

ed feelings and then they keep
al baggage you're carrying. We
y with your family and it's as
some of what we will do is try
nd then pack it away.

lessness is clearly evident, it is
aving an internal focus and this

e begins to use his "pain com-
pain. When talking about her
mily she expresses intense emo-
the thought that it will never
deserve such intimacy.

to the point I believe it. I believe
I don't care. I don't want it to be
not as good as them you know,
ms to be going, you know their

a feeling of hopelessness. Not
here was nothing she could do
g to change.
e is attuned to possible mark-
y be undertaken. In the very
rs. Both unfinished business,
er family, and also a self-criti-
ants love and acceptance and
ttled to love. As it is early in
ected on as something to re-

eat me this way.
hat you never had from them
deserve better, I'm not a bad
it what I never got. And I de-

tr got. The anger is.

C: Oh, yeah.

T: But some of part says I deserve more and how strong is that?

C: Well, I say this but then I guess we all feel we deserve more, and I don't know I know—yeah, I'm grieving for what I probably didn't have and I don't know I never will have.

T: Yeah, probably that too. Because it's how much you really can believe you are deserving even if they didn't give it to you. Then somehow it's how much can I get from other people—

C: For myself. I realize now you can't depend on other people to make you happy. Not to be happy to be happy from within yourself. That's why I guess I'm doing this therapy. I figure if I can be content with myself, then that stuff won't matter to me as much. But don't forget, if you are told off enough that you're a failure, you start to believe it.

T: Yeah, so that's really an important piece to work on. And I guess that's why this disapproval is so painful, because it activates that I am a failure and being told all along that I'm a failure, that's just like her voice is almost in your head. And then it kind of diminishes you and it's hard to stand up against it.

In session 2, a marker again arises when the client is talking about possibly returning to school. She quickly becomes hopeless in the face of the further possibility of failure in the eyes of her sisters. At this point, the therapist initiates a two-chair dialogue by putting her sisters in the other chair. Although this is a dialogue with another person rather than a part of the self it is viewed as a self-critical dialogue because her hypersensitivity to her sisters' criticisms suggests that her internalized criticisms are being projected onto or attributed to the sisters. The sisters' criticisms are so damaging because they activate the client's internal critic.

"Yeah, unsupported, I feel inferior to them, I feel that I have no self-esteem left and it's like I don't want to try anymore with them. It's like OK you win, I'm not as good as you, you win and that's it. Fine. So leave me alone."

In session 3, she recounts the history of the relationship with her father. She describes not having got approval from him. In response, the therapist initiates an empty-chair dialogue to work on the unfinished business with her father:

C: I believe I'm a bad person, but deep down inside I don't think I'm a bad person . . . yeah, I'm grieving for what I probably didn't have and know I never will have.