

Bridget Jones's Diary Study Guide

Bridget Jones's Diary by Helen Fielding

(c)2015 BookRags, Inc. All rights reserved.



Contents

Bridget Jones's Diary Study Guide.....	1
Contents.....	2
Plot Summary.....	3
New Year's Resolutions.....	5
January.....	6
February.....	9
March.....	12
April.....	15
May.....	18
June.....	21
July.....	23
August.....	25
September.....	28
October.....	30
November.....	32
December.....	35
January – December.....	37
Characters.....	38
Objects/Places.....	40
Themes.....	41
Style.....	43
Quotes.....	45
Topics for Discussion.....	47



Plot Summary

Bridget Jones's Diary portrays a year in the life of 30-something, career-minded Bridget Jones. Bridget is a self-involved woman concerned with her weight, appearance and securing a boyfriend. The book is written as a diary and tracks Bridget's life during a twelve-month span, beginning with her New Year's Resolutions. Her resolutions include quitting smoking, drinking less, losing weight, finding a boyfriend, getting a better career, and not dating emotionally unavailable men.

The chapters of the book represent the twelve months of the year. Each chapter is broken up into daily entries. Most of the daily entries begin with a tally of Bridget's weight, alcohol consumption, cigarettes smoked and parenthetical comments on her progress. Because the book is written like a diary the language is very frank and honest. The author has even come up with a set of abbreviations, which the reader easily catches on to such as "v." for "very" or "v.g." for "very good."

Bridget's year begins with her having a crush on her boss, while her parents try to fix her up with Mark Darcy, who is recently divorced and back from America. Bridget has no luck with or attraction to Mark Darcy. Her flirtations with her boss, Daniel Cleaver, result in his asking her out for a date. Meanwhile, her parents are going through marital troubles of their own.

As the story continues, Bridget and Daniel date sporadically. He is unpredictable and hard for Bridget to understand. She frequently is frustrated with him and swears never to sleep with him again. Inevitably, he does something endearing, and she ends up seeing him again. Bridget also has chance encounters with Mark Darcy, in which she ends up saying or doing something she deems foolish and unattractive.

Bridget's mother leaves her father and runs off with a Portuguese man named Julio, who's younger, wilder and more handsome than Bridget's father. After a few other trysts, Bridget's mother decides that men are not what she's after. She wants the career she never had, so she gets a job in television.

Bridget and Daniel settle into a relationship and spend almost every weekend together. They even plan a weekend away in the country together. Bridget is happy to have a boyfriend, even if they do spend each summer Sunday watching cricket with the blinds closed and the room dark. One day, Bridget pops by Daniel's place unexpectedly and finds a naked, beautiful American sunning herself on his terrace. Bridget is devastated.

Now that Daniel is out of her life, Bridget focuses on her career. Her mother gets her an interview with a television station. Bridget begins working in television and finds much success. Her shining moment is a coveted exclusive interview, awarded by her friend Mark Darcy, with his star client.

After a party at his house, Mark Darcy asks Bridget out for a date. They set plans for dinner, but Bridget does not hear the doorbell ring when he comes, and they stand each



other up for their first date. Bridget invites him to a dinner party at her flat, which turns out to be a culinary disaster. The same night, she finds out that her mother is a fugitive, along with her boyfriend. Julio has stolen a lot of money from family friends, including Mark Darcy's parents, in a time-share scam. After that night, Bridget waits for Mark to call her, but he doesn't.

A few days later, she hears from Mark. He's in Portugal trying to get her mother and the money back. Her mother returns to London and some of the money is recovered, although Julio is still missing. December begins, as does the Christmas season, and Bridget is in full party mode. She attends numerous parties, lunches and gatherings with her friends. Through it all she hears nothing from Mark and figures her horrible cooking and criminal family have scared him off.

On Christmas Day, Julio appears at Bridget's family's home with Mark Darcy in hot pursuit. The police are called, and Julio is arrested. Mark Darcy sweeps Bridget away and declares his love to her. The book ends with a summary of Bridget's progress on her New Year's Resolutions, only one of which she kept. She found a wonderful boyfriend.



New Year's Resolutions

New Year's Resolutions Summary

The book starts out at the beginning of the year with Bridget's New Year's resolutions. There are two columns that make up the chapter. The "I Will Not" column addresses four major areas: Men, money, drinking and smoking. Regarding her health, Bridget resolves not to drink excessively and to stop smoking. Regarding money, she resolves not to spend more than she has or waste money. The majority of the "I Will Not" column addresses her relationships with men, such as falling in love with all manner of dysfunctional men, having crushes rather than relationships and obsessing about her boss - Daniel Cleaver - whom she has a crush on. She also resolves not to pout about not having a boyfriend at all.

The "I Will" column repeats some of what Bridget considers the more important resolutions such as stop smoking, drink less, saving money and forming meaningful relationships. To the "I Will" list Bridget adds resolutions that address improving her health, such as reducing the size of her thighs, going to the gym to work out and eating more fiber. Bridget also resolves to improve her living space by cleaning her flat, taking old clothes to charity, learning how to use her VCR and putting photos in albums. In the "I Will" column, Bridget resolves to get a better career, use her time better, have more poise and confidence, and stay home to read books and listen to classical music more than she goes out.

New Year's Resolutions Analysis

In this first chapter, the author sets up the style of the book as well as foreshadows the main character's issues. The book is written as if it was a diary and begins with the New Year. As many people do at the beginning of the year, the main character makes her list of resolutions for the New Year. Her lists of "I Will" and "I Will Not" tell the reader the largest issues in her life and what she cares about most. The two lists foretell the main subjects of the rest of the book: men, relationships, drinking, smoking, money, family, dieting, career, poise, and health.



January

January Summary

Sunday 1 January: At the beginning of each journal entry, Bridget lists her vital statistics such as weight (129 lbs.), alcohol consumption (14 units), cigarette consumption (22) and calorie consumption (5424). Bridget lists all the food she ate during the day. The calorie count is 5424, so the list is long and includes cheese potatoes, Bloody Marys, more cheese, bread, box of candy and turkey curry and dessert at her parents' best friends' home.

Her mother talked her into attending the annual New Year's Day Turkey Curry Buffet months before even mentioning that Mr. & Mrs. Darcy were bringing their recently-divorced son, Mark. Now it was New Year's Day and Bridget's hangover left her sluggish and really in no mood to go to the Buffet. She felt obligated and started off late.

As soon as Bridget arrives at the dinner she get questions from her mother's friends about her love life and why she has not settled down yet. Bridget finds this line of questioning completely appalling, since she never asks any of them how their marriages are going and if they're having sex.

She sees Mark Darcy, for the first time in a long time. They were friends as little children. Mark looks silly, wearing a very bright, goofy Christmas sweater. Mark tries to start a conversation with Bridget by asking her about books she's read recently. She thinks he's weird, and the conversation stalls. Mark then took off for the buffet. Bridget wonders why she's so unattractive that even men in ugly sweaters are not attracted to her.

Tuesday 3 January: Bridget has gained one pound and obsesses about her obesity. It's back to work from the holiday, and Bridget dreads the office, except for seeing Daniel Cleaver, her boss. She loves his playboy attitude and that he's successful and smart. Daniel flirts with her during the day, and she plans to wear her short black skirt to work the next day.

Wednesday 4 January: Bridget has gained another pound and is quite upset about the trend. She smoked a pack of cigarettes and ate only 700 calories. While at work, Bridget's friend Jude calls in crisis. Her boyfriend has broken up with her. Bridget, Jude and their friend Sharon meet for drinks and to discuss the break up. Sharon's opinion on Richard, Jude's ex-boyfriend, is that he has emotional problems. The three devise a strategy for Jude that includes her thinking of the situation in a way consistent with *Men Are From Mars, Women Are From Venus*. Viewed through this filter, Richard's behavior is because he is a rubber band that needs to stretch away before it comes back.

Thursday 5 January: Bridget's weight has dropped two pounds. While in the office secretly updating her resume for a new career, Bridget receives an email message from



Daniel commenting on her short skirt. They message back and forth throughout the day, and even though some of his remarks border on sexual harassment, Bridget relishes the thought of being harassed by Daniel.

Friday 6 January: After another day of emailing back and forth with Daniel, he asks for her address and phone number. He wants to send flowers to her practically missing skirt.

Sunday 8 January: Bridget's weight has dropped another pound, and she's smoked and drunk less than usual. However, she feels terribly unattractive. She left her whole weekend open, just in case Daniel called to ask her out. It's Sunday night, and she's devastated. She calls her gay best friend Tom, and he offers support. Tom's theory is that gay men and single women have some sort of special bond, because they're both treated as freaks by their parents and society.

Monday 9 January: Daniel does not show up for work, and Bridget wonders what has become of him. Finally, she finds out that he's on a business trip and will be back the next day. Later that night, Bridget calls Daniel and leaves a message on his answering machine. As soon as she does it, she knows it's a mistake. She calls Tom, who believes he can crack the code on the machine and erase the message. Before he's finished, Daniel answers the phone, and Tom hangs up.

Tuesday 10 January: Bridget is too embarrassed to go to work, but she sneaks in anyway, hoping not to see Daniel. He appears, however, looking especially sexy and emails her. They email all day and make plans to go out on Sunday night.

Sunday 15 January: Bridget's weight is down to 126, which she's happy about. In addition to counting calories, she's begun counting negative thoughts. She spends all day in various date preparation exercises such as waxing, tweezing, shaving, pedicure, exfoliating, moisturizing, dyeing, etc. Toward the end of her preparations, she notices her answering machine light flashing. Daniel has stood her up for their first date. She's disappointed about the date and that she wasted a whole day preparing. By 5 a.m., she hates Daniel and wants nothing to do with him.

Monday 16 January: Bridget's has gained two pounds. Daniel was in meetings all day. Bridget feels depressed and decides to go shopping and meet Tom for dinner. Tom says not to worry and give it time.

Tuesday 24 January: Daniel asks her out for a date on Friday.

Friday 27 January: Daniel takes Bridget out for a wonderful first date. They take a cab back to his place and fall into each other's arms. As Daniel begins removing Bridget's clothes, he says they shouldn't get involved with each other. Bridget jumps up and tells him that she is not interested in getting involved with his emotional problems. Bridget goes home.



January Analysis

In January, the reader learns a great deal about Bridget. She obsesses about her weight, her drinking, and her smoking. The reader should note that Bridget's weight (129 lbs.) was the same at the end of January as it was at the beginning. Even more than that, Bridget obsesses about being single. Bridget also appears to be very sensitive to the approval of men. She took offense to Mark Darcy's treatment of her at the Turkey Curry Buffet, even though she thought he was a cad with an ugly sweater.

Bridget also begins dating her boss, Daniel Cleaver, whom she's been interested in for some time. Up until now, she was attracted to him from afar. However, Bridget and Daniel begin a flirtatious email dialogue and Daniel asks her out. Bridget's hopes are dashed when he cancels their first date. Finally he reschedules, and they go out. At the end of the date, as they begin making out, Daniel makes it clear to Bridget that he wants to have fun and not a relationship. Bridget obeys one of her New Year's Resolutions not to get involved with emotionally messed up men, and she walks out on Daniel. Bridget questions her decision and is afraid that such a display will insure that she will end up alone forever.

The author writes this book as a journal, and the style is an internal dialogue, much like a journal entry. The author uses abbreviations, like one would in a journal, such as "v.g." for "very good."



February

February Summary

Wednesday 1 February: Bridget recalls her weekend spent worrying about the end-of-date-disaster with Daniel. She also went to her parents for lunch, where her father asked her if she's noticed anything wrong with her mother. She hadn't. Daniel has been out of the office in New York. That night Bridget attended dinner with friends that she calls the "Smug Marrieds," along with a whole room full of other "Smug Marrieds." For Bridget the dinner consisted of good wine and energy spent defending her single status. By the end of the evening, she was drunk and a good deal upset.

Sunday 5 February: Bridget still has not heard from Daniel. She wonders why, but also wonders what will become of her on Valentine's Day, which is quickly approaching. Bridget is worried about her parents, so she decides she will go visit them. She calls them and speaks to her dad. He sounds strange and asks her not to come, because he and Bridget's mother are having problems. Bridget fears she will be the tragic child of a broken home.

Monday 6 February: Bridget's weight is down to 124. Daniel will be back in the office today, and she eagerly awaits his arrival. She finally sees him from across the room. He looks at her skirt and gives her a flirty grin. They end up sending messages to each other all day. Bridget enjoys the electronic banter but swears that she's not going to sleep with him. She's worried; she hasn't been able to get her parents on the phone.

Thursday 9 February: Again, Bridget tries to reach her parents by letting the phone ring and ring. Finally her mother picks up, sounding strange. She asks Bridget if they can call her during the weekend.

Saturday 11 February: Her father leaves her a phone message that he wants to have lunch with her on Sunday. Then she receives a call from her mother, also about lunch.

Sunday 12 February: Bridget's mother calls to say that she's not coming for lunch if her father is coming. Her father arrives and tells Bridget how his wife has been acting strange, ever since she returned from a vacation with her two girl friends. She said she wanted to move out. Bridget's father was devastated and sobbing.

Monday 13 February: Although Bridget is heartbroken by her parent's situation, she's also quite proud of how caring and supportive she is. Having been so caring for her parents makes her wonder if perhaps she should do more for other people, like the homeless. She also considers that it would probably be a good idea to date a doctor and care for him. Then she remembers that Valentine's Day is the next day. She's feeling very cynical about Valentine's Day. She writes that it's just a commercial holiday and really means nothing.



Tuesday 14 February: Bridget waited all day excitedly for roses, a card, or a box of chocolates from Daniel. To comfort herself, she had a chocolate croissant on the way to work. To add insult to injury, her bitchy semi-senior colleague began questioning her about how many flowers she'd received, in a pitch that the whole office could hear. Bridget told her to shut-up. Daniel had been listening to their exchange the whole time and laughing.

Wednesday 15 February: When Bridget was leaving for work this morning she noticed a card on the table outside her flat addressed "To the Dusky Beauty." She assumed it was for Vanessa. When she arrived home that night, the card was still there.

Thursday 16 February: The card is still on the table.

Friday 17 February: The card is still on the table. Bridget figures that both she and Vanessa are too polite to take the card, so she knocks on Vanessa's door. They decide to open the card together. The card said "A piece of ridiculous and meaningless commercial exploitation for my darling little frigid cow." Bridget shrieked and immediately called her friends who all said to leave him alone, that this is a mean man. Bridget asked if she should call him, to which they unequivocally said "no."

Saturday 18 February: Bridget gets the opportunity to hear her mother's side of the story. They meet for lunch and her mother assures her that there is no one else. Then a tall, distinguished man taps on the coffee shop window. Her mother mouths to him that she'll be a minute. After leaving the restaurant, Bridget followed her mother to make sure she wasn't mistaken. Sure enough, her mother is shopping with the man and letting him smell perfume on her wrists.

Sunday 19 February: Bridget is worried about her parents and decides to confront her mother about the man she saw. It turns out that his name is Julio, but Bridget's mother denies meeting him in Portugal while on vacation with her friends. She said they met at a department store and have become platonic friends. She accused Bridget of being jaded and paranoid. Bridget's father ended up moving out of their home and into the Alconbury's flat in their home.

Wednesday 22 February: Because of her parent's problems, Bridget has gotten little sleep and been totally distracted. This has worked in her favor, however, when it came to Daniel. He has been acting very interested in her.

Thursday 23 February: Bridget runs into Daniel in the elevator, after most of the staff has gone home. They are immediately drawn to each other and begin making out in the elevator, only to stop abruptly when a colleague joins them on a lower floor. Daniel asks Bridget out for dinner the next night. She's excited.

Saturday 25 February: Bridget's weight is down to 122 lbs. She is also enjoying her state of "shag-drunkenness" after a night of passion with Daniel. However, she finds that she is once again waiting for the phone to ring. Daniel doesn't call.



Sunday 26 February: Bridget wakes alone once again. She can't help but think that it's not fair that she is alone, while her mother is probably waking up with Julio.

February Analysis

In February, Bridget is mainly concerned about her parents and getting another date with Daniel. Bridget learns of her mother's infidelity and that her parents are splitting up. She's heartbroken, but also flattered that her parents have sought her support. Being so immersed in her parent's problems Bridget ends up neglecting and not obsessing on Daniel, which actually turns out to favor her because he becomes intensely interested. They end up going out on a date and falling into bed with each other after.

Bridget shows her insecurity in this chapter by actually enjoying her parents' need for her, even though it is in such heartbreaking circumstances. She also succumbs to Daniel's flirtations, which she had sworn to herself not to do. The advice of her friends to stay away from him, and that he's a mean man, are foreshadowing in the story. By getting involved with Daniel, she is breaking her New Year's Resolution to not get involved with emotionally messed up men. In her characterizations of her feelings, Bridget seems quite dramatic. Her moods swing from "drowning sorrows" to "oh, joy."

The themes that Bridget is dealing with in this chapter resonate with many young singles. A search for love at all costs is reflected in Bridget's relationship with Daniel. She seems to be willing to sacrifice her ideals for a night of passion with Daniel. Although she had a great time with him and revels in the afterglow, she quickly finds herself lonely once again, waiting for him to call.

Another theme of this chapter is the unsettling loss of security that she feels when her parents split up. It is hard for Bridget imagine that her parents are just people, with the same needs and desires she has. Bridget has a hard time coming to terms with her parents splitting up and her mother having a lover.



March

March Summary

Saturday 4 March: Weight is 126, and Bridget sees dieting as pointless if she just ends up weighing the same at the beginning of each month. Her mother unexpectedly drops by her flat. She is meeting a tax man for lunch and needs to freshen up. It occurs to Bridget that her mother has discovered power. She has power over Bridget's father and Julio, and now the tax man wants to be near her. Bridget is depressed that although she has seen Daniel at work all week, he offers no indication of what is going on with their relationship. When the weekend drew near, Bridget refused to make plans with her friends, just in case Daniel asked her out. He didn't. She calls her friends back and plans a night out with them.

Sunday 5 March: Bridget is hung over from a big night out. As she's lying in bed, she recounts her friends' advice on the Daniel situation. The consensus was that he is a jerk and she should stay away from him. However, Jude offers the theory that he may need "Boy Time," which she defines as the time during a new relationship when men leave the relationship hanging in the air for a week. They apparently need time to cool off before proceeding. The time doesn't seem significant to them, while the girl is freaking out. It occurs to Bridget, while she's still nursing her hangover, that today is her godson Harry's birthday. She drives at breakneck speed to the party at Magda's, where she dreads being surrounded by ex-career, ultra competitive, married women with children. After all the children and competitive mommies, Bridget's head was about to explode, so she left very thankful for her singleness.

Monday 6 March: Bridget was completely exhausted. The night before, her mother unexpectedly showed up in tears. She had realized that she had nothing of her own, and now she wanted a career. The three men after her were not enough. Bridget comforted her mom by letting her go through her closet and criticize all her clothing. Bridget realizes that her life has shifted to where she is now caring for her parents. She's aghast that she could actually be old enough for that to happen. After her mother finally leaves, Bridget calls Tom to lament that Daniel did not call her all weekend. Tom advises her to be the ice queen at work. Bridget follows his advice, which apparently works. She has a message from Daniel that she didn't read, and he keeps trying to get her attention all day. She responds by rolling her eyes and picking up the phone and pretending to be very busy.

Tuesday 7 March: Bridget can't believe she's gained three pounds during the night. She recounts everything she has eaten. She decides to renew her commitment to her diet, after she has a chocolate croissant.

Tuesday 14 March: Bridget acquiesces and begins messaging Daniel again. He asks her if she wants to go to Prague for a weekend. Of course, she is delighted and accepts. He also asks if she wants to have lunch. She accepts. As they are walking to



the pub for lunch, Daniel tells her that he screwed up and will not be able to go to Prague for the weekend. Bridget decides he was just testing to see if she'll still sleep with him. She yells at him, and he leaves her standing on the street and goes to the pub. Bridget walks back to the office. She is proud of herself for standing up for what she wants. Her friends congratulate her fortitude at a post work meet-up.

Wednesday 15 March: Bridget realizes that her birthday is two weeks away. She laments that another year has passed, and she has still not become a Smug Married, nor has she elevated her career to make boatloads of money. She is still directionless in her career, with no boyfriend or meaningful relationship. She decides to invite all her friends over for a birthday celebration.

Thursday 16 March: Bridget makes up the guest list for her party with lots of "yuks" next to certain names.

Friday 17 March: Tom said Bridget should invite only people she likes to her party. Bridget revises the list from 17 to five. The five she invites complain that they want to bring their "vile" significant others. The invitation list is back to 16. Bridget is disappointed she'll spend her birthday cooking dinner for 16 people.

Saturday 18 March: Bridget's mother has gotten a job as a TV presenter.

Sunday 19 March: Bridget's outlook on her birthday has improved after talking to Jude about rites of passage. She momentarily feels at peace with her age and decides her birthday dinner will be a memorable ethnic family dinner.

Monday 20 March: Bridget decides on her birthday dinner menu and imagines what it will be like to be known by her friends as a miraculous chef and party hostess.

Tuesday 21 March: The dinner party preparations are underway, but not going well. Bridget stepped in a pot of mashed potatoes with her new black suede shoes. She puts together her preparation schedule to make sure she's ready when her guests arrive. Her schedule gets all screwed up, and she forgets items at the grocery store. At 7:55 her doorbell rings, by which time she resents all of her guests and feels like telling them to go away. Her friends are at the door with a bottle of champagne and reservations at their favorite restaurant. Bridget is thankful for her friends and prefers the restaurant to the Turkish family dinner she was planning. She makes two additions to her New Year's resolutions: not to be so neurotic and dreadful, and not to spend any more time with Daniel.

March Analysis

Bridget continues to struggle with her relationship with Daniel, which is still not working out. She takes the advice of her friends and plays coy with him, paying him no attention. Her aloofness makes him want her more. When he asks her to go away with him for the weekend then quickly cancels, she sees Daniel is playing games with her. She gets up



the nerve to confront him and demand that he treat her with respect or not go out with her at all. By the end of the chapter, she has sworn off dating Daniel.

In this chapter, Bridget is also dealing with the relationship crisis between her mother and father. Her mother has started dating various men and dropping by her flat unannounced. Bridget sees that her mother has power over the men she dates, which makes her very attractive to them. In contrast, Bridget usually gives away her power to the men that she dates, and she envies this quality in her mother. However, by the end of the chapter, Bridget's mother is still unfulfilled with her men and decides that what she's really missing is a career. Bridget feels satisfied that at least she has a career, something for her mother to envy.

Bridget also celebrates her birthday in March. She decides to have her friends over for a magnificent family dinner. Bridget becomes neurotic over the whole affair, and the dinner preparation becomes a disaster. Her friends know her well and had already made dinner reservations. Bridget is very thankful for her friends, who really are her family.

In March, the themes that prevail are Bridget's relationship struggles and lack of power in her relationships with men, Daniel in particular. Another theme is Bridget's role reversal with her parents. Also, Bridget is reminded of the power of her friendships and how much her friends mean to her.



April

April Summary

Sunday 2 April: Bridget read an article about the late Kathleen Tynan and her poise. Bridget deduces that Kathleen would not let Daniel sleep with her without being her boyfriend, nor would she get drunk and chain smoke. Bridget begins repeating to herself the phrase "inner poise." It must have been working, she thinks, because she wasn't drinking much and had not smoked for six days. She had not slept with Daniel, nor flirted or emailed with him. Bridget's father then called her to turn on her television. Bridget's mom was on tv, promoting her new show. She had obviously not told Bridget's father about her new career. He was saddened and disappointed.

Tuesday 4 April: Bridget sets up a new schedule for herself that will enable her to get to work on time. She wakes at 7 a.m., but between weighing herself, lamenting about her weight, showering, fighting to get her tights on, ironing, blow drying her hair, and losing her keys, it takes her 3 hours and 45 minutes to leave for work. She's late again.

Wednesday 5 April: Bridget further explores inner poise. She discusses it with Jude, who tells her about a book on Zen that she is reading. Jude tells her that it's about "flow." One should not get angry or upset, but relax and let things flow.

Thursday 6 April: Bridget and Jude meet again for a drink and to discuss flow. Bridget sees Jeremy, her friend Magda's husband, having dinner with a younger woman. She is confused as to what to do, but decides to make a point to walk past Jeremy's table so he'll know that she saw them. She will keep the incident to herself until the appropriate time. She tries to remember poise and flow.

Tuesday 11 April: After checking in with Magda, Bridget decides everything seems fine, and Jeremy must have been on a business dinner. Bridget is invited to a book-release party. Rather than freaking out about it, she decides that she will attend. She had just recently read an article called "Make Parties Work for Me" and was inspired. She read that one must attend a party with an objective, either to meet new business prospects or make new friends.

Monday 17 April: Bridget writes up her objectives for the party: not to get too drunk, to meet new business contacts, meet people in order to find a new career and to practice the pointers in the article. Then, she decides it's all too scary, and she'd rather stay home with some wine and watch TV.

Tuesday 18 April: Bridget arrived at the party. She went to get a glass of wine and saw Perpetua. She approaches Perpetua ready to say something brilliant, and Perpetua ignores her and keeps on talking. Then she sees Simon from Marketing and crosses the room to talk to him. Simon and his companion wait expectantly for what Bridget will say. She asks them where to find the restrooms. Later on, Bridget is approached by Mark



Darcy. She's surprised to see him looking handsome. He also has a woman with him named Natasha. As she's leaving, Bridget runs into Daniel, who remarks that he saw her talking to Mark Darcy. Daniel invites her to have dinner with him. She refuses and goes to meet Jude for a drink and recount the evening.

Saturday 22 April: Bridget has finally arrived. She's thin at 119 pounds and no longer smokes or consumes lots of wine. She also realizes that she is no longer in love with Daniel.

Tuesday 25 April: Bridget is feeling fabulous and attends a party thrown by her friend Jude. She wears a cute little black dress to show off her new figure. Jude sees her and asks if she's feeling all right. She says Bridget looks like she may have lost too much weight. Others comment that she looks tired, and her friend Tom says he likes her better with a little more weight on. Bridget is disappointed.

Thursday 27 April: Bridget has not drunk or smoked, but bought 12 lottery tickets. She resolves to stop buying so many, even though she wins a little.

Friday 28 April: Bridget has bought no lottery tickets. However, she's back to drinking and smoking. Magda shows up at Bridget's flat, very upset, because her husband Jeremy is having an affair. Following Magda's drama, Bridget ends up having pizza and Scotch with her married neighbor, who kisses her. She kicks him out. Not long afterward, her doorbell rings. It's Daniel, who says he loves her and wants to come in and explain himself.

Saturday 29 April: Daniel has stayed over and is still at Bridget's 24 hours later. Bridget is in love. Her inner poise has gone down the toilet as a result of three bottles of champagne and numerous pizzas that she and Daniel have consumed.

April Analysis

In this chapter, Bridget discovers inner poise and attempts very earnestly to practice it. She reads articles about it and discusses inner poise and Zen with her friend Jude. She begins losing weight and stops smoking and drinking. Then, life gets in the way of her inner poise. She has to attend a work party which is horrifying to her, she runs into Mark Darcy and Daniel on the same night, she finds out Magda's husband is cheating on her, she gets drunk with her married neighbor who kisses her and falls back in to bed with Daniel after he begs from the street to see her and tells her that he loves her. Bridget ends April smoking heavily, drinking lots of champagne, and fearing that she may be pregnant.

Bridget also loses weight and gets down to what she imagines is an ideal size. However, she learns that her friends and those around her actually prefer her to weigh more. When skinny, she looked tired, drawn and ill. The message from the author is certainly counter to our pop culture, which often prefers skinny women's bodies.



The author stays consistent in this chapter with her themes that relationships between women and men are complicated and difficult. Bridget's parents are still having a difficult time in their marriage; Magda find out her husband is cheating; Bridget has a strange encounter with her married neighbor, falls out of love and back in love with Daniel, and strangely enjoys a conversation with Mark Darcy.

Also, there is a theme in that no matter how Bridget tries to be someone else, she always ends up being herself. This is shown in the issues over her weight loss and her behavior at the work party. At the work party, she endeavors to maintain her inner poise while saying brilliant things. However, she ends up being ignored, not saying brilliant things and being made fun of by Mark Darcy's female companion.



May

May Summary

Monday 1 May: Bridget fears that she is eating for two. After Daniel finally left, Bridget had to attend to her horrendous hangover by eating. She lists all the items she consumed, including cheese, potatoes, cheesecake, candy bar, chocolate dessert, broccoli and hot dogs. She also fantasizes about Daniel as a father. These fantasies which turn into fears of her and Daniel as drunken parents with cockney accents after she sees him. He looks horrible and hung-over, probably because he continued drinking after they parted.

Wednesday 3 May: Bridget is back to 128 pounds. She is sure this is due to the rapidly growing baby and the fact that she consumed 3100 calories, mostly made up of potatoes. Bridget admits to herself that she knew she really wasn't pregnant before. Then her period is late, and Daniel hasn't called. Now she fears being a single mother.

Thursday 4 May: Bridget decides to buy a pregnancy test. While she's searching for the right one, the pharmacist interrupts her, discussing openly and loudly which test is the best. Bridget hurries him along and quickly buys a test. She performs the test, waits the allotted time, and sees one blue line appear. She's horrified. She returns to her desk in a daze. She can't handle her secret any longer and leaves the office to use the phone booth across the street. She calls her friend Sharon and asks her to meet her right away. Her single life is flashing before her eyes, as along with visions of single motherhood. She sits down with Sharon and shows her the test. Sharon scolds her to read the directions, that one line means that Bridget's not pregnant.

Friday 5 May: Bridget mourns the loss of her baby, until Tom calls and invites her to have a Bloody Mary at lunch. Her mother calls to say she's going to a health farm. Daniel calls to see how her week was. She lies and tells him it was great. She read somewhere that it was important to project an air of tranquility to one's man. Daniel asks her out for Saturday night.

Saturday 6 May: Bridget has a date with Daniel, which turns out to be very strange. They watched the VE Day festivities on television. When it was time to go to bed, they both got very uptight and "English" about it. They ended up lying next to each other Laurel and Hardy style. Bridget conjectures that it's probably because their whole relationship is based on one or the other resisting sex.

Saturday 13 May: Bridget has Jude and Sharon over to her flat for a ladies' night of drinking, eating and ranting. Jude's boyfriend, nicknamed "Vile Richard" keeps calling her, even though they've split up, just to make sure she's still interested. The girls rant about their men and feminism. Then Daniel rings the doorbell and asks if he can come up to give her a kiss and see her. She agrees to let him up. He has boxes of candy for each of the three ladies and groceries for the weekend. He drives Bridget's friends



home, and she beams with pride in her perfect boyfriend. He returns and sweeps her up in his arms and into the bedroom.

Sunday 14 May: Bridget learns of the a new telephone feature, 1471, that allows one to know the number of the last person that called. Sharon says it's a ploy by the phone company to capitalize on the relationship failure epidemic among the British. Bridget's mother calls to say that she's taking Bridget to get her colors done. Bridget refuses, but her mother insists, saying that perhaps Mark Darcy would have been interested in her if she looked better.

Tuesday 17 May: Bridget has dinner with her friend Magda, who is depressed about her cheating husband. She encourages Bridget to enjoy her single life. Magda is in a very vulnerable position, having given up her job and to have children. She's envious of Bridget's independent life.

Friday 19 May: Bridget's mother calls her at work to tell her that her show "Suddenly Single" is going to interview Bridget at her flat. Bridget finally tells her mother that she is in a relationship, although because she's at work, she cannot say with whom. Her mother begs, and Bridget reluctantly relents.

Saturday 20 May: The television crew sets up in Bridget's flat. Daniel is asleep in the bedroom, and Bridget hopes to get the TV thing done before he wakes. On camera, her mother then asks if Bridget wants a child. Just then, Daniel appears and jokes that if Bridget had a child, she would probably lose it. He introduces himself to her mother.

Sunday 21 May: Bridget's mom is not speaking to Bridget or Daniel, because she's angry that her fraud was exposed. Bridget's relieved that maybe her mother will leave her alone for a little while. Bridget begins looking forward to summer and taking mini-breaks with Daniel.

May Analysis

Bridget's relationship with Daniel continues to get complicated. At the opening of the chapter, Bridget fears that she is pregnant but never tells Daniel of her fear. She finds out through a pregnancy test that she is not carrying Daniel's baby. Her relationship with Daniel continues to be unpredictable and controlled by Daniel. After her pregnancy scare, he doesn't call her all week. Then they have a date that ends very strangely with them lying in bed side by side, not touching. The next night Daniel shows up at Bridget's flat with groceries and candy trays for her friends, followed by a night of passion. Bridget begins to think of Daniel as an actual perfect boyfriend. At the end of the chapter, she is planning for the future and fantasizes about all the fabulous mini-breaks they will take together during the summer.

Meanwhile, Bridget's girlfriends continue to have relationship difficulties with men. Her friend Magda feels trapped in her marriage to a cheating husband, because she gave up a great job to stay home and have babies. She envies Bridget's freedom and independence. Magda's experience is an education for Bridget because Bridget is trying



so hard to find a man and dreams of a husband and children. However, Magda has that and is miserable and broken-hearted. Perhaps the theme here is that every relationship is difficult and has its ups and downs. One should try to enjoy the present, because no matter what stage one is in life, there will always be difficulties.

Bridget's friend Jude, who has split up with her boyfriend, still finds herself taking his calls. He continues to call her trying to hint that maybe they could get back together, and then he tells her that he will bring a date to a mutual friend's party.

About Bridget's resolutions, she's back to a moderate weight, drinking, smoking, and buying lottery tickets.



June

June Summary

Saturday 3 June: Bridget is enjoying having a boyfriend. She fantasizes about a vacation together. They plan to go to a party at one of his friend's and then to the park or to a pub in the country the next afternoon.

Sunday 4 June: Rather than spending a nice summer day at the park or in the country, Daniel wants to spend all afternoon indoors, with the curtains drawn, watching cricket. Bridget is disappointed. At the party the night before, Daniel and Bridget were introduced to a woman that Daniel apparently had slept with and didn't remember.

Tuesday 6 June: Bridget is working from home. She's mostly distracted from her work by brochures of mini-breaks that she can take with Daniel. Then she begins suspiciously fantasizing that he's having an affair. She surmises that as one gets older, dating becomes so loaded with expectations that it's almost doomed from the start. Bridget's distraction continues, and by 7:30 that night, she hasn't gotten any work done.

Saturday 10 June: Bridget recounts the girls' night out from the night before. Rebecca, who can be horribly cutting, decided to join them. She immediately began cutting Bridget down for looking older than their friend Magda. Bridget obsessed that she is aging prematurely. She decides to meet Tom for tea and gets all made up before going. Tom tells her she's too made up, and she confesses to him her fear of prematurely aging. Tom tells her she's ridiculous and that she's not aging prematurely. She believes him.

Sunday 11 June: Bridget and Daniel spend another Sunday with the curtains drawn, watching cricket. Bridget is disappointed.

Monday 12 June: Bridget's mom calls and asks her to tape a television program that a family friend is appearing on. Bridget spends a couple of hours trying to program her recorder. She can't get it to work, so she calls all of her friends to ask them to do the recording. They all are either not available or don't know how to use their machines. She is forced to call Daniel, who keels over with laughter that she doesn't know how to program her machine. Bridget's mother calls to tell her that the program will actually be the next morning.

Sunday 18 June: Sitting indoors watching cricket once again, Bridget has an outburst over wanting a mini-break. Daniel relents and tells her to plan it for the next weekend at a nice country place.

Wednesday 21 June: Bridget is so excited to plan the mini-break, but Daniel wants to hear nothing of it. He just wants her to plan it. She's afraid she'll plan something he will not like. He obviously doesn't understand how long she has been thinking about this trip.



Sunday 25 June: Daniel and Bridget arrive at the hotel for their mini-break. There are Rolls-Royces parked in the driveway, and Daniel immediately calls it nouveau riche. Bridget has packed for warm weather, but it turns out to be cold. When they check into the hotel, they learn that they are the only ones in the hotel that are not part of a wedding party staying for the weekend. They discover there's one other couple in the hotel, and it turns out Daniel had slept with the woman. Daniel suggests a new diet to Bridget that combines her obsession over dating and weight. She would only eat meals that are bought for her by men. So between men she loses weight, becomes more attractive and then a man snags her and she begins eating again. Bridget wonders if he's right regarding her body concept in relation to men. Then Daniel draws the curtains, turns on the TV and orders a six-pack of beer from room service.

June Analysis

Bridget and Daniel settle in to a relationship, and Bridget discovers that it's not all that she expected. Daniel just wants to sit around on Sunday with the curtains drawn, drinking and watching cricket. She's disappointed but wonders if any relationship would not be disappointing. Bridget feels that with all the expectations of an adult relationship, it cannot help but become disappointing. Bridget finally gets her way and plans a mini-break with Daniel. Their mini-break turns out to be a disappointment as well. The weather is cold, they are one of only two couples in the hotel not with a wedding party and Daniel had slept with the woman in the other couple. The mini-break ends just like every other Sunday, with the curtains drawn, Daniel drinking, and watching cricket.

This chapter includes quite a bit of foreshadowing. Now that Bridget and Daniel have settled into a relationship, the storm clouds begin to gather. It seems that wherever the couple goes in public, they run into a woman that Daniel has slept with. Bridget also has a bout of paranoia that Daniel is cheating on her and wonders whether it's her woman's intuition or really happening.

Bridget spends time during this chapter obsessing about her dieting, weight and aging. Comments by her friend Rebecca make her wonder if she's aging prematurely. Daniel's comments about her obsession with dieting and dating lead her to consider that her relationship to men is tied to her poor body image.



July

July Summary

Sunday 2 July: Bridget's mother calls and invites Bridget and Daniel to a Tarts and Vicars party being thrown by some neighborhood friends.

Saturday 22 July: Bridget is looking forward to Daniel coming to the Tarts and Vicars party with her. She's excited that he'll meet her dad. She's hoping that they will make a mini-vacation out of the weekend and stay in a place without a TV in the bedroom.

Bridget awakens in the night after a nightmare and expects Daniel to be supportive. He just tries to be humorous. Bridget gets more upset and leaves to sleep on the sofa. Daniel "interprets" the dream for her, saying that it is about her true purpose in life: to cook his meals and walk around his flat with no pants on.

Friday 28 July: Daniel and Bridget pick out their outfits for the Tarts and Vicars party. Daniel is sweet to Bridget and puts up with helping her get her outfit just right. Bridget is very excited.

Saturday 29 July: Daniel is still sleeping at 2:00 p.m., and the party starts at 2:30 p.m. Bridget wakes him, and he says he can't go because of all the work he has to do this weekend. Bridget is devastated, but decides to go anyway. She dresses in her bunny girl outfit and goes to the party. When she arrives, she's horrified to find everyone dressed in country casual clothing and v-neck sweaters. No one called to tell her that the theme had changed. Mark Darcy is at the party with his lawyer girlfriend, who makes fun of Bridget. Bridget's mother is at the party with Julio. Mark Darcy finds out that Bridget is dating Daniel Cleaver and tells her to watch out for herself. Bridget decides to leave the party after only 45 minutes.

Bridget decides to stop off at Daniel's house on the way home. His car is there, but there's no answer when she rings the bell. After a while, he answers the bell and asks if he can meet her in 10 minutes at the pub. She agrees and sets off, but then it hits her that he must be with another woman. She goes around the corner and sneaks back to his place. She rings the bell again and demands to come in. He lets her in, and she nonchalantly begins snooping around. Then she notices the door to the roof terrace. She tells Daniel she's going up to the roof to cool off, dodges Daniel and runs up the stairs. Lying naked in the sun is a bronze, tall, blonde woman. Bridget felt like a fool in her outfit. In an American accent, the woman says to Daniel, "I thought you said she was thin."

July Analysis

The main event in July is Bridget's discovery that Daniel is cheating with an American girl who's prettier and thinner. Bridget's instincts were correct in suspecting Daniel's



infidelity. Bridget had created Daniel as the perfect boyfriend in her mind. She was so excited to introduce him to her father and finally be accompanied to a family party, rather than going alone as always. She was heartbroken and humiliated by Daniel, not to mention the comment on her weight by the other woman. The only person looking out for her in this chapter is Mark Darcy. He helps her find something else to wear at the party and warns her about Daniel. Her mother and father are still caught up in their own problems.

The main theme of this chapter is that, once again, relationships are complicated and can be horribly disappointing, even if one believes they have the perfect boyfriend.



August

August Summary

Tuesday 1 August: Following her discovery of Daniel's companion, Bridget has fallen to pieces. She laments that Daniel is sleeping with the goddess, her mother is sleeping with a Portuguese man, Magda's husband is sleeping with a younger woman and Prince Charles is sleeping with Camilla Parker Bowles. Bridget can't bear the thought of having to go to work. She's sure that Daniel's cheating has to do with her being fat. Bridget calls her mother, who says that all men are selfish beasts. She reminds Bridget that he has to work with her and to give him hell. She also promises Bridget she'll get her out of that job and get her a job in television.

Wednesday 2 August: Bridget decides that everything will be fine, if she gets her weight down to 119 and rids her body of cellulite. She finds a diet to go on and plans to do an anti-cellulite treatment regime everyday. She's also cutting out coffee, alcohol and a list of other vices. She'll cut out smoking later.

Thursday 3 August: Bridget is still having a hard time thinking about Daniel with another woman. She realizes that her dieting plans were just an excuse to deny what she is feeling. While at work Daniel keeps emailing Bridget, saying that they needed to talk. She ignores the messages. Then Daniel ambushes her on her way out, and she agrees to have a drink with him. He apologizes for what happened and tells her that he misses her. Then he says he is in love with the woman, Suki, and that they are getting married.

Friday 4 August: Bridget has started tallying her thigh circumference, her negative thoughts, panic attacks, fits of crying and number of lottery tickets bought. Needless to say, all numbers are too high. Daniel announced his engagement at the office. People that Bridget doesn't even know call to congratulate her and she has to tell them the engagement is to someone else.

Tuesday 8 August: Bridget calls Jude to tell her about her tragedy. Jude arranges girl's night out with Sharon. Bridget has a great time.

Wednesday 9 August: Recovering from her night out, Bridget's body feels terrible, but her spirits are lifted after spending time with her girlfriends. Jude was upset, too, having been stood up for Relationship Counseling by Vile Richard. Bridget's mother calls to tell her that a local television show is looking for researchers and has scheduled a meeting for Bridget on Monday.

Saturday 12 August: Bridget promises herself that she will be positive and prepare for her interview at the television station. Then she starts thinking about her old boyfriend Pete, how they had a great relationship for seven years, and that she doesn't really remember why they broke up. S calls him and leaves a message. He returns her call later in the day. He says he has great news. He's getting married. Bridget becomes



further depressed and cynical. Tom calls and invites her to go to a party with him. She runs into Daniel at the party and ends up crying in the bathroom. Tom takes her home.

Sunday 13 August: Bridget continues to have a tough time. She tries to read herself to sleep, only to see Mark Darcy's face plastered all over the magazine she's reading as one of London's most eligible bachelors. Rebecca calls to tell her that her old boyfriend Pete has told everyone how upset she was about his engagement. Bridget couldn't take any more, so she made plans with Jude to meet for a Bloody Mary.

Monday 14 August: Bridget has taken the morning off to go to her interview. She's terrified. Before leaving, she receives a call that the meeting will be rescheduled to Wednesday. She decides to take the morning off, anyway.

Wednesday 16 August: Bridget couldn't sleep the night before her interview because of nerves. She kept going over all the current affairs information she's read, so she could sound intelligent and well-informed. She arrived at her interview and was ushered into a conference room filled with casually dressed young people. They were discussing how Hugh Grant could get away with cheating on Elizabeth Hurley with a prostitute. Bridget said something witty, and Richard Finch asked her to take a seat and join the meeting.

Friday 25 August: Bridget has not heard anything back from her interview. This weekend is a long one, and Bridget has been going back and forth all week as to whether she will go to Edinburgh. All of her friends are going, as are many people from work. She's afraid she'll run into Daniel. Late in the day, Perpetua asks her if she wants to stay at the flat she has rented for the weekend. Bridget turns her down, because she can't afford it.

Saturday 26 August: Bridget has made up her mind to enjoy a nice, quiet weekend at home. By 9:00 a.m. she's depressed and lonely and calls to see if Perpetua has left yet. She takes the train to Edinburgh with Perpetua who spends the entire ride on the phone making plans. Once there, Bridget tries to meet up with her friends but keeps missing everyone. She figured she'd meet them at the next place but then couldn't get a taxi, so she went looking for her friends and ended up having a Bloody Mary in the bar off the George. She turned around to see her mother conducting a TV interview. She left to go back to her room and watch TV.

Sunday 27 August: Bridget slept until two in the afternoon, again missing much of the day's activities. She meets Jude at the George for Bloody Marys. They had planned to attend a Question and Answer session, but decide to stay at the bar instead. Perpetua appears with a group from Bridget's office and demands Bridget pay her seventy-five pounds for the room. Bridget is stunned! Perpetua is convinced Bridget had a man in the room with her all weekend.

Monday 28 August: Bridget receives a letter from Richard Finch that she's gotten the job.

Tuesday 29 August: Bridget calls Finch's office and learns her new job starts in a week. She marches into Daniel's office to tell him. He takes a self-pitied tone, asking how she



can do this to him. Immediately Perpetua comes into the office and defends Bridget, yelling at Daniel for being a selfish, disrespectful man.

August Analysis

Although Bridget's world seemed to have fallen to pieces at the beginning of August, she's recovered quite nicely by the end with a new career. Bridget is still struggling with her body image and self-esteem, since she dealt with her sadness over Daniel by dieting and measuring her thigh circumference. Another blow to Bridget's self-esteem comes when Daniel tells her that he will be marrying the other woman.

However, there are positive developments in this chapter as well. Bridget finds that she feels better about her situation when she spends time with her girlfriends. She also is invited by Perpetua to get away to Edinburgh for a long weekend, which doesn't turn out as planned. The most significant development is Bridget's job interview with a television station as a researcher. Her mother gets the appointment for her. Bridget ends up getting the job, even though she knows nothing about television. She enjoys telling Daniel that she's moving on, and Perpetua becomes a closer friend when she yells at Daniel in defense of Bridget.

One of the themes of this chapter is the importance of friendship. Bridget's friends cheer her up, defend her side and buoy her self-esteem. For Bridget, her friends are her support system and like a family to her. Her family is in shambles, so it is her group of friends that help her keep herself together.

Another continuing theme is that Bridget ties her weight and body image to the approval of men. Bridget is convinced that one of the reasons Daniel broke up with her is that she's not as skinny as the bronze goddess he will be marrying. The irony is that, even when she was at her thinnest, all her friends thought she was less attractive, and she didn't attract any more male attention than at a more normal weight.



September

September Summary

Monday 4 September: Today is Bridget's first day at the new job. Her mother calls to invite her to Mark Darcy's parents' ruby wedding. She tells Bridget to wear smart, bright colors. Bridget has a tough first day finding her way around, and is late to her first morning meeting. However, she does make a brilliant suggestion during that meeting.

Saturday 9 September: Bridget's mother shows up at her flat unannounced, begging her to attend Mark Darcy's parent's ruby wedding. The party will be held at Mark's new house. Bridget refuses to attend and be made a fool of once again. Bridget attends dinner that night with the Smug Marrieds, who now invite her to their Saturday night gatherings, because they feel sorry for her break-up.

Friday 15 September: Bridget has an assignment in Manchester to interview six Dole Youths. By 5 p.m., she has not interviewed any. She has to do something drastic and gets a pile of 20 pound notes out of the ATM. The Youths became much more cooperative.

Tuesday 19 September: Bridget has a date with young Gav. She took him to the Saturday night dinner with the Smug Marrieds to prove that an older woman could be attractive to a younger man. They had a nice time and he invited Bridget to his house for dinner. After dinner they started making out, and Gav said that her stomach was squishy. Bridget left.

Saturday 23 September: Bridget has received an invitation to Mark Darcy's party for his parents. At first, she plans to refuse the invitation, but her father calls in the middle of a nervous breakdown. He wants to go to the party, but needs Bridget there for moral support. Bridget writes her acceptance to Mark.

Tuesday 26 September: Bridget is glad to concentrate more on her career and less on men and relationships. Her boss is giving her a chance in front of the camera. She will be reporting live from a local fire station. She's very excited and cannot wait to tell her mother and friends to watch.

Wednesday 27 September: Bridget feels she has embarrassed herself beyond recovery. She was preparing for her live interview and going up the pole in a miniskirt, when the newscast cut to her. By the time she got to the bottom of the pole, she was out of time and had to say "And now, back to the studio."

Thursday 28 September: Bridget has become the laughingstock of her office. She falls into self-pity. She finally found a job she loved and thought she was good at, and it's all ruined. She's sure she is good at nothing.



September Analysis

The focus of this chapter is Bridget's new career. She starts her new job in television and is feeling quite successful. She is making brilliant suggestions at meetings and doing a good job getting interviews, even if she has to pay some of her subjects to talk to her. In a very short time, Bridget is given the opportunity to do an on-camera, live interview. In her incredible style, she screws up the interview and becomes the laughingstock of her office. She fears she's lost all chance to be on-camera in the future.

Even with all that's going on in her career, Bridget manages to go out on a date with young Gav. They have a couple of nice dates together, and when they start making out he calls her squishy, which is another blow to her self-esteem and body image.

For the first time this year, Bridget is concentrating on bettering her career and not obsessing about men and relationships. She's enjoying this development and feeling better about herself and her progress, despite the bad date with Young Gav and her interview debacle.



October

October Summary

Sunday 1 October: Jude let Bridget borrow one of her fabulous dresses for the Mark Darcy party. When Bridget arrived at Darcy's house, she was surprised to see that it was an enormous mansion surrounded by greenery. The house was decorated beautifully for the party. The usual cast of her parent's friends was there, asking why she hadn't talked to Mark yet. She saw Mark later on and thanked him for inviting her. He responded that he didn't invite her, his mother did, and that he enjoyed her live report from the fire station. Later Mark caught Bridget feeding milk to the terracotta oil burner she had bought for a present. The vicar she sat next to at dinner had told her of a miracle, and she had to try it for herself. After being discovered and humiliated by Darcy's girlfriend, Bridget heads outdoors to have a cigarette, where a young man asks her to dance outside on the lawn. They are interrupted by Mark Darcy. She and Mark talk, and he tells her why he despises Daniel. Daniel had slept with Mark's ex-wife two weeks after their wedding. The conversation ended with Darcy telling Bridget he's never met anyone like her and asking her out for dinner.

Tuesday 3 October: Bridget has a date with Mark Darcy. She's panicking and running late. However, by 9 p.m. he has not shown up. Bridget figures she's been stood up by Mark.

Thursday 5 October: Back at work, Bridget becomes the center of attention during the morning meeting. Her boss is giving her another chance at an on-camera interview. She is sent to cover the Elena Rossini trial, which she knows nothing about. She and her cameraman set up at the courthouse, with all the other members of the press, and wait for the trial to let out. Bridget is dying for a cigarette and decides to run around the corner. Court adjourns, and Bridget misses her chance to do an interview. However, while at the store, she turns around and finds Mark Darcy standing there. She learns that he's Rossini's defense lawyer. He'll grant her an exclusive interview with his client. Bridget also learns that Mark didn't stand her up at all. He rang her doorbell a dozen times, but she hadn't heard him, because she was running late and drying her hair. Bridget ends the evening watching her brilliant exclusive interview on television, and she marvels at how well everything turned out.

Friday 6 October: Bridget has still not heard from Mark again about rescheduling their date. She considers writing him a note to thank him for the interview.

Thursday 12 October: Bridget meets her friends, Tom, Sharon and Jude for a drink after work. They discuss a ridiculous, sarcastic article about lonely single life written by a Smug Married. Tom points out that they are not lonely. They have their friends as their extended families.



Friday 13 October: Bridget is depressed; she has the whole weekend ahead of her and no one to spend it with.

Sunday 15 October: Bridget is home watching *Pride and Prejudice* on television. She discusses the merits of the main characters, Mr. Darcy and Elizabeth, with Jude on the phone. They then draw the comparison between Mr. Darcy and Mark Darcy. They agree that Mr. Darcy is more attractive because of his rudeness.

Tuesday 23 October: At the morning meeting at work, Bridget makes another brilliant suggestion to do a story on the off-camera romance between Colin Firth and Jennifer Ehle, who play Mr. Darcy and Elizabeth in *Pride and Prejudice*.

October Analysis

Bridget's career success continues, with a lot of luck. She secures a second chance at an on-camera interview, but almost ruins that chance while buying cigarettes. She recovers, though, because Mark Darcy gives her an exclusive interview. Bridget is a winning success. In the office, she continues to offer brilliant story ideas.

Romantically, Bridget has an interesting encounter with Mark Darcy at his party. He follows her out to the lawn and asks her out, saying that he and his annoying girlfriend are broken up. They make plans for a couple nights later, but it's not meant to be. Bridget misses Darcy ringing her doorbell, because she's drying her hair, and thinks he's stood her up. After Darcy sets Bridget up with an exclusive interview, though, he doesn't call her to reschedule the date.

The author draws a parallel between Mr. Darcy in *Pride and Prejudice* and Mark Darcy. Bridget and Jude discuss the comparison and decide that Mr. Darcy is more attractive because of his rudeness. The author is foreshadowing here. In *Pride and Prejudice*, Mr. Darcy and Elizabeth grow up together. Later on, they realize they are attracted to each other and end up together, even though Elizabeth is considered an old maid. This foreshadows the relationship between Bridget and Mark Darcy, who are also childhood friends who rediscover each other.



November

November Summary

Wednesday 1 November: Bridget meets with Tom to discuss the Mark Darcy issues, but instead Tom is pre-occupied with the costume he is wearing to the Alternative Miss World. Later, Bridget talks to Jude, who tells her about an article she read about Feng Shui and how it helps you get everything you want in life. Bridget plans to buy the magazine and see if Feng Shui will work for her. Bridget also discusses Mark Darcy, and Jude suggests she hold a dinner party and invite him, to take the pressure off of the dating situation.

Friday 3 November: Bridget is looking forward to her dinner party. She's bought a new cookbook and planned an extravagant menu. She plans to use this opportunity to prove to Mark Darcy how fabulous she is and what a great hostess she makes.

Sunday 5 November: Bridget goes to Tom's for bonfire night. Tom is upset, because he didn't win the Alternative Miss World contest. The crown went to Joan of Arc. Tom felt he was too fat to win, and he and Bridget begin discussing diets. It never occurred to Bridget that one's body needs a certain amount of calories per day to survive. Instead, Bridget has come to believe that the nutritional ideal is to not eat anything. Bridget tries to prove to Tom that she knows the calorie count in just about every food known to mankind.

Thursday 9 November: Bridget makes up the guest list for her dinner party, which is planned for a week from Tuesday. She calls Mark, who is very glad to hear from her. He encourages her to not make the dinner too complicated and to remember that everyone will attend to see her, not the food. She thinks his sentiments are very sweet.

Saturday 11 November: Tom, Bridget's best friend, is missing. She, Jude and the rest of their friends are very worried about him. Bridget tries to practice Feng Shui in her flat. While she's rearranging her place, she finds her set of Tom's house keys. She and Jude go over to his place. Tom is home but doesn't want to let them in. He finally relents, and they see him with his face black and blue, encased in plaster. He explains that he got a nose job.

Monday 20 November: Bridget begins preparing for her dinner party. She has a disturbing Singleton grocery store experience. All the "functional families" at the store buy normal things, and she buys garlic, goose fat and Grand Marnier. Then, she is up until 1 a.m., cooking. She gets too tired to continue and decides to let some things cook overnight.

Tuesday 21 November: Letting chicken stock cook overnight was a bad idea. It's turned into a burnt mess. This is just the beginning of a rough day. Bridget's mother calls to tell her that she and Julio are going to Portugal for a couple of weeks. She asks Bridget to



loan her some cash for the trip. Bridget agrees and meets her mom at the ATM, where she gives her two hundred pounds. Bridget asks her a bunch of questions, but her mom just looks like she wants to cry and leaves. Later on that evening, Bridget is still preparing dinner as her guests recline in the living room. Unfortunately, her soup turned out blue from the blue string she used. Mark and the rest of her friends are very understanding and eat the blue soup. Bridget's dinner becomes a disaster. By the end, she has served her friends blue soup, omelet, and marmalade, which was supposed to be desert. Bridget's father calls with bad news, her mother and Julio are wanted by the police. Her father tells her that Julio has defrauded a large number of people, including many of the family friends, hopefully without her mother's knowledge. She tells Mark Darcy the whole story. Mark asks questions and takes charge of the situation. Bridget finds this very sexy. He summons his driver, and they head to see Bridget's father.

Wednesday 22 November: Bridget goes to work after having no sleep. She's embarrassed, but very thankful that Mark is a good sport. She's sure his ex-girlfriend Natasha wouldn't feed him blue soup and turn out to be the daughter of a criminal. She doesn't blame him for not returning her call. She starts daydreaming about her and Mark as a couple.

Friday 24 November: The police interview Bridget at her flat. She finds them very charming, and they promise to stop by again to let her know how things were going. Bridget still has not heard from Mark.

Saturday 25 November: Bridget's father has received a call from her mother. She said not to worry. Then Mark calls Bridget, from Portugal. He's gone to find Bridget's mom and try and work everything out for her. He tells her that her mother will be coming home soon, but he has not found Julio yet.

Sunday 26 November: Bridget's mom arrives in London, under police escort. She protested the whole way to the police station, clearly not understanding the gravity of her situation.

Monday 27 November: Bridget and her father wait two hours in the police station for her mother. Then she walks out as if nothing happened and all the fuss was a silly mix up. Bridget tries to ask questions but gets no answers. Once back at his flat, Bridget's dad receives a call from Mark Darcy. He's found Julio and made some sort of deal with him, so some of the money will be returned. Bridget's dad believes they may be able to save the family's home.

November Analysis

Bridget has finally decided that she is fond of Mark Darcy and endeavors to impress him in this chapter. However, true to Bridget's form, her plans to impress him are foiled. She decides to have a magnificent dinner party and prove to him what a wonderful woman and hostess she is. The dinner ends up miserably with blue soup, no main course and a botched orange desert that tastes like marmalade. Mark is a sport about all of it and



eats everything. He even helps Bridget in the kitchen. Then Bridget finds out that her mother's boyfriend has defrauded all their family friends, including Mark Darcy's parents, out of lots of money. Her mother is a criminal on the run. Again, Mark Darcy springs into action and saves the day. He flies to Portugal to rescue Bridget's mom and recover the money. Bridget is impressed with this action and finds him quite sexy.

Once again, Bridget is trying to be someone that she's not. She attempts a dinner party, which she knows always turn out as disasters, in order to impress Mark Darcy. Mark likes, her despite the fact that her dinner was a disaster and her mother is a criminal. In this chapter, Bridget is not obsessing over her weight and appearance. When Mark Darcy doesn't call her after the dinner party, Bridget assumes that he doesn't like her. She doesn't blame him after the bad dinner and criminal mother episodes, but she doesn't blame her weight. However, the only reason Mark hasn't called her is that he's traveled to another country to retrieve her mother.



December

December Summary

Monday 4 December: Bridget has still not heard from Mark Darcy. Her thoughts turn toward Christmas and losing weight before the holiday gorging begins.

Tuesday 5 December: Bridget thinks of Mark Darcy and wonders why the blue soup episode and her criminal mother had to ruin her chances with him.

Friday 8 December: Bridget finds out about a party that Rebecca is having, but she has not received an invitation. All her friends keep asking what she's wearing to the party, but she doesn't want to tell them that she didn't get an invitation. Bridget fears her Christmas season will be a party void.

Saturday 9 December: Bridget still has received zero party invitations. She's tallying invitations instead of weight and calories. Her mother calls to see if she's attending the Vibrant TV party. Again, she has not been invited. She runs into Rebecca at the department store. Rebecca is cool towards her and leaves quickly, saying she's in a rush.

Monday 11 December: Bridget returns home from work to a message from Rebecca that she's upset that Bridget never replied to her invitation and that her behavior is very rude. Bridget calls Rebecca immediately, but gets no answer. She decides to go to Rebecca's house and leave a note. On the way, she runs into her neighbor Dan, who says he's been sliding her mail under the door. Bridget goes back to her flat and finds a pile of cards and invitations under her doormat.

Thursday 14 December: Bridget is in party mode. Matt, from her office, calls to see if she is attending the Christmas lunch on Tuesday. She feels much sought-after.

Tuesday 19 December: Bridget is hung over. Today is the office Christmas lunch, and she dreads exchanging Christmas presents with her friends, because she never knows who to get or not get presents for. She hasn't bought any presents and wishes that Christmas could just be without presents. Then her mom calls to tell her that she's not doing presents this year. Bridget goes to the Christmas lunch and plans to leave early, so she can go home sober to do her Christmas cards. Instead, she gets drunk and doesn't get to bed until 2 a.m.

Thursday 21 December: Bridget has had a hangover for the last ten days and has not eaten a proper meal. Her mother calls to see what time she'll be arrive for the grand feast she and Bridget's dad are preparing. They have decided to forget the events of the past year as if they'd never happened.



Friday 22 December: Bridget has become sentimental over Daniel and can't believe she hasn't received a card from him, although she has not sent one either. She wishes Mark Darcy would call her to wish her a Merry Christmas.

Saturday 23 December: Bridget is home alone and feeling lonely. She wonders where all of her friends are. Then Jude calls in crisis. Vile Richard has gone back to his ex-girlfriend. She's coming over to Bridget's. Tom calls and his boyfriend has again broken up with him. Simon calls, and his girlfriend has gone back to her husband, so he's coming over, too. Then Daniel calls, drunk, and tells her that he loves her and made a mistake leaving her. He says he's coming over. No one shows up. Bridget again feels like a lonely failure.

Sunday 24 December: Bridget is at her parents' house feeling very confused. Her parents, who are supposed to be getting a divorce, are sleeping in their old room.

Monday 25 December: Bridget staggers downstairs on Christmas morning to find everything rather normal with her crazy family milling around. She can't wait until all this is over. The family begins the gift exchange, and then Julio comes crashing through the French doors. He demands to know if Bridget's dad has slept with his woman. Mark Darcy, pursuing Julio, also comes through the French doors. Bridget's mom disappears upstairs with Julio, trying to calm him. Not knowing whether Julio is violent, they try to lure Bridget's mother down without suspicion. Bridget's mother comes downstairs unharmed, but with her shirt inside out. Julio follows and is arrested by the police. Then Mark Darcy takes Bridget by the arm and tells everyone that he's taking her to celebrate Christmas. They leave. Mark takes her for a champagne lunch and tells her he's been in Portugal for most of the past month. He also tells her that he loves her. He takes the champagne glass from her hand, kisses her, and takes her to the bedroom.

December Analysis

Bridget starts out the month not having heard from Mark Darcy and remains convinced that he's too good for her. She further slips into self-pity when she finds out everyone but she has been invited to all the Christmas parties she should've been invited to. Both of her assumptions turn out to be wrong, and Bridget finishes up the month having gone to more parties than she could take. Again, Mark Darcy saves the day. Mark has finally hunted down Julio, lured him back to England, and gets him arrested before rescuing Bridget from her horrid family Christmas.

In this chapter, Bridget's self-pity is a recurring theme. She pouts that Mark did not return her calls. She pitied herself that she was not invited to any Christmas parties, and she pitied herself when she spent the night before Christmas Eve at home alone. However, Mark was out saving her family's reputation and financial well being. He didn't want to call until he had good news. Her cards and invitations had been misplaced under her doormat. Also, all of her friends called her on the night before Christmas Eve for her support in their relationship crises. Daniel even called to tell her he had made a mistake and that he loved her.

January – December

January - December Summary

Bridget offers a summary of all her tallies for the entire year including calories consumed, weight gained and lost, alcohol and cigarettes consumed, lottery tickets bought, lottery ticket winnings, boyfriends and number of New Year's Resolutions kept. She ends the summary, "an excellent year's progress."

January - December Analysis

Bridget's tally shows that she did not keep any of her New Year's Resolutions, except for forming a functional relationship with an adult. She has found an ideal man in Mark Darcy. The story has a happy ending.



Characters

Bridget Jones

Bridget Jones is a 30-something, single career woman living in London, England. She is a humorous and loveable character that continually finds herself in hapless situations. As a compulsive self-improver, Bridget counts calories, pounds, cigarettes and alcohol consumption every day for a year. Bridget grew up outside London, and her parents still live in the home she grew up in. When her parents start having marital problems, Bridget is shaken and cannot believe that she may become the child of a broken home, although she hasn't lived at home since childhood. Bridget's relationships with men, a focal point of her diary, are mostly disastrous. Her relationship history leads to the New Year's Resolution that she will not get involved with screw-ups and unavailable men. However, when she gets the chance, she gets involved with her boss Daniel, who ends up cheating on her. Bridget will go to almost any length to impress the men in her life. As independent and successful as she is, she still desires the approval of men. Bridget's friends have become her nuclear family, and she is devoted to her girlfriends Jude and Sharon, as well as her gay friend Tom. It is her friends that buoy her in tough times and the ones she has the most fun with. Bridget is ultimately an optimist and a survivor. No matter the unfortunate, embarrassing, humiliating circumstances she finds herself in, she always keeps moving forward.

Mark Darcy

Mark Darcy is the son of Bridget's parents' friends. Bridget and Mark grew up playing together as young children. She didn't see him for many years, during which time he attended law school at Oxford and became a lawyer. He got married to an American woman and moved to America. His wife cheated on him Daniel Cleaver. She and Mark divorced, and he moved back to London, where he was frequently featured as one of the city's most eligible bachelors. Mark Darcy is characterized as a tall, handsome, refined, wealthy gentleman. He is also awkward with women. The first few times he saw Bridget, he would ask if she'd read any good books lately, but he had nothing else to say beyond that. Although he may have been a bit awkward, he managed to save Bridget on many occasions. He gave her an exclusive interview with his client and retrieved her mother and some stolen money from Portugal.

Daniel Cleaver

Daniel Cleaver is an up and coming young publisher, well known for being a playboy. Everywhere he and Bridget went, they would run into women that he'd slept with and didn't remember. Daniel's is characteristically non-committal, unpredictable and would rather fool around than settle down with his women. He is selfish with Bridget and strings her along, letting her believe they have a relationship. By his actions, Daniel is



characterized as an amoral individual who slept with his good friend's wife, two weeks after their marriage, and cheating on Bridget.

Bridget's Mum

Bridget's mother is characterized as an empty-nester who has spent her adult life catering to the needs of her husband and child and now wants her own life. She's very critical and dismissive with Bridget and constantly berates her for not being married and having children. She often acts "British," as Bridget says, by pretending certain things never happened. If they are difficult subjects, she doesn't want to discuss them. Bridget's mother is always on the go and criticizes Bridget's wardrobe to make herself feel better. She's the kind of mother no one would desire to have. In fact, the author dedicates this book to her mother and thanks her for not being like Bridget's.



Objects/Places

Bridget's Flat

Bridget lives in downtown London, in a less-expensive part of town with "Free Mandela" posters plastered along the streets.

The Office

The office is where Bridget met Daniel, exchanged flirty messages with him and made out with him in the elevator. The office also was the place she was trying to escape, so that she could find a better career with more potential and more money.

The Bars

The bars is where Bridget would gather with her best friends for relationship counseling, consolation and good laughs.



Themes

Quest For Self-Improvement

Bridget is on a constant quest to improve herself. Her diary begins with her New Year's Resolutions, which consist of all the things she will and will not do during the year. The whole idea of resolutions is to improve one's year over the previous one. Bridget strives to improve her physical appearance so as to be more attractive to would-be suitors. She counts calories, measures the circumference of her thighs, and weighs herself just about every day. Also wanting to improve her health, she tries to quit smoking and limit her alcohol intake. Wanting to improve her character, Bridget reads a magazine article about inner poise and begins trying to practice inner poise in all situations. At one point, Bridget's friend Jude introduces her to Feng Shui, and she begins re-arranging her flat to improve her life.

Regarding relationships, Bridget's quest is to improve them as well. She resolves to not date "alcoholics, workaholics, commitment phobics, people with girlfriends or wives, megalomaniacs, chauvinists, emotional f***wits or freeloaders, perverts." Although Bridget seeks to improve herself, she is still herself at the end of the year and keeps just one of her resolutions. Apparently, her quest will continue.

To Marry or Not To Marry?

Throughout her diary, Bridget considers whether she's fortunate to be single or whether it will be horrible to die an old spinster. She and her friends often discuss the subject of whether they want to remain single or not. Oftentimes the discussion happens after one of them has been jilted by a lover. However, they all continue to seek relationships and a story-book ending. Bridget and her friends also discuss the societal pressure they feel to get married. They say they often feel looked down upon and scorned because they are in their 30s and single.

Bridget often vents her frustration with the Smug Marrieds who ask her about her love life, when it would be totally inappropriate to inquire how their sex life is. She dreads attending Smug Married dinner parties and becomes repulsed when she has to attend her godson's birthday party with a group of ultra-competitive mothers of toddlers. Yet Bridget seeks to have a lasting, loving relationship which could end up in marriage and children. While she and Daniel were dating, she often fantasized about their life together as a married couple.

Bridget struggles with the issue that many women in her generation experience. She has the attraction of her single, independent, career-minded life on one hand and the pull of the traditional life of family, children and a home in the suburbs. The struggle between Singletons and the Smug Marrieds is characterized like two arch-rival teams.



When a Singleton joins the Smug Marrieds team, Bridget and her friends are shocked, horrified and a little jealous.

Relationships Are Difficult

Another theme that comprises much of Bridget's diary is that relationships are difficult. Bridget, her friends, and her parents are constantly having problems in their relationships and when one is not having problems, another one is. This theme is prevalent with the Singletons and Smug Marrieds. Bridget and her friends are often debriefing and discussing these issues in their time spent at the pub. Being married doesn't mean that relationship difficulties are gone from one's life.

Bridget's main relationships in the diary are with her boss Daniel Cleaver and her childhood friend Mark Darcy. With Daniel, Bridget finds it almost impossible to have a relationship with him. He doesn't call her and has no respect for her. Ultimately, he ends up cheating on her.

With Mark Darcy, Bridget is mostly unaware of him until after she and Daniel break up. After that, she and Mark have a series of misunderstandings and missed opportunities, before they finally end up together.

Bridget's parents are going through relationship problems during the entire story. Bridget's mother leaves her father for a young Portuguese. Bridget's father is heartbroken, and Bridget frequently counsels both of them.

Jude and her boyfriend Vile Richard are continually breaking up and getting back together, which ends in Richard leaving Jude the night before Christmas Eve to go back to his ex-girlfriend. Bridget's married friend Magda is cheated on by her husband and decides to stay with him, telling Bridget that she's made her bed and must lie in it.



Style

Point of View

The point of view in *Bridget Jones's Diary* is all first person. Bridget is writing her thoughts, feelings and happenings as she sees them. The first person point of view is the most common and, in some respects, the most limiting point of view. In this work, the first person point of view prevents us from ever knowing what Bridget looks like. We only hear her distorted view of herself and the concern of her friends when she gets too thin. However, writing the book in first person feeds right into the characterization of Bridget. She is largely self-centered. To her, no other view really matters.

Also, the book requires first person point of view, since it is written in the form of a diary. Much of the charm of this book comes from its honesty and that Bridget writes things in her diary that many people would never admit to themselves. Additionally, first person adds to the humor and misunderstandings that make the plot exciting.

Setting

The book is set in the late 20th century in London, England. It is important that the story be set in a metropolitan area because of the larger concentration of single, career-minded people like Bridget.

Language and Meaning

The language in this book is very casual. After all, it is a collection of diary entries. For example, there are entries where Bridget lists what she has eaten and the quantities. Not really central to the story, these are still entries one might see in a diary. The casualness of the language lends to the honesty of the book. The author even goes so far as to create a personal set of abbreviations that are unique to her.

It was important for the author to use modern language and make frequent references to modern events in order to give the book a present-day feel. The reader can relate more to the historical context, and to the main character, when she writes of her feelings around events such as the marriage of Prince Charles and Princess Diana.

Structure

Bridget Jones's Diary is separated into twelve main chapters representing the months of the year. In first chapter is a list of Bridget's New Year's Resolutions appears. The last chapter is a January to December Summary, where Bridget recounts all her tallies such as her total calorie intake, number of lottery tickets bought, number of cigarettes, and on ending with number of nice boyfriends (1) and number of New Year's Resolutions kept

(1).

Within each of the monthly chapters are separate daily entries. The entries do not represent each day of each month, but they reflect notable happenings. At the beginning of each daily entry is a tally, usually including Bridget's weight, calorie intake, number of cigarettes, alcohol intake and any other momentarily important tally such as number of lottery tickets bought or number of crying attacks. Occasionally, within the daily entries, there is a timeline of what was happening at different points in the day.



Quotes

"As women glide from their twenties to thirties, Shazzer argues, the balance of power subtly shifts. Even the most outrageous minxes lose their nerve, wrestling with the first twinges of existential angst: fears of dying alone and being found three weeks later half-eaten by an Alsatian." January, p. 18

"You should have said 'I'm not married because I'm a Singleton, you smug, prematurely aging, narrow-minded morons,' Shazzer ranted. 'And because there's more than one bloody way to live: one in four households are single, most of the royal family are single, the nation's young men have been proved by surveys to be completely unmarriageable, and as a result there's a whole generation of single girls like me with their own incomes and homes who have lot of fun and don't need to wash anyone else's socks. We'd be as happy as larks if people like you didn't conspire to make us feel stupid just because you're jealous.'" February, p. 37

"On top of everything, only two weeks to go until birthday, when will have to face up to the fact that another entire year has gone by, during which everyone else except me has mutated into Smug Married, having children plop, plop, plop, left right and center and making hundreds of thousands of pounds and inroads into very hub of establishment, while I careen rudderless and boyfriendless through dysfunctional relationships and professional stagnation." March, p. 68

"Lately, therefore, whenever things have risked raging out of control, I have repeated the phrase "inner poise" and imagined myself wearing white linen and sitting at a table with flowers on it. Inner poise." April, p. 77

"The number of times I've slumped, depressed, thinking how useless I am and that I spend every Saturday night getting blind drunk and moaning to Jude and Shazzer or Tom about my chaotic emotional life; I struggle to make ends meet and am ridiculed as an unmarried freak, whereas Magda lives in a big house with eight different kinds of pasta in jars, and gets to go shopping all day. And yet here she is so beaten, miserable and unconfident and telling me I'm lucky." May, p. 114

"The whole thing builds up out of all proportion, so finding a relationship seems a dazzling, almost insurmountable goal, and when you do start going out with someone it cannot possibly live up to expectations." June, p. 123

"But then I started to think: if a woman did come out, how would I know it was Daniel's flat she had come out of and not one of the other flats in the building? What would I do? Challenge her? Make a citizen's arrest?" July, p. 149

"Everything's fine. Am going to get down to 119 lbs. again and free thighs entirely of cellulite. Certain everything will be all right then. Have embarked on an intensive detoxification program involving no tea no coffee no alcohol no white flour no milk and what was it?" August, p. 159



"It is great when you start thinking about your career instead of worrying about trivial things - men and relationships." September, p. 193

"Anyway, we're not lonely. We have extended families in the form of networks of friends connected by telephone." October, p. 214

"I realized that I have spent so many years being on a diet that the idea that you might actually need calories to survive has been completely wiped out of my consciousness. Have reached point where believe nutritional ideal is to eat nothing at all." November, p. 225

"Have finally realized the secret of happiness with men, and it is with deep regret, rage and an overwhelming sense of defeat that I have to put it in the words of an adulteress, criminal's accomplice and G-list celebrity: 'Don't say 'what,' say 'pardon,' darling, and do as your mother tells you.'" December, p. 267



Topics for Discussion

Discuss the diary format of *Bridget Jones's Diary*. How does the format affect the story? Does it increase or decrease your enjoyment of the book?

Discuss whether Bridget is a tragic character.

Discuss your mental picture of Bridget's appearance. The author never describes her appearance. Discuss the significance of the absence of a description of Bridget.

Bridget and her friends regularly rant about the bias against Singletons. Do you think this is a valid feeling on their part? Discuss whether single people are unnecessarily criticized or looked down upon.

Discuss what part of Bridget's character enables her to continually pick herself up and continue, even after all the failures, embarrassments and inadequacies.

Discuss whether you believe Bridget will ever get married. How will marriage change her character?

Discuss Bridget's relationship with Mark Darcy. Are they suited to one another?

Did Bridget's and her friends' opinions on relationships and marriage affect your opinion of these matters? How?

Discuss the genesis of Bridget's quest for self-improvement. Will she ever be satisfied with herself?