

Wash

Generalized Anxiety Disorder

Name: Piglet

Source: *The World of Pooh* by A.A. Milne (books, 1954)

Background Information

Piglet is a young male pig and Winnie the Pooh's friend. Since he is portrayed as a baby, he is probably in the age range of 0-3 years old. Piglet does not have a job and his family history is unknown. He does not have any physical health problems but he displays characteristics of anxiety and nervousness. He stutters quite a bit and he is fearful of wind and darkness. Piglet also does not like bees or woozles (which are creatures that Piglet has not yet seen). Piglet lives in the Hundred Acre Wood with Pooh and all of the other Winnie The Pooh characters. He lives in a house in a large beech tree with a sign outside that says "Tresspassers W" which to Piglet means his Grandfather lived there and his name was "Tresspassers William". Piglet's goals are to become brave, not so timid, and to catch a heffalump (a creature that resembles an elephant).

Description of the Problem

Piglet is a very timid piglet. He shows characteristics of anxiety and he stutters. He thinks of how any situation can go wrong and he argues with himself about what he should do if a situation does go wrong. For example, while trying to catch a heffalump, Piglet thinks to himself how he can fake a headache so he will not have to face one of these creatures, in case it is fierce. Then he thinks to himself that if he fakes a headache he will be stuck in bed all morning, so he does not know what to do. These are the types of scenarios that make him anxious. He has thoughts that he creates that jump from one bad scenario to another. Piglet also shakes and blushes. His ears twitch when he is scared or nervous, which is often. He is usually very flustered.

1. From a Buddhist psychological perspective, in terms attachment and suffering, what is happening with Piglet?

Piglet is attached to feelings of stress. Not being able to live in the moment he is too focused on "what if"

2. What might you postulate are some neurological processes that are happening in Piglet's brain to cause his anxiety and how are they related to his life in the forest?

Piglet's sympathetic nervous system is much too active. He is feeling a stress response all the time due to made up "second darts"

3. What are some "first darts"? What are some "second darts" that you might contribute to Piglet's anxiety?

A first dart piglet experienced would be being picked up by the wind. Second darts being his worrying about the future. I.e. about wozzles

4. How might have mental imagery and simulations contributed to Piglet's state?

Piglet imagines a wozzle as some thing to be afraid of, Maybe as something big and scary

5. How can Piglet internalize positive experiences and release some of the negative implicit memories he has formed and is continually forming?

Piglet could try and relate things to good experiences. For instance, he could relate being blown away in the wind with his friend poe saving him and how good of a friend he is.

6. What are some therapeutic exercises and techniques that might benefit Piglet and bring him to a more balanced state?

Piglet should stop what he is doing when he starts to worry about the future and just try to breath. Actually for a moment and realize that he is okay and most likely will be.