

Emma's key fears and threats	My key fears and threats
<p>Given Emma's background, we identified a number of key fears and threats that had left her struggling.</p> <p>Emma's external fears/threats (things she feared others might think about her, or do to her) included:</p> <ul style="list-style-type: none"> <li>• Others can't be trusted (this was particularly linked to being cheated on by her first boyfriend)</li> <li>• Others will reject me (this was linked to the experience of her dad being absent, and her boyfriend leaving her)</li> <li>• Others will look down on me/are critical of me (this was linked to experiencing her mum being critical, and her peers as shaming).</li> </ul> <p>We were also able to outline a number of key <i>internal fears</i> (things that emerged inside her that were uncomfortable or threatening). These included:</p> <ul style="list-style-type: none"> <li>• I am not good enough (linked to the experience that her sister was favoured and 'smarter')</li> <li>• My emotions are overwhelming and too painful (this was related to her parents being emotionally detached, and to mum criticising her when she expressed strong emotions as a child)</li> <li>• I am alone and lonely (this was linked to feeling that she had always been separate from others – her mum, sister and friends).</li> </ul>	<p>After reading through the example of Emma, have a think about yourself. Given your experiences in life, what are your key external and internal threats?</p> <p><i>My external fears/threats are ...</i></p> <p><i>My internal fears/threats are ...</i></p>