he got out he had to give it up. So we'd left and I had no house, no money, no nothing. The particular day that he left I stayed in the bus station about two hours wondering what I was going to do even while he was gone, if he'd be back in three or four days. I didn't know what I was going to do. And he hadn't told me. Which really upset me with him because he usually provided pretty well for me. I did have some relatives I could've went to, but I hadn't been in touch with them all the time I'd been there. I certainly wasn't going to go see them eight and half months pregnant or eight months pregnant. Another sailor came over and talked to me at the bus station and asked me what I was going to do and I told him I didn't know, but I didn't have any place to go or anything so he bought me something to eat. And said that he had a room at this hotel, did I want to go up there and sleep. So I went up there and slept with him that night. Never saw him before or nothing. But I was so devastated and didn't have any place to go. He was married . . . we talked for a long time. And, of course, I did have intercourse with him. He was going home the next morning. Which left me again with no place to go or nothing to do. But he suggested that I might want to call a place he had heard of for unwed mothers. Of course, I figured there was something to it. We were in San Francisco. So I walked back down to the bus station with him to catch his bus. Then when he left he'd given me a couple of dollars. I used the telephone to call and they sent somebody down to get me. So I was very upset at the guy that had left me in that situation. But I was very grateful to get out to the sisters too.

CM: Was what you did in your best interest?

E: Yes.

CM: How did you feel about what you did?

E: I was very upset about it. Because that meant I had to give the baby up that we had really planned to keep.

CM: How did you feel about yourself?

E: I was disappointed that I couldn't some way manage better than that.

CM: Think now about an experience when you felt disrespected by your friend.

E: When I started going with my husband and was still seeing those other guys. One of them got very disrespectful with me cause I wouldn't go out with him again, when I decided to quite going with everybody but my husband, my future husband. And he started rumors and stuff that I'd do anything anybody wanted me to as long as I liked them. And that's a bunch of bull.

CM: What did you think about this experience?

E: I thought that he really had a problem cause he was a married man too.

CM: How did your thoughts make you feel?

E: I think I felt okay.

CM: What did you do in response to your feelings?

E: Nothing. I just stayed away from him.

CM: Was what you did in your best interest?

E: Yes.

CM: How do you feel about what you did?

E: I feel good about it. That's why I had made the decision to go with my future husband.

CM: How did you feel about yourself?

E: I felt that I had finally decided to do something right, settle down a little bit cause I had went with a lot of guys when we were up there.

CM: Think now about an experience when you felt used or exploited by a friend.

E: I can't really recall any that really upset me. Of course, I guess it's been so many years. Yeah. After the man from Oregon left I felt used. Definitely. Because there he'd been having to stay away from his wife and I felt like he'd lied to me all the time. I felt like I had really been a dumbass or whatever you want to call it. Had really been dumb not to see through that.

CM: How did those thoughts make you feel?

E: Well, it kinda made me go down. I mean, I really had kept my self-worth up pretty good and I had adjusted to the fact that he really did love me. That I wasn't doing something against God's will and really against my folks. That everything was all right because he was telling me the truth and we were really going to get married. And I really felt used, dumb because I'd made such a big mistake in judgement of people. And, of course, I could hear my sister saying I told you you shouldn't have went.

CM: What did you do in response to those feelings of being down and used?

E: I really didn't do much of anything. I talked to the sisters after I got out to that home and everything. And, of course, talking to the other girls and most of them were so much worse off than I was. They didn't have any self-worth at all. And I managed to get some back after I prayed and knew that I could manage to get back together, to get some thoughts back together and I could get a job. Because I had done a lot of different kinds



of work at that time. So I really didn't stay in that depressed state or anything. I pulled myself back out of it.

CM: Was what you did in your best interest?

E: Yes.

CM: How did you feel about what you did?

E: I felt good about getting my self-worth up. I felt really bad about leaving the baby out there, and still do cause I have no idea where that one is or what happened to him. I mean I've accepted it, but I still don't feel good about it. I know that I done the best for him. I was kind of down on myself. And, of course, vowed to not get involved like that and make a mistake again. Which I turned around and done anyway.

CM: Now we're going to look at your main love relationships. These relationships include mother, father and spouse. The first part, tell me about your physical and emotional needs in the relationship with your mother. And we're thinking about your being a child. And what were your physical and emotional needs from her.

E: Well, I needed more approval of things that I had done instead of being got on all the time about not doing the dishes right or not putting something up or not wiping off the table or all those other things that you get hollered at about. She did . . . I'd hear her talking to grandma and stuff and bragging about how good I'd done and I needed that but it wasn't given directly to me, it was overhearing somebody talking.

CM: What were your physical needs from mother?

E: I doubt that I really had any because there never was any hugging or holding or anything like that in my life before. I didn't miss it. Well, looking back I would have liked it.

CM: To what extent were your needs met by your mother?

E: They weren't.

CM: Tell me about a significant instance when your physical and emotional needs were not met by her.

E: Well, even before we moved out there with grandma and grandpa there was always . . . mother was always busy with somebody else doing something else and I felt bad because she never even had time to talk to me. When I was in lower grades in school I don't remember her ever looking at the paper and saying, that was good. Or you done good. She might have done it because my mother was a schoolteacher when she was young, but I don't remember it. But, like I said, the daughter younger than me always seemed to be important. She went to kindergarten when I went to first grade, therefore, she was the baby, but she was doing things in school too and got the attention. She was the baby for four years then the other one came along and we all got put out. And, of course, my oldest sister had to be the

mother way back then. It seemed like mother just . . . I don't know whether she was in her own world. I remember mother cooking some and things like that when were young. But I don't remember her ever doing anything with us, even baking cookies or anything. I don't remember us ever doing anything like that together.

CM: What did you think about the experience of mom not having time for you?

E: Well, I thought I'm not going to have all that many kids when I grow out. And, of course, God seen to it I didn't.

CM: How did your thoughts make you feel about yourself at the time?

E: I didn't feel very good about myself because I wasn't getting any praise so I must just be in the way.

CM: What did you do in response to those feelings?

E: I kinda stayed out of sight and everything until after we moved out there. And my sister was gone and I had to take over.

CM: Was what you did in your best interest?

E: It probably was. I didn't get hollered at.

CM: So, mom would holler at you some?

E: Not much really. I spent a lot of time before we moved there outside with the boys following them around.

CM: How did you feel about what did by staying out of mom's way?

E: It was okay.

CM: How did you feel about yourself?

E: I didn't feel good about myself. I wasn't pretty, I thought I was ugly. I was tall for my age. In fact, I outgrew my brother that was two years older than I when we were fairly young.

CM: Tell me about an instance now when you felt disrespected by your mother.

E: Well, I remember the first pie I ever baked and she got on me and told me I was so dumb I'd never learn nothing. And, of course, my brother older than I, like I said, we'd done everything together, he baked a pie and I baked a pie. And mother told us how to make the crust and everything, so I made both of the crusts. But we were making, I can't remember whether it was custard pie or what, but I put holes in my pie shell, so the crust was on top and the filling was underneath and his was right. So mother really told I was too dumb, she wasn't going to take time to try to teach me anymore, and I felt real bad because his was a success. He's teased me about that since we've been adults.

- CM: What did you do in response to those feelings, to feeling bad about . . .
- E: I cried. I cried a lot when I was little and my feelings were real hurt a lot. I hurt easy. But it was usually that brother picking on me.
- CM: Was what you did in your best interest?
- E: No. Cause then I got hollered at for crying.
- CM: Did mother holler at you for crying?
- E: Well, she didn't really holler. She just told me to shut up, it wasn't going to do no good to bawl about it.
- CM: How did you feel about what you did, about the crying?
- E: Well, I couldn't help and I probably felt better about it anyway.
- CM: And how did you feel about yourself over this incident?
- E: I felt like I was a big baby. That I was never going to grow up.
- CM: Tell me about an instance now when you felt used or exploited by mother.
- E: Well, thinking back about it, I think she used me a lot because she depended on me so much to do the work around there. I used to get real upset because it would be almost time for the school bus and I'd still be in the kitchen. And I missed it a couple of times and had to stay home from school.
- CM: How did your thoughts about missing the school bus and having to stay home from school, how did your thoughts make you feel?
- E: Well, I got on to myself again because I hadn't hurried faster. I took all the blame for not doing what I was supposed to when I was supposed to. And, of course, looking back there was no way I could've done it any faster.
- CM: What did you do in response to those feelings, feeling bad about yourself?
- E: I didn't do anything except try to work harder and faster the next time.
- CM: Was what you did in your best interest?
- E: Yes.
- CM: How did you feel about working harder and faster the next time?
- E: I felt like I shouldn't be having to do it, but felt it was part of the responsibility of growing up.
- CM: How did you feel about yourself?

- E: I still felt like I should be able to do it better and was down on myself. Of course, after we moved out there I'd go over and put my frustrations on grandma and usually she could . . . she didn't really understand what I was saying a lot of the time, but she'd say it would be okay or God loves you or something to me to make me feel a little bit better.
- CM: Now let's think about your relationship with your father. And what your physical and emotional needs were in that relationship. What would you want from him.
- E: I wanted his approval. I wanted his attention once in a while. Of course, like I said, if I'd had my father, he would have been home more. I don't remember us as a family ever sitting together at the table when I was real young.
- CM: To what extent were your needs met by your dad?
- E: I don't think they were met at all. I wanted attention and there were several times that I wanted him to hug me and he didn't. Maybe when we got dressed up to go somewhere or something and he happened to be around.
- CM: Think about a time when your needs were not met by him. Your physical and emotional needs.
- E: I think they definitely were not met after the situation, the rest of the time in high school and stuff he ignored me. Which might have been best.
- CM: What did you think about being ignored?
- E: Well, at the time, especially the first year after I'd told him no, I was glad he ignored me.
- CM: So how did your thoughts make you feel?
- E: Well, there was kind of a void in my life because I felt like I didn't have a father. I couldn't go to him for anything because I was afraid of what repercussion would come.
- CM: What did you do in response to those feelings of staying away from him?
- E: I kind of spent more time with my older brother, you know, ask him questions and stuff.
- CM: Was what you did in your best interest?
- E: I think so.
- CM: How did you feel about what you did?
- E: I felt good at the time. It got me through.
- CM: How did you feel about yourself?

- E: Well, I really didn't feel like that I was anybody real important or anything all my years at home.
- CM: The next question is about an instance when you felt disrespected by your father.
- E: My older brother felt the same way about himself because the younger brother got all the attention, he was the smart one and everything. And that was the way I felt about the younger sister. She always got all the bragging. And it got to be . . . of course, back when I was young we didn't wear pants, we had two dresses apiece. And we were the same size, my younger sister and I, and one time when I really got upset with my father, we were getting ready to go to the youth study club, the Catholic youth study club, and I had to finish up the dishes and she went upstairs to get ready. And she came down and she had my blouse on. We had white blouses alike. And they marked on the inside where we could tell whose they were. And she had my blouse on. When I went to dress, my blouse was gone. So I went back downstairs and told daddy that she had my blouse on and that I didn't have anything to wear. And he said that's too bad then you have to stay home. And she proceeded to go to the youth club meeting and I had to stay home cause I didn't have nothing to wear. And the next day mother told me that my sister hadn't put hers in the wash, she'd forgot. So that was something I was really upset with my dad about, and, of course, then I was upset with my sister, and I think that's when we really started having problems. I thought it was unfair. It was really ridiculous.
- CM: And how did it make you feel?
- E: Well, again, it left me being unimportant. I wasn't important. It wasn't important whether I got to go or what I got to do.
- CM: What did you do in response to those feelings of unimportance?
- E: I don't know really how I handled the feelings. I remember going back up to my room and reading and stayed up there the rest of the evening.
- CM: Was what you did in your best interest?
- E: It probably was.
- CM: How did you feel about going up to your room?
- E: I really was down. I really felt like that I wasn't worth anything and I doubted that anybody ever miss me at the meeting anyway.
- CM: So how did you feel about yourself?
- E: I don't know . . . I was pretty depressed.
- CM: Think now about an instance when you felt used or exploited by your dad.
- E: I can't think of anything except the incest. The violation. The few times I'd see him and he'd do something like that.

- CM: How did your thoughts about the violation make you feel?
- E: It made me wonder just that much more if I was really that bad a person.
- CM: What did you do in response to those feelings of wondering about yourself?
- E: I guess I talked to grandma about it at the time.
- CM: Was what you did in your best interest?
- E: It must have been because I didn't stay depressed, I just let it go and kind of protected myself from then on.
- CM: How did you feel about what you did?
- E: About protecting myself? I felt good and I felt wiser than I really was for my age, or should be for my age. That I'd made an adult decision.
- CM: How did you feel about yourself in regards to the incest?
- E: I felt like I was being used. That I was really no good.
- CM: Okay, this is the last set of questions and this is in regard to husband. What do you think your physical and emotional needs were in your marriage?
- E: Well, I definitely needed the companionship. I needed to be special to him. I had developed a real high sexual desire. And he was very satisfactory in that way. I think probably thinking back about the incest and daddy just crawling on, the foreplay got real important. Of course, he was outstanding. He always cared about what I needed and how I felt. He always complimented when I got dressed to go somewhere. Like I said he always treated me like a queen. Of course, he was a southern gentleman and had always done everything possible, things for me, and this always made me feel real good.
- CM: So you felt as though your needs were met by him?
- E: Especially during the early marriage.
- CM: Think about a time when your needs were not met by him. Your physical or emotional needs were not met.
- E: I don't recall anything like that until we had been married for a long time. I was so spoiled when we got married because we both worked and my husband believed that if I was going to work outside the house he was to help at the house.
- CM: Well, how about later on. Can you think of a time when your needs were not met.
- E: Well, I think that I was so spoiled that when he really started drinking or started getting involved in work . . . he worked late a lot because he had a

disability, he couldn't take a written test, so he didn't get the promotions he should have had in the service. And, as a result, he worked harder trying to earn them in different ways which took him away from the family. I remember he resented me being involved with things for the kids, therefore, he kept himself away from me more even if he was in the house he didn't show me any attention or anything.

CM: What did you think about him staying away from you?

E: It really flustered me. I didn't know what to think. What was going on. And, of course, I felt like it was my fault, that I really was doing something wrong.

CM: So what did you do in response to those feelings that you were doing something wrong?

E: I tried to talk to him about it, but he just said well the kids were more important than he was and he guessed he'd just have to learn to accept it. You know, more important than he was to me.

CM: Was what you did in your best interest?

E: I think it was because in the end it was about the only thing I could've done.

CM: How did you feel about what you did?

E: I felt like I let him down a little bit because I had been his whole life.

CM: So how did you feel about yourself by letting him down?

E: I felt not quite as perfect a person as I was before. But I was torn between whether God wanted me to do that. I knew that He didn't want me to neglect the children. I knew that I was supposed to be a companion and be available for my husband. So I was kind of torn.

CM: Think about a significant instance when you felt disrespected by your husband.

E: I don't remember anything during the first part of our marriage. Any time that I ever felt like that he disrespected me.

CM: What about the later part of the marriage?

E: Well, in the later part there was a lot of it because he bitched about me to other people. Told them I wasn't any good or anything. And that really hurt when it came back to me.

CM: What did you think about him saying those kinds of things to other people?

E: Well, I wondered whether he was seeing another woman and whether he wanted out or not. Of course, I know now that that was an illness he had.

CM: How did your thoughts about wondering about another woman, how did that make you feel?

E: Well, I really probably doubted myself, that I was capable of satisfying a man as a companion and raising kids both at the same time and I wondered . . . I remember thinking one time that I wondered why God ever gave me a child if it wasn't supposed to be, if that was going to cause friction.

CM: What did you do in response to those feelings?

E: Well, I tried to make her go to bed earlier so I was available when he came home. Which didn't work cause she's a night owl.

CM: Was what you did in your best interest?

E: No.

CM: How did you feel about what you did?

E: Well, I felt bad because she just laid in there in bawled. She didn't go to sleep anyway.

CM: And how did that make you feel about yourself?

E: Inadequate as a mother.

CM: Think now about an instance when you felt used or exploited by your husband.

E: I really don't know what to say. I used to get real angry, or real upset I should say because the anger, it wasn't real anger or it wouldn't have left. He used to call me to come and get him when he was drinking and then when I got there he'd be talking to another woman or something and tell me I wasn't no good, that he didn't want me, that he wasn't going home with me and all those things. Then I'd leave crying because I couldn't let go of him and let her have him or anything, but I didn't know what to do.

CM: So how did your thoughts about not being able to leave him make you feel?

E: Real flustered.

CM: What did you do in response to those feelings?

E: I cried. Used to tell me I bawled all the time.

CM: Was what you did in your best interest?

E: No. It didn't do no good.

CM: How did you feel about the crying?

E: Well, it kind of relieved the tension. It's all I knew to do right then.



CM: And how did you feel about yourself?

E: Well, like I said, I felt inadequate. I couldn't make the decisions. I didn't know what to do for us or him, what was best.

VITA

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