

Case Study

Sally had a fantastic talent for being self-rejecting. Sally could take any action of any person and explain why it meant she was disliked and was basically a no-good person. When Sally got a raise, she explained to others that the raise was given to her because the boss felt guilty about his hatred for her. Once Sally got complimented on how well she did on a project. Sally explained this away by saying the boss was making fun of her for how she usually did things. One day a co-worker complimented Sally on how nice she looked. Sally spent the entire lunch hour explaining how she was the worst-looking woman in the city. She said that no matter how many people tried to make her feel better about her ugliness, she felt rotten every time she looked into a mirror. Finally, her co-workers organized a party on her birthday at which they told Sally how much they liked her because she was a terrific person. She first went into shock. Later she confided to a friend that she had lost all respect for everyone in the office. She said she was thinking about quitting and finding more intelligent people to work with because if these people thought she was great, they really had to be stupid people and she didn't want to associate with them.

What happens to a person like Sally who rejects herself so deeply?