

ing to chair) and tell him how he

royed my life. Not you com-
me and help me in life. You did
me to a certain point. That's

evil and go to church every . . .

was always bad, I guess when I
t when I was a child I felt that I
to hell because I was a bad per-

nterpersonal and interpersonal
y embedded in what the client
the client has internalized self-
erge in the context of her family
thlessness is initially identified
ocs in earlier relationships with
in therapy. Related to her self-
r love. Love has been hard to
nterupt or avoid acknowledged-
ulnerable and alone. She has
pendence has had a price as it
isolated. This need for love is
g from her early relationship
resentment toward her father
ne has a tendency to minimize
is internalized this as a feeling
these underlying concerns lend
cessing tasks of both the two-
pty-chair for unresolved inju-

ue to be focused on through

e connects her bad feelings to

of her parent) "Well, you're
anything right. Every time I
the way I want you to do it
and you're never on time, and
wrong."

T: Yeah, now can you come over to this chair [experiencing chair]. It must
really hurt to hear that.

C: When I'm depressed, I believe it. I believe it. I believe it wholeheartedly. That I'm
bad, and I'm wrong and I'm a loser. That's the big word, "loser," that
goes over and over and then I'm a big loser and why can't I just have a
nice simple normal life. In many ways, this is a feeling that has fol-
lowed me throughout my life.

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

C: It makes me feel horrible, it makes me feel sad. It makes me feel unloved
and not able to give love you know, it makes me feel like I wish I'd
never been born.

Later in the dialogue, she says to her critic:

C: I know I am loved. I've always known that, I never believed it before. So
I'm starting to believe that I am loved that it's just—instead of being
angry because they don't love me, I'm just accepting that they just don't
have the capacity to love. It wasn't just me, it was my younger sisters
too. If any, it wasn't like they loved them and didn't love me, they did-
n't love any of us not the way parents are supposed to love.

In this moment the core feeling of being unlovable and the articulated belief
that she was not worth loving are being challenged.
The critical voice begins to soften and both her grief over having not
been loved and a sense of worth emerge in a dialogue with her critic.

"Even though Mom and Dad didn't love me or didn't show me any love,
it wasn't because I was unlovable, it was just because they were incapa-
ble of those emotions. They don't know how to—they still don't know
how to love."

The client does not experience the hopelessness that had been so predomi-
nant in her earlier sessions again.

Later in session 7, the client and the therapist work to identify the way
in which the client interrupts and prevents the feeling of wanting to be
loved and protected against the pain of having her needs not met. In session
9, speaking as her "interrupter" from the other chair, she says to herself:

"You're wasting your time feeling bad cause you want them, and they are
not there. So it's best for you to shut your feelings off and not need
them. That's what I do in my life. When people hurt me enough I get to
that point where I actually can imagine, I literally cut them out of my
life like I did with my mother."