



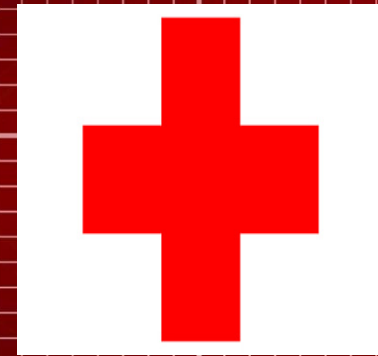
Mental Health Triage (First Aid for Stress Management & Distress Tolerance)

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CREATED BY: MICHAEL FARNUM

5/31/23

Body



Mind



Spirit



***It is we who create our destiny,
not our circumstances.***

—Albert Ellis



***Man's mind, once stretched by a new idea,
never regains its original dimensions.***

—Oliver Wendell Holmes

Self mastery and Self Actualization

require self-awareness and a high degree of executive functioning.

Executive functioning is just a fancy term for how an individual navigates the matrix of this realm—all the problems, obstacles, demands and distractions we face everyday—to be functional and get things done, to be successful, to have effective relationships and to be as happy as we can be. In essence, to become the greatest version of yourself.

If we don't learn these skills as children—self-reliance, confidence, resilience—we will be ill-equipped to succeed as adults.

Yet even as adults, sometimes with professional help, we can and will improve our executive functioning.

This can be done by recognizing our own stress/threat response system, practicing mindfulness and other distress tolerance skills, and learning to self-regulate thru co-regulation with others.



**Practice
Practice
Practice . . .**



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We all manage stress and handle distress differently.

Some can walk through a war surrounded by chaos and barely blink an eye.

The accumulated stress may or may not manifest as PTSD eventually.

Some can barely handle a stressful trip to the grocery store without experiencing severe anxiety. Research has shown that low distress tolerance is related to negative mental health outcomes including greater anxiety, neuroticism, possible PTSD, poor relationships and substance misuse.

Stress tolerance and resilience depend on many factors: genetics, social learning, personality, upbringing and personal experience, exposure to trauma, spiritual beliefs and level of self-awareness/consciousness, just to name a few.

The important thing: Know thyself.

We have to recognize our stress triggers to manage and overcome them.



A Strength-Based Approach



- Instead of focusing on the problems, focus on potential solutions**
- Instead of trying not to feel sad, fill your life with purpose**
- Instead of avoiding feeling lonely, work on filling your life with connection and love**

- Instead of ruminating on emptiness, fill your life with connection**
- Instead of escaping sadness, seek to create joy and peace.'**

- Instead of avoiding anxiety, be proactive and seek to live the life you value, even if it is difficult or makes you uncomfortable**

- There is no growth without pain. Pain is inevitable, suffering is optional.**

The
Cycle of

Anxiety



Recognizing Rumination Patterns

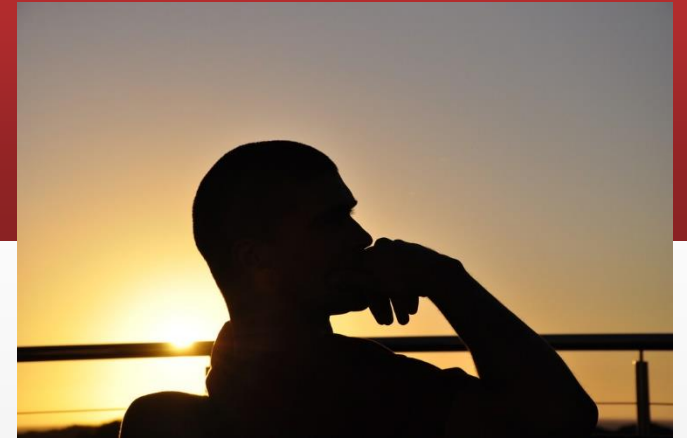
Rumination is persistent and uncontrolled overthinking, negative thinking or catastrophizing. It is focusing our attention compulsively on our distress and possible causes and effects. Rumination is not problem-solving or mindfulness.

Rumination can often become a bigger problem than the problem one is ruminating over. The human brain is susceptible to the negativity bias.

Persistent themes: Guilt/shame, blaming ourselves or others, past relationships or events, the unfairness of life/circumstances, current mood.

5 Steps to Overcome Rumination

1. Recognize your ruminations and fully accept it is not helpful.
2. Label your thinking patterns as Rumination. Say it aloud.
3. Schedule time to fix the problem. Don't avoid or procrastinate.
4. Recognize how self-referential rumination is (the Me loop). *Why did this happen to me?*
5. Use a proven intervention, therapy, mindfulness, disclosure of your rumination to a supportive neutral party.



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Graphic: JOHN McCANN
Visual ref: VINTAGE COMICS



CHRIS ISAAK

Master CD

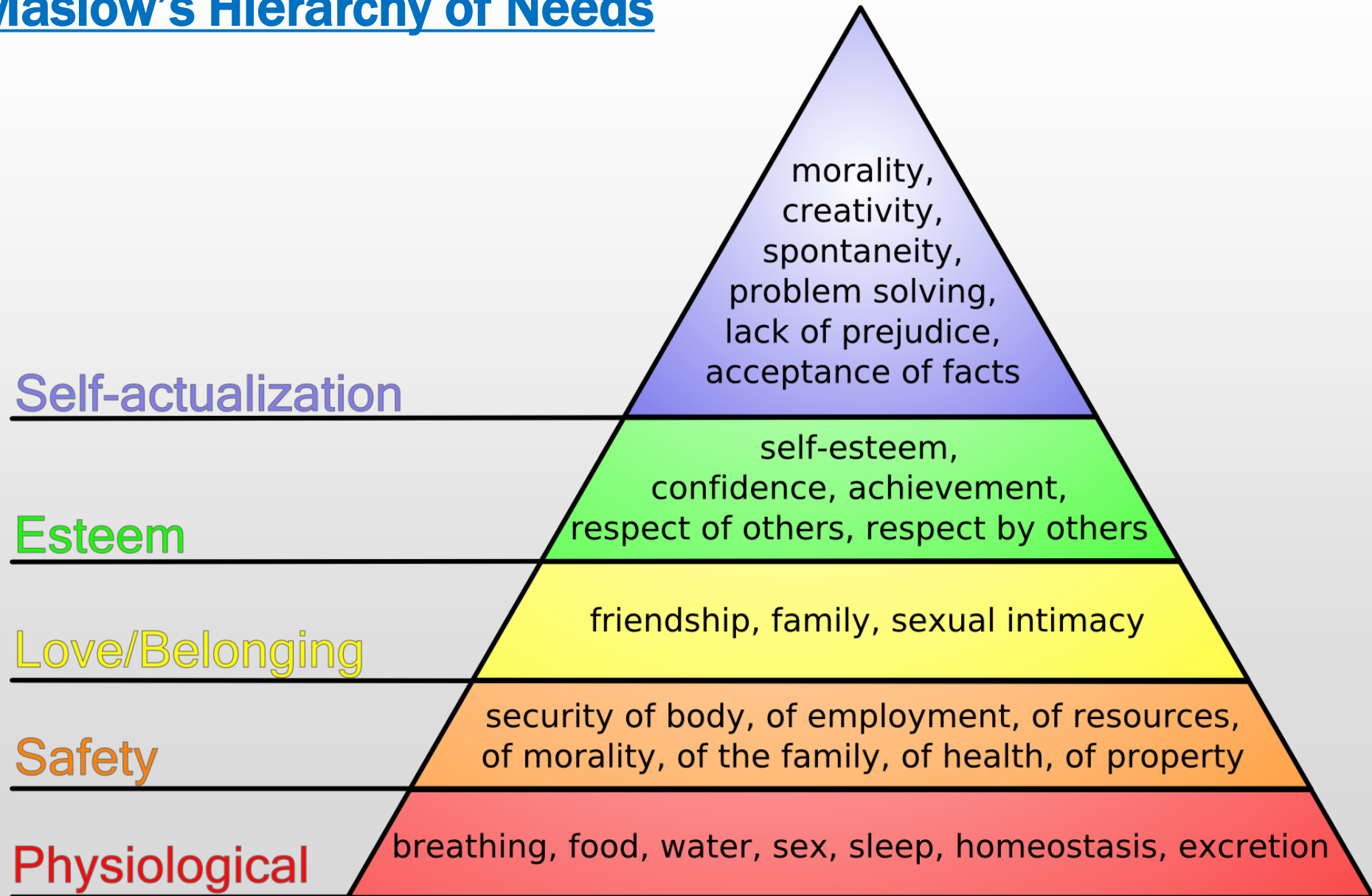
Soft Romanticism Days

- including the songs
- San Francisco Sun
- Beautiful Women
- Good 'N' Beautiful
- Two Hearts
- Can't Do A Thing To Help Her
- Summer You Were Hot
- Working
- When I'm Alone
- I Found Your Love
- Q & A
- Lonely With A Broken Heart
- Softly Now





Maslow's Hierarchy of Needs



Distress Tolerance:



The real or perceived ability to withstand more negative internal states. (Brown et al, 2005.)

It is not a static state. It may change over time. It can be situational.

It may become diminished with greater stress loads or stressful life events, sudden loss, a lack of social support, or when we are tired, hungry or sick.

Key points to distress tolerance:



- ❑ YOUR ATTITUDE, BELIEFS & EXPECTATIONS WILL DETERMINE THE QUALITY OF YOUR EXPERIENCES.
- ❑ *IF YOU THINK BAD, BAD'S WHAT YOU GET . . .*
- ❑ LIMITING BELIEFS WILL INHIBIT YOUR PERSONAL GROWTH
- ❑ USE YOUR RATIONAL MIND WHEN DEALING W/ DISTRESS. DON'T BE LED BY YOUR EMOTIONAL MIND.
- ❑ EMBRACE EMPATHY FOR YOURSELF & OTHERS. BE A GOOD HUMAN. THERE'S ALWAYS SOMEONE WORSE OFF THAN YOU.
- ❑ LET GO OF FEAR. FEAR IS THE ROOT OF MANY EMOTIONS.



Attitude of Gratitude

Research

- ❑ A study by Chowdhury et al (2017) found, in studying individuals exposed to trauma, associations between high Neuroticism, low Openness and low Conscientiousness with lower distress tolerance. Openness is positively associated with sensation seeking and a greater ability to endure physical or mental stress.
- ❑ The study also found greater Extraversion was associated with higher distress tolerance. Individuals high in Extraversion display a more positive affect, in terms of assertiveness and enthusiasm.
- ❑ Low distress tolerance plays a key role in experiential avoidance (avoidant coping.) i.e. addictions, social isolating, reckless behavior, domestic violence (Vujanovic, 2005.)
- ❑ Berenz et al 2018 found that greater exposure to childhood trauma resulted in greater perceived or self-reported distress tolerance. Many of these individuals appear to perceive themselves as more resilient than their peers.

**Greater Distress
Tolerance**

High Openness

High Extraversion

**Trauma does
not necessarily
= lower
distress
tolerance.**

Research

- ❑ Multiple studies suggest that children who were raised with more consistent discipline and clearly defined rules become more distress tolerant and resilient as adults.
- ❑ The Empowering parent teaches the child resilience, problem-solving and self-control.
- ❑ The Enabling parent teaches the child manipulation to get what they want, lack of responsibility and the inability to control behaviors.





It's never too late or too early for a little . . .

Discipline



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is the idea of starting and maintaining a routine of healthy practices.

Of course this does not mean that everyday must be exactly the same.

The Morning Routine: Win the morning, win the day.

The Family Routine: Establishing consistency and stability yields unity & harmony w/I the family

The Personal Routine: Unhealthy habits established over many years will not change overnight. Be persistent Hold yourself accountable.

2 Sides to every coin

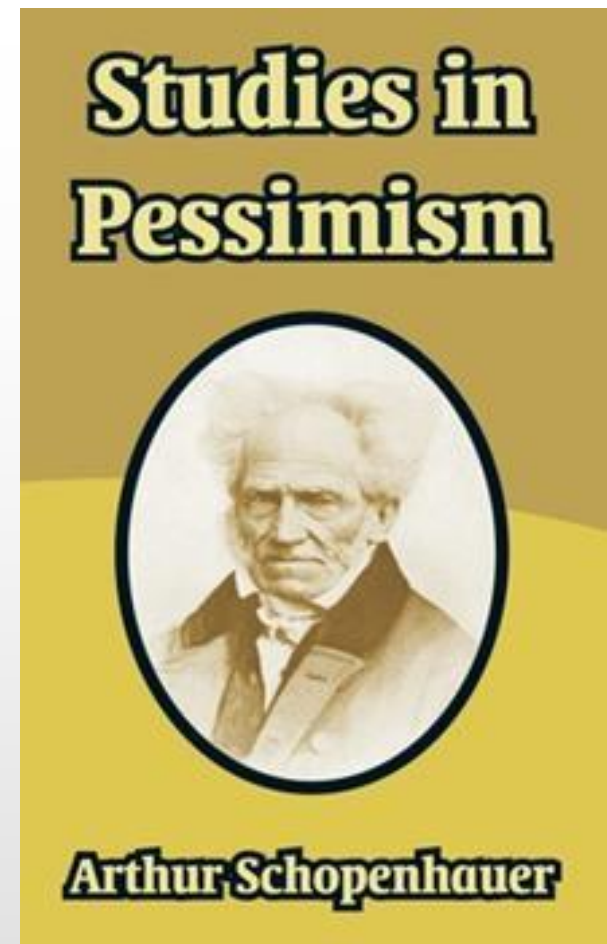
Pessimism

Refers to a negative expectation or perception of the future (Scheier and Carver 1993). From a mental health perspective, this is a broad construct that may include traits or attitudes of low self-efficacy, dysfunctional attributions, and other negative cognitions about ourselves, our child, other people, the future, or their lives in general

e.g., things will never get better, other people are judging me, what's the freaking point . . .).

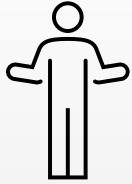


Without the dark, there would be no light.



One of the views that Schopenhauer is best known for having defended is the view that has come to be known as 'Schopenhauer's pessimism' in the philosophical literature. This is basically the view that happiness is impossible: Everything in life proclaims that earthly happiness is destined to be frustrated or recognized as an illusion.

Trauma and Dysfunctional Core Beliefs



About Ourselves

- There is something wrong with me.
- I am unlovable.
- I deserve to be treated badly
- I have to perform or conform to be loved or accepted.
- I am just over sensitive.



About the World

- No one can be trusted.
- The world is full of misery.
- No one understands me.
- All love is fake.
- Everyone is out to get me.

Signs of a Wounded Inner child



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- Displays intense reactions to unmet needs.**
- Frequent emotional outbursts/tantrums**
- Low self-esteem**
- Feeling unheard by others**
- Fears of abandonment, real or perceived**
- Often isolated socially and emotionally**
- Lack of healthy coping skills**
- Impulsivity**
- Challenges with setting boundaries and expressing needs**
- Frequent physical illnesses/ poor immune system**
- Chronic relationship issues**



Erickson's Stages of Development

Psychosocial Stages

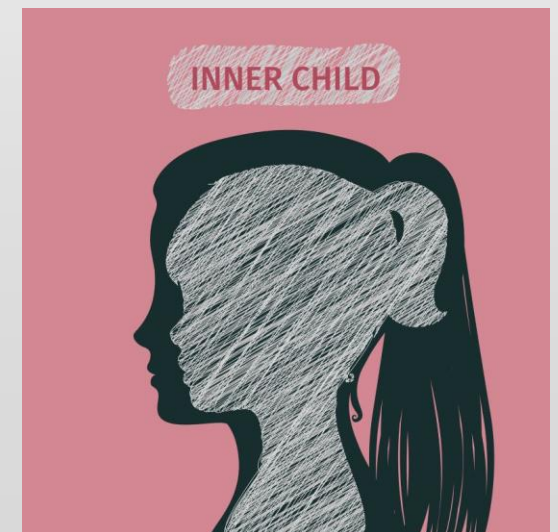
Erikson's (1959) theory of psychosocial development has eight distinct stages.

Stage	Psychosocial Crisis	Basic Virtue	Age
1	Trust vs. mistrust	Hope	Infancy (0 to 1 ½)
2	Autonomy vs. shame	Will	Early Childhood (1 ½ to 3)
3	Initiative vs. guilt	Purpose	Play Age (3 to 5)
4	Industry vs. inferiority	Competency	School Age (5 to 12)
5	Ego identity vs. Role Confusion	Fidelity	Adolescence (12 to 18)
6	Intimacy vs. isolation	Love	Young Adult (18 to 40)
7	Generativity vs. stagnation	Care	Adult hood(40 to 65)
8	Ego integrity vs. despair	Wisdom	Maturity (65+)

TRUST VS. MISTRUST: Developing the virtue of Hope

Connecting with the inner child.

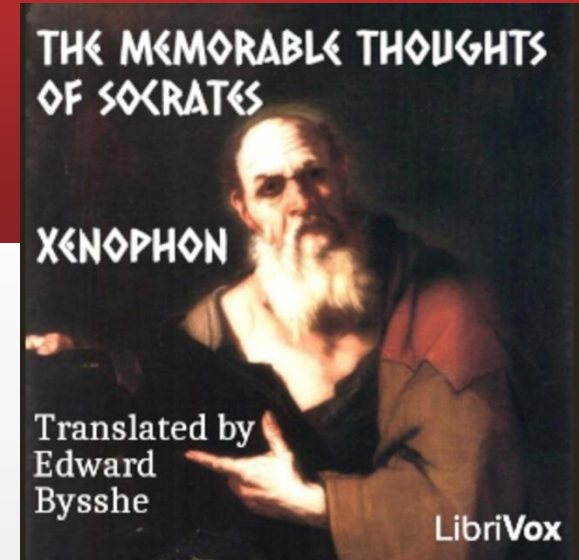
- Identifying the pain. *Were your emotional needs met at each developmental stage?*
- Research your pain. *Timeline the trauma. Is there intergenerational trauma? What are your ancestral/social programs? Are we carrying our caregivers' pain?*
- Use Guided meditations.
- Confront the repressed feelings.
- Objectify, interact and detach from the pain. Put it back where it belongs. Use the adult self/inner protector to guide the inner child.
- Anger can be a powerful tool to guide the inner child through the pain.
- Celebrate your joy.



CHALLENGE YOUR NEGATIVE THOUGHTS

Be your own Socrates.

- Is there substantial evidence for my thoughts?
- Is there evidence contrary to my thoughts?
- Am I interpreting the situation without all the evidence?
- What would a friend or mentor think about the situation?
- How will this situation look one week from now?
- A year from now?



The Resilience Code and the Circle of Courage

- ❑ Difficult life problems pose dangers, but also can lead to new strengths and coping ability.
- ❑ According to the Circle of Courage model, positive growth results from opportunities to experience belonging, mastery, independence, and generosity.





The Circle of Courage

Central Values for Empowerment

Mastery	Belonging	Generosity	Independence
A chieving your goals	B eing a respectful part of a group	C ontributing positively to others	D emonstrating personal responsibility
Creative Persistent Competent Self-motivated Problem solver Accepts challenges	Friendly Caring Cooperative Trusting Respectful Healthy relationships	Sharing Caring Supportive Helpful Compassionate Social concerns	Assertive Confident Leadership Empowered Self-control Problem solver Disciplined

Cinema-cation

To illustrate these points we will consider a character study.

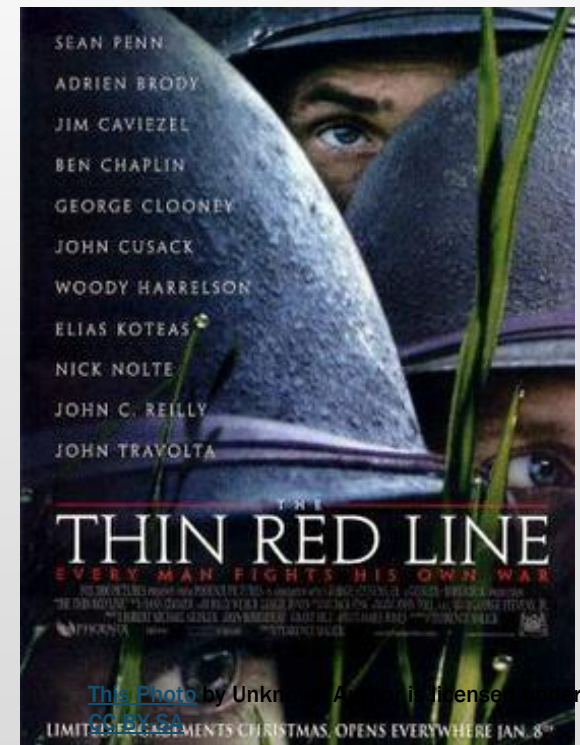
A Case Study in Courage, Non-conformity and Calm:

Private Witt in *The Thin Red Line*

“One man looks at a dying bird and sees nothing but unanswered pain.

Another man sees that same bird and feels the glory. . .”

The Great Films: The Thin Red Line (1998)



Based on the 1962 novel by James Jones.

Cinema-cation: Calm in the Face of Death

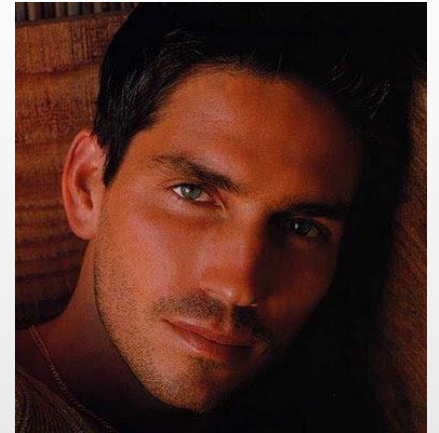
In the film *The Thin Red Line*, Private Witt is a soldier in Charlie Company sent to the Pacific in WWII. Witt is romantic, introspective and philosophical yet stoic, outspoken and seemingly fearless. Witt's philosophy aligns with what is known as **American Transcendentalism**, the idea that there is inherent goodness in humanity aligned with nature. His philosophy clearly clashes with the ideas of his more pragmatic, atheistic, egotistical or just plain cruel superiors.

Witt goes AWOL to explore a remote island in Melanesia where he reflects on nature, immortality and the death of his mother. Within his internal monologue he wishes for the same calm that he remembers his mother presenting at her death. This to him represents immortality.

Eventually Witt is recovered by his company and returned to battle.

Witt shows extreme courage in leading a small band of his company to outflank a Japanese stronghold to capture a strategic hill after a fierce battle.

Later Witt selflessly sacrifices himself to lead a group of Japanese pursuers away from his company.



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[\(44\) Analysis of The Thin Red Line - Witt's Immortality in Nature - YouTube](#)

[\(44\) An Outnumbered US Troop Advances On An Island Position Held By The Japanese Army - YouTube](#)

[\(44\) The Thin Red Line \(1998\) Guadalcanal: Reconnaissance in Force Part 1 Flanking The Bunker on Hill 201 - YouTube](#)

[\(44\) Thin Red Line \(1998\) Flanking The Pillbox on Hill 201 HD Part 2 Reconnaissance in Force - YouTube](#)

[\(44\) The Thin Red Line \(1998\) - Witt's Death with subtitle - YouTube](#)

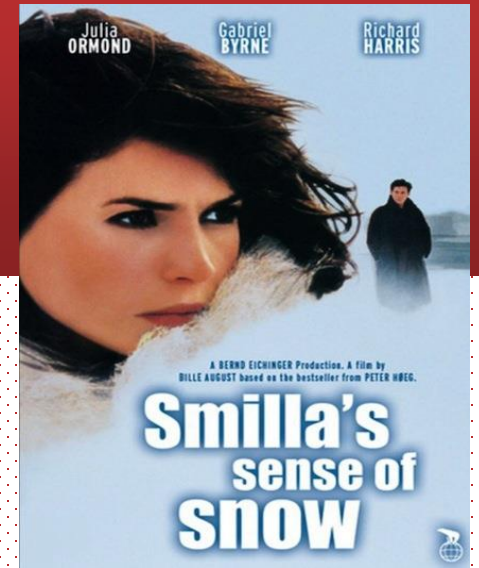
[\(44\) The Thin Red Line - Private Witt \(Tribute\) - YouTube](#)

**What is the thin red line?
You may be asking yourself.
Of course this is open to
interpretation:**

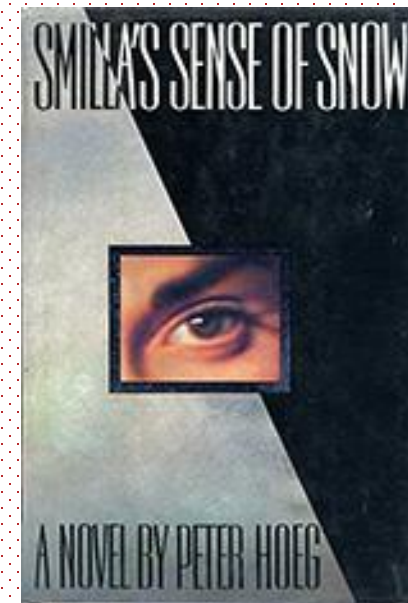
- The dividing line between the physical and metaphysical worlds**
- Nature vs. human civilization**
- The division between philosophies of how to navigate this world: i.e. the optimist vs. the pessimist.**

Cinema-cation

A Case Study in Resilience: **Smilla's Sense of Snow (1997)**



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Cinema-cation: Survival of the Outsider

Smilla's Sense of Snow (1997)

An unemployed scientist in Copenhagen, Denmark, Smilla Jaspersen is a recluse and an unapologetic loner who possesses an uncanny knowledge of all different types of snow.

When a young Greenlander boy from her housing complex is found dead under suspicious circumstances and the police refuse to investigate, Smilla begins her own inquiries. Encountering obstacles and dead ends at every turn from the uncooperative system, Smilla, the troubled outsider, uncovers a deep conspiracy as she fights for the truth and her own survival.



[\(46\) Mathematics in Movies: Smilla's Sense of Snow - YouTube](#)



Part Two

PRACTICAL APPLICATIONS FOR DISTRESS TOLERANCE

Essentials of Healing whatever you are Feeling . . .

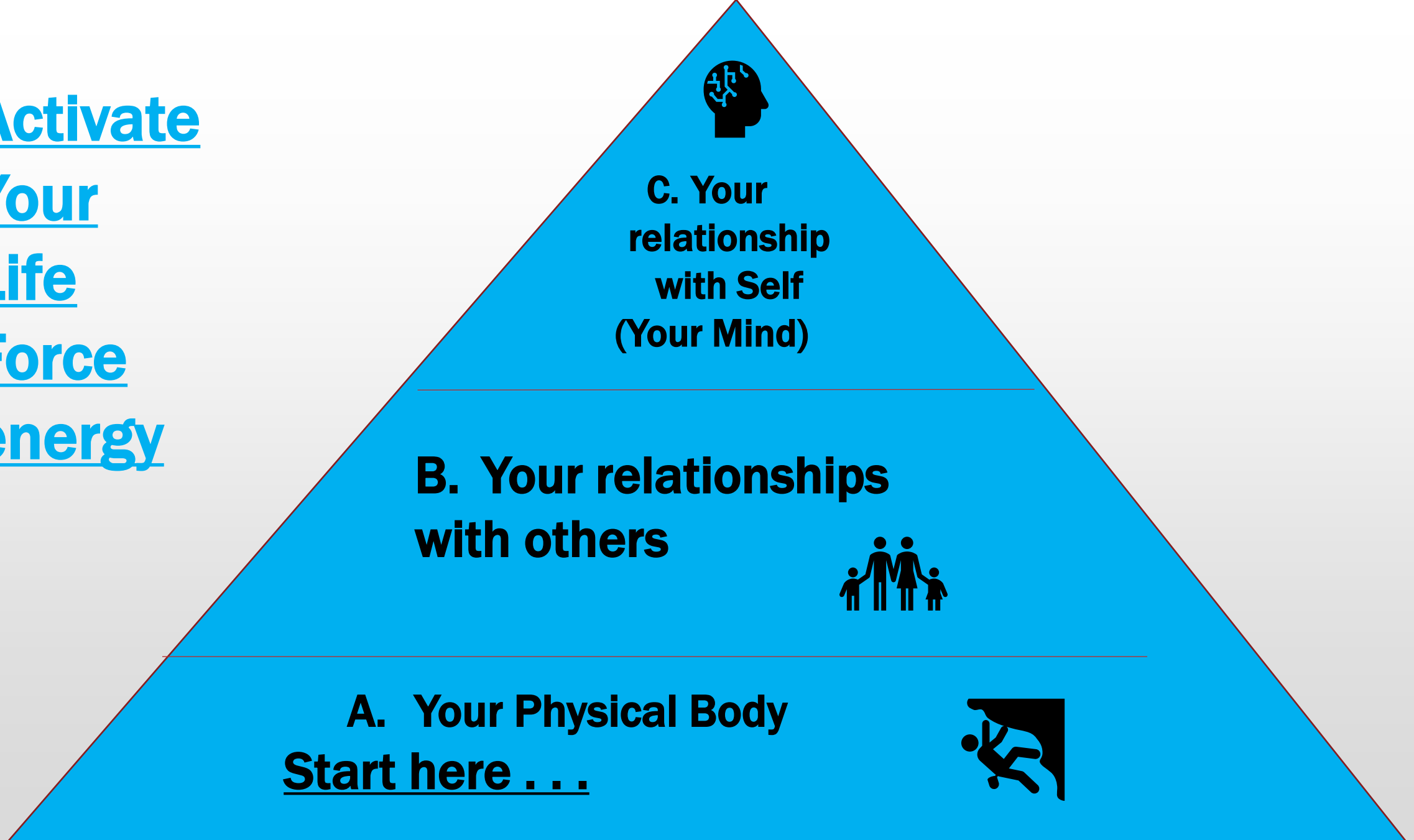
Wherever you are mentally or emotionally . . . Whatever you are feeling . . . Depression? Anxiety? Anger? Low self esteem? Trapped by addiction? Start here . . .

Activate Your Life Force

- 1) Connect with the Body
- 2) Heal and Nurture your Relationships
- 3) Free Your Mind



Activate
Your
Life
Force
energy

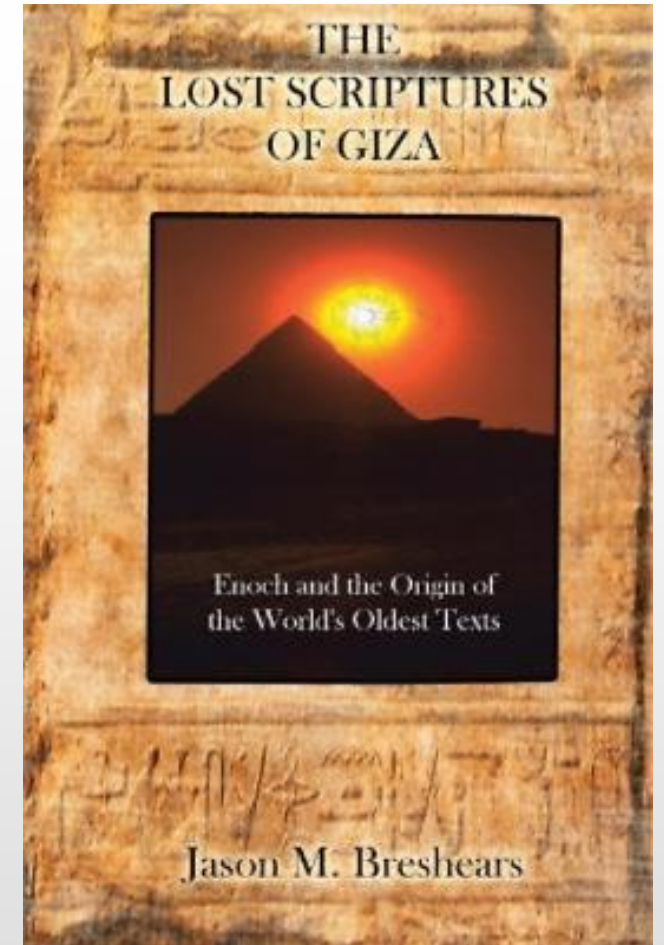




[\(83\) Survivor - Eye Of The Tiger \(Official HD Video\) - YouTube](#)

Was the Great Pyramid of Giza a Tesla-like energy harnessing structure?

The secrets of life hidden in the pyramids?



The Great Pyramid of Giza can collect and concentrate electromagnetic energy in its chambers and at its base, scientists have discovered.

A. Connect with Your Body

EXERCISE/MOVEMENT. AT LEAST 30 MINUTES/DAY.

HOLD YOURSELF ACCOUNTABLE.

GET YOUR BODY MOVING. STAY ON TRACK.

GET A MASSAGE. ACTIVATION OF THE SPINAL FLUID

IS LITERALLY THE  OF THE PHYSICS OF BLISS =

IMPOSSIBLE TO BE DEPRESSED OR

DISTRESSED WHEN WE ARE IN THE FLOW STATE

GET PROPER SLEEP. BUT NOT TOO MUCH.

TAKE CONTROL OF YOUR DIET/NUTRITION



14 Secrets to Self Mastery

- Stabilize the foundation of the body.
- Perfection comes from repetition.
- Be free to discern what your mind tells you. (We don't always have to listen.)
- Don't give up when times get hard. The warrior keeps going.
- Failure fuels success.
- Are you a sheep or a tiger?
- Pay attention to the details.
- Security of the basic needs must first be met.

[\(140\) THE 14 TRUTHS - SHAOLIN MASTER | Shi Heng Yi - YouTube](#)



The mind-body connection: Use positive visualization in your meditation.

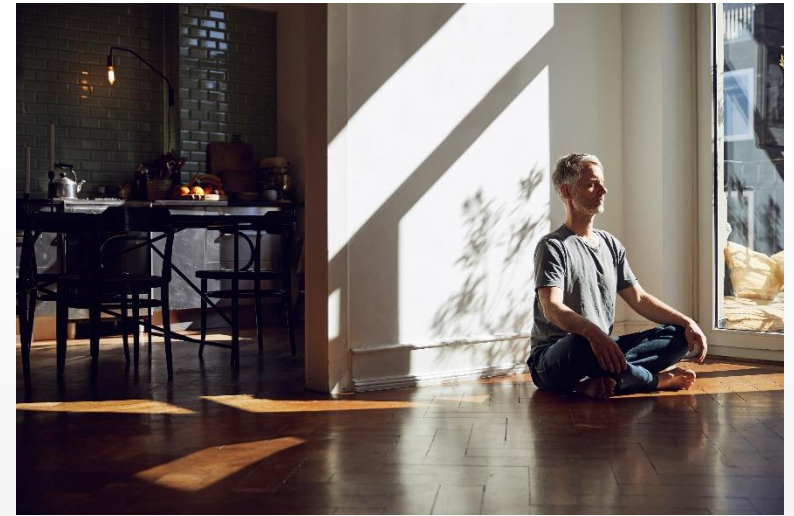
- ❑ Positive visualization targets the brain's right, creative side, not the left/logical



- ❑ The brain actually has a difficult time discerning between our real-life actions and our imagination.
- ❑ Research shows PV improves subjective happiness (pleasure, engagement and meaning) and perceived body image.

Effect of Thoughts on Healing

- ❑ Our physical bodies react to our thoughts and state of mind
- ❑ Psychological/emotional state affects the endocrine system.
- ❑ For example, the emotion of fear is related to adrenaline. If no feeling of fear exists there is no adrenaline and the same applies in reverse- no adrenaline, no fear.
- ❑ Mind-body work in relation to each other. Wherever a thought goes there is a chemical reaction.



SLEEP, REST AND DIGEST

Fun fact: The liver which is responsible for detoxifying the body, is most actively working at night, particularly 1 am to 3 am. You should be asleep at this time.

Rest. We all need it. Make a list of things which are restorative to you. Schedule it.

Don't break promises to yourself.

When feeling stressed, take a 5 minute deep belly breathing break



A quick word on nutrition

- ❑ More people are realizing the links between nutrition and health, both mental and physical.
- ❑ Despite these facts, the mainstream media and allopathic medical industry largely ignore or even suppress this information.
- ❑ Curious, it's almost as if something or someone wants to keep us . . .

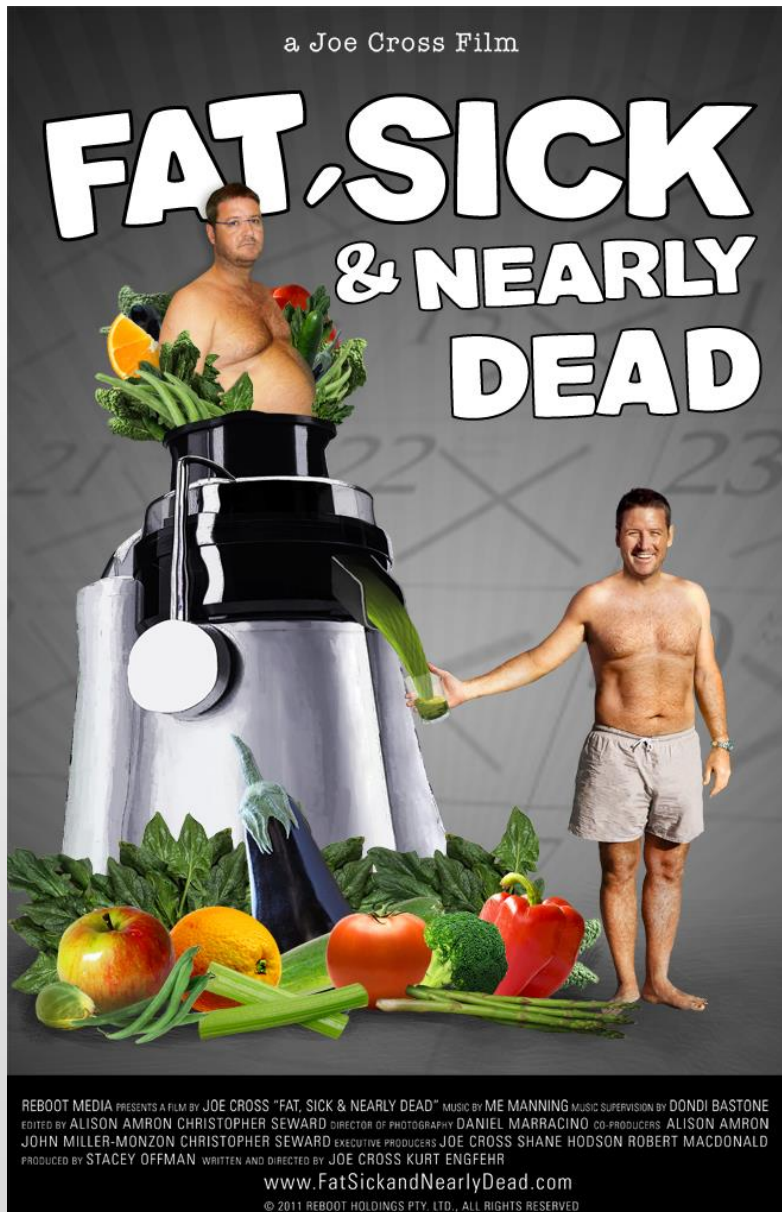


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✓ Organic dark chocolate is actually quite healthy.



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The average Western diet and lifestyle are a recipe for disaster:

- Diabetes
- Heart disease
- Obesity
- Auto-immune disease
- Toxic stress
- High inflammation
- Rapid Oxidation of the brain and other cells
- Mental illness epidemic

A quick word on nutrition

- ❑ The first thing we eat in the morning is the most important and should be the healthiest. This sends signals to the brain and body to crave healthy foods instead of junk food.
- ❑ Avoid foods with sugar, high fructose corn syrup, gluten, olefin (olestra), preservatives, artificial colors/flavors. These chemicals can be more addictive than heroin or cocaine.
- ❑ The body does not recognize these chemicals as food and thus turns them into fat.
- ❑ The body can turn food into energy or fat. It cannot do both.



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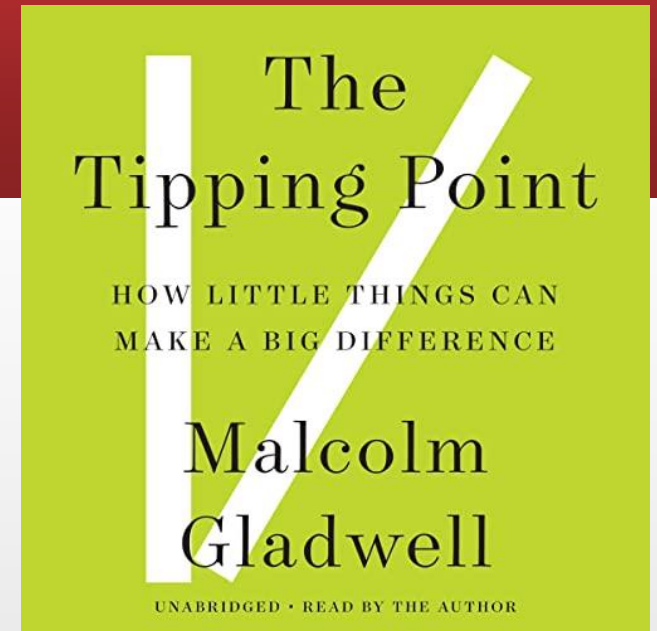


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Foods to Reverse Depression

- ❑ Walnuts contain the perfect balance of omega 3-6-9 fatty acids to reduce brain oxidation
- ❑ High melanin foods appear to protect the brain from radicals that can oxidize the substantia nigra, which governs dopamine production.
- ❑ Mustard seeds, salmon, maca root



B. Relationships

DEARMAN TECHNIQUE (DBT)

DEARMAN

What does DEARMAN (or DEAR MAN) stand for?

Describe
Express
Assert
Reinforce

Mindful
Assertive
Negotiate

Interpersonal Effectiveness Skills

Learning to get along with others while also asserting your own needs is essential to healthy relationships. It can be difficult to balance your own needs and the needs of others. How can you get what you need without being aggressive or neglecting of the needs of others? There are three sets of skills you will learn to help achieve this goal: objective effectiveness, relationship-effectiveness, and self-respect effectiveness.

Objective Effectiveness (D.E.A.R. M.A.N.)

What is the goal of an interaction? Objective effectiveness is about getting what you want out of a situation. The acronym D.E.A.R. M.A.N. will remind you how to clearly express your needs or desires.

Describe	Use clear and concrete terms to describe what you want. Don't say: "Could you please clean?" Do say: "Could you do the dishes before going to bed?"
Express	Let others know how a situation makes you feel by clearly expressing your feelings. Don't expect others to read your mind. Try using this line: "I feel ___ because ___."
Assert	Don't beat around the bush—say what you need to say. Don't say: "Oh, well, I don't know if I can cook tonight or not." Do say: "I won't be able to cook because I'm working late."
Reinforce	Reward people who respond well, and reinforce why your desired outcome is positive. This can be as simple as a smile and a "thank you".
Mindful	Don't forget the objective of the interaction. It can be easy to

B. Relationships

Effective Relationship Strategies

The Four Agreements

1

BE IMPECCABLE WITH YOUR WORD

- a. Speak with integrity.
- b. Say only what you mean.
- c. Avoid using the Word to speak against yourself or to gossip about others.
- d. Use the power of your Word in the direction of truth and love.

2

DON'T TAKE ANYTHING PERSONALLY

- a. Nothing others do is because of you.
- b. What others say and do is a projection of their own reality, their own dream.
- c. When you are immune to the options and actions of others, you won't be the victim of needless suffering.

3

DON'T MAKE ASSUMPTIONS

- a. Find the courage to ask questions and to express what you really want.
- b. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama.
- c. With just this one agreement, you can completely transform your life.






4

ALWAYS DO YOUR BEST

- a. Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick.
- b. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret.

HOW TO SPEAK YOUR SPOUSE'S LOVE LANGUAGE



WHICH LOVE LANGUAGE?	HOW TO COMMUNICATE	ACTIONS TO TAKE	THINGS TO AVOID
 WORDS OF AFFIRMATION	Encourage, affirm, appreciate, empathize. Listen actively.	Send an unexpected note, text, or card. Encourage genuinely and often.	Non-constructive criticism, not recognizing or appreciating effort.
 PHYSICAL TOUCH	Non-verbal - use body language and touch to emphasize love.	Hug, kiss, hold hands, show physical affection regularly. Make intimacy a thoughtful priority.	Physical neglect, long stints without intimacy, receiving affection coldly.
 RECEIVING GIFTS	Thoughtfulness, make your spouse a priority, speak purposefully.	Give thoughtful gifts and gestures. Small things matter in a big way. Express gratitude when receiving a gift.	Forgetting special occasions, unenthusiastic gift receiving.
 QUALITY TIME	Uninterrupted and focused conversations. One-on-one time is critical.	Create special moments together, take walks and do small things with your spouse. Weekend getaways are huge.	Distractions when spending time together. Long stints without one-on-one time.
 ACTS OF SERVICE	Use action phrases like "I'll help...". They want to know you're with them, partnered with them.	Do chores together or make them breakfast in bed. Go out of your way to help alleviate their daily workload.	Making the requests of others a higher priority, lacking follow-through on tasks big and small.

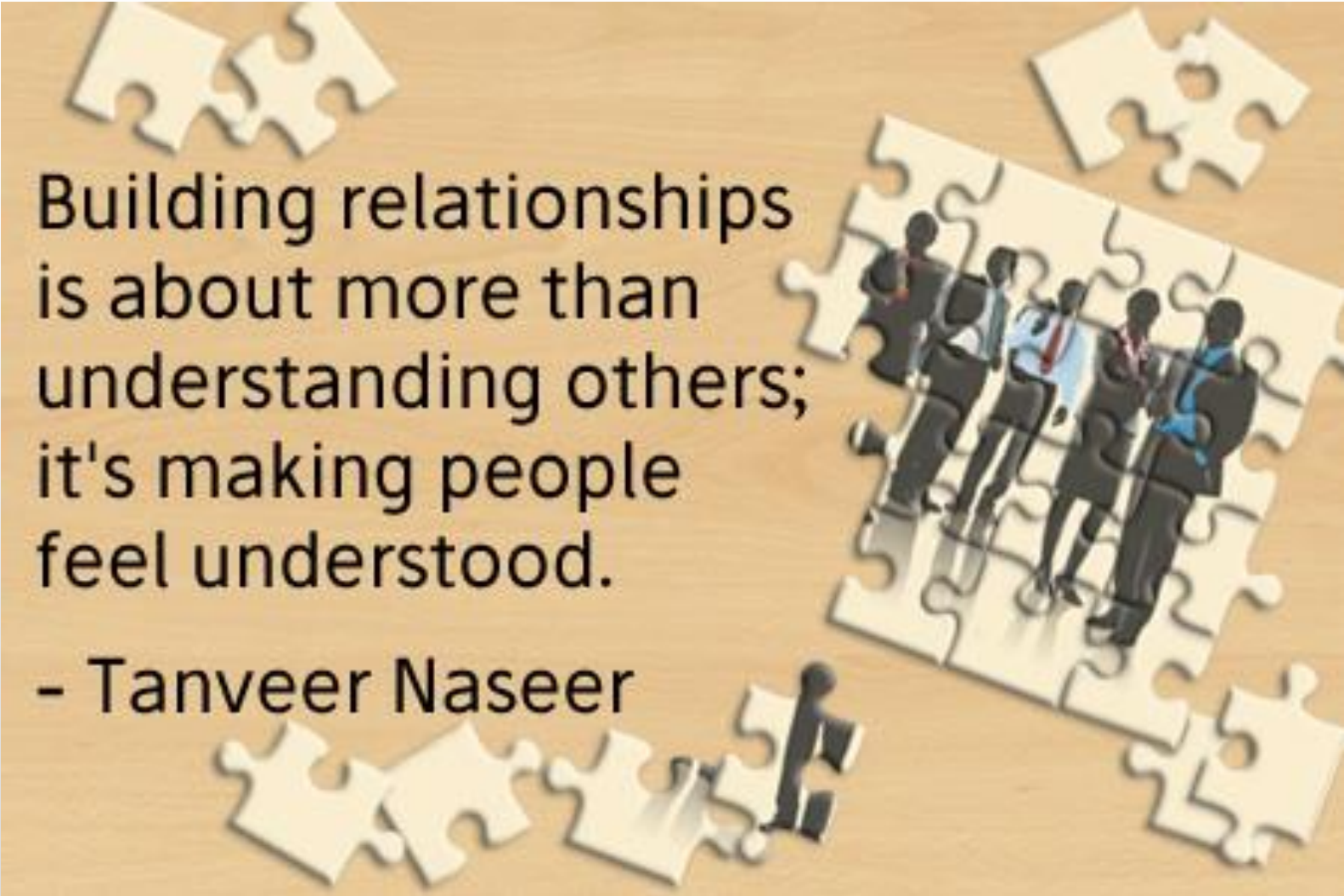
GRAPHIC BY FIERCEMARRIAGE.COM
BASED ON "THE 5 LOVE LANGUAGES", A BOOK BY DR. GARY CHAPMAN





WALTER JONES THE GREAT ESCAPE





Building relationships
is about more than
understanding others;
it's making people
feel understood.

- Tanveer Naseer

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Healthy Relationships

Check in with your relationship. What's working for you? What isn't? Do you feel neglected? Shamed? How do you and your partner communicate your needs and wants? What patterns can you identify? Can you identify a power struggle? Can you identify disparate or conflicting values? Is there balance? Quid pro quo? Are there healthy boundaries? Are you happy? Do you feel safe?



Dependent vs. Co Dependent

Dependent personality: Rarely disagrees. Pushes their own responsibilities and decisions onto others, even the routine. Preoccupied with fear of being left alone, abandoned. Displays learned helplessness. Afraid of making changes, terrified of the unknown. Will remain trapped in abusive relationships voluntarily. Parents were likely authoritarian. **I need them.**

Codependency: Remaining devoted to an Unhealthy relationship. Pain is masked with humor, anger, isolation. Attracted to the emotionally unavailable. Usually passive-aggressive. Have a lack of empathy for the needs of others, not hearing what the other really needs. Don't see themselves as lovable or worthy. May lie to look good. Usually don't know what they need or want. Use gifts or sexual attention to gain approval. Often enable the addiction of others. Use charm as control.

The other person needs me.



[\(34\) Codependence vs Interdependence: How Much Should We Rely On Our Partners? - YouTube](#)



[\(34\) 5 Signs You're in a Codependent Relationship - YouTube](#)

Archetypes of Behavior

Assertive: *Expressing one's needs w/o violating the rights of others. Ideally handling conflict is best with assertive behavior vs. the others.*

Aggressive: *Attacking, provoking, controlling*

Passive: *Withdrawing, avoiding*

Passive Aggressive : *Retaliating indirectly, gaslighting, backstabbing, the snake in the grass*





Angry vs. Assertive

What is assertive behavior?

- Asking for what we want and stating our needs without being demanding, threatening or aggressive.
- Expressing our feelings. Using “I” feeling statements without blaming or judging.
- Offering constructive feedback and compliments and accepting them as well.
- Asking questions. Ask for clarification (not making assumptions.)



Stress Management 101



[This Photo](#) by Unknown Author is licensed under [CC BY-NC](#)

A black and white profile photograph of a woman with short, curly hair. She is wearing a large, dark, circular hoop earring. Her eyes are closed, and she has a serene expression. The background is slightly out of focus, showing what appears to be a window with a grid pattern. The entire image is set against a solid black background.

vevo

Are you feeling overwhelmed?

This brings us to the subject of **Task Saturation:**



Definition: The amount of tasks you are presented with vs. the amount of tasks you are comfortable handling. When we avoid task over-saturation/overwhelm we avoid errors that cost us opportunities, relationships, etc. not to mention the benefits to our mental/emotional/physical health.

The following is a simple method that CIA operators utilize to avoid overwhelm.

[\(112\) The CIA Cheat Code to Never Getting Overwhelmed - YouTube](#)

Are you feeling overwhelmed?



Task Saturation Threshold:

EX. The average parent's TST is 3. *What are the kids doing?*

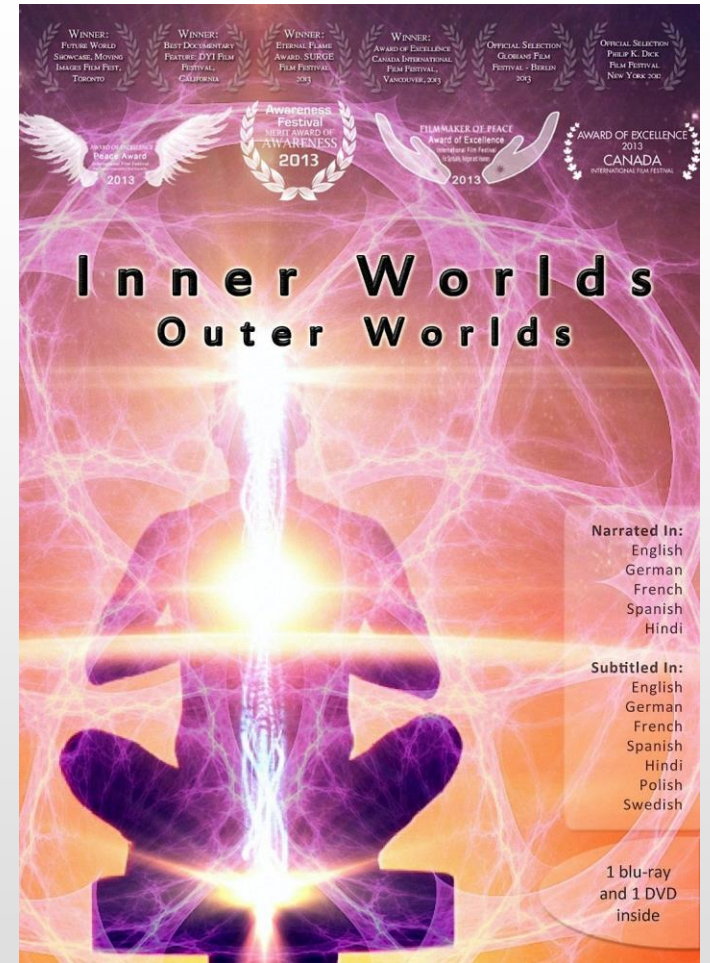
What will they need in 5 minutes? What did they break I will have to fix later?

How many tasks do you feel confident handling? Say it is 5. Subtract 2. 3 is your TST. Always avoid over-estimating your threshold. Always pick the easiest, shortest task first and so on. What can I do the fastest?

The moment you have more than you can handle, you have to accept that some of the tasks ahead of you will not get done.

Radical acceptance anyone?

(135) Inner Worlds, Outer Worlds - Part 1 - Akasha - YouTube



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Self Destructive Behaviors



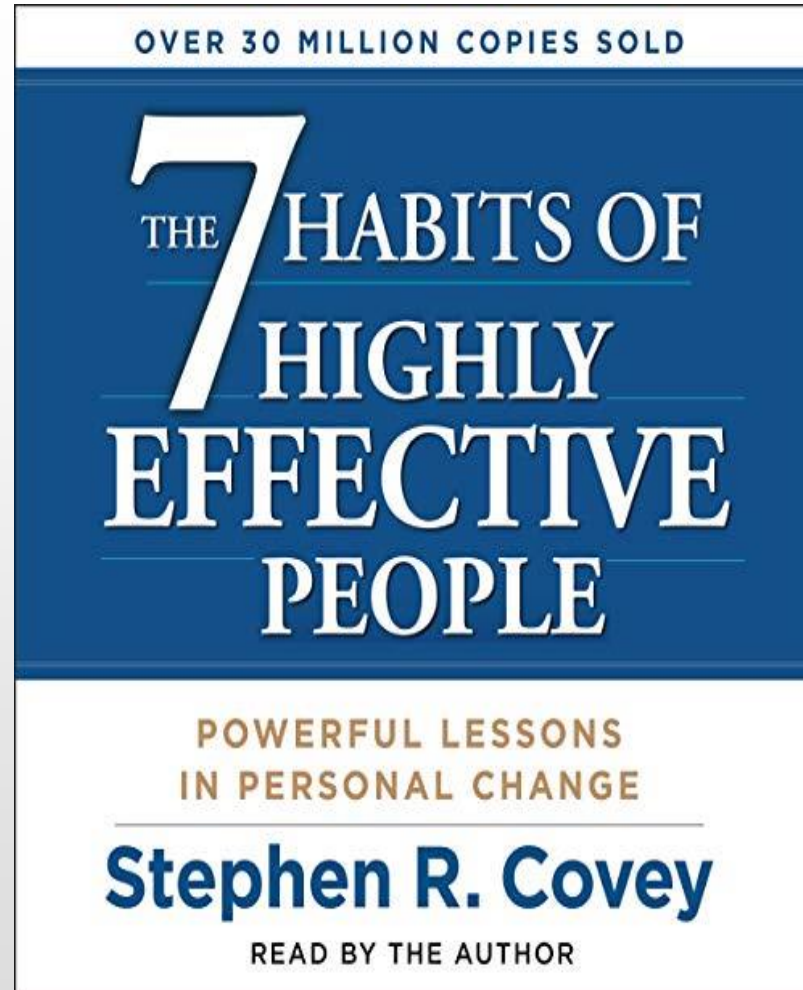
DBT Techniques:

Think about all the pain you've experienced in your life.

Does it make more sense to keep hurting or to heal yourself, your wounds and to help others start healing?

- Distract yourself with pleasurable activities/relaxation.**
- Distract yourself with difficult activities.**
- Pay attention to someone else. Help someone in need.**
- Give attention to your inner child or your shadow.**
- Distract your thoughts with meditation or positive visualization. Use the 5 Senses grounding technique.**
- Give yourself a change of scenery. *Break your usual pattern.***



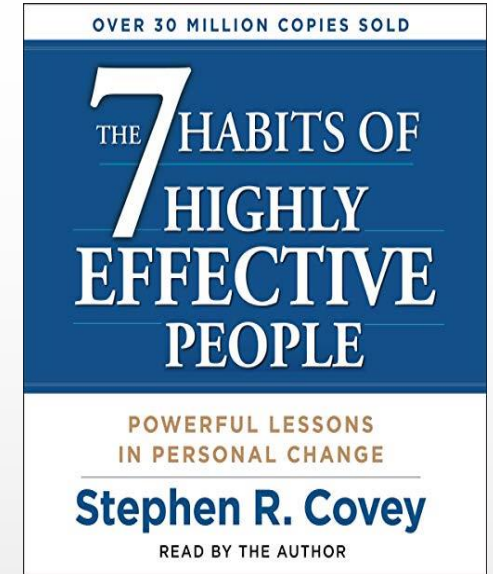


[\(45\) The 7 Habits of Highly Effective People \(Detailed Summary\) - YouTube](#)

The 7 Habits

The quickest way to change behavior is to change our paradigm, our perception of reality.

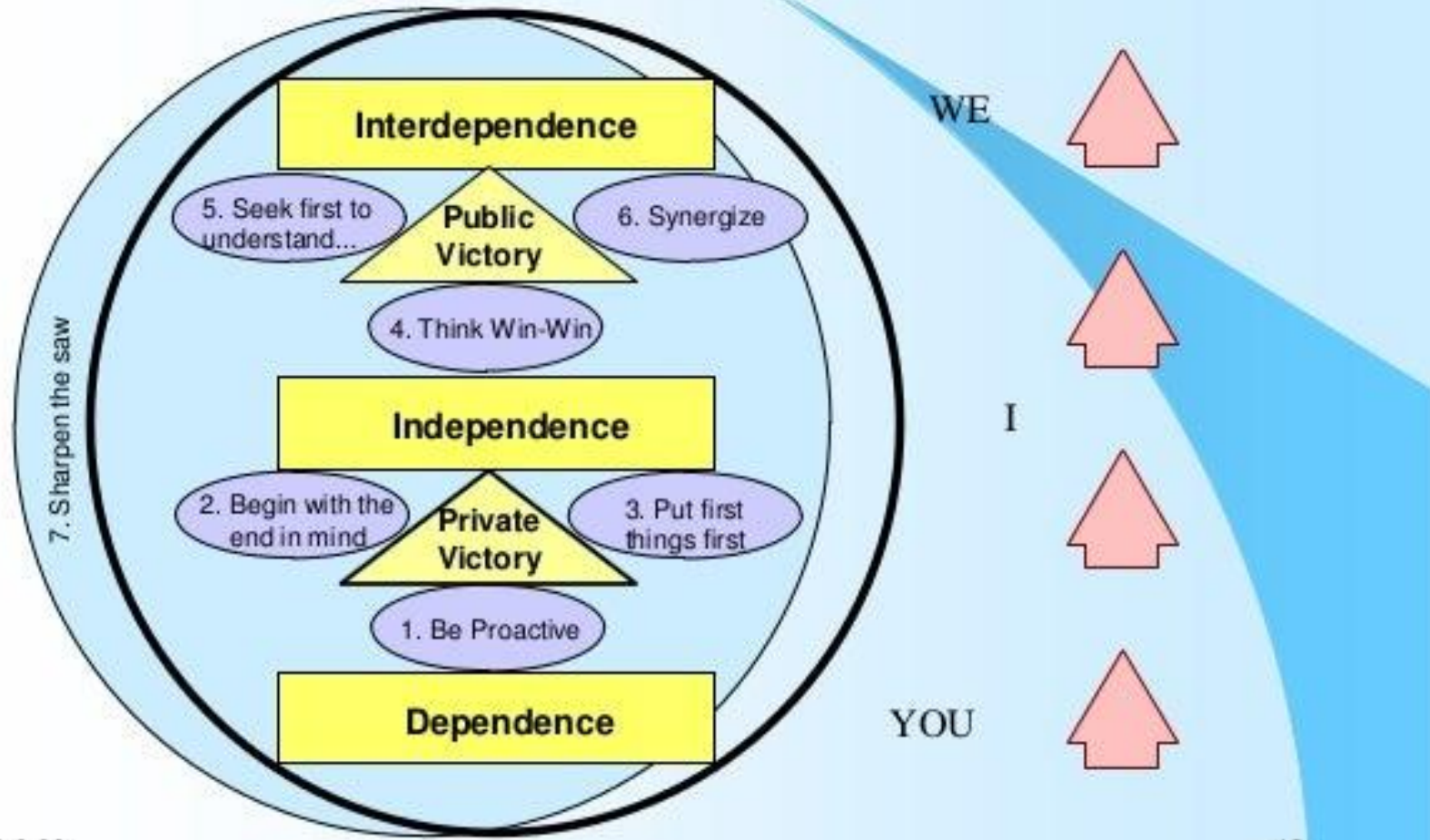
- Be proactive. *You are the creative force of your own life. Honor your values. Keep your commitments. Take full responsibility for what happens to you.*
- Begin with the end in mind. *Clarify boundaries and needs in relationships.*
- Put first things first. *Focus on what you can control. Identify your circle of concern.*
- Think win-win. *Abundance mindset.*
- Synergize. *Value the differences of others.*
- Seek first to understand others before being understood.



Write your own life program.

The 7 Habits

The Maturity Continuum



C. The Mind: Memories, Dreams, Reflections

What are
our
thoughts?



- Emotions
- Dreams
- Memories
- Beliefs
- Social programming
- Cultural influences



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This brings us to the idea of chronic exaggerated negative thinking aka cognitive distortions *leading to negative emotions*



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Catastrophizing

**Making
Assumptions (mind
reading)**

**Taking things
Personally**

Minimizing our own worth

**Blaming or
shaming**

**Spreading poison with our
own words, self-talk and
thoughts.**

Aggression

Envy

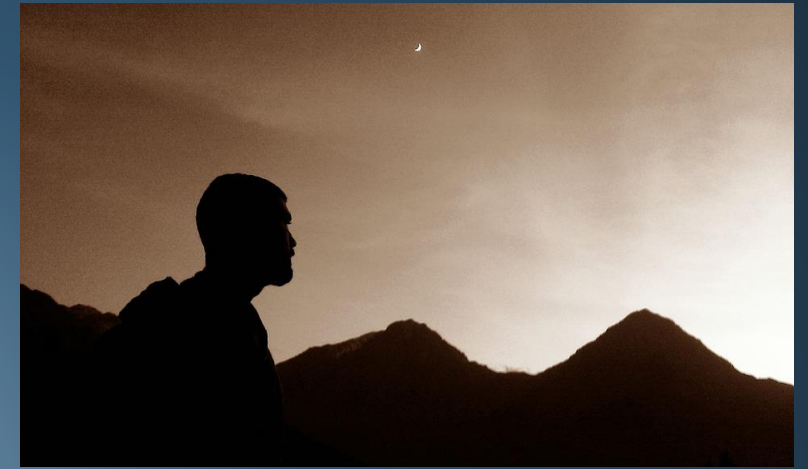
Denial

Repression

C. The Mind

Recognize The Shadow

Think back to a part of your self that you felt you had to hide from the world, be it from shame, guilt, whatever. This is the shadow self. This is the side that longs for attention, forgiveness, integration.



- ❖ **Jung theorized that most mental illness and its symptoms stem from repression and denial of the shadow.**

The Shadow, Archetypes and Internal Family Systems.

✓ As children we internalize different “parts” of ourselves depending on our upbringing.

The Hero/Savior

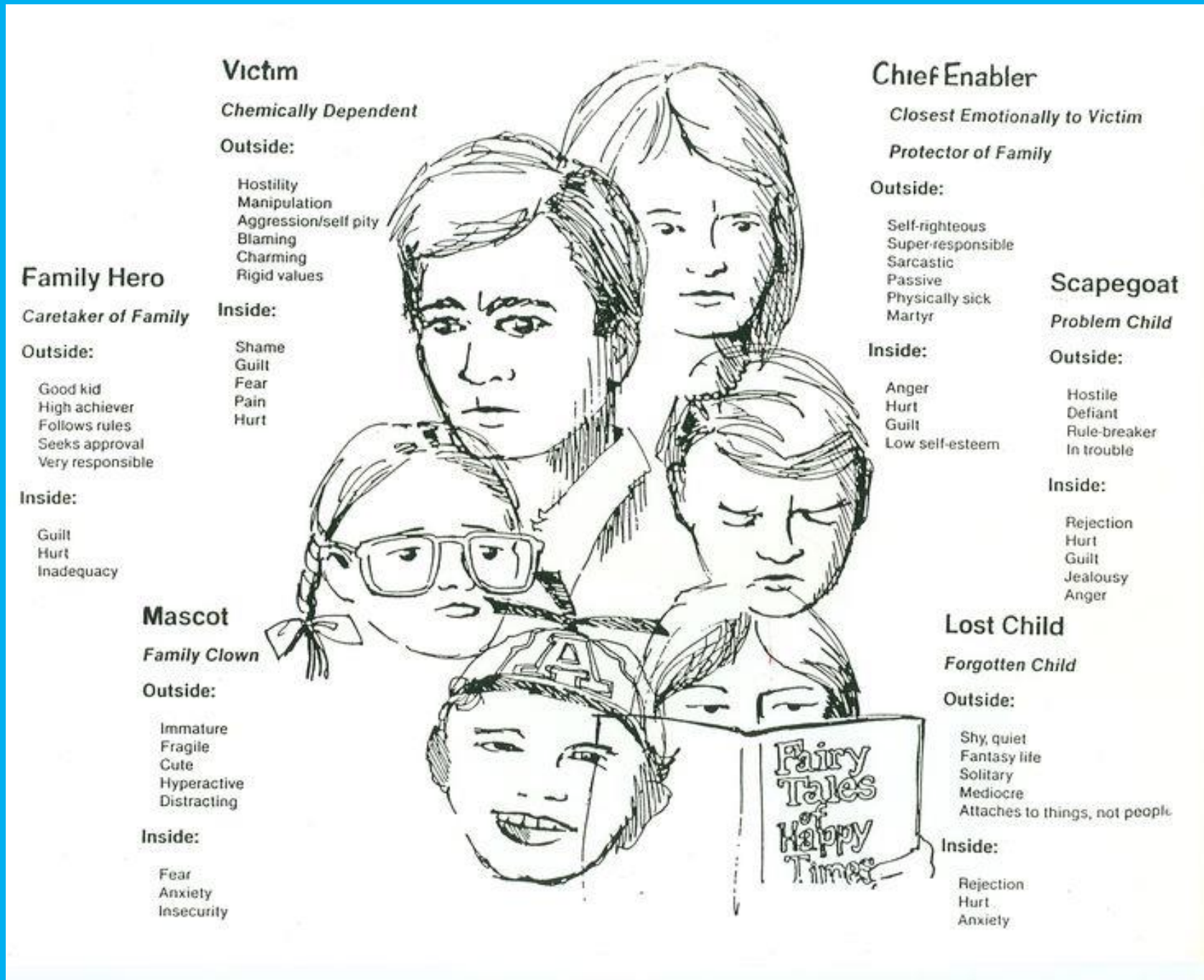
The Scapegoat

The Joker/Mascot

The Lost Child: Invisible one

The Victim

The Enabler



SHADOW WORK: **INTEGRATION**



- ❑ *Part of shadow work is recognizing our different “parts” and integrating them.*
- ❑ *Through insight meditation, active imagination, parts therapy and other forms of therapy we give a voice to those parts which may have gone unheard for too long.*

<https://www.youtube.com/watch?v=Deb828AoHj8&t=460s>

A dark, atmospheric photograph of a person's shadow cast on a path at night. The shadow is large and dark, positioned on the right side of the frame. To the left, a street lamp is lit, casting a warm glow. The background is a deep blue, suggesting twilight or night. The overall mood is contemplative and solitary.

*Just me and my
shadow . . .*





SOLAR

3 Aspects of Shadow:



Introjects: Things we say to ourselves which are not true. These are learned/internalized from parents/caregivers/teachers/other authority figures.

You're no good. You don't know what you're talking about.

You'll never amount to anything . . .

Splitting: When a part of ourselves like the inner child gets cut off from the rest of our ego. This often happens w/ trauma. Ex. People who refuse to cry, masculinity Traps, dissociation . . .

Projection: Strong reactions to external events which are subconscious reflections of our own Repressed Inner stuff, shame, guilt, etc.



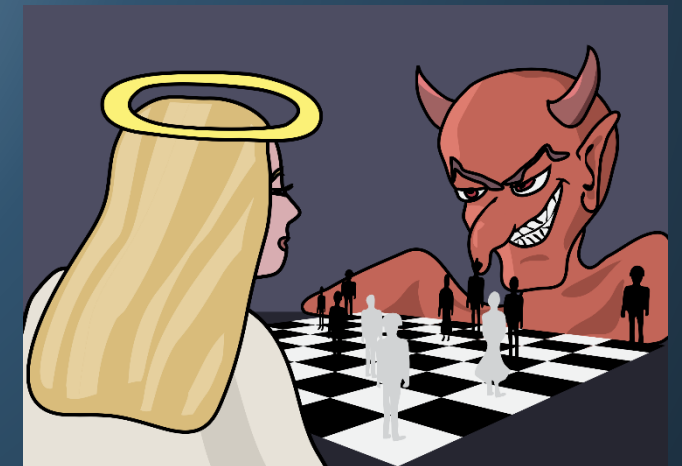


C. The Mind continued

Recognize Part X.

Part X, as opposed to the shadow (the hidden/repressed side of our Self) is the saboteur of self, the negative part, the naysayer, the part constantly opposing our efforts.

This is the part that takes things personally, makes assumptions, spreads emotional poison and doesn't allow us to do our best.

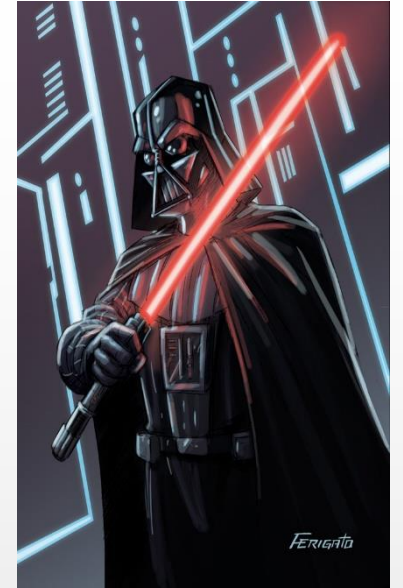




We all have an inner villain . . .

*Let your tormentor
Become your mentor . . .*

–ancient Chinese proverb



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NAPOLEON HILL

AUTHOR OF *THINK AND GROW RICH*
THE BESTSELLING SUCCESS BOOK OF ALL TIME

OUTWITTING
THE DEVIL

The Secrets to Freedom and Success

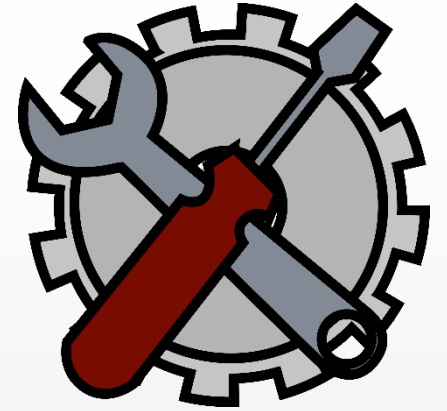


ANNOTATED BY
SHARON LECHTER

Foreword by Mark Victor Hansen

[\(45\) Outwitting the Devil by Napoleon Hill - BEST audiobook - YouTube](#)

Tools to integrating Part X:



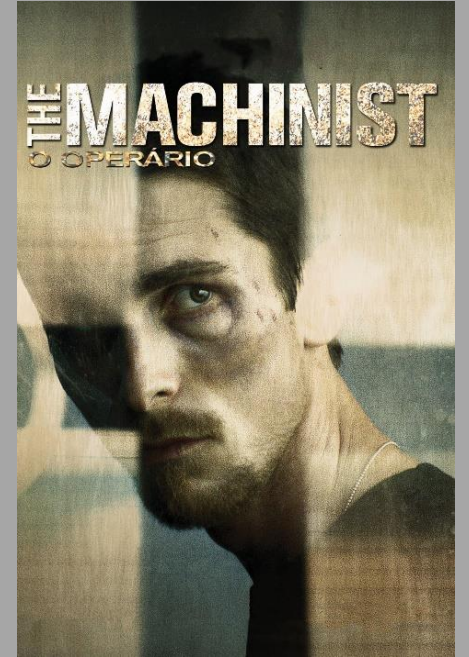
- Recognizing the inevitabilities of life:
- Pain which is inevitable. (Suffering is optional.)
- Uncertainty.
- Hard work. Not just your job.
- Practice Radical Acceptance
- Meditate on Abundance and Gratitude.
- Recognize that you have a dark side. It can be there to defeat you or to motivate you.
- Recognize and celebrate your own self-worth and value

Part X

Character Study in Trauma: The Machinist

Trevor Reznik is a machinist by trade whose severe insomnia has led to him becoming emaciated. His appearance and behavior keep his coworkers away, and they eventually turn against him when he is involved in an accident, which causes his coworker, Miller, to lose his left arm. Trevor, who was distracted by an unfamiliar coworker named **Ivan**, is blamed for the accident. No one at the factory knows of Ivan and there are no records of him. Trevor seems to find comfort in the arms of Stevie, a prostitute with genuine affection for him, and with Maria, a waitress at an airport diner he frequents. He is haunted by brief flashes of recurring imagery, and things such as his car cigarette lighter take on a menacing air. A mysterious series of post-it notes appear on his refrigerator, depicting a game of Hangman.

As his paranoia deepens, Trevor becomes obsessed with the shadowy figure, **Ivan . . .**



[\(39\) The Machinist \(2004\) - I am Ivan - YouTube](#)

[\(39\) The Machinist \(2004\) I Know Who You Are - YouTube](#)

Interpersonal Inventory : Interpersonal issues change social/bio rhythms

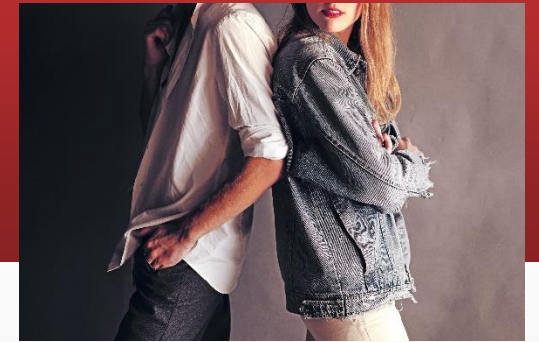
4 Common Themes :

Role Transitions: Job loss/career transition, empty nest

Role Dispute: Non-reciprocal role expectation, working vs. child care roles, conflicting parenting styles

Unresolved Grief: Recent loss, death of a loved one

Interpersonal Deficits: Social isolation, low interpersonal effectiveness

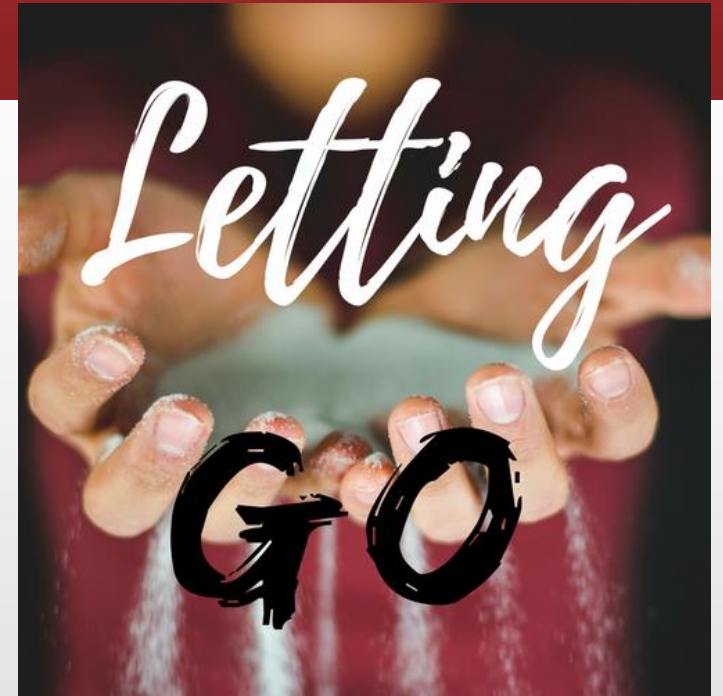


Life event/social role changes lead to social and biological rhythm changes and somatic symptoms: change in hormones, lack of sleep, particularly related to bipolar disorder. This results in a cyclical relationship, repeating itself over and over.

Disruption in routine often causes mania.

RADICAL ACCEPTANCE

- We all have to learn how to accept difficult or impossible circumstances.
- Let go of what you think you want.
- Simply accept the past and what is at this moment.
- Acceptance must precede change.
- Practice moving closer to non-attachment



[This Photo](#) by Unknown Author is licensed under CC BY-ND

[\(46\) MARSHA LINEHAN - How She Learned Radical Acceptance - YouTube](#)

[\(46\) RADICAL ACCEPTANCE: When painful situations are out of your control - YouTube](#)

REBT (Rational Emotive Behavioral Therapy): Preference vs. Demand

Are your thoughts and language predominantly using words that are a preference or a demand? Which do you prefer? Can you recognize the difference between irrational demands and rational preferences?

Preferring or allowing language

I wish

I want

I prefer

I would like

I choose

I aspire to

I intend to

I hope

Demanding/absolutist language

I have to

I must

I should

I need to

I ought to

I'm supposed to

I'm always

I'm never

Everyone does

No one does



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- **You may want to avoid turning healthy goals into unhealthy “musts” or demands. . .**

REBT (Rational Emotive Behavioral Therapy): “Must Thinking”

Irrational “must” thinking may lead to certain undesirable outcomes—unhealthy emotions and actions.

- ❑ Catastrophizing/awfulizing. “It’s the end of the world.”
- ❑ Depreciation of self/self-deprecation. “I’m a loser.”
- ❑ Low frustration tolerance. “I can’t stand this feeling.”
- ❑ By relaxing your demands on yourself, you can literally relax more easily, behaving in a more calm, centered and natural fashion. You are then more able to get out of your own way and just let things be, happen as they may (Radical Acceptance)



Narrative therapy for anxiety/panic: A New Chapter

- Externalize the anxiety. Separate it from your identity.
- I am not anxiety. I have anxiety. Anxiety is something I will overcome.*
- Observe it objectively. Use mindfulness to become the observer.
- Re-author your story to re-create your reality.
- Take control of the symptoms to manage them.
- Replace your anxiety with purpose.
- What are we creating with the stories we are telling ourselves?*



***Are you ready
for a new
chapter?***



Narrative Therapy

Narrative therapy proposes that a person's life is composed of different chapters or stories.

These stories are created through personal experience and interactions with others. There is no one objective truth.

The dominant discourse is the story one believes and tells him/herself over and over again. Ex. *I must be rich and successful to be happy. If my marriage fails I'm a failure.*

The role of the therapist is to guide the client to create an alternative discourse, challenging one's limiting beliefs and cognitive distortions. The idea is to create a new plot and new perspectives in telling our stories.

Deconstruction is the process of creating these alternative narratives to allow for creative resolutions to our issues



**Change the language,
Change the story,
Change the
perspective.**

Therapeutic questions for narrative therapy

What setbacks have you experienced? How have you overcome them?

What is the hardest thing you've ever done?

What are you most proud of?

What did you do that you were initially afraid of? How did you face your fears?

What if your current challenge is a call for a new adventure or learning experience?

What would a meaningful next Chapter of your story look like?



Accept the good, the Bad and the ugly



A little music
therapy???

Acceptance & Commitment Therapy for Anxiety & Depression



Acceptance and Commitment Therapy (ACT)

6 therapeutic components:

Be here now in the moment.

Separate/detach from private thoughts. Hold on to them lightly not tightly.

Accept all experiences.

Become the observer, through which awareness happens.

Values : Focus on goals you desire and activities and beliefs that matter to you.

Take Committed action



Becoming Psychologically Flexible (ACT skill)

Let's explore the idea of psychological flexibility.

What is flexibility? The ability to **stretch but not snap.**

This goes along with the idea of resilience.

Resilience = Bend but don't break.

Getting unstuck from Depression and Anxiety

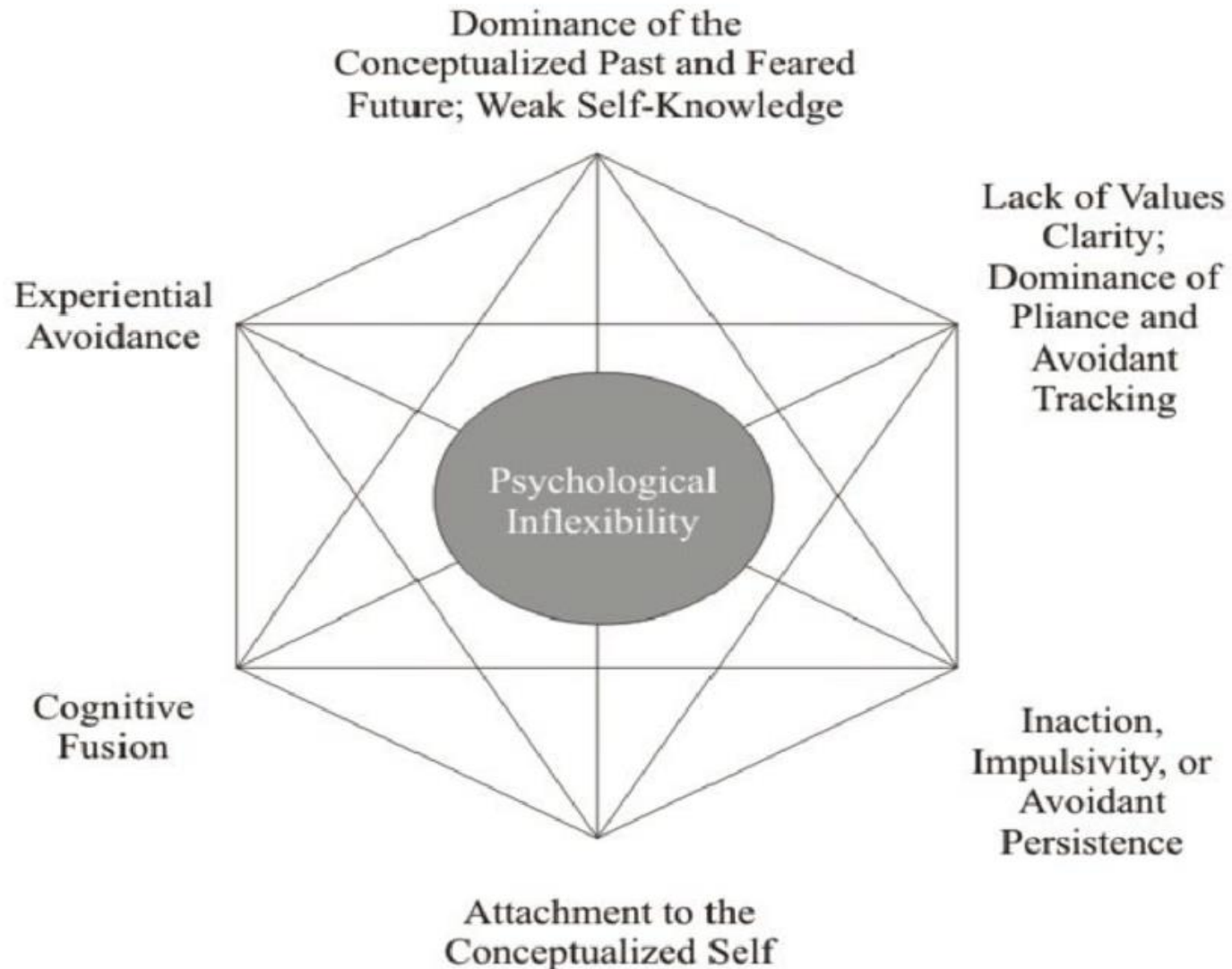
Elements of Acceptance and Commitment therapy :

- Psychological Flexibility.
- Be Open. *What do you care about? Where are you stuck?*
- Be Aware. Observe your thoughts, feelings, emotions.
- Be Engaged. Take action.

Acceptance and Commitment daily journal

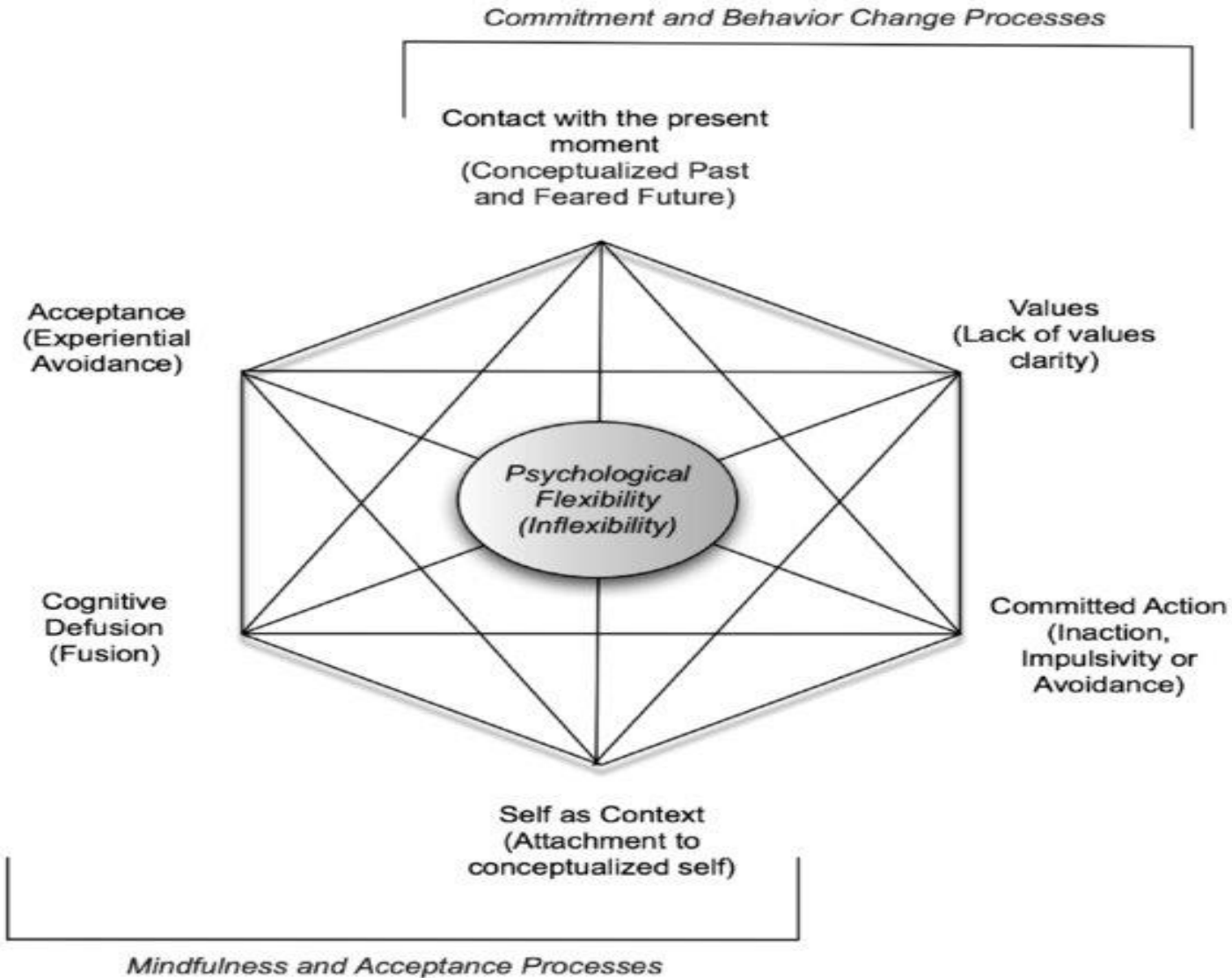
Psychological Flexibility vs. Inflexibility

- ❑ Stuck in the past/worried about the future
- ❑ Avoiding/denying our own shadow/negative experiences
- ❑ Over attachment to thoughts, beliefs, ego, inability to let go



- ❑ Confused sense of self. *Who am I? What do I want?*
- ❑ Avoids taking action, passive-aggressive, or recklessly impulsive

Psychological Flexibility vs. Inflexibility



Gestalt Theory and Therapy: From neurosis to authenticity

Gestalt therapy is a form of psychotherapy that focuses on a person's present life rather than delving into their past experiences.

- Experience Influences Perception
- Context matters.
- Focus on the present.
- We can work through pain with self-awareness.
- Challenge your obstacles.

The 5 layers of Neurosis

The fake self, inauthentic.

The phobic avoids pain.

The impasse, afraid of change

Implosive, aware not ready to take action.

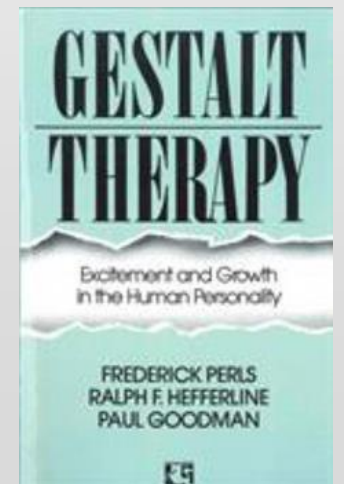
Explosive: Ready to change and become the authentic self.

Source problems:

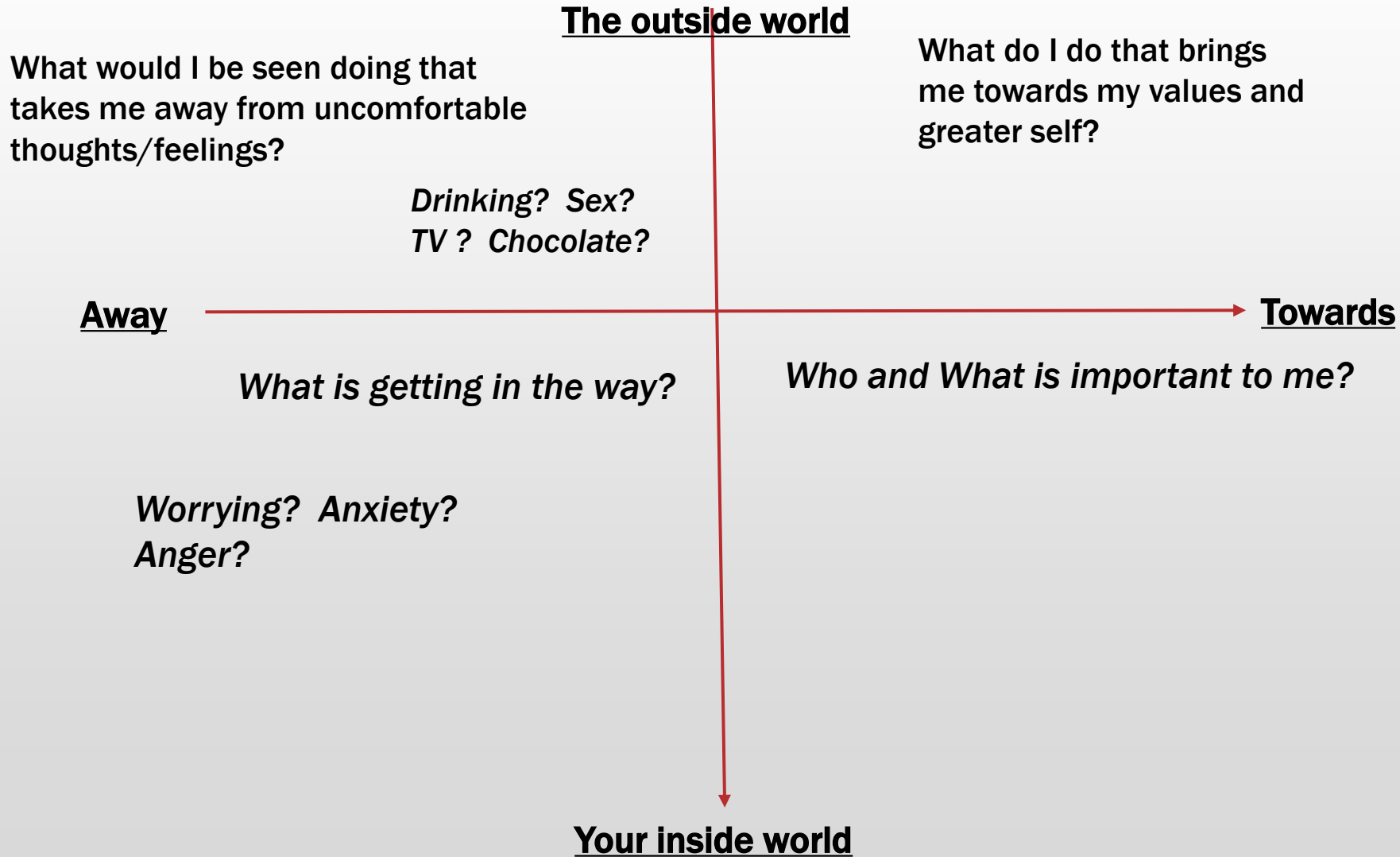
Lack of awareness.

Lack of personal responsibility.

Unfinished business or unexpressed feelings.



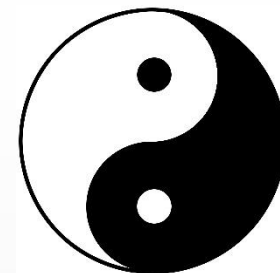
The ACT Matrix: a simple perspective exercise



[\(34\) The ACT Matrix | a simple perspective-taking exercise - YouTube](#)

[A Guided ACT exercise](#)





Classical Gestalt: Bringing awareness to hidden/repressed parts, the language of personal responsibility, explore blocks and defenses, exploring the gestalt cycle, desensitization, polarities (yin/yang) co-exist and are interdependent, experimenting is the cornerstone of experiential learning, “empty chair” dialogue, “top dog” (perfectionist) vs. “underdog” (pessimist), head/heart/gut awareness, confront with support

Relational Gestalt: Offer as much Support as needed but not more.

I-thou: Fellow travelers w/ equal respect/value.

Focus on attachments: secure, insecure avoidant, insecure Anxious, insecure disorganized

Invite to explore a different, corrective experience in a safe setting.





Stages

Sensation

Awareness

Mobilization

Take Action

Final contact, meeting the need

Satisfaction

Withdrawal, letting go

Blocks

Desensitization (may result from abuse)

Deflection

Introjection

Projection

Retroflection

Confluence (follow others' needs vs. ours)

Egotism

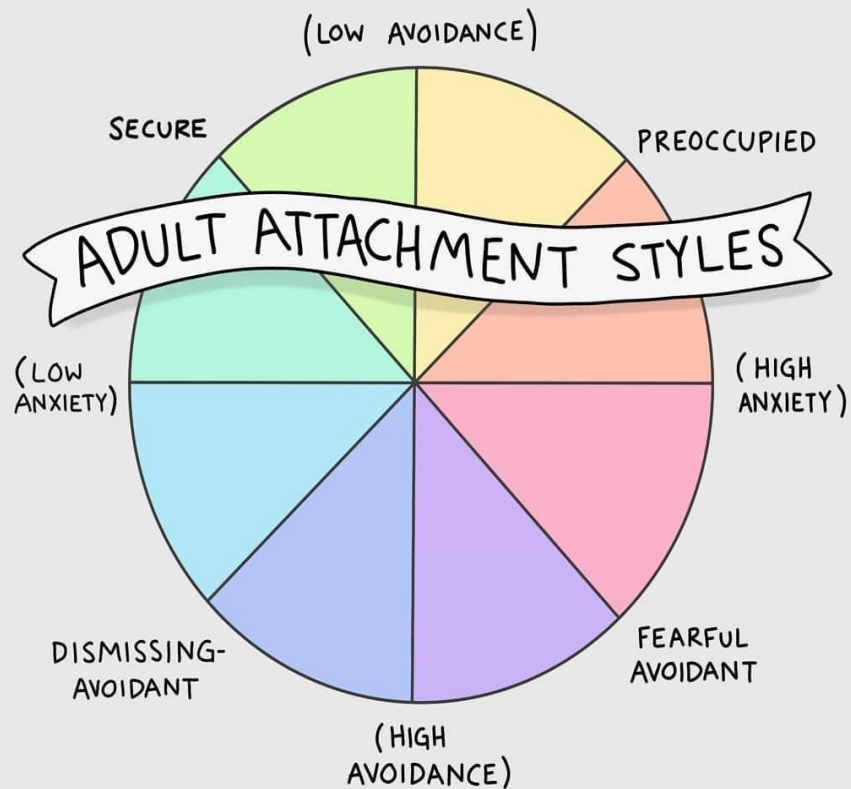


Attachment Styles related to Family Systems Theory

What does an individual's attachment or connection to their primary caregiver look like?

Anxious? Avoidant? Disorganized/dualistic (Borderline)? Secure?

Is their world safe? Is one independent or reliant on others? Am I good or bad?



CONCEPT: R.C. FRALEY & P.R. SHAVER, 2000.
THIS VERSION ILLUSTRATED BY @LINDSAYBRAMAN

FAMILY SYSTEMS THEORY

Family systems theory is a theory that views the family as a complex system of interconnected and interdependent individuals.

DESCRIPTION

Family systems theory understands human behavior through a complex web of emotional processes in one's family, work, and social systems. It describes how the emotional interdependence among family/society members impacts individuals' character and life choices.

ASSUMPTIONS

- 1 The family is a complex emotional unit
- 2 The family is emotionally interconnected
- 3 Familial, community, and social relationships are reciprocal

Kohlberg's Theory of Moral Development



Childhood Attachment Styles

SECURE



Secure: Trusts others

Healthy view of self

Speaks wants & needs easily

Can attune to emotions

Interdependent

Good self-esteem

Not triggered easily

If triggered, can manage emotional response

ANXIOUS PREOCCUPIED



Insecurity

High anxiety

Fear of abandonment

Trigger response: fawn, freeze

Fear of being alone

Chronic survival mode

Preoccupied with relationships

Codependency

DISMISSIVE AVOIDANT



Insecurity

High anxiety

Wants intimacy, but afraid

Trigger response: Freeze, Flight

Chronic survival mode

Doesn't trust easily

Builds up walls

Ultra-independent

Can be dismissive

FEARFUL AVOIDANT / DISORGANIZED



Insecurity

High anxiety

Sometimes wants intimacy, other times not.

Trigger response: Varies

Chronic survival mode

Push, pull dynamic

Confused about love

Downplays relationships

Trouble feeling emotions

The Attachment Styles

SECURE

- 1-Can trust fairly easily
- 2-Is attuned to emotions
- 3-Can communicate upsets directly
- 4-Leads with cooperative and flexible behavior in relationships

ANXIOUS

- 1-Has a sensitive nervous system
- 2-Struggles communicating needs directly
- 3-Tends to "act out" when triggered (i.e. makes partner jealous)

AVOIDANT - DISMISSIVE

- 1-Downplays importance of relationships
- 2-Is usually extremely self-reliant
- 3-Can become more vulnerable when there is a big crisis

AVOIDANT - FEARFUL

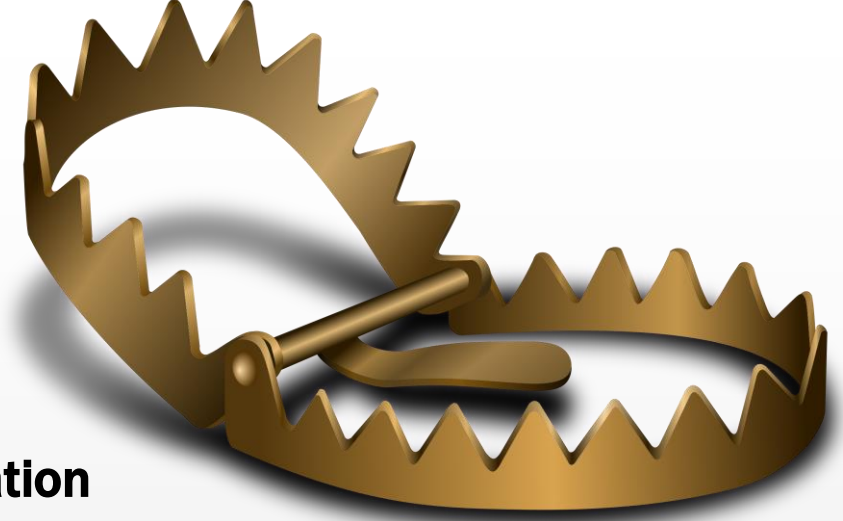
- 1-More dependent in relationships than avoidant - dismissive
- 2-Strongly fears rejection
- 3-Has low self-esteem
- 4-Has high anxiety in relationships

Attachment Style: How to Connect with People if you have Anxiety . . .



Beware of Ego Traps

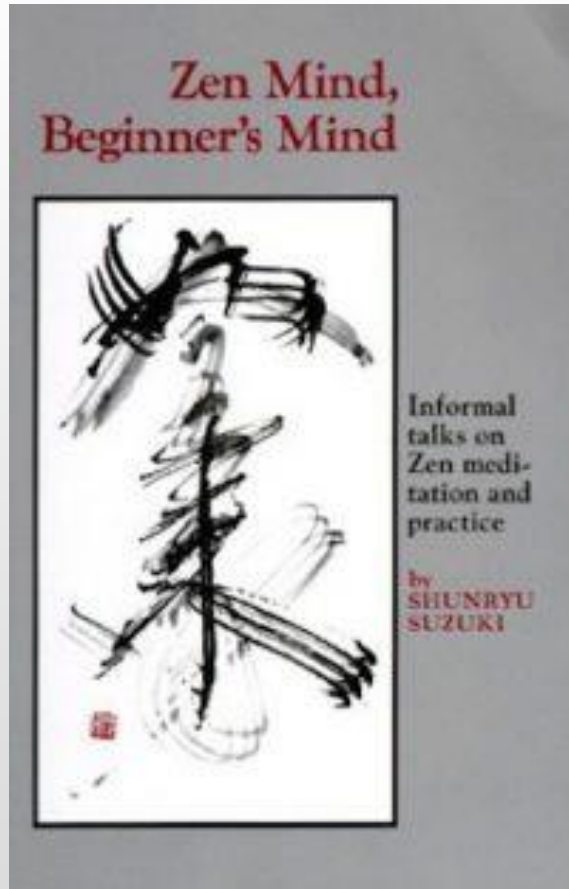
- ❑ **The illusion that your identity, self worth and value as a person is based on your material possessions and wealth.**
- ❑ **The illusion that your self worth is contingent on approval or validation from others and their opinions.**
- ❑ **The illusion that your self-worth is based on your personal achievements, goals and social status.**
- ❑ **The illusion that your identity is based solely on your race or gender— masculinity traps (I have to be strong to be a man.) or femininity traps (I have to be beautiful or no one will like me.)**
- ❑ **The illusion that your self is disconnected from the universe or a higher power. The human is a fractal of the earth and the universe. A fractal (like DNA) is a small part of something which retains all the parts and qualities of the whole.**



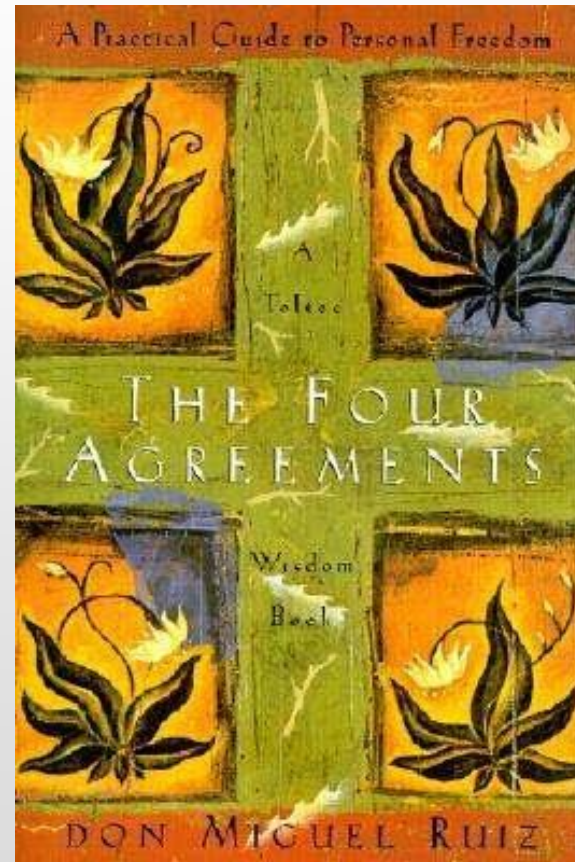


(47) 6 Lies BLOCKING Your Spiritual Awakening! 🚫 Escape the 3rd Dimension NOW! - YouTube

RESOURCES:



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Be willing to be a beginner
every single morning.

[\(9\) Handling stressful thoughts. ACT leaves on a stream exercise. - YouTube](#)

M ~ moment to moment attention

I ~ in the here and now

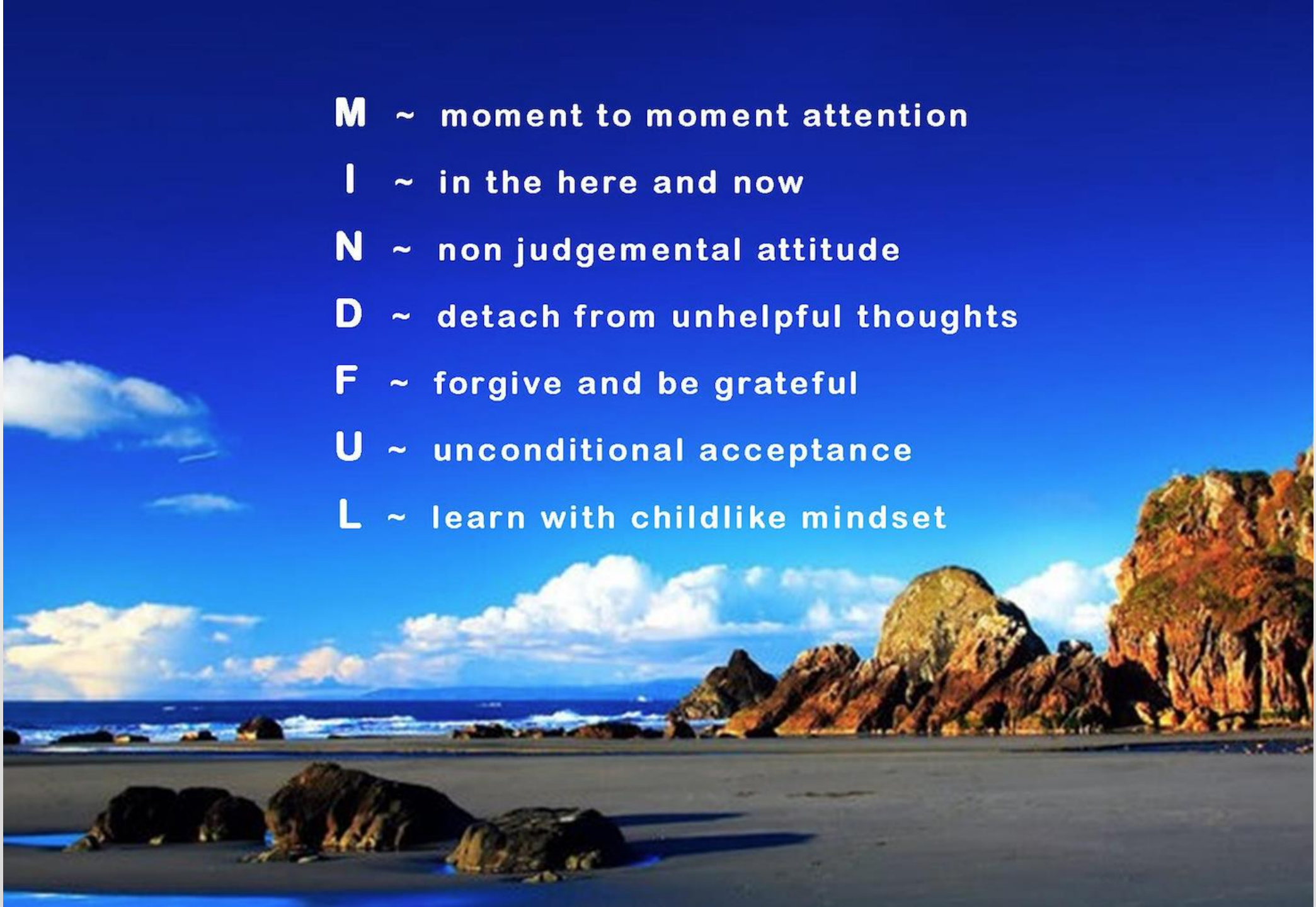
N ~ non judgemental attitude

D ~ detach from unhelpful thoughts

F ~ forgive and be grateful

U ~ unconditional acceptance

L ~ learn with childlike mindset



Quiet the Mind.



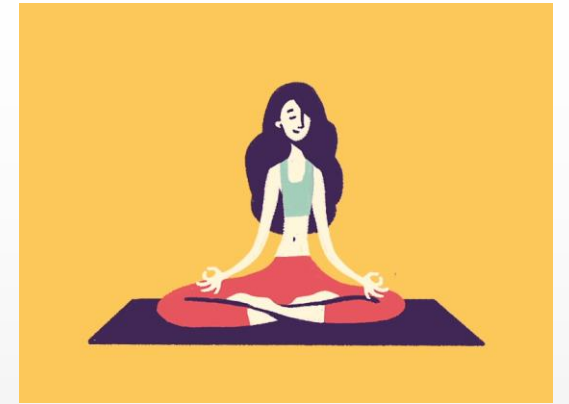
Meditation does not always mean sitting still . .

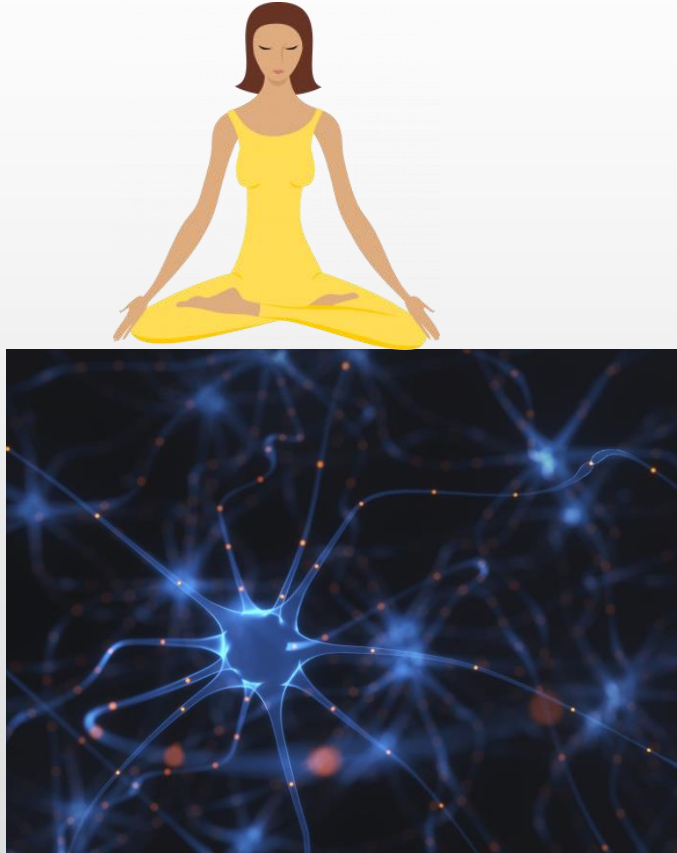
■



Mindfulness: The state or practice of having awareness in the present moment, not lost in the past or distracted by the future, regardless of ones activity. *We can be mindful whether we actively meditate or not.*

Meditation: A mindful practice of calming the mind, whether sitting or in motion.





Research indicates that meditation is shown to thicken the pre-frontal cortex.

This brain center manages higher order brain function, like increased awareness, concentration, and decision making. Changes in the brain show, with meditation, higher-order functions become stronger, while lower-order brain activities decrease.

The amygdala shrinks. In addition, the functional connectivity between these regions of the brain gets weaker, while connections associated with attention and concentration gets stronger.

Research also shows that the part of the brain responsible for higher levels of emotional awareness (anterior insular cortex) such as empathy, compassion, self-compassion, and gratitude is activated during meditation.

HOW & WHY TO MEDITATE

HUBERMAN LAB





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Inside/Outside Awareness

While some of us are more naturally aware of our inner sensations, thoughts and feelings, others are more attuned to their external environment.

Interoception: Inner body/thought/sensory awareness

Exteroception: External awareness

One goal of mindfulness practices to achieve a balance between the two.



[\(28\) Interoception: Why Emotions Feel the Way They Do - YouTube](#)

Just Let Life Be . . .

[\(20\) Let Life Be: This Practice Will Transform Your Life FOREVER | The Simple Path to Happiness - YouTube](#)

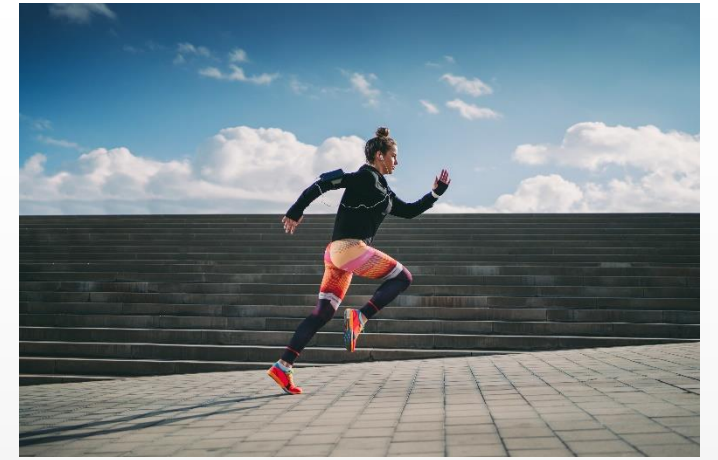


More on Mindfulness

[\(26\) The Power of Mindfulness: What You Practice Grows Stronger | Shauna Shapiro | TEDxWashingtonSquare - YouTube](#)

[\(26\) All it takes is 10 mindful minutes | Andy Puddicombe - YouTube](#)

Personal Responsibility: Behaviors and Attitudes

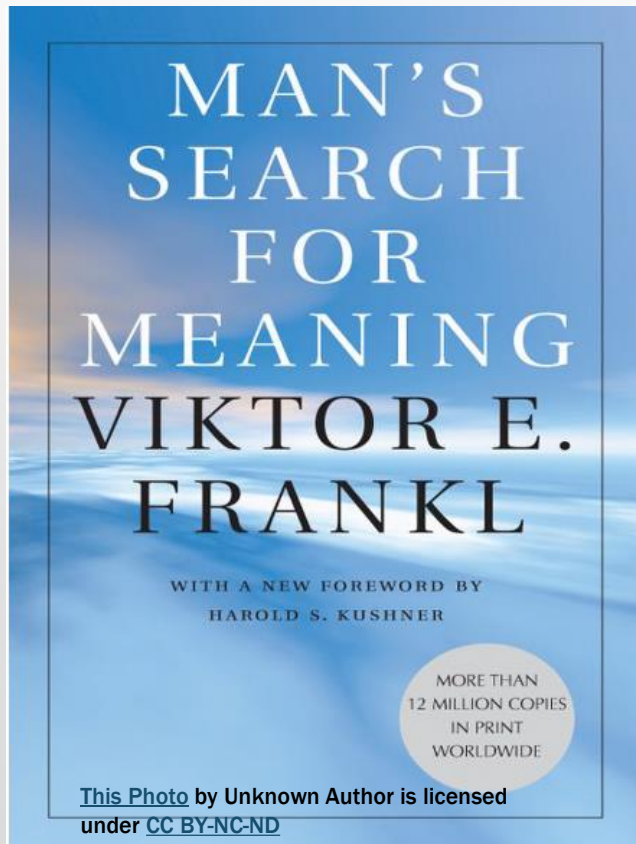


When we blame other people, entities or circumstances for our situations and problems, we are handing them the power to change or fix it.



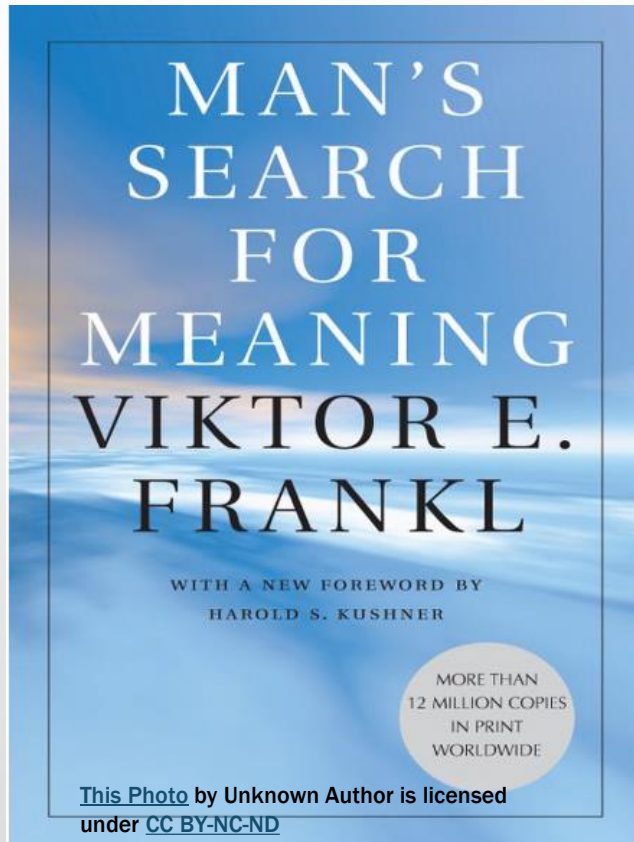
**Finding blame is not important.
Finding a solution is . . .**

#6 Man's Search for Meaning (Viktor Frankl (1946)



Chronicles his experiences as a prisoner in Nazi concentration camps during World War II, and describing his psychotherapeutic method, which involved identifying a purpose in life to feel positive about, and then immersively imagining that outcome. According to Frankl, the way a prisoner imagined the future affected his longevity. The book intends to answer the question "How was everyday life in a concentration camp reflected in the mind of the average prisoner?" Part One constitutes Frankl's analysis of his experiences in the concentration camps, while Part Two introduces his ideas of meaning and his theory called logotherapy. 123

✓ **Counselor/Philosopher**
✓ **Approved**



• ***“When we are no longer able to change a situation, we are challenged to change ourselves.”***

• ***“Everything can be taken from a man but one thing: the last of the human freedoms – to choose one’s attitude in any given set of circumstances, to choose one’s own way.”***

• -- ***Viktor Frankl***

Transforming and Healing: Positive Affirmations



(22) WARRIOR CONFIDENCE AFFIRMATIONS ► Program
Your Subconscious Mind | Be Winner | Abundance Mindset -
YouTube



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Substance Abuse & Addiction: Triggers & Solutions for Self- Management

A SUB-SECTION OF THE DV STOP PROGRAM



(86) Lana Del Rey - High By The Beach - YouTube



***THEN JESUS WAS LED BY THE SPIRIT
INTO THE WILDERNESS
TO BE TEMPTED
BY THE DEVIL***

–Matthew 4:1-11

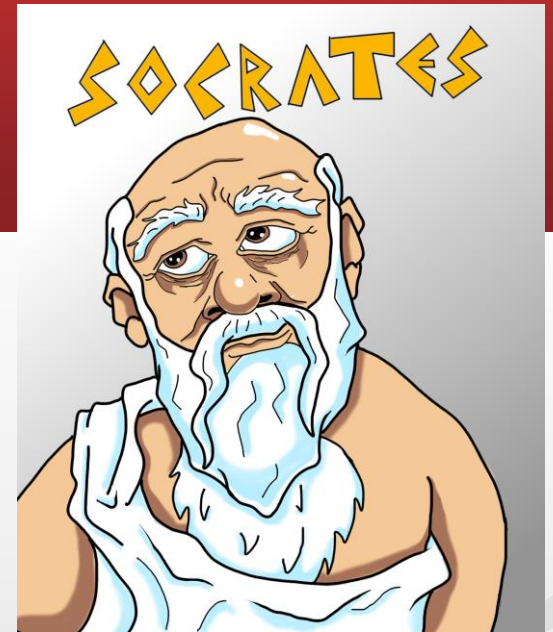
Temptation

Though Jesus had the power to command the stones to become loaves of bread like the devil said, he did not do it.

This was because fasting for Jesus, 40 days, 40 nights, symbolized spiritual discipline.

Ask yourself these questions:

- Have you ever tried to cut back or abstain from substance use unsuccessfully?
- Have you ever felt guilty for something you did under the influence of drugs or alcohol?
- Has anyone felt annoyed or been harmed by your actions or behavior under the influence? Please elaborate.
- Have you experienced blackouts or woken up in a strange place after using drugs or alcohol?



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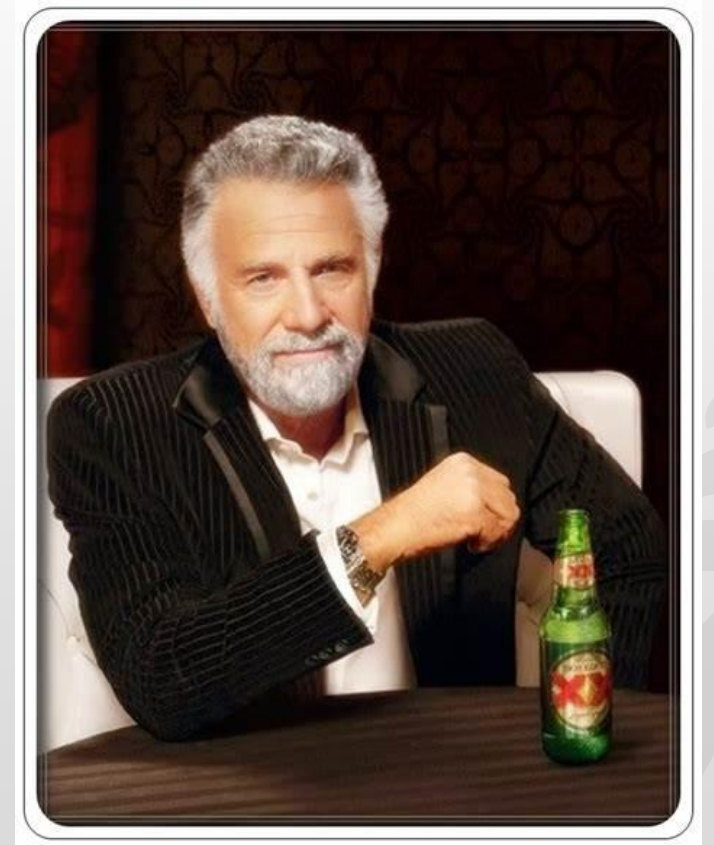
If you answered yes to any of these, alcohol or other chemical substances may be hindering your ability to control your own life.



[\(82\) The Hangover - Extended Wake Up Clip - YouTube](#)

Think about the reasons why you may indulge in chemical substances:

- Social drinking**
- Peer pressure**
- Habit**
- Psychological dependency**
- Physical dependency**
- Stress management**
- Hey, it just feels good, man . . .**



Introduction: Triggers

Triggers are things, people, objects, emotions, times, events or locations which cause cravings in each of us.

Our lower brain can often associate these triggers with substance use or other addictive tendencies.

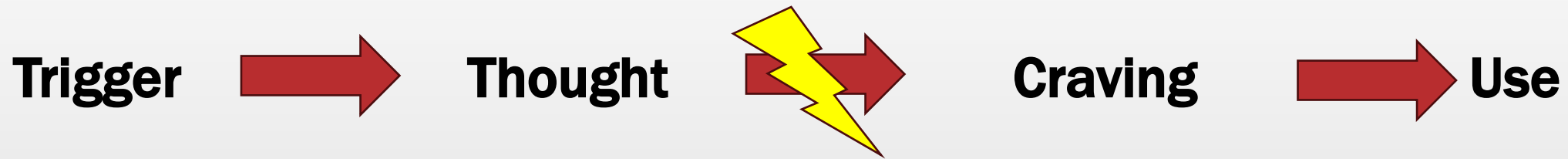
An important part of treatment is identifying our triggers.



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Thought stopping technique

Thoughts become cravings.



Intervene when the thought arises to take a different path:

Positive visualization

Exercise

Do shadow work.

Call a friend

Relax or take a nap.

Work on a project.

Spend time with your kids.

Cultural influences

Culture is closely interwoven with not only our attitudes and responses to addiction but to traumatic experiences, response and recovery.

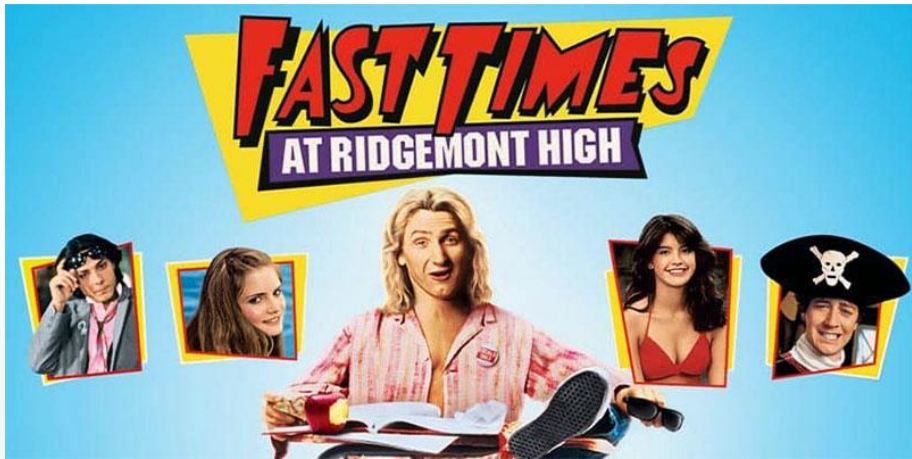


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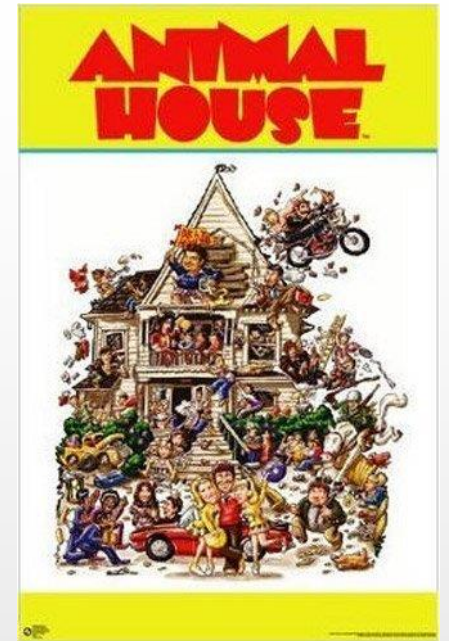
Ours is a culture which often encourages or glamorizes substance abuse and its use as an excuse for displays of aggression or abusive, destructive and self-destructive behavior.

And sometimes just because it's fun . . .

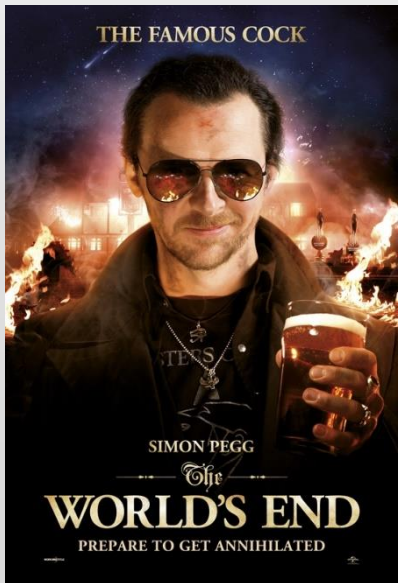




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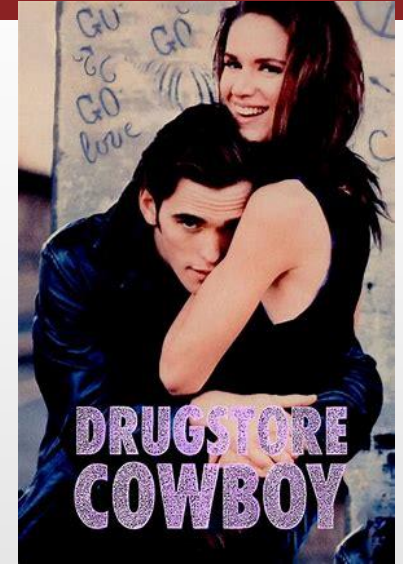


[\(34\) Beastie Boys - \(You Gotta\) Fight For Your Right \(To Party\) \(Official Music Video\) - YouTube](#)



Character study: Drugstore Cowboy (1989) A cautionary tale.

In 1971, 26-year-old Bob Hughes (Matt Dylan) leads a nomadic group of drug addicts—his wife Dianne, his best friend Rick, and Rick's teenage girlfriend Nadine—who travel across the Pacific Northwest robbing pharmacies and hospitals to support their habits.



[\(82\) Drugstore Cowboy - "Hat on Bed" - YouTube](#)

[\(82\) Drugstore Cowboy opening monologue to the utmost - YouTube](#)



Leaving Las Vegas is a 1995 American [drama film](#) written and directed by [Mike Figgis](#) and based on the semi-autobiographical 1990 novel [of the same name](#) by [John O'Brien](#). [Nicolas Cage](#) stars as a suicidal alcoholic in [Los Angeles](#) who, having lost his family and been recently fired, has decided to move to [Las Vegas](#) and drink himself to death. He loads a supply of liquor and beer into his [BMW](#) and gets drunk as he drives from Los Angeles to Las Vegas. Once there, he develops a romantic relationship with a sex worker played by [Elisabeth Shue](#) and the film shifts to include her narrative perspective. O'Brien died from suicide after signing away the film rights to the novel.^[4]

Addiction: 3 Neuro chemical responses:



**Arousal (dopamine,
norepinephrine)**



**Motivating high-risk,
dangerous behaviors:
high-risk sex**

Sedation (GABA)



**Food video games TV
Sex**

Fantasy (Serotonin)



**Sex addiction
Porn**

Neurochemical responses in Addiction





vevo

Video: Drugged Driving



(82) Drugged Driving - YouTube

Addictions: A Vicious Cycle of Shame and Guilt

Shame and guilt are in the category of self-conscious emotions.

Guilt

Shame

Pride

Embarrassment



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These are more advanced emotions, not present at birth.

They emerge later in human development, and require:

- 1) The ability to distinguish self from others.
- 2) The ability to reflect on self, measured against a series of standards: morals or values. *Am I a good person?*

Shame vs. Guilt

Shame

- Focus on the entire self
- I am bad.
- Generally considered more painful or emotionally difficult
- Can cause a considerable shift in self perception. Motivation to hide emotions.
- The self can become significantly impaired .

Guilt

- Focus on a specific behavior or act.
- I have done something bad.
- A moderate shift in self-perception
- Motivation to improve behavior.

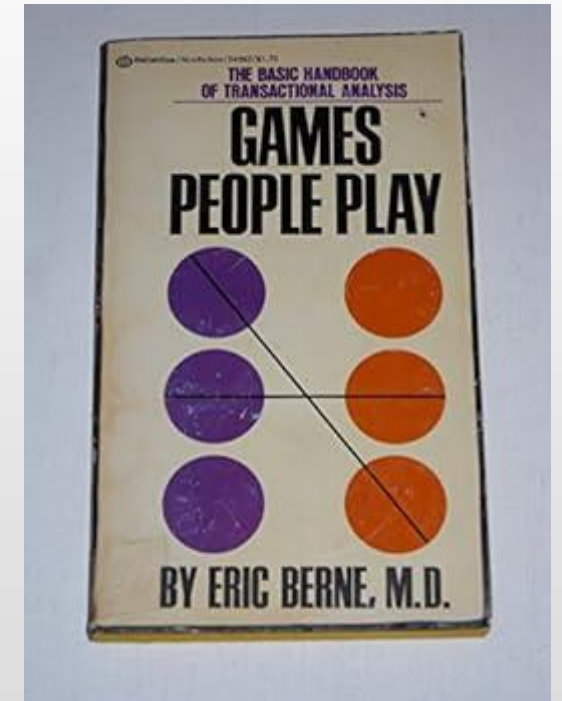


(127) Reduce Guilt and Shame With CBT - YouTube

The Philosophy of Shame: Nietzsche



Transactional Analysis: Games People Play.



Game Analysis

Game analysis

Tom Harris's "I'm Okay, You're Okay," illustrates life positions and how people go about receiving strokes or recognition:



"I'm Okay, You're Okay: Healthy Life position, winners

I'm Okay, You're Not Okay: Position taken by adolescent delinquents and adult criminals. Tendency to blame and be paranoid. Worst case, homicidal

I'm not Okay, You're Okay: Self-masochistic, worst case, suicidal



I'm not Okay, You're not Okay: Least healthy of functional, schizoid, worst case scenario, murder-suicide

Stephan Karpman's Drama Triangle suggests 3 roles for manipulative drama: Victim – Persecutor – Rescuer.

Fun facts

Freud vs. Eric Berne (TA)

Ego States

(Structural theory)

ID



CHILD



The Little Professor
The Adapted Child
The Natural or
Rebellious Child

EGO



ADULT

SUPER
EGO



PARENT



Nurturing
or
Critical
(Prejudicial)

The death or absence of a parent can lead to what TA theorists call the Incomplete Parent state.

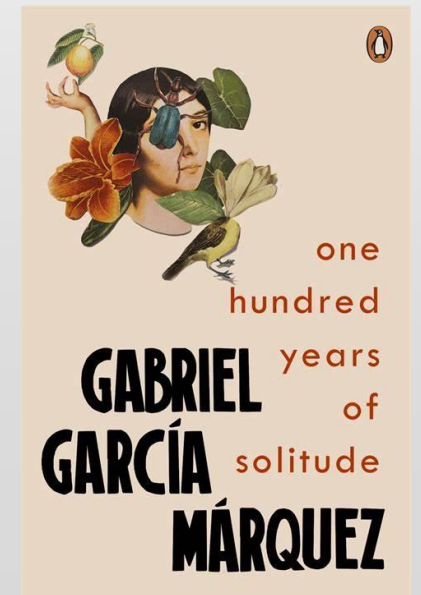
Don't Fear Being Alone

The ego is built on social norms and fed by external validation.

Solitude can be a sanctuary not a prison.

In aloneness, we confront our truth.

–Kierkegaard





Lojong Mind Training

The Lojong teachings started in Tibet in the eleventh century of the Christian Era, and were based on the Mahayana principle of developing wisdom and compassion.

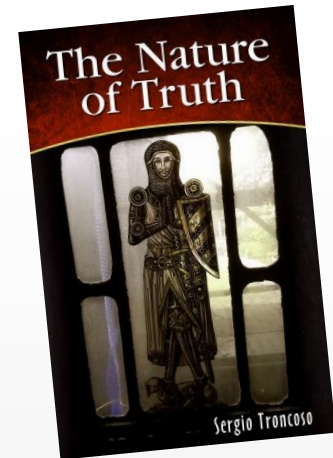
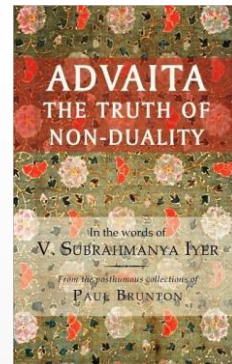
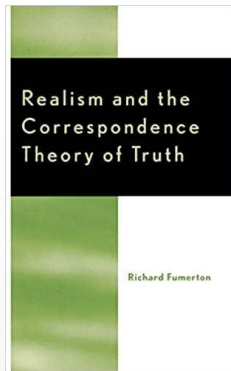
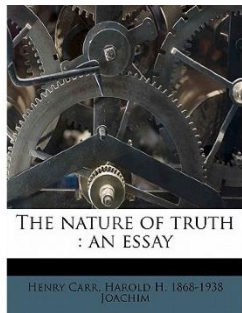
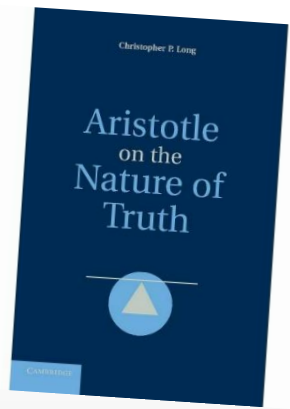
- **Developing self-awareness**
- **Clarifying confusion when it arises**
- **Recognizing the illusions and the delusions**
- **Voluntary servitude for the benefit of others (bodhisattva)**
- **Challenging ones selfishness and self-centeredness**
- **Be at home in the dynamic flow of experience.**
- **Intentionality: There is nothing to hold onto.**
- **Buddha: *The root of suffering is attachment.***

'Lo' in Lojong means intellect, the capacity of the mind to have a reflective clarity to see for oneself what is going on, and 'jong' means to develop, or to purify.

How can you grasp existence???

Who is the one that cannot change?





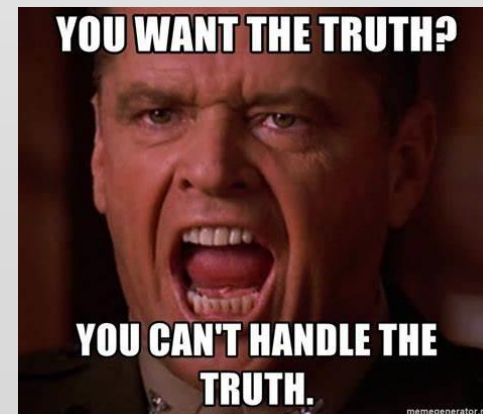
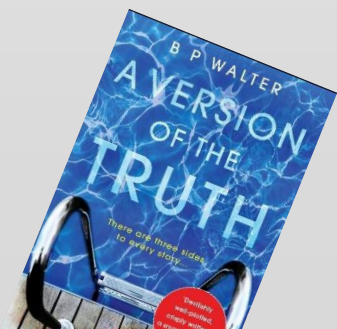
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Relative Truth



Absolute Truth

Where are you?



A woman with a surprised expression, wearing a heavy grey winter jacket with a fur-lined hood, a brown scarf, and grey gloves, stands in a snowy city street. She is positioned next to an electric vehicle charging station. In the background, there are snow-covered cars, buildings, and streetlights. The scene is set in winter, with snow on the ground and rooftops.

Imposing your values on the world?

How's that working out for you???

The Nature of Truth



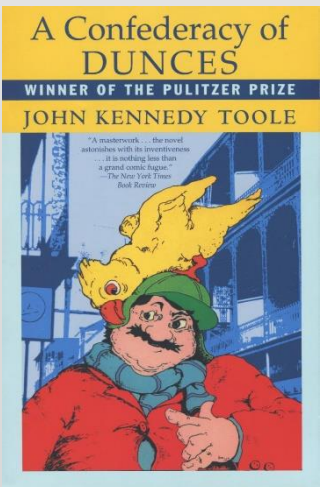
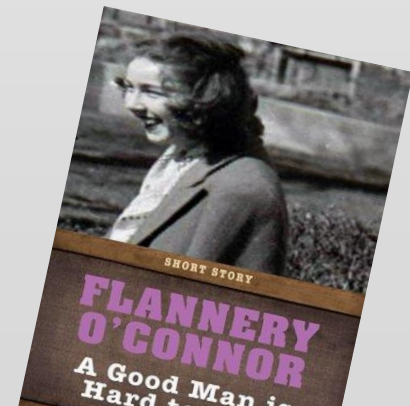
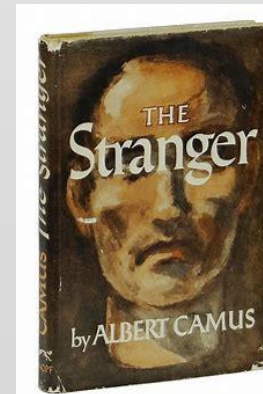
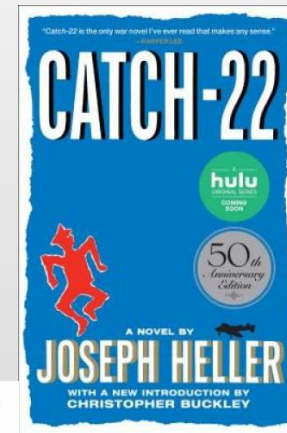
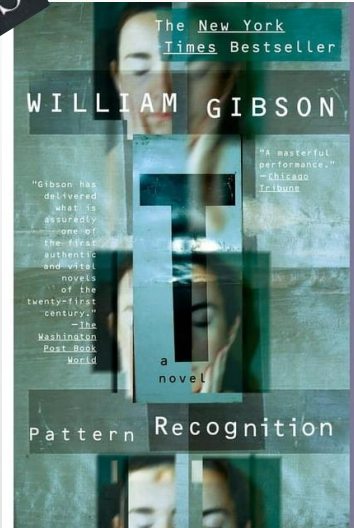
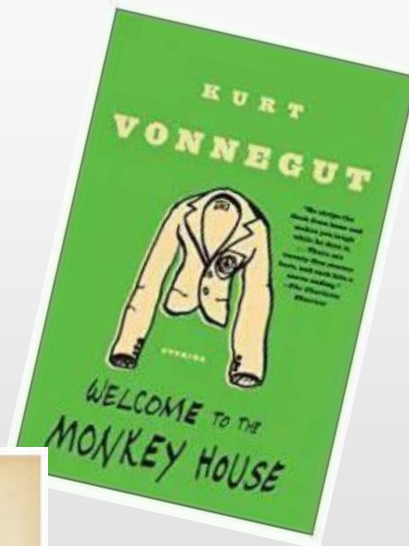
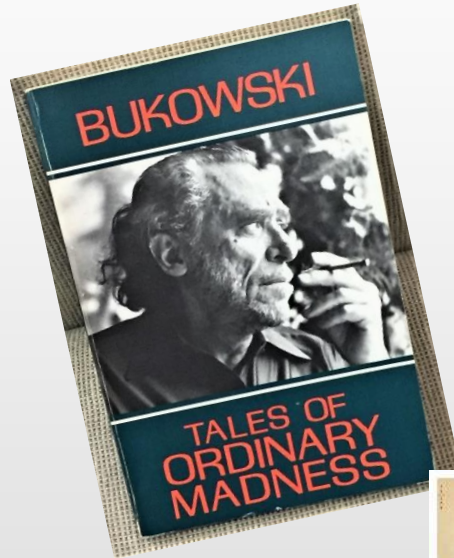
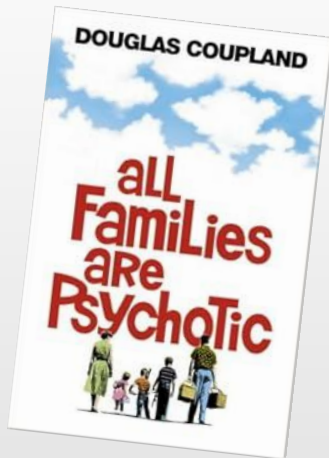
✉ “The key to wisdom is this- Constant and frequent questioning, for by doubting we are led to question and by questioning we arrive at the truth.”

~Peter Abelard, 12th Century
Parisian Monk and Philosopher

Truth

- a thick concept
- truth is independent of what anyone happens to believe is true
- simply believing that something is true, does not make it true
- even if EVERYONE believes that something is true... it may turn out to be false
- *How can we ever be sure that what we think we know really is true?*
- When we say that something is true, we usually mean that it is “beyond reasonable doubt”.

Bibliotherapy



What is your Purpose in Life???



