

Figure 7. Situations Triggering the Bottom Line

Briony	Situations where she felt her true (bad) self might be exposed, or had been exposed.
Rajiv	Fearing he might be unable to meet the high standards he had set himself, or actually failing to meet them. Encountering criticism.
Evie	Noticing that she had gained weight, or needing to buy clothes and fearing that she might attract stares or not fit into the size she thought she should be.
Jack	Feeling high levels of energy and emotion (including positive emotions); encountering any signs of disapproval.
Aaron	Situations where he felt vulnerable to attack or rejection, including close relationships.
Kate	Being unable to do what was expected of her; having to ask for help.
Lin	Exhibiting her work to public scrutiny.
Tom	Having to write, especially if he had to do it in front of other people; having to face any challenge (especially any intellectual challenge).
Mike	Noticing signs that he was still upset and not his normal self.
Mary	Situations where she was no longer able to care for others as she used to.