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**LITTLE DEAL TO BIG DEAL:**  
*An Example of Oppression in the Humanistic Style*

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Ouch!! You trod on my foot!!!

Who, me? Look, it's obvious that this is just symbolic of all the times you've been walked over in the past, that you haven't worked on. I'm different. I'm a feminist. So don't dump your shit on me.

Well, it's true I've had my feet trodden on quite a few times before and I don't actually remember it ever having come up in a session. OK, so maybe I do have some bottled-up stuff about it. But the point is, you did tread on my foot.

Look at it this way: it's not so much a matter of me treading on your foot, but more that you put your foot in a position where it can be easily trodden on. It's probably a pattern of yours to set yourself up to get hurt. It might help you to work on it. I'll give you a session if you like.

Hm. I do seem to let my feet stick out from the bottom of my legs most of the time. Perhaps it's partly my fault I got my foot hurt. But you did tread on it didn't you?

*(Silence, with abundant eye contact)*

(... then ...)

What exactly is it you want from me right now?

I need you to admit  
that you trod on my  
foot. I'm beginning  
to wonder if I imagined  
the whole thing.

Let me explain. If you were self actualised, you would  
be able to create your own reality and feel secure in it.  
You wouldn't need to be dependent on other people's  
perceptions being in accordance with your own. Do you  
want that session now?

Er, well, I don't  
exactly call my-  
self self actua-  
lised. In fact,  
I'm starting  
to feel a bit  
crazy. Maybe  
I'd feel  
better if I  
said 'Ouch'  
to a cushion.  
Then perhaps  
I'd have the  
courage to  
take charge of  
my pattern and  
bind up my  
feet so they  
don't stick  
out so  
much.

*(Tender smile and hug. Gently and lovingly leads her to the cushion)*

**Meg Bond**

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