**Excerpt from family therapy session**

***Mother:*** I’m really concerned that Sandra is just not going to make anything of her life

***Therapist:*** Why do you feel this?

***Mother:*** Because she’s wasting so much time being ill, she’s wasting her life away. All her friends are working and having good lives and Sandra’s just laying around the house with no money, no job, no social life and no prospects. I think it’s a crying shame

***Father:*** It’s not that we don’t love Sandra, but we feel that she’s not making enough effort to overcome the illness. She just seems to have given into it.

***Mother:*** We’ve tried to help her, but she just rejects that help

***Therapist (to sister):*** How do you feel about the situation?

***Sister:*** It’s bad. I know it’s bad for Sandra, but it’s bad for me too. All the attention goes to Sandra, because of the way she’s behaving, so I don’t feel anyone is really taking notice of me

***Mother:*** That’s not true, darling. I think it’s very unfair that you’re accusing us of ignoring you after all we’ve done for you

***Sister:*** I’m not accusing you of anything, but…

***Mother:*** (interrupting) You are, even if you don’t realise it. You’re being ungrateful and insensitive

***Therapist:*** Sandra, how are you feeling about all of this

***Sandra:*** I find it hard to feel anything

***Mother (crying):*** See, she’s just heartless. I don’t know what we did wrong to deserve such an uncaring, thoughtless child

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