

Dr. Lawrence Jacoby,
Individual & Family Counseling
PH.D., M.D., A.M.A. A.P.A.



I record all of my sessions for posterity, to enable me to provide my patients with the highest level of care. This is a transcript of my session with Annie Blackburn, on April 2nd, 1989. These transcripts are never shared with other parties without express permission from the patient.

Annie: Thank you for finding the time to squeeze me in for a session, Dr. Jacoby. I know it was on short notice.

Dr. Jacoby: I would never abandon a patient in need, especially not one I've known as long as you. It has been a long time since we've shared a session together.

Annie: It has indeed. But let me assure you right off the bat, I'm in a much better place than I was 8 years ago when I was last here.

Dr. Jacoby: I'm glad to hear that. But obviously something has compelled you to come back to therapy, so let's try to peg that down. Does it have to do with Ms. Twin Peaks and the kidnapping?

Annie: Not really. Or at least, not entirely. I've mostly come to terms with what happened that night. That's not something you just shrug off and forget, but with the support I've had from Dale, and Norma, and the friends I've made since coming back to Twin Peaks... it hasn't been that hard. I feel like I've found my place.

Dr. Jacoby: Companionship. Belonging. Such powerful forces in a person's life. That must make you feel strong indeed.

Annie: It does. But at the same time, everything that has happened since that night feels... off. First the bank bombing, thinking about the lives lost, the families in pain. And then, Kirby showing up out of nowhere...

Dr. Jacoby: Kirby Jessup? The boy you were dating when you tried to take your life?

Annie: Yes.

Dr. Jacoby: Ah.

Annie: It's not what you think, Dr. Jacoby. I'm not walking down that road again, I promise.

Dr. Jacoby: I believe you. But even though you've changed for the better, being confronted with such a strong reminder of that period in your life can certainly have adverse consequences. You may not take steps quite as dire as you did back then, but when presented with this sort of trigger it can still take quite a toll on the psyche.

Annie: I suppose. Seeing him again, it... it was strange. It was like going back to that time, for just a few moments. We're both older, clearly different people. But just the sight of him and that anger at him when he left all came flooding back. The fear didn't, and not even the pain. Just the anger.

Dr. Jacoby: That's good. That's healthy. You've been able to abandon the self-destructive urges that led you to hurt yourself, but have also come to understand the underlying emotions with those who made you feel that way at the time. With any luck, that means you might finally find closure on that period of your life.

Annie: Here I thought I already had.

Dr. Jacoby: Your time in the convent very likely helped provide you with the tools you needed to bolster your self-worth and emotional well-being. But at the same time, you divorced yourself from your entire life, from everyone who played a role in the events of your past. You entered the convent with all your insecurities still strong. You emerged with a better handle on them, more able to deal with the pressures you'd encounter in the outside world.

Annie: You know, it's funny. For a time when I was gone, I convinced myself that Kirby was the reason I was so depressed, felt so worthless. I was able to stop blaming myself and started blaming him. But the more I think about it, the more I realize how many things were working against me.

Dr. Jacoby: What do you mean?

Annie: Well, my mother, for one. She does not suffer fools lightly, and suffers failure even worse. Anything that didn't live up to her exacting standards yielded the sharpest of criticism. And I never lived up to what she wanted. Honestly, I don't even know what she wanted, half the time.

Dr. Jacoby: What about your sister?

Annie: Norma? A girl couldn't ask for a better sister. But she wasn't there to help, not the way I think I needed. She was so much older, she barely spent any time at the house. She was old enough that she could escape mother's needling when she needed to. She'd never have thought about it this way, but she was leaving me home to face it by myself.

Dr. Jacoby: Do you resent her for it?

Annie: Not at all. I don't think so. And I could never tell her. I think it would kill her to think she played any part in the awful decision I made. I just mean to say... my home life left me awful vulnerable. And when Kirby stepped in, he pushed the rawest buttons. He made me feel wanted in a way my mother never did, but he also had a way of finding the sorest spots when he got angry, making me feel even worse about all the things that were dragging me down. And when he left, it just felt like... he left me all alone.

Dr. Jacoby: That is a great deal for one young woman to face.

Annie: I wasn't really alone, of course. I just didn't know how to reach out.

Dr. Jacoby: Feeling alone can be just as bad as the real thing, when you're the one feeling it.

Annie: But I don't feel alone anymore, Dr. Jacoby. That's what astounds me, sometimes.

Dr. Jacoby: Isn't that a good thing?

Annie: Yes. It is. So why does that scare me sometimes?

Dr. Jacoby: Because it is new to you. Everyone is scared of the unknown.

Annie: How do I get rid of that feeling?

Dr. Jacoby: By getting used to it. Embrace the change. Who knows what will come next?