First Impressions

I have been having a rough time lately. Some bad things have happened in my life and I am having trouble dealing with it on my own. I have finally taken a big step and made an appointment to talk to someone about my struggles. It isn’t easy for me.

As I approach the building, I am nervous to say the least. It’s hard to admit that I need help. How much should I tell them? What will they think of me?

I open the front door and walk into a loud, crowded lobby. It is dingy looking and not very clean. The walls are plain, institutional white with florescent lights glowing from the ceiling. One is flickering like an old motel sign. I walk up to one of the cubicles and the receptionist says, “Name?” without even glancing up at me. I give her my name and she begins typing into her system. In the meantime, a man in a white lab coat walks up behind her. She turns to great him with a big smile. “Plans for the weekend?” she asks. “Yep, I’m going fishing Up North. I’m leaving as soon as I am done here today. Sure hope my clients cancel so I can hit the road a little earlier. I’m not sure how many more I can take today anyway.” I wonder if he is the man I am here to see today. The woman turns back to me and shoves a clipboard over the counter with about a dozen pieces of paper on it. “Fill this out and bring it back when you are done.” I turn back to face the lobby. There isn’t even a spot where I feel comfortable sitting to fill out my new stack of paperwork. I find a spot next to a gentleman who is practically sitting on my chair as well as his own. He smells like he hasn’t bathed for a week. My anxiety is making my mouth and throat dry. I look around for something to drink. I see nothing. Not even a water fountain. Why is it so hot and stuffy in here?

A woman appears from a back hall and fills the lobby with her booming voice, “Jane Jones... Jane Jones. Dr. Therapist will see you now.”

I think it was a big mistake for me to come here.
Discussion Questions:

What stood out to you?

What was brought to the surface?

Did it bring up anxiety or other emotions for you?

How does our lobby and public space feel?

How does my personal office feel?

What are you going to change as a result?

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