Your name is Wendy. You were married for 10 years and have three children. You felt that the marriage was a happy one, but six months ago your husband left you totally unexpectedly. He did not give a reason and you still do not know the reason why he went. Since he left you have been feeling a total lack of confidence. You are convinced that you are to blame for him leaving and that it must have been something you did. It has made you feel that you are worthless and unlikeable. You have stopped going out socially because you no longer feel that you have anything to offer. At the beginning, friends used to call and try to coax you to come out, but you turned them down. Now they don’t tend to bother and this has reinforced your belief that you are not worth bothering with. You are convinced that you will never have another partner.

Your name is Ali. Four years ago you graduated from law school with a first class degree. You were hopeful of getting a job as a solicitor and working your way up to a partnership. However, apart from a six-month internship, you have not been able to secure a job in your field. You have submitted numerous applications, but have been turned down. You have had a few interviews, and on two occasions were told that you were a close second choice, but that there was someone who just had more relevant experience for the post. This has made you very depressed. You currently have a job as a legal assistant in a law firm, and your boss has told you that it may in time lead to a more senior position, but you have lost all your confidence and feel that you are useless and will be on a low grade forever. You also don’t feel you are particularly good at the job you are doing, and no longer feel confident about taking a solicitor’s job even if one came up