

# An Unmarried Woman

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Setting – In Tanya's (Therapist) office

Erica: Everywhere I go, I see couples...I see people holding hands...or their arms around each other, cheek to cheek. I just feel jealous. Oh, I have so much to say, you know, at the end of the day. I tell Patti everything. I think about her going, you know, away to school. I know it's a couple of years away but I think about it as if it's gonna happen, you know, tomorrow. I'm.....I guess I'm lonely.

Tanya: I was very lonely too when I got divorced.

Erica: I didn't know you were divorced.

Tanya; Yes.....and it's certainly okay to feel lonely. It's ..you're supposed to in a situation like this.

(Erica cries)

It's what....it's what's expected. It's really okay to feel anything. Anger, jealousy, depression. It's okay to feel.

Erica: I....I feel guilty....

Tanya: Well. Guilt is something that I get livid about because it's kind of a man-made emotion. And um,.....I would like to see you....take a vacation for/from guilt Stop feeling guilty for one week, just, just say ERica "turn off the guilt" just, just turn it off. Don't feel guilty....It doesn't get you anywhere.. Really prolongs the agony. And.....

Erica: I know what you mean...I'll try.

Tanya: Yeah.....Don't feel guilty about feeling guilty. Either. And don't feel ashamed of your feelings, they're your feelings - they have no I.Q. - they have no morality, they're your feelings, just, just feel em.

Erica: When were you divorced?

Tanya: I was divorced three years ago. .... But....let's get back to you....and loneliness. When you were married did you ever feel lonely? In your marriage....

Erica: No.... No

Tanya: Never?

Erica: No.....well sometimes, but I wasn't scared then, you know? This scares me.

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Tanya: It is scary. It's a whole new way of life. Did you ever find yourself wanting to be alone?  
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Erica: Yes, but I knew it wasn't gonna be forever.

Tanya: Does it feel to you as if this is going to be forever?...the way you feel now?

Erica: Well.....I haven't had sex for seven weeks. It's been seven weeks since Martin left. I always took sex for granted.

Tanya: Are you feeling sexy these days?

Erica: Hardly....and uh.....what was I saying?

Tanya: Sex.....

Erica: Oh yes.....I was hoping you'd forgotten. Um, well, we just had a ...pretty good...sex life, you know, it just...was very....This isn't fun.

Tanya: No.

Erica: I enjoyed sex. It was..it was...nice. We were pretty ...wild, Martin and me.

Tanya: Tell me what you mean by that? What, what, what do ya mean you were pretty wild?

Erica: We had a good sex life.

Tanya: What exactly was it like?

Erica: Jesus....what you think happened? What happens...

Tanya: You sound pretty angry...What's that all about?

Erica: If I knew that, I wouldn't be here...

Tanya: Well, what are you gonna do about it? You're looking at me as if I have the answers. I don't have the answers for you. .... I can tell you what I would do if I were in your situation.....

Erica: What:?

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Tanya: Well, one thing I'd do a lot of what you're doing right now. I'd be,....I'd spend a lot of time with my friend, ....as you're doing. .. And I'd also ...sort of take myself by the hand and say "Come on Tanya" get into the stream of life. Get back in there. Don't be scared of going out with guys. Let's open the door and walk out and get in the stream of life

Erica: Men, huh?

Tanya: Yeah - men. I'd risk it. I'd risk it with some new men. They're people you know? I think you could enjoy them.. Take a chance. Be....

Erica: Yeah. I guess I should.....yuck.