

THERAPIST: So let me just guide you a little bit through this. Yale requires us to sit down and have a chat, maybe talk better choices or an understanding of a newly integrated substance, but your Dean really wants you to take this space to talk about a lot of the issues you might be having, you know, fitting in.

ADICHE: Yes I understand.

THERAPIST: And you're required to sit down with me today and then go to your dorm to finish an online survey – the one you had to complete before starting this year.

ADICHE: Yes, I'll get on it as soon as I leave.

THERAPIST: So, tell me, then. What happened on Saturday night and what could you have done differently to avoid that outcome?

ADICHE: Forgive me for pointing this out, but it does seem like you want a straightforward answer and an acceptable self-improvement plan.

THERAPIST: It sounds bureaucratic, I'm sure, but isn't that what you're looking for too? I mean *(smiles condescendingly)*, an acceptable self-improvement plan. So, what was happening on Saturday?

ADICHE: It was halloweekend. Like. The weekend of parties around campus for Halloween.

(THERAPIST looks at ADICHE expectantly, and in a way, demanding)

I decided to drink a little with my friends and go to this really nice party.

THERAPIST: And you're not 21, I understand?

ADICHE: No, indeed.

THERAPIST: Do go on. Where did the plan go awry?

ADICHE: I'm guessing I drank a lot.

THERAPIST: Guessing? How much do you remember?

ADICHE: I think...I took around two, maybe three –

THERAPIST: Two or three?

ADICHE: *(exasperated)* I took around two, maybe three shots at a friend's pregame. And I know that I drank at the party too but I'm not sure how much. Three drinks? Probably, because otherwise I wouldn't have passed out or been here.

THERAPIST: Do you normally drink to a point of passing out?

ADICHE: Not unless I want to.

(pause) I didn't mean that to sound very manic.

