

Fionna is a child from an army family. Her father is a general in one of the Western European armies. As a child and teenager the family would move a lot. They would stay in one place only for several years. She learnt to leave friends behind and make new friendships quickly. In a new school and community she would always “throw herself in there” for people to notice her. It was difficult to make new friends when people had already had their friends groups. As an emerging adult she would have casual sex. At the time of therapy she was in love with a boy from her university who was nice and liked her but didn’t want her as a permanent girlfriend. They would have regular sex and a quasi friendship but not a relationship. She was unhappy about it and yet continued with the arrangement. Her reasons for this were that she didn’t want to be alone. She had experienced similar relationships before (where she wanted the guy and he would only want her for sex). She also misused alcohol quite a bit. Not knowing how to handle this relationship brought her to therapy. She also described herself as suffering from low self-esteem.