**The “Lawyer”**



**Lawyers are often helpful.**

They mediate

They soften the blow

They decide what should be said and what shouldn’t be said

They hide the truth when it is in your best interest.

They present you in the best light possible.

They speak for you in the legal language.

They advocate and protect you in a difficult system.

Just like in real life, our “lawyer” character’s job is to protect and defend.

The “lawyer” character doesn’t always understand therapy.

The “lawyer” character wants us to keep our mouth shut/never tell the entire truth.

The “lawyer” character’s job is to never trust anyone.

The “lawyer” character always assumes others are out to get us.

The “lawyer” character’s job is to keep trying the case over and over again until the outcome is different.

**In treatment our “lawyer”**

typically doesn’t help us very much. He makes the treatment process longer.

doesn’t want us to tell the truth.

doesn’t want us to trust anyone.

doesn’t want to let anyone else help.

is not liked very much by anyone.

**The Defense Strategies**

Deny – I am not guilty

Blame – It is not my fault

Use Diversion Tactics – The system is messed up/ You guys are messed up/ No one cares why should I/No one ever gets out

Minimize – Only tell partial truths/Never trust anyone with the full truth

Everyone has a “lawyer” character in their core. When we feel threatened, our “lawyer” surfaces to protect, attack, defend and/or delay. Everyone needs a “lawyer” in their core. The goal is not to make the “lawyer” go away. The goal is to learn to manage the “lawyer”.