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Christie is telling Lisa #2 that her sister's boyfriend and her own boyfriend are roommates and that's how they met. The guys are partiers so when they all get together, it's a party and that's not going to happen in Christie's house anymore. Lisa tells her that's a hell of a commitment for Justin to make to Christie.

Lisa #1 is in the kitchen cooking when Rhonda arrives for Christie. Lisa #2 calls in Rhonda to show her she's cooking. Lisa #2 is pointing out to Rhonda that she took charge in cooking the roast. In confessional, Jodi says that it seems Lisa is trying to score brownie points with Rhonda since they just found out that Lisa is still exchanging emails with Mr. Internet.

Rhonda and Christie meet. Christie tells her that she's written but not yet sent an email to her boyfriend. In confessional, Rhonda reminds us that Christie isn't divorced yet and is deeply involved with a man. She's addicted to having a man in her life. She can't stand being alone. Plus, with Justin, she drinks, so is it love or two addictions colliding? Christie reads Rhonda her letter to Justin. She writes that she's addicted to so many things and if he's not ready to take the journey with her, she understands. She tells Rhonda that she didn't want to offer him an ultimatum. The day she came home from detox, her boyfriend asked her permission to have a beer and she granted it. In hindsight, she says she'd never have asked that of someone she'd just picked up from detox. Rhonda says that what she hears is that Christie doesn't think Justin's up to it.

Kim is calling three friends to ask them if she has unrealistic expectations of them. The consensus seems to be that she doesn't expect anything of anyone. Of her husband however, she expects things like the second he gets home from work, he'll take care of her "honey do" list.

Dr. Stan arrives for Jodi and Jill will join them later. He asks Jodi why she's here. She says she wasn't happy on the inside despite her outward appearances and successes. She's never been married, never lived with anybody and had one serious relationship in her late 20's. So the last ten years, not much dating. When she was thirty, she got pregnant and had an abortion, so she put weight on so she'd have a shield and wouldn't have to worry about dating. Weight has been an issue Dr. Stan asks. Jodi says her dad used to put her and her sister on diets when they'd visit. Did she ever feel he could love her overweight? No. She has a friendship with him now that they're working on though they've gone years without contact in the past.

Jill joins Dr. Stan and Jodi. He says they have things in common, no male presence, weight issues, and both are looking for relationships. He asks if in the past someone wanted to set them up with someone, what would be their reaction? No Jill says. Why? Because she was not revealing the real her, the guy wouldn't find her attractive. She could tell herself she was hot so long as there was no one to tell her otherwise. Would they want to be with someone who didn't want to be with them? No both say. They need to love who they are. Dr. Stan has arranged for them to meet with the dating doctor. He wants them to see that everyone gets rejected on the way to finding a relationship that's healthy.

Rhonda and Christie decide she will revise the letter a bit, but Christie is nervous and scared. Rhonda has arranged for Christie to meet with Stephanie; a recovering alcoholic to discuss issues like how to get new friends and things. It's important to talk to people who've been where we've been.

Jill and Jodi meet the dating doctor David. He talks about the excuses we make to not meet men we're attracted to. Jodi says that inside she feels sassy and sexy inside but then catches a glimpse of herself and snaps back. Jill's fears and excuses are about the same. David asks Jodi to sit at the next table and catch his attention. Jodi stares him down with a grin. He calls time out. She asks if he got that she would devour him. He says no, what he got was she wasn't obvious. He wants to show her how to be obvious.

Rhonda arrives to meet with Kim. She stops in the kitchen and Lisa #1 is cooking. In confessional, Rhonda notes this is a little too convenient. Is Lisa trying to hide something from Rhonda? Kim tells Rhonda that her friends found it difficult to note unrealistic expectations with them, but Jeff is another story. She relates a story of when she first met the one friend and the friend noted Kim's scars. She asked what happened and Kim said she'd been shot, but was busy and kept on with her work. Rhonda asks if she did get shot. Kim says yes and tells her the story. Her neighbour was nine; she was eleven. His dad had a loaded gun beside the bed and he wanted to show it to her. As she was telling him it was a bad idea, he pulled the trigger. It was an accident. In confessional, Rhonda tells us that Kim uses her intellect to rationalize things. This makes it tough for her to even understand what unrealistic expectations are, but she doesn't even know what it is to be human. She asks Kim what she's afraid of becoming. What is her worst nightmare?

Back to the dating doctor. He asks to borrow the girls' paper and strikes up a conversation with Jodi about sushi restaurants. He asks if she gets what he's doing. She says he's about to ask her out. He says no; he's just bonding. She says she's had that happen, but closes it down and doesn't play the game. He tells her she has to play the game and have the conversation. If at the end of the conversation they may both decide it was a good one and perhaps they'll run into one another again. He then tells Jill to make her entrance.

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Christie meets with Stephanie. She's been sober 126 days this time. She had a lot of years before this time. She took her first drink at 5; speed at 19 and everything caved in then. Rehab at 29 and stayed sober until 2 ½ years ago before relapse. Christie asks what the trigger was to start using again. She quit meetings, and took on more work, lived with an addict she'd met in rehab. The first thing you have to change is everything. In confessional, Christie notes that she's realizing she must be willing to give up Justin if it's necessary to maintain her sobriety.

Rhonda asks Kim if she's afraid to have a loveless marriage. Yes. Rhonda tells her no one can make us feel love. Kim knows that rationally, she's living her worst nightmare, but she doesn't allow herself to feel it. Rhonda says Kim has had a horrendous past and her worst nightmare is that her future will be the same and it will be because of her. So today, she gives her a t-shirt. She's to call friends, family, etc and ask them how much they see she's living her own nightmare.

David is talking to Jodi while Jill walks in and cruises. David noticed that Jill pointed at the table. Jill asks what they're drinking. They strike up conversation about the tea. That evolves into where they're from. David says he tried to ignore her, but she brilliantly kept peeking at the table while talking to the guy behind the counter and just did great.

Stephanie admits to Christie that she's scared. Christie is here to clear all that up before facing the issues at home. Stephanie invites her to meetings and such and Christie accepts with a hug.

Kim is writing her worst nightmares on her t-shirt. She seems confused by what Rhonda's point was and isn't sure how to accomplish the assignment. Lisa #2 and Christie look even more confused as Kim tells them what she's requesting of them in feedback for her assignment.

Jill and Jodi arrive home. Jodi excitedly tells the girls that she did well.

Kim answers the phone to a friend. She tells her of her assignment. Her friend tells her there are issues in their marriage and that she worries they may not survive in marriage.

Lisa #1 and Lisa #2 decide to make some alcoholic drinks. Christie enters the kitchen and thinks they look great. Before she can take a drink, Lisa #2 stops her. Christie tells them and Jodi that they don't have to avoid alcohol, but she'd like to know that it is alcohol so she doesn't accidentally drink it.

Rhonda tells the women that she's going to meet with Kim and then she wants the women to join in. Kim is drowning. They all have to tell her the truth about behaviour that is stopping her from growing. She then meets with Kim to ask what she learned today about what she could become. Kim says she feels pathetic. She is what she doesn't want to be.

The girls talk about Kim. Jodi says Kim doesn't listen. Lisa #2 starts a story and Jodi interrupts to note that it was so rude that Kim was talking to Lisa #2 during Jill's trial. Lisa #1 says it was a good thing she wasn't sitting next to her or she'd have told her to shut up. Jodi points out that she was sitting next to her. Lisa #1 says she didn't say anything to her. Jodi says she knew better. Jill says this is like an intervention and Kim will either "get it" or leave.

Rhonda asks Kim how it feels to know that people have trouble giving Kim feedback because of her defensive nature. She expects everything and expects nothing. She lies to herself. She doesn't want to be wrong. She wants to be in control. She expects life will be hard, her husband will disappoint her. She feels hopeless and pretends she's not. She's worried deep down that she is her worst nightmare and is afraid she'll never become more.

Christie is on the phone with Justin and tells him that she's sending him an email. She wants him to read it, process it and let her know how he feels about it. She briefs him that there will be no drugs or alcohol in her presence and that she's afraid he may not be able to do that. He is not very receptive to the idea. He says he'll think about it. He doesn't need to work on himself; he's just fine.

Rhonda tells Kim she wants her to practice listening; not analyzing. Kim is worried that she's not going to be able to be helped and Rhonda will give up on her. Rhonda says in confessional that unless she changes, the second half of her life will be the same as the first half. Rhonda asks if she's ready to go receive feedback from her housemates. Kim says yes and asks if Rhonda will be with her. Right at her side, Rhonda assures her.

## PREVIEWS

The women confront Kim. She announces she's had enough.

Christie suffers a setback.

Jill gets closer to meeting her father. They have an address.

Lisa gets caught (Rhonda notes that Lisa is contacting Mr. Internet by email not just responding) and pays the ultimate price for her lie. Rhonda announces a BOR where Lisa #1 will be reviewed.

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