



Division of the Mind

Parental Ambivalence

Parents both love and hate themselves and extend both reactions to their productions, i.e., their children.

Parental Nurturance



Parental Rejection, Neglect Hostility



Parental Nurturance



Self-System

Unique make-up of the individual; harmonious identification and incorporation of parent's positive attitudes and traits; and the effect of experience and education on the maturing self-system.

Personal Goals



Needs



Food

Thirst

Sex

Safety

Wants



Affiliation

Achievement

Activity

Meaning



Love

Compassion
for Others

Generosity

Personal Conscience



❖ Moral Principles



❖ Ethical Behavior



❖ Integrity



Parental Rejection, Neglect, Hostility

Other Factors: accidents, illnesses, death anxiety

Anti-Self System

The Fantasy Bond (core defense) is a self-parenting process made up of two elements: the helpless, needy child, and the self-punishing, self-nurturing parent. Either aspect may be extended to relationships. The degree of defense is proportional to the amount of damage sustained while growing up.



Anti-Self System

Self-Punishing Voice Process

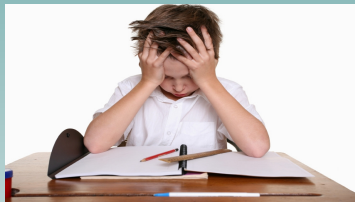


Voice Process

Behaviors

Source

1. Critical thoughts toward self



Verbal self-attacks – a generally negative attitude toward self and others predisposing alienation.

Critical parental attitudes, projections, and unreasonable expectations.

2. Micro-suicidal injunctions



Addictive patterns. Self-punitive thoughts after indulging.

Identification with parents defenses

3. Suicidal injunctions – suicidal ideation



Actions that jeopardize, such as carelessness with one's body, physical attacks on the self, and actual suicide

Parents' covert and overt aggression (identification with the aggressor).

Anti-Self System

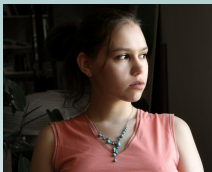
Self- Soothing Voice Process



Voice Process



1a) Aggrandizing thoughts toward self.



1b) Suspicious paranoid thoughts towards others.



2. Micro-suicidal Injunctions



3. Overtly Violent thoughts

Behaviors

Verbal build up toward self.

Alienation from others, destructive behavior towards others.

Addictive patterns. Thoughts luring the person into indulging.

Aggressive actions, actual violence.

Source

Parental build up

Parental attitudes, child abuse, experienced victimization.

Imitation of parents' defenses.

Parental neglect, parents' overt aggression (identification with the aggressor).