

## Words

Cerys It's OK for you because you immediately get the right word when I have to fight to find it!

Therapist You mean because I'm Welsh, but I only speak English?

Cerys Yes! You went through the English school system, and I went to Welsh school and so I thought in Welsh during all that growing up period and all that time as a teenager when I learned who I was

Therapist Yes you are right that we went through different school systems, and I am interested about what you are saying about thinking and learning who you are using the Welsh language

Cerys Mmm

Therapist Can you tell me more about this to help me understand what this was like for you?

Cerys Do you mean then or now?

Therapist It's up to you Cerys, both sound really interesting but what do you feel it is most helpful for me to know

Cerys I want you to know what goes on in my head when I feel something strongly it's in Welsh but then when I translate to English, to say it to you, it gets lost  
Therapist Is that happening now, today?

Cerys YES, I want to say UNIG but it's not the same when I say it in English  
Therapist (*wants to know what UNIG means but is not wanting to take away from where Cerys is in the moment so instead says....*) How is that for you to say unig here with me now?

Cerys It's what I want to say most as it's what I wrote in my diary all the time, unig, unig, unig (gets upset)

Therapist When did you last say unig out loud?

Cerys When I was in my teens, the last time I had Welsh speakers around me... but it's in my head even as an adult

Therapist Is it important for me to know what unig means to you or is it enough to say it?

Cerys It's a word that I want to say here in my counselling.... but I want you to also know why I struggle with it – it's about being lonely – but when I say that in English it's not the word I used in my teenage diary

Therapist Thank you for helping me understand UNIG, I wonder if we can talk about UNIG, and use that word to talk more about it

Cerys Yes, I would like to tell you a story about UNIG and how it took over my life.....