

**Figure 5. Rules for Living**

	<b>Bottom Line</b>	<b>Rules for Living</b>
<b>Briony</b>	I am bad	If I allow anyone close to me, they will hurt and exploit me  I must never let anyone see my true self
<b>Rajiv</b>	I am not good enough	Unless I always get it right, I will never get anywhere in life  If someone criticises me, it means I have failed
<b>Evie</b>	I am fat and ugly	My worth depends on how I look and what I weigh
<b>Jack</b>	I am unacceptable	I must always keep myself under tight control
<b>Aaron</b>	I am worthless	Survival depends on hitting back  No matter what I do, no one will accept me
<b>Kate</b>	I am unlovable	Unless I do everything people expect of me, I will be rejected  If I ask for what I need, I will be disappointed
<b>Lin</b>	I am unimportant I am inferior	If someone is not interested in me, it's because I am unworthy of interest  Nothing I do is worthwhile unless it is recognised by others
<b>Tom</b>	I am stupid	Better not to try than to fail
<b>Mike</b>	I am strong and competent ↓ I am pathetic	I should be able to cope with anything life throws at me  Letting my emotions get the better of me is a sign of weakness
<b>Mary</b>	I am kind and caring ↓ I am completely useless	Unless I am caring for others, I am completely useless