

has made you feel like a bad person?

C: You destroyed my feelings. You destroyed my life. Not you completely—but you did nothing to nurture me and help me in life. You did nothing at all. You fed me and you clothed me to a certain point. That's about it.

T: Tell him what it was like to be called a devil and go to church every . . .

C: It was horrible. He made me feel that I was always bad, I guess when I was a child. I don't believe that now, but when I was a child I felt that I was going to die and I was going to go to hell because I was a bad person.

By the end of session 3, the thematic intrapersonal and interpersonal issues have emerged clearly. They are clearly embedded in what the client reports as her most painful experience. First, the client has internalized self-criticism related to issues of failure that emerge in the context of her family relationships. This voice of failure and worthlessness is initially identified as coming from her sisters but clearly has roots in earlier relationships with her parents. This becomes more evident later in therapy. Related to her self-criticism and need for approval is a need for love. Love has been hard to come by in her life. She has learned how to interrupt or avoid acknowledging this need as it has made her feel too vulnerable and alone. She has learned how to be self-reliant, but this independence has had a price as it leaves her feeling hopeless, unsupported, and isolated. This need for love is related to her unfinished business stemming from her early relationship with her father. She harbors a great deal of resentment toward her father over his maltreatment of her as a child and she has a tendency to minimize it as "being slapped was just normal." She has internalized this as a feeling of worthlessness and as being unlovable. These underlying concerns lend themselves very clearly to the emotional processing tasks of both the two-chair for internal conflict splits and to the empty-chair for unresolved injuries with a significant other.

The thematic issues of the therapy continue to be focused on through work on the emotional processing tasks.

In a self-critical dialogue in session 4, she connects her bad feelings to the criticism she heard from her parents.

C: (*speaking as internalized critic in voice of her parent*) "Well, you're wrong, you're bad, you're—you never do anything right. Every time I ask you to do something you don't do it the way I want you to do it and your marks are never good enough, and you're never on time, and you know you just—everything you do is wrong."

I: Yeah, how can you come out of that and not feel really hurt to hear that.

C: When I'm depressed, I believe I'm bad, and I'm wrong and I'm going over and over and the nice simple normal life. I loved me throughout my life.

T: Tell her [critic] how she made you feel.

C: It makes me feel horrible, it makes me feel like I'm not and not able to give love to anyone who's never been born.

Later in the dialogue, she

C: I know I am loved. I've always known I'm starting to believe that I'm angry because they don't love me. I don't have the capacity to love. I don't know how to. If any, it wasn't like that. I don't love any of us not the way

In this moment the core feeling is that she was not worth loving.

The critical voice begins to emerge as she has not been loved and a sense of worthlessness.

"Even though Mom and Dad loved me, it wasn't because I was unlovable. I was unable of those emotions. The critical voice begins to emerge as she has not been loved and a sense of worthlessness."

The client does not experience the same sense of worthlessness in her earlier sessions again.

Later in session 7, the client speaks as her "interrupter" in which the client interrupts the voice of the loved and protected against the voice of the critic, 9, speaking as her "interrupter."

"You're wasting your time for me. I'm not there. So it's best for me to be alone. That's what I do in my life. That's what I do in that point where I actually live like I did with my mother."