

CASE 9

Name: MEK Age: 26 Male
Occupation: astrology-tarot services
Single Children: n/a
Cigarettes: 1,5 package /day Alcohol: social

Main Complaints:

Obsessive cleaning. Obsessive thoughts.

Generals: The patient is easily affected by the cold, and often suffers from throat infections. She gets sick after eating spicy and hot food. Given the choice, she prefers salty foods over sweet ones. She is not fond of sweets and ice cream. She says she rarely gets thirsty during the day. She likes rainy and snowy weather. She prefers to rest in places where it rains, not at the seaside and sunbathing. She had a convulsion-like illness when she was a child. At the age of 5, she had surgery for inguinal hernia. The patient usually sleeps late and wakes up late, and does not feel well in the early hours of the morning.

My opinion about the patient:

The client normalizes her attitude towards cleanliness; believes this is how it should be. Compulsions follow her obsessions. It creates unnatural thought processes. Also prone to megalomania. Some people have an attitude of contempt for life.

SELiME – You said that you are very obsessed with cleaning, what are your feelings about it?

M.E.K. – Seeing a speck of dust even for a moment prevents me from breathing. I think the dust will get on me. I'm afraid it will make me look bad. Dust is whatever, but oil drives me crazy. I have also a fear of thought of lice and the fear that when I come up to someone I love with a bad smell, I will make them feel bad.

SELiME – What are your rituals about cleaning, how do you spend your day?

M.E.K. – I wake up in the morning, if there is breakfast, I have it. After the toilet, I take a shower. My clothes are washed daily. I wash my hands 5-6 times after using the toilet. I use separate sponges for my separate areas in the shower. I take another shower again before I go to sleep, I don't sleep in my bed if I haven't taken a shower.

SELiME – Can you tell me a little bit about yourself?

M.E.K. – I want to live life to the fullest, I like to have fun, No matter how tired I am, I take action to meet friends. I like to have fun away from home. A few of quality choices make me a little happier, I am obsessed with brands. That's why I can't save money. I spend all my money to be the best, to satisfy myself.

My childhood was in a somewhat suppressive environment. I couldn't express myself, I was too attached to my family. On the way to school, I would go back home and look. This continued until I started theater in high school years. I used to miss home so much that I would spend ten minutes at home during my 40-minute lunch break and the rest of the time I would spend commuting. There were many times when I felt stuck in this sense of longing.

My scrupulousness and obsession began in my childhood; I would come home covered in dirt, my mother would take me through the door to the bathroom, I could not enter the house like that. I didn't have that luxury. Because even if a grain of sand entered the house, my mother would not accept that situation. My mother used to shout at me and insult me a lot. I wanted to have shower too. Sometimes I didn't want to sleep in my bed when I couldn't wash myself. This situation still continues. If it's late when I come home, I do not disturb anyone so I don't wash myself and then I don't sleep in my bed.

I am a very giving person. But if I have my own phone or something of sentimental value, I will not give it to anyone, and if I do, I will be devastated. If someone wants money, I can give them all the money in my pocket. I don't have to know this person, if someone that I don't know needs help, even if I'm in a difficult situation myself, I help.

I hate my past. I love my family, but there is a lot of disagreement, I can't get along with them. In fact, at times I can be unscrupulous, ruthless, and I enjoy inflicting pain. This can be mental or physical level. Most of the time, I become suddenly angry and then suddenly calm down.

Whether it is man or woman, if somebody does something bad to me or if I have been wronged to the point of being hurt, I take pleasure in seeing this person suffer and crawl, even if I don't do anything myself.

SELIM – What makes you angry?

M.E.K. – If somebody does not wash hands after eating. If someone sweats and does not wash himself/herself. I can't stand someone raising the voice, and especially if it's a man, I'll have an outburst of anger, I'll see red (will get very angry).

SELIME – For example, how would you feel if you couldn't buy brand clothes, or if you were hanging out in simple places rather than luxury ones?

M.E.K. – I would feel low self-confidence, poor and simple

SELIME – Do you have any fears, can you talk about them?

M.E.K. – I am afraid of spiders, snakes and scorpions. At the same time, I am afraid of being cheated on, of lying, and of this lie becoming a reality. At the same time, I'm revengeful so if I hold a grudge, don't let that person fall into my hands!

SELIME – Can you talk about your dreams, do you have recurring dreams?

M.E.K. – In my dreams, there are usually statesmen. Sometimes a luxurious life, sometimes too complicated dreams to put the pieces together. But whatever I intend, I see it. I don't know if it's

subconscious or not. When I was a child, I was afraid to turn my back to the darkness and emptiness when I was sleeping.