



THE GLENDON
ASSOCIATION

REFLECTIONS ON A NEW YEAR: HOW TO BECOME YOUR BEST SELF



WITH LISA FIRESTONE, PH.D.



Lisa Firestone, Ph.D.

Director of Research and Education
The Glendon Association

Senior Editor
PsychAlive.org



THE GLENDON
ASSOCIATION

(For Professionals)
www.glendon.org



(For the Public)
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THREE PARTS TO THIS WEBINAR:

1. Setting Your Goals
2. What is Getting in Your Way?
3. How Can You Overcome These Barriers?



PART 1:

SETTING YOUR GOALS





POLL #1

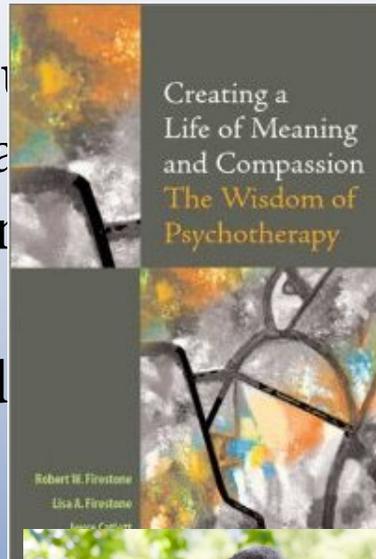
When you think about a new year, what would you most like to change in your life?

- Your feelings about yourself?
- Your addictions?
- Your career track?
- Your relationships?
- Taking better care of yourself?



WHAT DOES LIVING THE GOOD LIFE MEAN TO YOU?

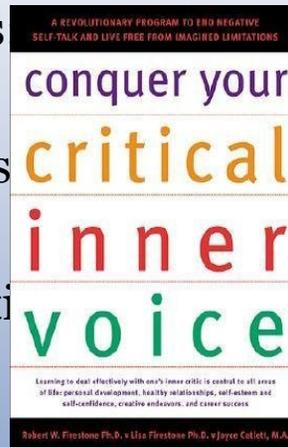
- Being happy with yourself
- Being happy in a relationship
- Being fulfilled in work (or personally?)
- Giving to others?
- Achieving “fame and fortune”





EXERCISE 1.1: VISUALIZING THE REAL YOU

- ❖ My physical abilities
- ❖ My positive qualities
- ❖ My interests and activities
- ❖ My long-term goals:
- ❖ My short-term goals:
- ❖ Where do I stand in relation to my goals?





PART 2:

WHAT IS GETTING IN YOUR WAY?





POLL #2

What is getting in your way?

- Yourself?
- Others?
- Circumstances?



LIVING FREE OF IMAGINED LIMITATIONS: THE GOOD LIFE

*“Seek not good from without: seek it within yourselves
or you will never find it.”*

- Epictetus

What does “Living the Good Life” Mean to You?





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Preventing Teen Suicide	Resources from How to Raise Emotionally Healthy Children	New Webinar Series from PsychAlive's Dr. Lisa Firestone	The N.Y.C Marathon: Inspiration Within The Masses

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VIDEO

Dr James Gilligan on Love and the

www.psychalive.org YouTube

0:00 / 1:33

In this exclusive video series, Dr. James Gilligan talks about what triggers violent behavior and how to treat violent individuals. See more here

About PSYCHALIVE

Our desire to discover who we are – why we feel and act

Key Topics

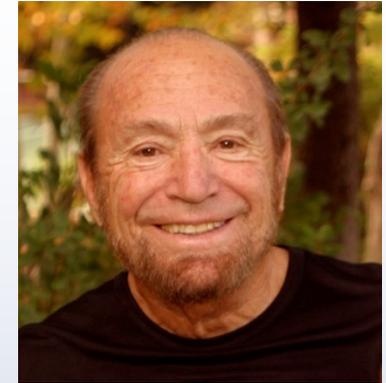
- > Addictions
- > Anger

Media Center



SEPARATION THEORY

Robert W. Firestone, Ph.D.



- ❖ The concept of the **Fantasy Bond**
- ❖ The concept of the **Critical Inner Voice**

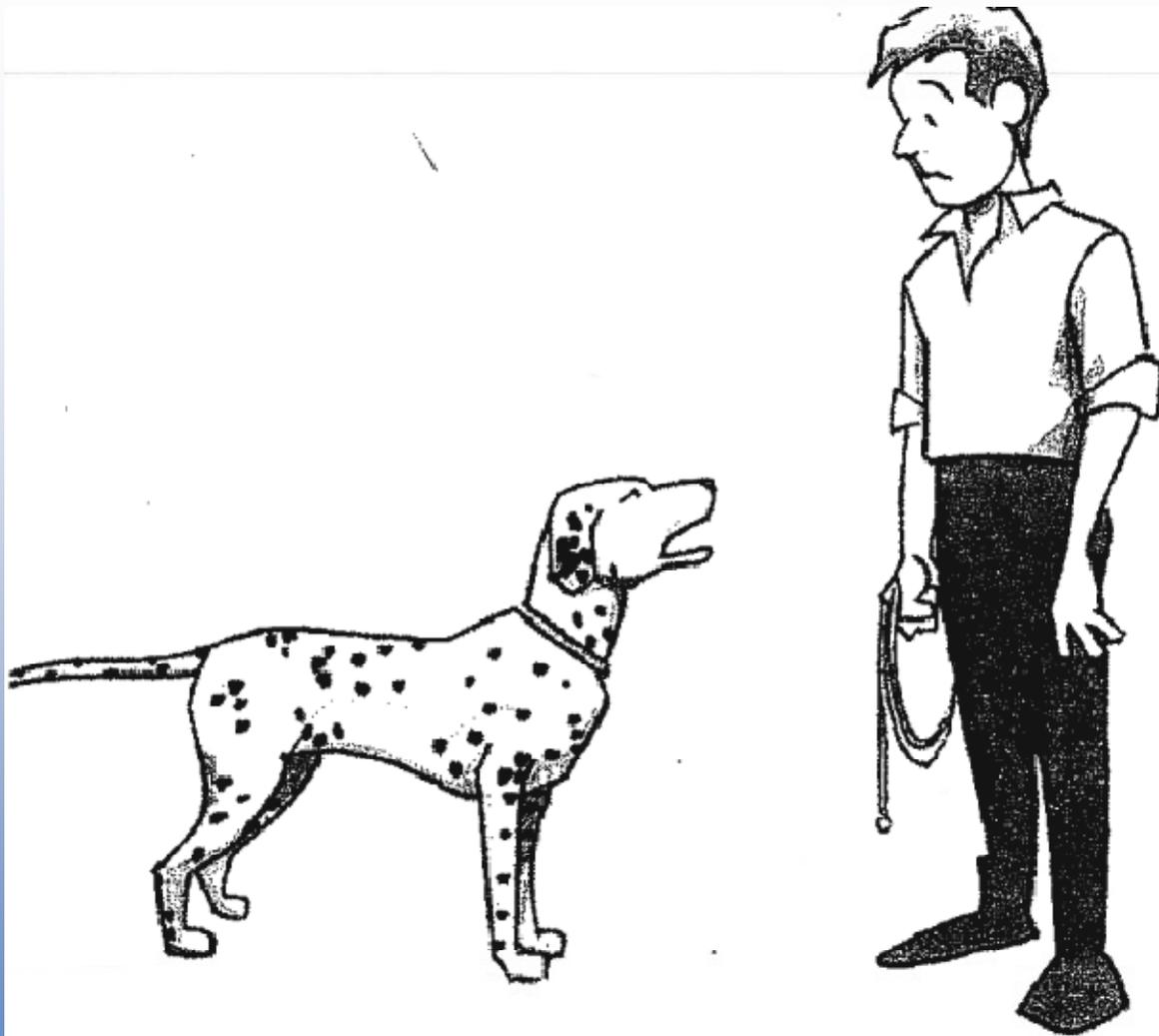




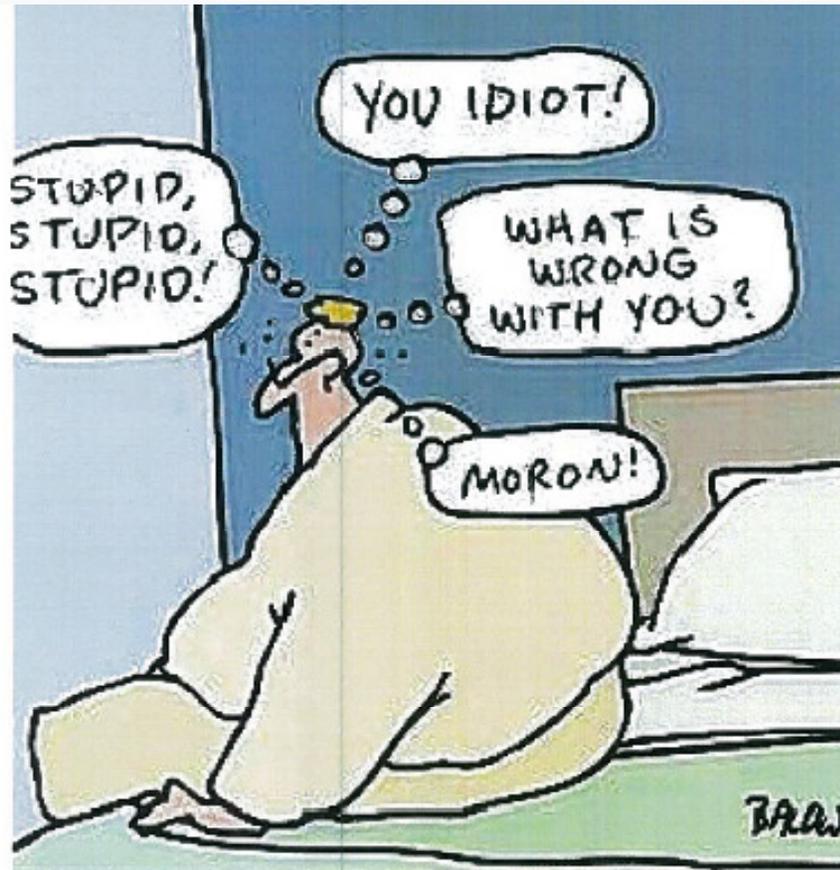
DEFINITION OF THE VOICE

The critical inner voice refers to a well-integrated pattern of destructive thoughts toward our selves and others. The “voices” that make up this internalized dialogue are at the root of much of our maladaptive behavior. This internal enemy fosters inwardness, distrust, self-criticism, self-denial, addictions and a retreat from goal-directed activities. The critical inner voice effects every aspect of our lives: our self-esteem and confidence, our personal and intimate relationships, and our performance and accomplishments at school and work.





""Bad dog'? Please don't label me, Carl."



Il leave you alone with your thought
she said. How cruel.

Bloom County





COMMON “CRITICAL INNER VOICES”

About Yourself:

- ❖ You’re stupid.
- ❖ You’re unattractive.
- ❖ You’re not like other people.
- ❖ You’re a failure.

About Your Career:

- ❖ Who do you think you are? You’ll never be successful.
- ❖ You’re under too much pressure. You can’t take it.
- ❖ You’ll never get everything done. You’re so lazy.
- ❖ No one appreciates you.

About Your Relationship:

- ❖ He doesn’t really care about you.
- ❖ She is too good for you.
- ❖ You’re better off on your own.
- ❖ Don’t be too vulnerable, or you’ll just wind up getting hurt.



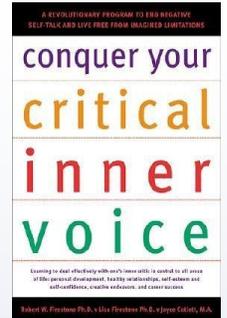


POLL #3:

How many of you have experienced
any of these “voices?”



EXERCISE 1.3: KEEPING A JOURNAL: YOUR CRITICAL INNER VOICE/ THE REAL YOU



❖ My critical inner voice
as “you” statements

Example: “You’re so stupid.”

❖ The real me
as “I” statements

Example: “Sometimes I struggle
with work, but I catch on quickly
and then usually do a good job.”



PSYCHALIVE WORKSHOP & JOURNAL

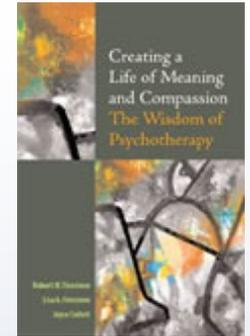
Journal on PsychAlive at <http://www.psychalive.org/category/psychalive-workshop/>

The screenshot shows the main PsychAlive website. At the top, the logo 'PSYCHALIVE' is displayed in green, with navigation links for Home, About PsychAlive, Blog, Subscribe, and My Profile. Below the navigation is a large banner image of a woman kissing a baby on the cheek. The banner is divided into three vertical sections: 'Alive to SELF', 'Alive to INTIMACY', and 'Alive to PARENTING'. The 'Alive to PARENTING' section is highlighted in green and includes the text 'Read What is Your Attachment Style' and a link to 'Read more from Alive to SELF'. Below the banner, there are two columns of content. The left column is titled 'Most Popular on PSYCHALIVE' and features a 'FREE WEBINAR' icon and four small thumbnail images with titles: 'FREE Webinar - Cleanse Your Chakra', 'Dad: How Stressed are you?', 'Overcoming the Road Drain of Break Ups', and 'Preserving Teen Secrets'. The right column is titled 'VIDEO' and features a video thumbnail of a woman speaking.

The screenshot shows the 'PSYCHALIVE Workshop' journal entry form. At the top, the logo 'PSYCHALIVE Workshop' is displayed in green, with navigation links for Home, About PsychAlive, Blog, Subscribe, and My Profile. Below the navigation is a banner image of a woman and a man sitting on the grass, each using a laptop. The banner is divided into three vertical sections: 'Alive to SELF Workshop', 'Alive to PARENTING Workshop', and 'Alive to INTIMACY Workshop'. Below the banner, the title 'PSYCHALIVE Workshop' is displayed in green. Underneath the title are navigation links: 'My Profile | My Workshop | Journal Exercises | My Journal | New Entry'. The 'New Entry' link is highlighted in green. Below the navigation links is a form with two input fields: 'Title /Subject' and 'Text'. At the bottom of the form are two buttons: 'Write Journal' and 'Cancel, back'.



WAYS WE GET STUCK



- Idealization of parents and family
- Maintenance of a negative self-image
- Projection of negative parental qualities and behaviors onto others





POLL #4:

Which of these causes you the most trouble?

Idealization of parents and family?

Maintenance of a negative self-image?

Projection of negative parental qualities and behaviors onto others?



THREE TYPES OF POWER

Overt Negative Power:

characterized by aggressive tendencies and is exercised through the use of force and/or coercion to control others. It can be manifested within a relationship or become a significant part of a political or social movement.





THREE TYPES OF POWER

Covert Negative Power: based on passive-aggression and expressed in behaviors indicating weakness, incompetence and self-destructive tendencies that manipulate others in the interpersonal world by arousing their feelings of fear, guilt and anger. The exercise of covert negative power through subtle manipulations may be even more destructive in interpersonal relationships than direct force as a means of controlling others.





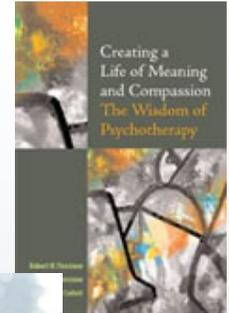
THREE TYPES OF POWER

Personal Power: based on strength, confidence, and competence that individuals gradually acquire in the course of their development. Personal power represents a movement toward self-realization and transcendent goals in life; its primary aim is mastery of self, not others.





THREE STATES OF FANTASY INVOLVEMENT



- The individual with extreme propensities for fantasy and imagined fusion who moves toward increased isolation and withdrawal from other people
- The individual who, to varying degrees, uses elements reality to reinforce and support an ongoing fantasy process rather than really investing in relationships and career
- The individual who lives a realistic committed life, whose actions correspond to his or her aspirations and abilities





INWARD VS. OUTWARD LIFESTYLE

INWARD LIFESTYLE

Hypercritical attitudes toward self

Rigidity

Using substances & routines as painkillers to avoid feeling

Self-denial

Narrow focus

OUTWARD LIFESTYLE

Lack of self-consciousness;
realistic self-appraisal

Adaptability

Facing up to pain and anxiety with appropriate affect and response

Self-fulfillment

Searching for meaning
and transcending goals



INWARD VS. OUTWARD LIFESTYLE

INWARD LIFESTYLE

Isolation

Passivity; victimized

Seeking a merged identity and fusion

Cutting off or withdrawal of emotion;
impersonal relating

Seeking gratification in fantasy

Self-denial; self-destructiveness

OUTWARD LIFESTYLE

Social involvement

Active; assertive orientation

Maintaining a separate identity

Feeling state

Goal-directed behavior

Self-fulfillment; self-affirmation



POLL #5:

How many of you feel that you live an outward versus inward lifestyle?



PART 3:

HOW CAN WE OVERCOME THESE BARRIERS?





INTERPERSONAL NEUROBIOLOGY



C urious

O pen

A ccepting

L owing





POLL #6:

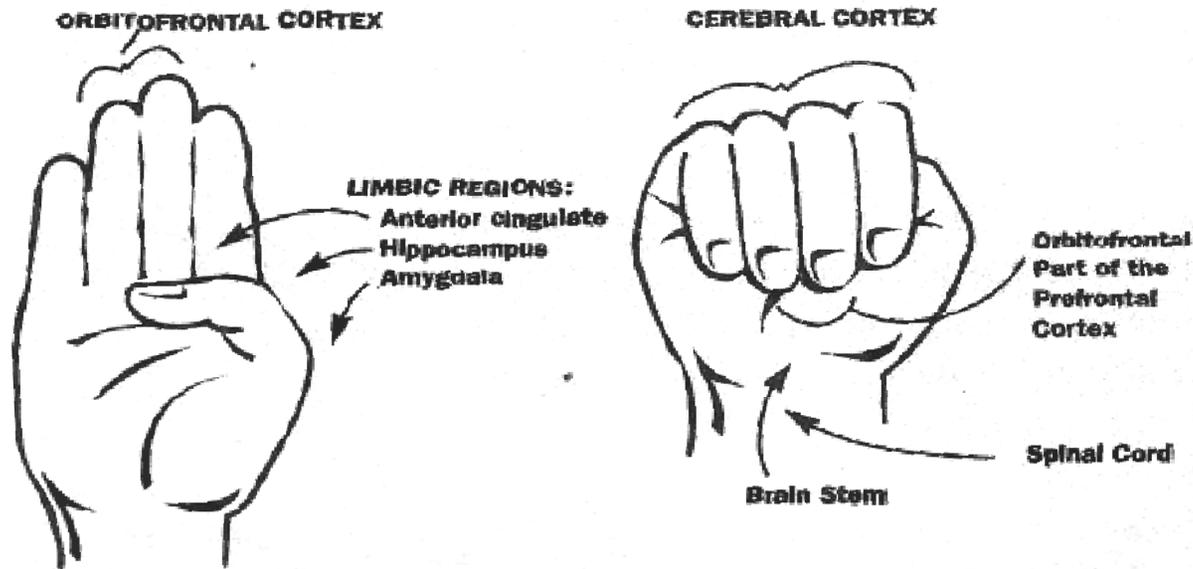
How many of you have this attitude
toward yourself?



THE BRAIN IN THE PALM OF YOUR HAND



Daniel Siegel, M.D. – Interpersonal Neurobiology



Place your thumb in the middle of your palm as in this figure.

Now fold your fingers over your thumb as the cortex is folded over the limbic areas of the brain.



9 IMPORTANT FUNCTIONS OF THE PRE-FRONTAL CORTEX

1. Body Regulation
2. Attunement
3. Emotional Balance
4. Response Flexibility
5. Empathy
6. Self-Knowing Awareness (Insight)
7. Fear Modulation
8. Intuition
9. Morality





DIFFERENTIATION

Child Self



Real Self

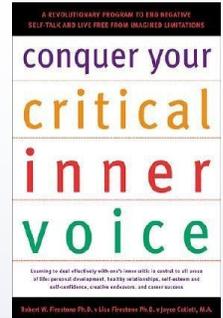


Parent Self





EXERCISE 1.4: A PLAN FOR ACTION



❖ Actions dictated by my critical inner voice

Examples:

“Have another piece of cake.”

“You should just be on your own.”

“You can’t trust anyone, so don’t get too close.”

❖ Actions to take that reflect the real me

Examples:

“I want to eat healthy and take care of myself.”

“I don’t want to be isolated and will seek out friends”

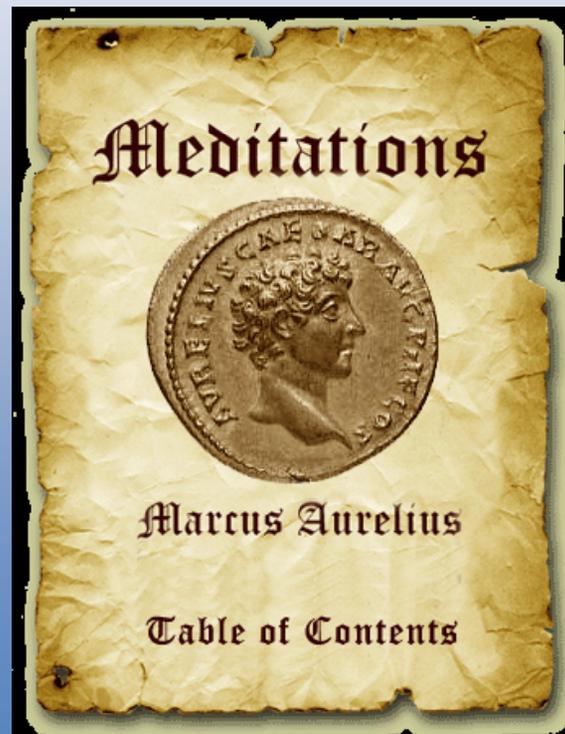
“I want to stay vulnerable in my close relationships.”



COPING WITH ANGER, AVOID PASSIVITY, AND A VICTIMIZED POINT OF VIEW

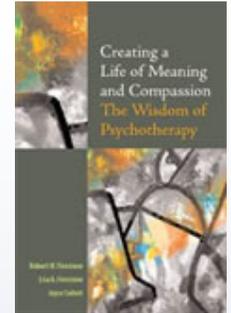
“Reject your sense of injury and the injury itself disappears”

- Marcus Aurelius, *Meditations*





DON'T PLAY THE VICTIM BE AN ACTIVE PARTICIPANT IN YOUR LIFE



- Assume responsibility for your life
- Give up victimized language and thinking
- Avoid the use of passive aggression to get what you want





WITHHOLDING

What does it look like?

- Holding back positive qualities
- Feeling victimized or consumed by others



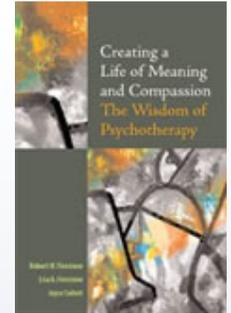


POLL #7:

How many of you notice ways that you are withholding?



GENEROSITY



1. Giving something that is sensitive to the person. It's not about material things. It's about being giving of yourself.
2. Be open to the person expressing appreciation.
3. Be open to receiving the generosity of others. It's important to let others do things for you.
4. Showing appreciation for the generosity directed toward you.





FROM PARENTING FROM THE INSIDE OUT KNOWING MINDS

Compassion: The ability to feel with another; to be sympathetic, tenderhearted.

Compassion is a caring stance toward the distressful emotional experience of another person. Compassion may depend on mirror neuron systems, which evoke an emotional state in us that mirrors that of another person, enabling us to feel another person's pain.

Empathy: Understanding the internal experience of another person; the imaginative projection of one's consciousness into the feelings of another person or object; sympathetic understanding. This is a cognitively complex process that involves mental capacities to imagine the mind of another. Empathy may depend on the capacity for mind sight, mediated by the integrated right hemisphere and prefrontal regions of the brain.





FROM PARENTING FROM THE INSIDE OUT KNOWING MINDS

Mindsight: The capacity to “see,” or imagine, the mind of oneself or another, enabling an understanding of behavior in terms of mental processes. Other synonyms for this process are “mentalizing,” “theory of the mind,” “mind reading,” and “reflective function.”



Monitor to Modify



FROM PARENTING FROM THE INSIDE OUT

Practices of Integrative Communication

- **Awareness.** Be mindful of your own feelings and bodily responses and others' nonverbal signals.
- **Attunement.** Allow your own state of mind to align with that of another.
- **Empathy.** Open your mind to sense another's experience and point of view.
- **Expression.** Communicate your internal responses with respect; make the internal external.
- **Joining.** Share openly in the give-and-take of communication, both verbally and nonverbally.
- **Clarification.** Help make sense of the experience of another.
- **Sovereignty.** Respect the dignity and separateness of each individual's mind.





POLL #8:

Do you feel you can now use these practices of integrative communication?



PEOPLE CAN LEARN: LEARNING ETHICAL BEHAVIORS

- develop an inclusive world view.
- develop transcendent goals, to value people with different customs and beliefs, and embrace justness, fairness, and equal opportunity for all.
- handle aggression appropriately without externalizing it or internalizing it.
- all feelings are acceptable, but actions require both reality and moral considerations.
- war and violence are not inevitable. The best hope for peace is proper education in psychological principles which leads to ethical behaviors. Dedication to this goal must be coupled with the belief that peace is achievable. Conversely, if one believes that war is inevitable, war becomes a self-fulfilling prophecy.



GUIDELINES FOR CONTINUED PERSONAL DEVELOPMENT

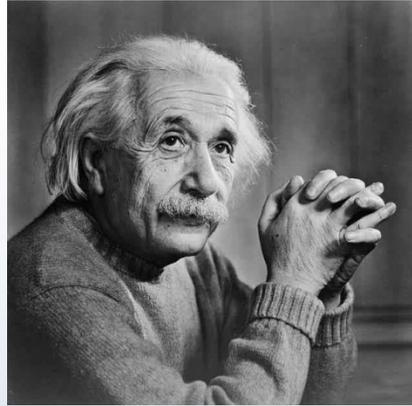
- ❖ Be Aware of the Fear That Accompanies Change
- ❖ Realize That Psychological Pain is Valid
- ❖ Develop a More Realistic View of Your Parents
- ❖ Differentiation – Unlearn Old Behaviors, Learn New Behaviors
- ❖ Become More Aware of Specific Defenses Against Feeling
- ❖ Recognize the Value of Friendship
- ❖ Seek Your Own Personal Meaning in Life





DIMENSIONS OF A MEANINGFUL LIFE

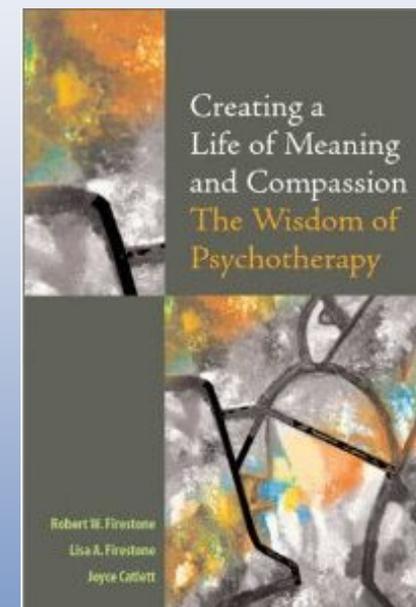
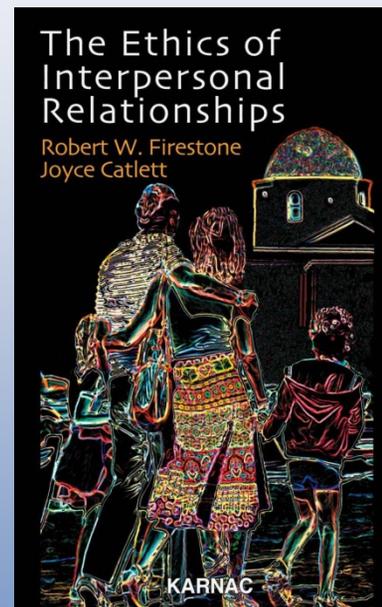
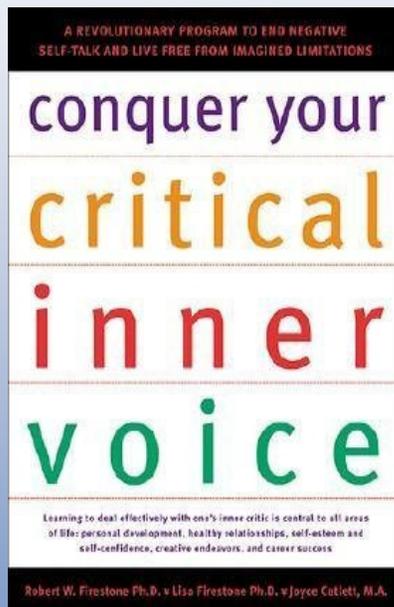
- Further developing one's capacity for love, empathy and compassion: Learning to give and accept love
- Formulating one's own values and ethical principles
- Developing more integrity, honesty, generosity, independence, tolerance and inclusiveness
- Formulating and taking action to achieve meaningful goals in life
- Transcendent goals
- Composing a coherent life story or narrative



A human being is a part of a whole, called by us 'universe', a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest... a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty. Nobody is able to achieve this completely, but the striving for such achievement is in itself a part of the liberation and a foundation for inner security."

- Albert Einstein

RESOURCES: BOOKS



Visit www.psychalive.org for resource links



UPCOMING WEBINARS:

Next CE Webinar for Professionals:



Overcoming the Fear of Intimacy (CE)

Tuesday, January 11

11 am – 1 pm PST

Price: \$25

Register: www1.gotomeeting.com/register/791703401

Next Free Webinar for the Public:



Overcoming the Fear of Intimacy,

Tuesday, February 8

11 am – 12 pm PST

Free

Register: www1.gotomeeting.com/register/953202689

All upcoming webinars can be found at www.glendon.org



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Conquer Your Critical Inner Voice Workshop at Esalen Institute, Big Sur, California



Weekend of January 14-16, 2011, Earn 10 CE's
www.esalen.org



Contact:

glendon@glendon.org

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