

Figure 37. Evidence Supporting the New Bottom Line: Examples

	Old Bottom Line	New Bottom Line	Supporting evidence to look for
Briony	I am bad	I am worthy	<p>Things I do for other people</p> <p>Things I contribute to society (e.g. my charity work, political activism)</p> <p>My good points, day to day (from list)</p> <p>My relationships – signs that people love me (e.g. phone calls, letters, invitations, people stopping to talk to me)</p>
Rajiv	I am not good enough	I am OK as I am	<p>Signs that people value what I do (smiles, praise, thanks) even when it is not up to my old standard</p> <p>The good things about me that are nothing to do with how I perform (e.g. enjoying being sociable, appreciating music)</p> <p>My friendships – things people say and do that show they like me for myself, not for how good a job I do</p>
Evie	I am fat and ugly	I am attractive	<p>All the good qualities I have that are nothing to do with physical appearance (from my list – note daily examples)</p> <p>Signs that men are interested in me (being asked out, glances of appreciation, being chatted up)</p> <p>People responding warmly to me (smiling, laughing at my jokes, people sitting next to me, looking pleased to see me)</p>
Jack	I am unacceptable	I am acceptable	<p>Positive responses when I dare to be myself, when I indulge in flights of fancy, get loud, pursue issues to the end, give my energy full rein (people joining in, being fired</p> <p>by my enthusiasm, wanting to know more, asking me back, wanting to spend time with me)</p>
Aaron	I am worthless	I belong	<p>Everything that shows I am a part of things (the football club, workmates inviting me out for a drink, my kids running to say hello when I come in, my wife giving me a hug)</p>
Kate	I am unlovable	I am lovable	<p>My friends' affection for me. The practical things my parents do for me (it's their way of showing it)</p> <p>The good things in me that mean I am a lovable person (my loyalty, my thoughtfulness, my ability to tune in to other people's needs)</p>
Lin	I am inferior	I am as good as anyone	<p>My positive qualities (keep recording examples)</p> <p>The good things in my life, that I deserve (my flat, my friends, the countryside I love, my new kitten)</p>
Tom	I am stupid	I am open-minded	<p>The way I expose myself to opportunities to learn</p> <p>My curiosity</p> <p>The fact that I am now facing my dyslexia and doing something about it</p>
Mike	<p>I am strong and competent</p> <p>↓</p> <p>I am pathetic</p>	I am as strong and competent as needs be	<p>Daily signs of my ability to manage my life (handling crises at home and work; running family finances; doing my job well)</p> <p>Recognising when I need help and asking for it</p>
Mary	<p>I am kind and caring</p> <p>↓</p> <p>I am completely useless</p>	I am loved and accepted as I am	<p>People phoning to ask how I am</p> <p>People obviously pleased to see me when they visit</p> <p>Seeing how my support and affection are still valued by those I care about</p>