

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 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 followed 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 didn'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 incapable 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 predominant 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.”

ing to chair) and tell him how he

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

will 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-

ge in the context of her family
thlessness is initially identified
os in earlier relationships with
in therapy. Related to her self-

nterupt or avoid acknowledged-
ulnerable and alone. She has
pendence has had a price as it
isolated. This need for love is

resentment toward her father
he has a tendency to minimize
s internalized this as a feeling
ese underlying concerns lend
essing tasks of both the two-
pty-chair for unresolved inju-

ne to be focused on through
connects her bad feelings to

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