

They then go on to identify the way in which needing love makes her vulnerable to hurt and pain, and how interrupting these needs have left her vulnerable to isolation and aloneness. In sessions 7 through 9, the client continues to explore the two different sides to her experience: the critic that attempts to protect her through controlling and shutting off needs and the experiencing self that wants to be loved and accepted. She continues to define and speak from both voices and expresses a range of sadness, anger, and pain/hurt. The hopelessness that was so dominant in the early sessions now is virtually nonexistent. The voice that wants love and acceptance becomes stronger and the critic softens to express acceptance of this part of her. At the same time she is feeling much better and activation of her negative feelings decrease.

The other main theme of the therapy is her interpersonal issue with her father with whom she feels hurt, angry, worthless, and unloved. In a key dialogue in session 3 she speaks to her father:

C: It hurts me that you don't love me . . . yeah . . . I guess, you know, but . . . I'm angry at you and I needed love and you weren't there to give me any love."

She later tells the image of her father about her fear:

C: I was lonely. I didn't know my father. My father—all I knew you as, was somebody who yelled at me all the time and hit me. That's all—I don't remember you telling me you loved me or that you cared for me or that you thought that I did well in school or anything. All I know you as somebody that I feared.

T: Tell him how you were afraid of being hit.

C: Yes, and you humiliated me. I was very angry with you because you were always hitting me, you were so mean and I heard Hitler was mean, so I called you Hitler.

Later in the session, she describes how she interrupts her painful sense of feeling unloved:

C: The only way I can handle it is by making a joke of it because it helps—it helps because when I'm too serious about it, I become so depressed I can't function. So I learned to laugh about it and you know I have that sarcastic humor and sort of jaded eye I guess about things.

T: Because underneath the laugh I guess there's a lot of hurt and a lot of hate.

She continues expressing her anger in an unfinished business dialogue:

C: I hate you. I hate you, then I hated you for years. It angers me and I don't feel good being opened.

Later on in the session, she expresses her ability to make her feel loved:

"I guess I keep thinking that you would pick up the phone and tell me that you don't love me . . ."

She ends the session with a request for a hug. "I needed to be hugged and you didn't. OK. I think that's normal."

By accessing both pride and shame, the shame is undone (Greenberg, 2002). She believes that her father's failure was her fault. She says to him in the empty chair:

"I'm angry at you because you said that you never hit us and you were hell out of us constantly, you never gave us any affection, you never gave us anything for us to clean and do things."

Having processed her anger and shame she takes a more compassionate view of her father. In an empty-chair dialogue she says:

"I understand that you've probably been hurt probably because of this probably because you're afraid and to get too close to me. You know and I can understand that."

She is also able to continue to work on her shame. She says he is disappointed and hurt her work is central in the development of a new self.

"You know [being a conciliator] hurt you. Instead of being a teacher, it had a lasting impact on me."