

**Figure 38. Building a New Bottom Line – Behavioural Experiments**

	<b>New Bottom Line</b>	<b>Experiments</b>
<b>Briony</b>	I am worthy	Make the first approach to people I trust, rather than waiting for them contact me Be more open about myself with people, step by step Plan treats and pleasures for myself
<b>Rajiv</b>	I am OK as I am	Drop my standards – spend less time preparing assignments and documents Leave minor errors and observe the impact Admit ignorance Practise saying, 'I have no opinion on that'
<b>Evie</b>	I am attractive	Go swimming, even if I do feel fat Wear bright colours that suit me rather than hiding behind drab clothes
<b>Jack</b>	I am acceptable	Stop suppressing myself – show my feelings and see how people react Express my ideas rather than waiting for someone else to speak Say whatever comes into my head instead of rehearsing everything
<b>Aaron</b>	I belong	Take the risk of making the first move towards people Look for a house to buy, instead of always living in rented rooms
<b>Kate</b>	I am lovable	Say 'no' Ask for what I need – otherwise there's no way I'll get it
<b>Lin</b>	I am as good as anyone	Act as if I was entitled to people's time and attention Look for opportunities to exhibit my work, rather than avoiding them Read the critics – I don't have to agree with what they say
<b>Tom</b>	I am open-minded	Make up for lost opportunities – look into adult education and see what facilities there are for people with dyslexia Tell people about the problem instead of trying to pretend it doesn't exist
<b>Mike</b>	I am as strong and competent as needs be	Make a point of asking for help, even when I do not really need it When something upsets me, talk about it
<b>Mary</b>	I am loved and accepted as I am	Keep seeing the people I care about. Even if I am no longer physically strong, I can still be a good listener and offer loving support and advice – do so, and notice the effect of this