Emma's unintended consequences	My unintended consequences
 After identifying her safety strategies, we then went on to help Emma identify whether these strategies had any unintended consequences. Following her strategies of keeping her distance from people, staying on guard and pleasing others so as to manage her external fears, Emma identified the following unintended consequences: The more I keep my distance from others, the more lonely I feel The more I stay on guard, the more suspicious I am of other peoples' intentions The more I try and please others, the more 	Having looked through the example of Emma, and going through your safety strategies in Worksheet 4.3 (page 54), consider whether you have experienced any unintended consequences from these. My unintended consequences from external safety strategies
 my own needs don't get met. We also looked at the unintended consequences that followed from the safety strategies that she uses – not pushing herself, suppressing her feelings and self-harm – to manage her internal fears. Emma identified: The more I don't push myself, the more I feel like a failure The more I suppress my feelings, the more I get overwhelmed with them When I self-harm, I get scars and these leave me feeling ashamed. 	My unintended consequences from internal safety strategies