

Bottom Line Worksheet: Briony

My Old Bottom Line: I am bad

When I started therapy I believed this: 100 % (01/06/2022)

02/09/22	01/11/22								
70%	45%								

My New Bottom Line: I am worthy

When I started therapy I believed this: 0 % (01/06/2022)

02/09/22	01/11/22								
10%	15%								

'Evidence' supporting the Old Bottom Line and How I Now Understand it:

'Evidence'

New understanding

My parents died. - I blamed myself

They loved me dearly and would never have left me if they could have helped it.

My step-parents' behaviour

Not my fault - their behaviour was vicious and cruel, and there was no reason for it. No child deserves to be treated like that

My step-father's abuse

It was a wicked thing to do. He knew that it: that is why he concealed it. He was the adult: I was the child. He should never have abused my trust like that. It was sick.

My first marriage - husband ridiculed and criticised me constantly, wore me down.

I now know that he was like that in other relationships. Given what had already happened to me, I was in no position to fight back. My belief that I was bad was a self-fulfilling prophecy. I thought I deserved it.

People being irritable or unkind or putting me down

Bound to happen sometimes - can't please everyone. Does not mean I am bad

In the light of this new understanding. I now believe my Old Bottom Line: 30 %

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Evidence (past and present) which supports my New Bottom Line:

My parents loved me. I know that from my own memories and from photos and things I have. My grandmother loved me. She couldn't protect me but she made me feel worthwhile and lovable. I made some friends at school, though I was too prickly and unhappy to have many (not my fault). Even when I was being abused in my first marriage. I managed to hold down a job and then, after having the children, I protected them from their father. When he began to show signs of abusing them I got the courage to leave, even though I never thought I would make it alone. I found a second husband who loves and supports me. He is a good man and he chose me and stuck by me in spite of all my difficulties. I have struggled to overcome what happened to me. It has been really hard sometimes and I've had lots of ups and downs. It's taken courage and persistence and in the end I have done a good job of things. All the good points on my list

In the light of this new understanding, I now believe my Old Bottom Line: 20 %

In the light of this new understanding, I now believe my New Bottom Line: 85 %

Observation: Information and experiences I need to be alert to, in order to gather more evidence to support my New Bottom Line:

Things I do for other people especially all the time and care I put into the children. 'My love for them and my husband. The pleasure take in them. My creativity, and imagination in looking after them and helping them to develop into good people. Things I contribute to society (my charity work my political activism). My good points as they show themselves day to day. My relationships — signs that people love me such as phone calls, letters, invitations; people stopping to talk to me and wanting me to get involved in things. My intelligence — at last I am starting to think I am worth educating, and doing something about it.

Experiments: Specific things I need to do, in order to gather more evidence to support my New Bottom Line:

Begin making the first approach to people I trust, rather than leaving it up to them. Be more open about myself with people step by step — I deserve it. Make time to study. Start saving for a proper course. Give more responsibility to the others at home to keep the show on the road. Look for a better job, one which really uses what I have to offer.