

Emma's background/experiences

Identified a number of key experiences in life that she felt might have affected or influenced her.

Early family relationships

- Parents argued a lot, Dad was often physically violent and critical
- Parents divorced when I was eight years old – felt it was my fault they separated
- Mum could be caring but often was detached and emotionally cold. Felt as if her job was more important than me
- Parents favoured my sister because she was smarter than me.

School/academic experiences

- Enjoyed primary school, but didn't like secondary school – I was bullied about my appearance and being last in my class to get my period
- I did OK in my exams but Mum always responded with: 'Almost as good as your sister'
- Didn't enjoy university – others more intelligent and popular than me.

Peer/romantic relationships

- Fell in love with Steve when – sixteen – first boyfriend – found out he had been cheating on me whole time.

Career experiences

Not enjoying my job – passed over for promotion a number of times.

My background/experiences

Think about the experiences that you've had in life that may have impacted or affected you. Make notes about the following areas:

Early family relationships

School/academic experiences

Peer/romantic relationships

Career experiences