

BEING A TRANSLATOR: A REMINDER FOR MYSELF AS A TRANSLATOR

I will remember, before starting to translate, that I am going to transmit ideas that change people's life through this piece that I am about to translate. I will remember I am important, and the translation is important. I will remember:

1. I am the best person available to do this translation. I have the intelligence, and if I should lack some skills, there is nothing I cannot learn, or discharge and recover.

2. It is impossible for me to produce a good translation when I am restimulated.

3. I must insure that I have all my attention on the translation when I am doing it. This is important both for me as a person, for the translation, and for all the people I am going to reach by the translation.

4. I can keep my full attention on the translation by deciding not to be restimulated (this is similar to how I decide to be fully there for my client in a session).

5. I can make the decision stronger and more effective by working on the decision in a session. One way is by using the commitment:

"It is logically possible and certainly desirable to end the ancient habit of paying attention to past distress and to replace it with a new attitude or posture of paying attention to interesting and rewarding concerns, including the present-time

situation. Therefore, I now decide to do this and will repeatedly so decide until the ancient habit is broken."

6. If I get restimulated in spite of the decision, I will see to it that I get my attention out in present time by present time techniques or discharge.

7. I will see to it that I get the practical help I need when I translate. There are many sources for such help: other translators, experienced counselors, other readers of my language, dictionaries, encyclopedias, the author. People are looking forward to having the opportunity to help me and others. There is no shortage of resource to help with translation.

8. If I get trapped by feelings of invalidation, I will remind myself that everything is possible, that I am intelligent, and that there is always at least one solution to any real problem.

9. Many times I will only need to talk for a short while about where I am stuck in the translation and I will find a better solution. Sometimes I will need to do some discharging; sometimes I will need information or advice. But I cannot use either information or advice while I am still restimulated.

I will not forget how important I am, how important this work is, and how much I love this project and this work. All is well.

—*Elis Carlström, revised by Xabi Odriozola, 2012*