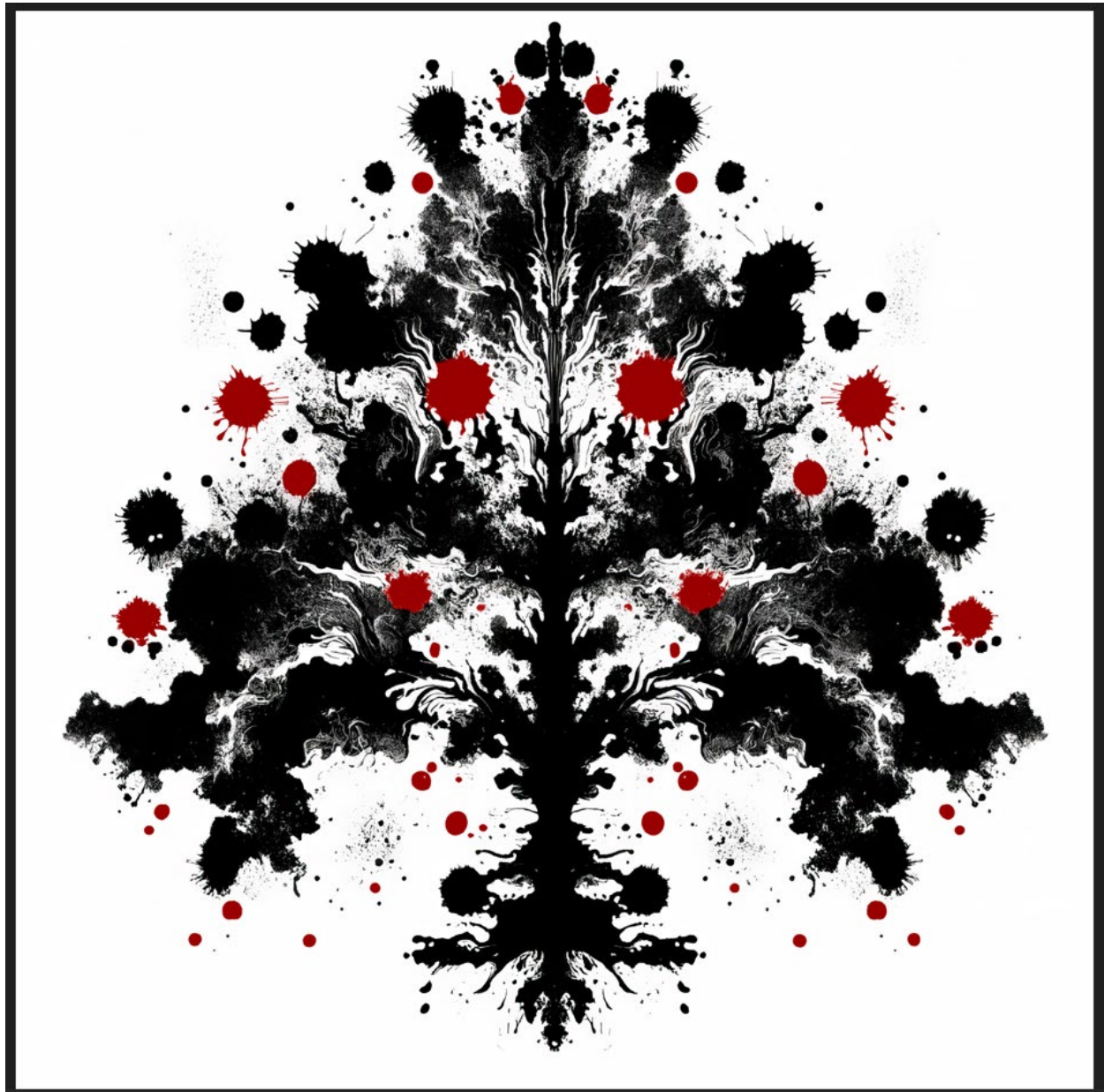


# Divine Reconciliation – a Therapeutic Journey



Louise Hammerbak and Lene West Frederiksen

Fastaval 2024

Welcome to Divine Reconciliation: a journey through Therapy.

Thank you very much for helping us gamemaster this scenario.  
This scenario is a short story scenario for one game master and four players. We wish you and your group the best. If there is anything you are unsure about, you are more than welcome to contact us or write to us.

Lene West Frederiksen: lene.pixie@gmail.com  
Louise Hammerbak: lhammerbak@gmail.com

Written by Louise Hammerbak and Lene West Frederiksen

-

Illustrated by Louise Hammerbak  
Cover designed by Jeppe Bergmann Hamming and Morten Boysen

-

Special thanks to

Lars Kroll for proofreading

And the play testers:

Andreas Sundby Bloch-Boas, Asger Valbjørn Skov, Thalia Sofie Frost, and Pernille Pommergaard

## Index

|   |    |
|---|----|
| Introduction.....                                 | 3  |
| The setting.....                                  | 3  |
| The atmosphere and tone.....                      | 3  |
| Introduction to Lilith and the Fall – retold..... | 4  |
| Short description of the characters.....          | 5  |
| Mechanics.....                                    | 6  |
| Structure.....                                    | 6  |
| Setting the physical space.....                   | 6  |
| The Timeframe.....                                | 7  |
| Preparation.....                                  | 7  |
| Presentation.....                                 | 7  |
| The scenario.....                                 | 7  |
| Evaluation.....                                   | 8  |
| Exercises.....                                    | 11 |
| The Characters.....                               | 16 |

## **Introduction**

This is where you are going to help some classic biblical characters get a handle on their traumas.

We wrote this scenario because we were curious about how the characters from the Christian foundation myths would deal with their own trauma in a normal contemporary setting. Preferably with a humorous angle.

We want to emphasize that this scenario is not created to make fun of religion or therapy, and that we recognize the importance of taking care of one's mental health.

You can advantageously share the following sections with the players so that they have the same background for the scenario as you: "Setting", "Mood", "Introduction to Lilith and the Fall", "Brief description of the characters" and "Effects".

## **The setting**

The setting is a 1st meeting with a couple's therapist (the game master). The meeting is set in motion by Yahweh, who lacks clarification and reconciliation with his first creatures: Adam, Lilith, and Eve.

## **The atmosphere and tone**

The mood is humorous pseudo-realism with the focus being that although the characters are written with a twist of humor and stereotypes, they all have something to gain by attending the sessions with the couple's therapist. The scenario's structure is open, inviting players to humanize the familiar biblical characters with compassion and a humorous twist.

Despite the characters taking the situation seriously, there is room on a meta-level to laugh at the pettiness and absurdity.

It's ok to play on the stereotypes we've created. Since no one has met the 4 characters in real life, it's ok to have your own take on humanizing the familiar biblical characters through the lens of therapy, compassion, and a little humor.

# Introduction to Lilith and the Fall – retold.

## Lilith's Story

---

Long before Eve entered Adam's life, there was another, created from the same earth, named Lilith. Lilith was a creature of wild independence and refused to submit to anyone, not even her creator. She and Adam were equals, made from the same dust. Adam and Lilith were equal in every way. They walked side by side, tending to the beauty of the garden and sharing their thoughts and dreams under the protective branches of the ancient trees.

However, over time, a subtle change began to occur. Adam, feeling the weight of tradition and societal expectations, began to assert his dominance. He insisted that Lilith must submit to him, be submissive, and lie beneath him in their relationship. But Lilith, fiery and independent, could not accept such a role. She believed in equality and refused to bend to Adam's desires. Their disagreements became more and more intense, their arguments more heated, until it became clear that they could no longer exist in harmony. Lilith, unwilling to compromise her principles, made a fateful decision. With a heavy heart and a spirit of rebellion, she chose to leave the Garden of Eden and seek a life of freedom beyond its borders. Lilith's departure left Adam alone in the paradise they had once shared. His longing for her never ceased, but he had to continue without her by his side. He pleaded with Yahweh to bring Lilith back, but Yahweh had other plans. Instead, Yahweh created a new partner for Adam, one who would be obedient and submissive. This partner was Eve, created from Adam's rib, and together they embarked on a new chapter in the Garden.

Meanwhile, Lilith ventured into the world outside of Eden. She roamed the wilderness, embracing her newfound freedom and independence. She became a symbol of independence, a spirit that could not be tamed. Feared by some, as she was known to weaken newborn children if they did not carry an amulet of angelic protection, admired by others, she lived on the edge of human consciousness, a reminder of the power of free will and the consequences of rebellion. And so, the tale of Lilith, the first woman of Eden, lives on as a story of unwavering independence and the courage to challenge tradition, even in the face of losing paradise.

## The Fall

---

Once upon a time, in the lush paradise of Eden, there lived a man and a woman, Adam and Eve. They enjoyed life in blissful harmony with nature, tending to the magnificent garden abundant with fruits and flowers. The Creator had only one command for them: "You may eat from any tree in the garden except the tree of knowledge."

Life was idyllic for Adam and Eve until one fateful day when a serpent, cunning and crafty, slithered into their lives. The serpent asked Eve with honeyed words: "Did Yahweh really say that you cannot eat from the tree of knowledge?" Eve, tempted by the serpent's words, replied, "We may eat from the trees in the garden, but Yahweh said we must not eat from or even touch the tree of knowledge, or we will surely die." The serpent smirked slyly and contradicted Yahweh's words. "You will not die; instead, your eyes will be opened, and you will be like Yahweh, knowing good and evil." Eve was drawn to the tree, plucked the apple, and took a bite. She then shared it with Adam. As their eyes opened, they discovered their nakedness and felt ashamed. Quickly, they sewed fig leaves together to cover themselves.

That evening, as Yahweh strolled through the garden, and the breeze rustled the leaves, Adam and Eve hid among the trees. Yahweh called out to them, "Where are you?"

Adam confessed, "I heard your voice, and I was afraid because I was naked, so I hid." Yahweh asked: "Who told you that you were naked? Have you eaten from the tree that I commanded you not to eat from?" Adam, shifting his blame onto Eve, replied, "The woman you put here with me gave me the fruit, and I ate it." Eve blamed the serpent, "The serpent deceived me, and I ate." The serpent was judged by Yahweh and cursed to crawl on its belly for the rest of its days. But Yahweh's anger did not stop there. Yahweh told Adam, "Because you listened to your wife and ate from the tree, the ground is cursed, and you will work hard to eat. You will sweat to earn your bread." To Eve, Yahweh said, "I will make your pain in childbirth worse. You will desire your husband, and he will rule over you."

In sorrow, Yahweh banished Adam and Eve from Eden and placed angels with flaming swords to guard the path to the tree of life, so they could not eat its fruit and live forever. Thus, Adam and Eve, once innocent, fell from Yahweh's grace and altered humanity's destiny forever. They left the paradise of Eden and ventured into a world filled with both knowledge of good and evil and the burden of their choices.

## Short description of the characters

The players choose their roles themselves. Each one is described through a picture and a character sheet. There are no secrets in the characters, so the players can simply look through all the characters before choosing. We recommend that you read the 4 roles, so you get a sense of who they are.

The 4 roles are:

**Yahweh:** A re-branded, merciful god, who has put the vengeful side of himself behind - or has he? He feels that the others don't recognize the work he has put into his new image. "I am the victim", he sacrificed everything, created everything for the other characters, and they paid him back with ingratitude and disobedience. Misses their worship more than he'd like to admit. Unrepentant know-it-all all the time.

**Adam:** "the nice guy", why won't anyone be with him and do as Adam says?! Yahweh made Adam superior to the others. A classic alpha male, with high thoughts of himself, and maybe low self-esteem. Misses the good old days when the women in his life knew their places. Needs Yahweh to acknowledge him as the first man, and Jesus as number two. Can Adam find his way back to his family?

**Lilith:** She was abused and discarded when she stood up for herself. Lilith feels that she has a lot to bring to the table. She is a strong woman, and she will not be ignored. Lilith doesn't need anyone, but she needs to be seen and get an apology for being replaced so easily. Yahweh and Adam were important for her once, and with the right acknowledgment, they can be again. Or maybe Eve is her solution?

**Eve:** After the marriage with Adam, she's had enough. She has left Adam, but she's unsure of what she wants with her life. The family fell apart when her sons got into a fight. She lacks acceptance and loyalty from Adam, who doesn't acknowledge her. Yahweh needs to forgive her for the apple and maybe remove the pain of childbirth. Maybe she should find acceptance with Lilith or somewhere else.

## Mechanics

You, as the game master, are in the role of the therapist and are equipped with personal questions for each of the characters, an elaboration of the characters' core traumas, and four exercises, with the Rorschach test being one exercise that we would like you to do with the players. The other three exercises are optional.

The scene is a therapy session in the therapist's office, where all five of you are gathered for the first of many sessions to improve the relationships between the four characters.

The questions can be used on the four characters to help them better understand each other's trauma. Fictionally, these questions are based on an initial meeting with each of the four characters, which has also set the stage for the section 'therapist's notes' in the characters. (See 'Toolbox').

## Structure

The structure of the scenario is very loose; there are no specific scenes that the players must go through, and there is no schedule (apart from the length of the scenario itself) that must be followed. You play the therapist and control the session, determining what is happening when.

A toolbox (handout for the game master) has been created that you can use to drive the game forward if necessary.

The 4 characters each have a series of traumas they would like to talk about, and the game master can push these with the questions given if necessary. However, it is important to emphasize that the toolbox and traumas should be used to support the players' story, not to control them.

Reconciliation is not necessarily the goal of the scenario, which ends with the sentence,

**“Your time for today is up, I look forward to seeing all of you again next week.”**

## Setting the physical space

To set up the scenario, you'll need a room where there can be a circle of chairs with 5 seats. Any tables and other furniture can be pushed aside. This is the scene for the scenario.

You can start by sitting around a table for the briefing, choosing characters, and presenting mechanics.

## The Timeframe

There is a strict framework in which a normal session lasts one hour and 15 minutes, during which the four characters must each have time to discuss their trauma and, if possible, achieve the resolution they are so desperate seeking. It is ok if they feel as if the character's problems are quickly brushed aside by the therapist (game master), so the frustrations of the characters are intensified.

Welcome, briefing, and casting: 30 minutes.

The session: 60-75 minutes

Evaluation: 15 minutes

## Preparation

You will have been provided with the scenario itself and the four characters before the game starts. Everything you need is here, but a notepad, something to write with, and a watch will help you keep track of time and appear as their therapist.

## Presentation

You need to briefly introduce the “setting”, “atmosphere/mood”, “brief description of the characters”, “structure”, “mechanics, and read “Lilith’s Story” and “The Fall” to the players, and how the scenario ends, and tell the players that it’s not the intention that their traumas will be resolved. Of course, it’s okay if that’s what happens.

## The scenario

Here is a welcome you can start the scenario with, but you are of course welcome to make your own:

**Hello, welcome. I am your therapist on this journey with all four of you, and it's truly a pleasure to have you here today. I'd like to start by saying that taking the step into therapy is a strong decision, and I am here to support you on your journey. Before we proceed, I want to thank you all for being open, and in the preliminary one-on-one conversations, we've identified the core of your individual traumas and the areas we'll start addressing today. We certainly won't resolve them all, but just the fact that we're here together to begin our journey is significant, and you can already be proud of yourselves. I understand that opening up about personal matters can be challenging. It's important that you feel safe here.**

It's then your job to help the players argue about their traumas, and you can safely interrupt them by asking questions taken from the initial conversations the four characters had with you as their therapist. This is our way of giving you some playable “bombshells” to create more tension and play .



It's important that you keep the players somewhat grounded and don't let the discussions run too long, but rather interrupt them by either asking new questions or introducing them to an exercise. Also, try to ensure that all 4 players have the chance to speak (here, core traumas and questions can be used). From our experience, we like to let them discuss their traumas (using questions) for 30-45 minutes and then introduce an exercise here, but you can completely change this if you need to get them started on something.

When the time is up (60-75 minutes), feel free to stop the session even if they're in the middle of a new discussion, creating a 'high,' by saying:

**Your time for today is up. I look forward to seeing all of you again next week.**

## Evaluation

After the scenario, you can have a very brief debriefing if the players need it.

Thank the players for participating.

Make sure to distribute evaluation forms.

## Toolbox!

Sheet with questions you can ask either collectively or directly to the players, as well as exercises if the game needs a little extra. Additionally, there is a CORE TRAUMA for each role that you can spend time digging into (this is created from the section "Therapist's notes" in the 4 roles).

Generic questions:

- Let's talk about what you hope to achieve through therapy.
- Do you have common goals, or are there individual areas you would like to work on?
- How do you experience communication and any conflicts?
- Do you feel emotionally close to your partner?
- Do you think your partner cares about you?
- What needs and desires are you not fulfilling?
- Do your arguments seem to come out of nowhere?
- How would you describe your communication?
- What makes you feel stressed? When does it happen?
- How would you assess your communication between X and you?
- How could you strengthen and improve communication in your relationship?
- What outcomes do you expect from this couples therapy? Are they realistic?
- What aspects of your relationship would you like to be different? Are these desires realistic?
- And what can we learn from this?
- How do you feel about it?

Personal direct questions that you as a therapist have obtained from individual conversation (as we have devised):

**Adam:**

- Is it true that you send drunk text messages to Lilith?
- What are they about?
- Do you think your subconscious is trying to tell you something?
- You follow different men with microphones on YouTube, what do you think they can help you with?
- Who left whom regarding you and Eve?
- What have you done personally to find out who you really are?
- Do you blame anyone in this room?
- What is your relationship with Jesus like?
- How do you see the relationship between Yahweh and Jesus?
- What was the best thing about Lilith?
- What was the best thing about Eve?
- How can you improve your relationship with Yahweh?
- What can Yahweh do to improve your relationship?

Adam, you and I found the following core trauma, **Stagnation and Being stuck in life**, would you like to articulate to Eve and Yahweh what it entails?

**Lilith:**

- Do you feel betrayed by anyone in this room?
- What is the greatest injustice committed against you?
- How do you see Eve as a person?
- Do you see her as a competitor?
- What do you feel you're missing from Yahweh?
- Do you miss Adam?
- Why did you respond to Adam's drunk text messages?
- What is the best thing about Yahweh?
- Are you happy with your life as it is today?
- What does the perfect future look like? What needs to happen for you to achieve this?
- Is it true that you can weaken infants?
- How do you see Yahweh's new firstborn?
- How can you help Eve?

Lilith, you and I found the following core trauma, **feeling discarded and redundant**, would you like to articulate to Eve and Adam what it entails?

**Yahweh:**

- What could you do better to accommodate Adam?
- What do you think lies behind your rebranding?
- Is there anything you miss about the old Yahweh?
- Why do you feel that Adam has betrayed you?
- Do you understand why Eve is disappointed?
- Why is Jesus better than Adam?
- Do you feel betrayed by your creations?
- How can you help Lilith?
- Do you owe Eve and Adam an apology for the apple thing?
- Did you create Lilith and Adam equally?
- Are you more merciful than in the old days?
- How do you see your future with the other three?
- Do you have anyone you can trust?

Yahweh, you and I found the following core trauma, **Lack of recognition and poor communication**, would you like to articulate to Lilith and Adam what it entails?

**Eve:**

- How would your life be if you decided to permanently leave Adam?
- What is your relationship with Lilith like?
- Is she your friend?
- Did you create rules that were too difficult to abide by?
- Do you feel betrayed by your family?
- What can you do to change your relationship with Adam?
- What can Adam do for you to reconcile?
- Is it true that you're considering other religions?
- What can they do that Yahweh cannot?
- Who is Buddha to you?
- Does Yahweh owe you an apology?
- Do you feel that the apple incident was your fault?
- What role do you think Adam played in Cain and Abel's issues?

Eve, you and I found the following core trauma, **Being the Scapegoat and bearing the guilt of others**, would you like to articulate to Yahweh and Lilith what it entails?

# Exercises

## Role Shift

One of the 4 individuals should be placed in the center, while the other 3 characters each provide an example of how they can relate to the person in the center, and an example of when they cannot relate to them. Then, the person in the center is switched, until all 4 have had a chance to be discussed. The purpose of the exercise is to demonstrate to oneself and the others in the group that everyone has something in common with each other, and that they are not alone with their problems.

## Yell at a Chair

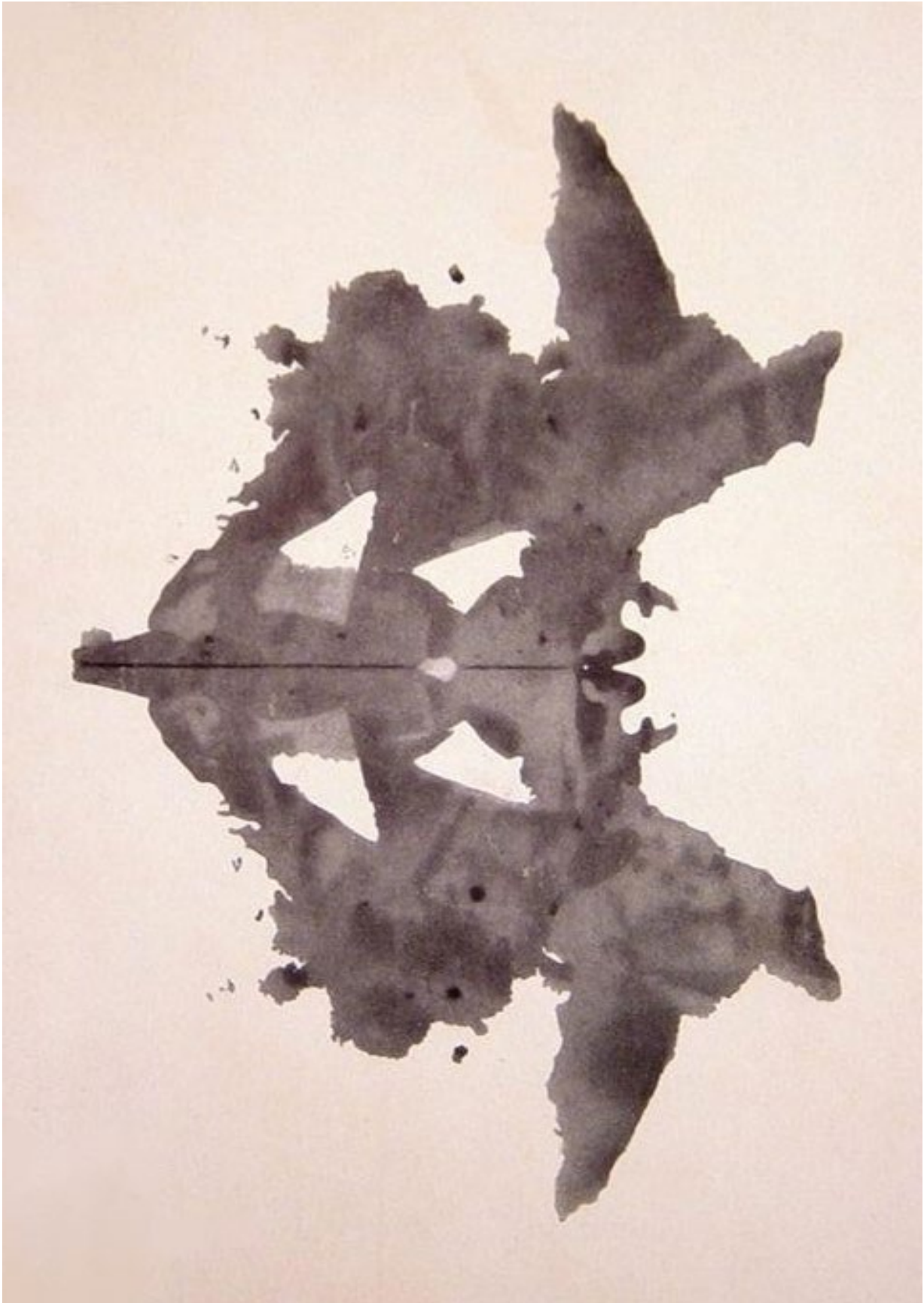
Stand up and ask everyone in the group to imagine that the person causing them the most pain is sitting in their chair. Once everyone has a clear picture of their person, you can proceed. Then, ask them, one by one, to say what they would most like to say to the person in the empty chair, but without revealing who the person is. Now you can sit down again and take a round where everyone shares who they imagined in the empty chair. The purpose of the exercise is to remove the fear of confronting one's problems. Another important lesson is that it also makes it easier to articulate one's own problems.

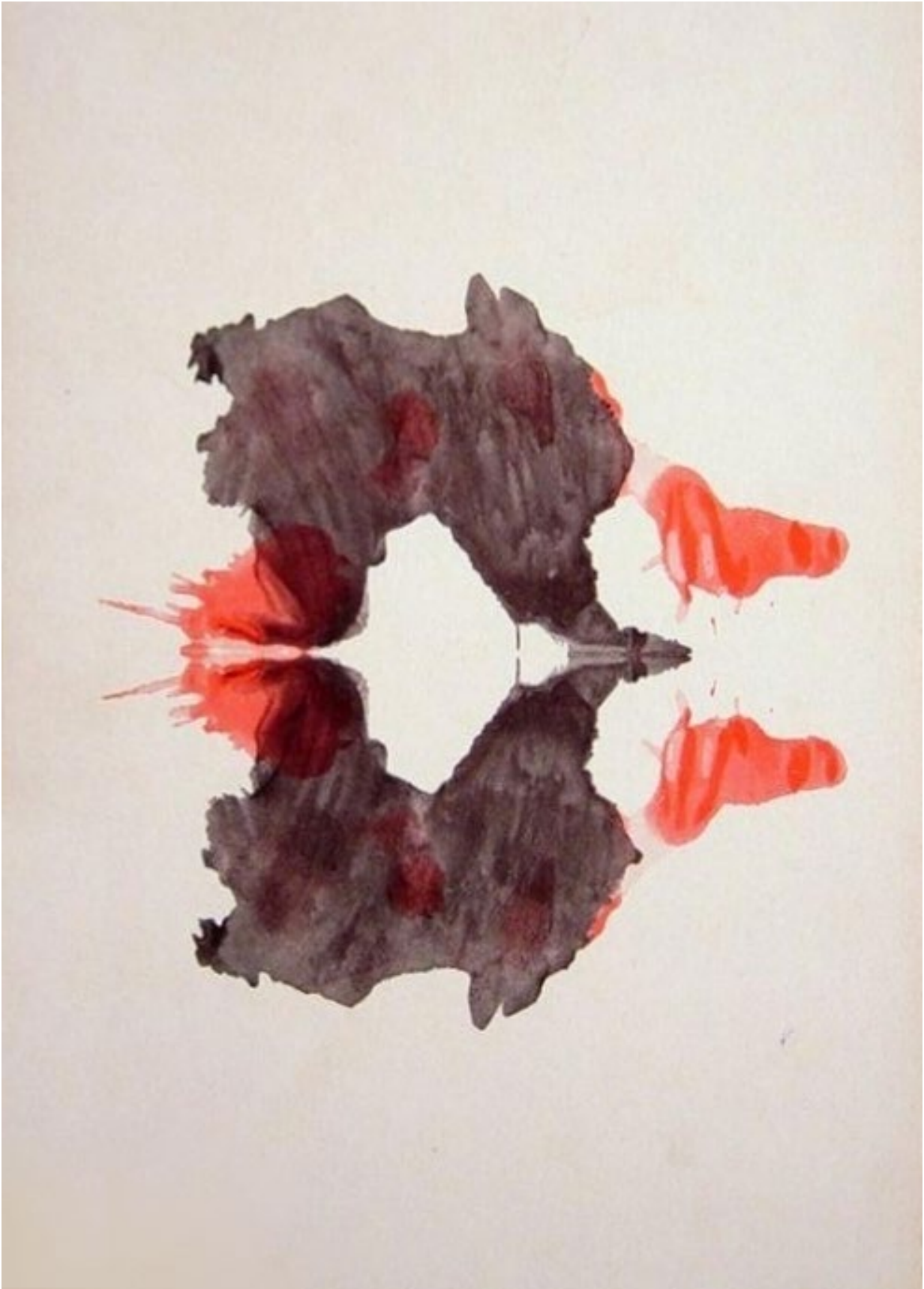
## Word Association: "Say the first thing that comes to mind."

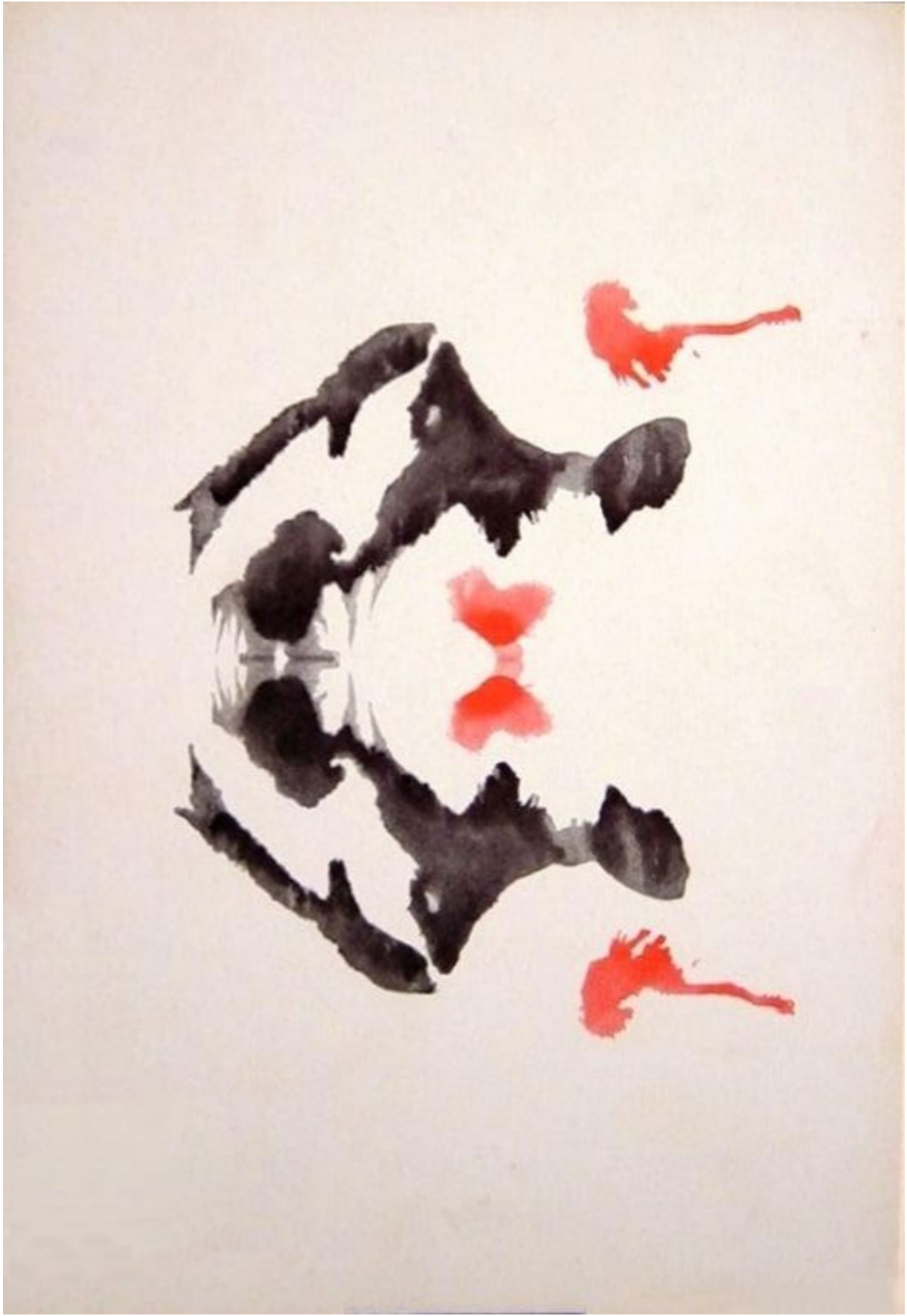
A simple game to stimulate your patients' thoughts. The game starts with the therapist saying a word, and then the patients, one by one, say the first word they associate with the word you said. Feel free to do several rounds to really kickstart the thought process. Ideas for words to start with: **destiny, justice, family, caring**

## Rorschach-test

Get the characters to describe what they see in the pictures. (*We will ensure colored versions of the pictures and characters at Fastaval*).











# The Characters

**Adam - "the human"**



# Devine reconciliation

## Adam - "the human"

*"Then God caused a deep sleep to fall upon Adam, and while he slept, He took one of his ribs and closed up the flesh. From the rib which the Lord God had taken from Adam, He made a woman and brought her to Adam. And Adam said: 'This is now bone of my bones and flesh of my flesh; she shall be called Woman because she was taken out of Man.' Therefore, a man shall leave his father and mother and be joined to his wife, and they shall become one flesh. Adam and his wife were both naked, and they were not ashamed." - Genesis 2*

### **Therapist's notes on Adam:**

Adam presents complex feelings of betrayal, particularly from Yahweh, Lilith, and Eve. The sense of betrayal from both Lilith and Eve, especially regarding acknowledging his superior position as a man, is a significant focal point. This may reflect complex gender dynamics and expectations that need to be explored to understand Adam's experience more deeply.

There is a clear conflict between his expectations of acknowledgment and the reality he has experienced concerning Lilith and Eve.

Adam seems to feel betrayed by Yahweh regarding decisions about expulsion from the Garden of Eden and the subsequent consequences. It is important to explore his perception of how divine decisions have affected his identity and sense of power and control.

Establishing an open and understanding conversation with Adam may be key to helping him manage feelings of betrayal and work towards a more positive self-perception.

Who is Adam today:

Separated from Eve, working as a personal trainer in a small gym. He lives in an oversized and empty house after Eve left him, and both sons no longer live in the house for various reasons. He tries to maintain a façade of alpha male energy, but there are cracks in the surface.

### **Therapy goals:**

Adam wants to restore his status as the first man, the patriarch. Adam would like the women in his life to acknowledge his role as patriarch and get everything back to how it was before. At the same time, he would like to resolve his issues with Eve and possibly reconcile if she takes responsibility for their conflict.

Adam wants Yahweh to remember that he was the first right hand, and he can easily be that again, even though Yahweh has rebranded himself as a new, more merciful god. Jesus is just a poor copy.

### **Relationships:**

#### **Yahweh: Formerly supportive friend**

My homie; he has generally always been there for me, and when I was betrayed by Lilith, he was there for me and made sure I wasn't left alone. The whole apple thing was a shitty situation, but it wasn't my fault. I was led astray. It's okay that he kicked us out of the garden, but he could have let us back in after we had suffered a bit. I bust my ass every single day, take care of the family, and honor him as he f... wants it. I tried after the garden, I did. But does Yahweh care to see that? Not in the least! Yahweh claimed he understood, but then why would he need a son and a rebrand? Why was I suddenly not good enough anymore?

I told him I left Eve because of the kids; he seemed disappointed, but it's not my fault that Eve dropped the ball. It would never have happened if the roles had been reversed. Instead of listening

to my side of the story, he was extremely busy needing to go home. He probably had to go home to his Golden boy and hang out instead of f... helping me with my problems. Now he wants us in therapy, what the hell is that going to help? I'll participate and sacrifice everything for everyone else as usual, but then he also must show the mercy he claims is his trademark.

**Eve: Missed ungrateful ex-wife**

She was meant to be mine. I went to work every single day at the gym and provided for the family, even when both boys came along. All Eve had to do was stick with the family and take care of me when I had been working all day. She couldn't even do that, and it ended in tragedy between the boys because of her mistakes... again. Now she wants to stand on her own, discovering herself... But what about me and what I want? I want it to be like it was before the kids started fighting. I kicked her out; she claims she left herself; she's crazy. She also had a mega problem with me following several self-help guys on YouTube. Can she make up her mind? Here I am trying to work on myself in relation to her, and when I do that is also a problem. She currently lives with Lilith, and I'm sure the two of them have teamed up against me, just because they can't stand that I'm a real man, and it's my right to be above them both. Why does Eve go against biology and Yahweh's wish? I want her back if she can submit again. I'm sure she's already dating like crazy without me.

**Lilith: Crazy, but still the one that got away.**

Is she "the one that got away"? I'm so over her, I am. She seemed like the perfect partner until she thought she was as good as me. We had a great time together, so why would she ruin it by wanting to be in charge of everything; I stuck to my rights and went to Yahweh for help. Fortunately, he knew I was the natural leader and that she just didn't have the skills. Instead of admitting she was wrong, she just walked away from it all. She was borderline insane. Why is it that I still dream about when she was mine? She's a self-realized woman, apparently as a lawyer. I've tried to reach out via message when I've been drunkenly brave, and she's been flirting back, but when it comes down to it and I suggest we meet on a date, she gets cold feet and says no. What does she want? I wish she could see things from my perspective, and that we could have had the perfect relationship if only she had realized that I, as the natural leader, had the rational understanding of what was right for us. Unlike her, who is controlled by her emotions. I hope we can figure out where we are today, and that she can see what she has lost by walking away from me.

..

**Eve - “The life-giving”**



# Devine reconciliation

## Eve - "the life-giving"

*"To the woman He said: 'I will greatly multiply your pain in childbirth, in pain you will bring forth children; Yet your desire will be for your husband, And he will rule over you.'" - Genesis 3*

### Therapist's notes on Eve:

Eve presents with deep feelings of betrayal, which she has experienced from both Yahweh and Adam. Her decision to separate from Adam seems to be rooted in a sense of betrayal and not being understood. It is important to explore her perception of the relationship with Yahweh and how this has affected her self-image and sense of self-worth.

Eve has clearly borne the burden of the divine decisions that led to her and Adam's expulsion from the Garden of Eden, leaving her with a sense of loss and distance.

Her inferiority complexes in relation to Lilith should also be explored further. How has Lilith's presence affected Eve's self-perception, and what is the source of these inferiority complexes? It may be relevant to examine how Eve's perception of herself has been influenced by the complex dynamics between Yahweh, Adam, and Lilith.

Who is Eve today:

Separated from Adam, currently living with Lilith. Unemployed, but has previously been a stay-at-home mother, with two sons. She is very unsure of who she is now, as her entire identity has been taken from her. She tries to voice her opinion and stand by her rights and choices. Flirts with other religions.

### Therapy goals:

Eve wants an apology from Yahweh for unfairly punishing her for the fall.

Eve wants to find herself and figure out if Adam should be a part of her life. And for Adam to take some of the blame for Cain's conflict with Abel.

At the same time, Eve would like to figure out who Lilith is in relation to herself.

### Relationships:

#### **Yahweh: Deceitful Narcissist**

Yahweh punished me and countless others very harshly for tiny mistakes in the old days - and then he thinks everything is suddenly better because he has seen the light and gone on some ridiculous new age trip? I don't buy this pathetic PR stunt he's pulling!

Hypocritical as Yahweh is, he readily forgives his *new* children for all their missteps - no matter how sinful they are - but he has done nothing to apologize for or correct the unfairly harsh punishments Adam and I - and everyone else - were subjected to before the little spoiled favorite Jesus was born.

And if Yahweh really has become so merciful and forgiving - why does Original Sin still exist? Why do all women still have to be punished in childbirth? I'm just asking!? He better come up with a pretty good explanation. I admit I flirted a bit with Buddha at a Christmas party, and maybe he's just a better choice? Here you can at least have a bit of self-agency in your life.

**Lilith: Best Friend-ish**

Lilith is my best friend. I have always admired her for just being so mega strong and always standing by her principles. But, well... You can also hold on them too hard, can't you? As far as I know, Lilith hasn't had a single stable relationship since she left Adam back in the day. And of course, she shouldn't put up with him treating her badly. I'm not saying she should have stayed with him, - but he's just a man, right? Men can't always control their desires, that's just how it is. And Lilith can also be quite provocative! That's also precisely one of the things I love about her: That she just doesn't care what other people think of her. Never mind if everyone else thinks she's a cheap slut who wears way too short skirts that don't suit her age at all. Lilith just shrugs her shoulders and ignores it. Lilith works as a lawyer, and I think that's super brave, considering she's already not good marriage material. You go girl!

Either way, she's been a mega good friend ever since I became single, - and she actually insisted that I move into her guest room. She has really supported me and taken me out on the town and stuff; she says Buddha seems extremely nice. It's also just really fun to talk to Lilith about Adam because they were also a couple once upon a time long ago. After talking to Lilith, I really realized how selfish a lover he is and how little he understands about women and our needs.

**Adam: Loved, and Annoying, Ex-Husband**

I love Adam. We've been through so much together, and he has always been faithful to me. I'm just so tired of him and his constant whining: 'Everything was so much better in the Garden of Eden...' let it go, Adam! You're not in Eden anymore, you're never going back - and it's not my fault, just so we're clear! It was the Serpent who tricked us both. How could I see through that slippery serpent - I had just been created, for Heaven's sake?! Besides, Adam ate just as much fruit from the Tree of Knowledge as I did. And it wasn't because I forced him! He is so weak. Even when he tries to seem strong and manly, it just makes him seem even weaker. It's pathetic. I have tried many times to help him and told him all the things he's doing wrong. But it's like he doesn't want to listen at all?! Instead, he follows all sorts of stupid male gurus on YouTube who have no idea what women want. It's completely braindead! Sometimes I wish he had eaten a little more of that damn apple - then maybe there would have been a hint more self-insight. I know that Yahweh ordered me to desire my husband... But honestly! How am I supposed to desire a man who comes home grumpy from the gym and reeks of sweat while having sex "on" me? What about my needs?

Since we separated, I've been thinking a lot about whether I even need him at all. Maybe it's time I finally stand on my own two feet and find a new man?!

..

Lilith - "Of the night"





## Divine reconciliation

### Lilith - "of the night"

*"After God created Adam, who was alone, He said: 'It is not good for man to be alone.' He then created a woman for Adam, from the same earth, from which He created Adam, and called her Lilith. Adam and Lilith immediately began to fight. She said: 'I will not lie below,' and he said: 'I will not lie beneath you, but only on top. For you are fit only to be in the bottom position, while I am to be the superior one.' Lilith responded: 'We are equal to each other inasmuch as we are both created from the earth.' But they would not listen to each other. When Lilith saw this, she pronounced the Ineffable Name and flew away into the air."*

- Alphabet of Ben Sira

### Therapist's notes on Lilith:

Lilith shows deep feelings of betrayal, primarily from Yahweh and Adam. She particularly focuses on feeling discarded by them simply because she wanted to exist as an equal to Adam. Her experience of rejection and betrayal is clear, and it is important to explore how this has affected her self-image and sense of worth.

There is also a layer of mistrust directed towards Eve, as Lilith feels she was considered Adam's replacement. This aspect can reinforce her sense of betrayal and contribute to a complex dynamic between the involved parties. Lilith's general distrust affects all aspects of her life, especially her view of her relationships. Lilith should be supported in building a stronger self-perception so she can navigate her relationships with Yahweh, Eve, and Adam.

Who is Lilith today:

Unmarried, a partner at a law firm specializing in family law. She currently has Eve living in the guest room. On the surface, she is a confident woman who speaks her mind, but the feeling of inadequacy is deeply buried in her self-perception. She longs for a stable, equal partner.

### Therapy Goals:

Lilith wants closure; she wants Adam to acknowledge that he was wrong and owes her an apology. Lilith also wants Yahweh to admit his mishandling of the whole issue, and that he could have solved the problem in a better way than he did. Eve hasn't done anything to Lilith as such, but Lilith can't help but want to figure out who Eve is in relation to herself.

### Relationships:

#### **Yahweh: Pathetic Coward**

I have never forgiven Yahweh for how easily I was replaced. He owes me an explanation for why he did what he did. He cast me aside just because I wouldn't submit to Adam when we were created equal. Instead of telling Adam that, he made Eve, who is so weak and gentle. Now Yahweh comes along claiming that after becoming a father, he has become a generous, forgiving God... I'll believe it when I see it! Yahweh has done nothing for me, and the woman I am today is not because of him, but despite him. You'd be hard-pressed to find a more pathetic and vengeful person. He still punishes Eve for being mild, submissive, and easy, - even though she's just the way he created her so Adam could feel man enough. If I'm completely honest, this whole invitation seems like a cover-up for something else, but if he thinks I'm falling for it, he's got another thing

coming! I won't accept anything less than a genuine apology! I know he's been keeping an eye on all of us - let's face it, he can't help himself.

**Eve: Best friend, but terribly insecure**

She was created to help Adam feel special enough, and at the same time, she was created to show ME that I could easily be replaced. She's a super sweet woman, but she lacks the courage to take the step fully and leave the pathetic man Adam has become. He even blames her for the problems with Cain and his temperament.

I care a lot about her, but she lacks the courage to leave it all behind and live life to the fullest. I'm SO glad I don't suffer from the same inferiority complexes she does. She has been sleeping in my guest room since they separated because she had nowhere else to go or a job. I really try to accommodate her, but she's so terribly insecure and poor thing. Pull yourself together, woman! We've been out on the town a couple of times, but she doesn't seem ready to move on. She has, however, mentioned Buddha as a nice guy. Maybe that's what she needs. We've shared several "funny" stories about Adam and his shortcomings both in and out of bed, and I've tried to help her understand why Adam isn't THE MAN... But I don't think I'm getting through to her. At times she seems envious of my life, and maybe she blames me for her whole situation? But then she'll have to work her way up like I did - and maybe start by growing a backbone. Therapy would probably be good for her if Adam do not highjack this too.

**Adam: Pathetic Former(?) Flame**

I know Adam's longing for me never ceased, but he had to carry on without me by his side, and I'm pretty sure that behind a shell of manly man, he's still hurt and broken by the choices he made back then. But enough is enough, and he had plenty of opportunity to apologize and accept that we were equals. He went to Yahweh and whined - and Yahweh agreed! What's up with that?! So, he got Eve, but the problems are still there... Maybe he should try looking in the mirror? I wish he could see that he was wrong, and that his pretentious masculine persona doesn't benefit him. He's in the midst of the longest midlife crisis I've ever seen, and all his so-called values are taken from "ALPHA" men on YouTube, who only exist because small fragile men are unable to acknowledge their own faults. He works as a personal trainer in a gym, - what a cliché?! He still sends drunken texts when he's at his lowest, and when he does, I see who he once was, I've played along more than once. I still dream of what we once had, but he messes it up by wanting to meet physically, and I then recognize that he has not changed at all, so I reject him. Adam can start by apologizing to me, and then we'll see what happens."

..

Jahve - "He who is"



## **Divine reconciliation** **Jahve -" He who is"**

*"The Lord passed by his face and shouted: 'The Lord, the Lord, is a merciful and gracious God, slow to anger and rich in faithfulness and truth, delivering faithfulness to thousands of generations, forgiving guilt, transgression, and sin, but not letting the guilty go unpunished, punishing the guilt of fathers on children and grandchildren to the third and fourth generations.'"*  
- Exodus 34:6-7

### **Therapist's notes:**

It is clear that Yahweh experiences a deep sense of betrayal from Adam, Lilith, and Eve. His creatures do not seem to acknowledge his efforts to incorporate more mercy. Yahweh nurtures a deep desire to radiate greater reconciliation, but unfortunately, there is a gap in understanding between him and some of his children, which clearly hurts him. At the same time, he experiences frustration over the resistance and longs for a time when totalitarian control and divine authority was accepted without question.

It is crucial to explore how specific events have exacerbated his sense of sadness.

Moreover, it is necessary to understand how Yahweh envisions his own transformation and desires to be acknowledged for his reconciliatory approach. How does he view this development himself, and what hopes does he harbor for how others will understand and accept it?

The desire to break with past toxicity and the quest for reconciliation mean that Yahweh seeks a more harmonious relationship with his creatures.

Who is Yahweh today:

Rebranded merciful god. He has Jesus by his side because he got tired of having to punish people for sinning all the time. Yahweh really tries to accommodate others, but his old anger can flare up if he is confronted with his own shortcomings.

### **Therapy Goals:**

Wants the other three to understand that he is a new version of himself and wants their acknowledgment of the development he has had since becoming a father for the second time.

Yahweh wants Lilith to forget the past so he can forgive her.

Yahweh wants Adam and Eve to find peace, whether it is with each other, as it should be, or without.

### **Relationships:**

#### **Lilith: A magnificent person who should realize where I come from**

I was quite proud of the magnificent woman I had created, and I thought she would be an equal partner to Adam. When the two of them disagreed, I naturally sided with Adam, which resulted in Lilith giving both me and Adam the finger, leaving everything behind, and finding her own way - without my acceptance or influence! I am still quite disappointed that she wouldn't listen to me back then. I may also feel some guilt for ignoring Lilith when she first came to me. She has since stayed away, and so far she has not wanted any form of contact with me, which I am extremely sad about. How could she just turn her back on me... ME...?! I have had to follow her life from the sidelines. She has created a wild career in family law and is a recognized lawyer. It's good to see that she has done well, but deep down, I hope she will realize where it all comes from and that I am the real reason she is where she is today.

It's fantastic that she said yes to participating, and we'll have the opportunity to clear things up.

Finally, she can be forgiven for her behavior when she realizes that I actually did my best.

### **Eve: Failing Push-over**

Eve was created as a submissive and gentler version of Lilith, and maybe I made her a bit too gentle and too much of a push-over? I mean... The serpent shouldn't have tempted her that much, right? I know that I punished her quite harshly for her actions by decreeing that she and all women should give birth in pain, and I have had a guilty conscience about that lately. But maybe the punishment was appropriate? I mean, NOW suddenly she has no problem speaking up anymore?... Maybe her mild demeanor was just an act?

She has failed me, her children, and Adam, and now she has left Adam, - even though Adam claims he kicked her out. I have seen that she currently lives with Lilith, which is not a healthy thing if you ask me. If I didn't know better, I would think she did it on purpose to show the world that I am unable to ensure love, security, and happiness - which my rebrand otherwise stands for. I really hope that this therapy gives her the opportunity to acknowledge her mistakes, and then I will show her... mercy... if she acknowledges that her mistakes come from her free will and not from me.

### **Adam: Disappointing First Creation**

Adam was nothing short of a masterpiece, and I have always had a bit of trouble hiding this from the others. But Adam has also disappointed me several times. First, he disappointed me by not being able to reconcile properly with Lilith and thus indirectly being responsible for me having to redo my otherwise perfect creation and make a new woman for Adam. Then he disappointed me by choosing to listen to his new, submissive wife - instead of my warnings about the Garden of Eden and the Tree of Knowledge. There was ONE rule, Adam! ONE!!!

Now he has told me that he and Eve have separated because of the children's crisis. I tried to be there for him, but Adam was so angry that I knew I wouldn't be able to reach him, so I went home. I have a hard time not comparing Adam and Jesus, and overall, I feel like my work-life balance is completely skewed. Maybe I deserve a vacation after all my hard work?

Adam works as a personal trainer at the local gym, nothing to cheer for. I can't keep lifting him up. He needs to develop, just like I have. It would be best for everyone. Just look at how far I've come?!

This therapy is his opportunity to acknowledge his mistakes and the opportunity to reconcile with both me and the women in his life. If he is open to improving himself, I will show grace and forgive Adam.