

## Contents

	INTRODUCTION	3
ONE	Ranking, Linking, and the Undervalued Self	9
TWO	The Six Self-Protections We Use to Deny Low Rank	40
THREE	Reasons from Our Past for Ranking Ourselves Too Low	72
FOUR	Healing the Undervalued Self by Linking	106
FIVE	Linking with the Innocent	133
SIX	Dealing with the Inner Critic and the Protector-Persecutor	160
SEVEN	How to Deepen Relationships Through Linking	197
EIGHT	A Sustained Close Relationship: The Final Step to Healing the Undervalued Self	218
NINE	Breaking Free from the Undervalued Self	243
	ACKNOWLEDGMENTS	247
	APPENDIX I: HOW TO FIND A GOOD THERAPIST	249
	APPENDIX II: TRAUMA CHARTS	257
	NOTES	259
	INDEX	267

vii