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Poll #1

How often do you or your clients experience self-hating thoughts?

- Daily
- Weekly
- Monthly
- A few times a year
- Never

The Epidemic of Self-Hatred

By high school only 29 percent of girls report that they are happy the way there are.

Three out of four girls with low self-esteem "reported engaging in negative and potentially harmful activities, such as disordered eating, cutting, bullying, smoking or drinking, when feeling badly about themselves.

Source: Real Girls, Real Pressure: A National Report on the State of Self-Esteem



A 2011 APA study showed "there is no significant difference between men's and women's self-esteem during either of those life phases."

Eleven-year-old boys with signs of low selfesteem were more likely to be dependent upon drugs at age 20.

Sources: American Psychological Association Florida State University



These disturbing core beliefs don't disappear as we get older. They go on to affect us in every area of our lives, making up what we refer to as our "critical inner voice."

The critical inner voice is a well-integrated pattern of destructive thoughts toward ourselves and others.

The nagging "voices" that make up this internalized dialogue are at the root of much of our self-destructive and maladaptive behavior.

The critical inner voice is not an auditory hallucination; it is experienced as thoughts within your head.

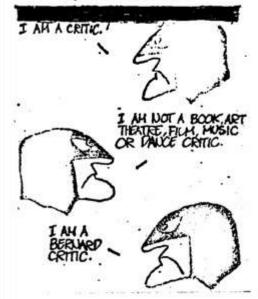
This stream of destructive thoughts forms an anti-self that discourages individuals from acting in their best interest.



"To this day, I can hear my mother's voice—harsh, accusing. Lost your mittens? You naughty kittens! Then you shall have no pie!"

FEIFFER.

by JULES FEIFFER



A RESIDENT CRITIC LOGRANGE INSIDE THE HEAD OF A BERNARD



WAKES UP I TELL MAH. OURE LATE." AT THE OF WHEN HE FALLS IN LOVE I TOLL HIM, *YOU'RE LIST 600D ENOUGH!" SO I RIPORTHY
MASK AND SKY,
IS THAT THE WAY TO
TALK TO YOUR MOTHER?

Common Critical Inner Voices

About Yourself:

You're ugly.
You're stupid.
You're not like other people
You'll never succeed,
so why even try?

Common Critical Inner Voices

About Your Career:

You'll never be successful.

No one appreciates how hard you work.

You're under too much pressure; you can't handle this stress.

Common Critical Inner Voices

About Your Relationship:

He/She doesn't care about you. You're better off on your own. Don't be vulnerable; you'll get hurt.

Poll #2:

Do you or your clients commonly express having these critical inner voices?

- Often
- Sometimes
- Rarely
- Never

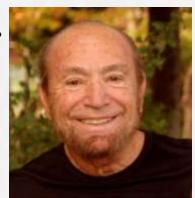
Part One: Where Do Self-Hating Thoughts Come From?

How Voices Pass From Generation to Generation

Separation Theory

Robert W. Firestone, Ph.D.

- Integrates psychoanalytic and existential systems of thought
- Two kinds of emotional pain:
 - Interpersonal
 - Existential
- The core conflict
- Defended versus undefended lifestyles
- The concept of the Fantasy Bond
- The concept of the Critical Inner Voice





Category of Attachment Parental Interactive Pattern

- Secure
- Insecure avoidant
- Insecure anxious/ ambivalent
- Insecure disorganized



- Emotionally available, perceptive, responsive
- Emotionally unavailable, imperceptive, unresponsive and rejecting
 - Inconsistently available, perceptive and responsive and intrusive
- Frightening, frightened, disorienting, alarming



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





Prenatal Influences

Disease Trauma





Substance Abuse/ Domestic Violence





Birth → Trauma →



Baby

Genetic Structure Temperament Physicality Sex







Unique make-up of the individual (genetic predisposition and temperament); harmonious identification and incorporation of parent's positive attitudes and traits and parents positive behaviors: attunement, affection, control, nurturance; and the effect of other nurturing experience and education on the maturing self-system resulting in a sense of self and a greater degree of differentiation from parents and early caretakers.



200

Personal Attitudes/Goals/Conscience

Realistic, Positive Attitudes Towards Self

Realistic evaluation of talents, abilities, etc...with generally positive/ compassionate attitude towards self and others.

Goals

Needs, wants, search for meaning in life

Moral Principles





Behavior

Ethical behavior towards self and others

Goal-Directed Behavior

Acting with Integrity



Anti-Self System

 Unique vulnerability: Genetic predisposition and temperament

• **Destructive parental behavior:** Misattunement, lack of affection, rejection, neglect, hostility, over permissiveness

Other Factors: Accidents, illnesses, traumatic separation,

death anxiety



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

1. Critical thoughts toward self



2. Micro-suicidal injunctions



3. Suicidal injunctions – suicidal ideation

Behaviors

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

Addictive patterns. Self-punitive thoughts after indulging

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





Anti-Self System

Self- Soothing Voice Process

Voice Process

1. Self Soothing Attitudes



2. Aggrandizing thoughts toward self



3. Suspicious paranoid thoughts towards others



4. Micro-suicidal Injunctions



5. Overtly Violent thoughts



Behaviors

Self-limiting or selfprotective lifestyles, Inwardness

Verbal build up toward self

Alienation from others, destructive behavior towards others

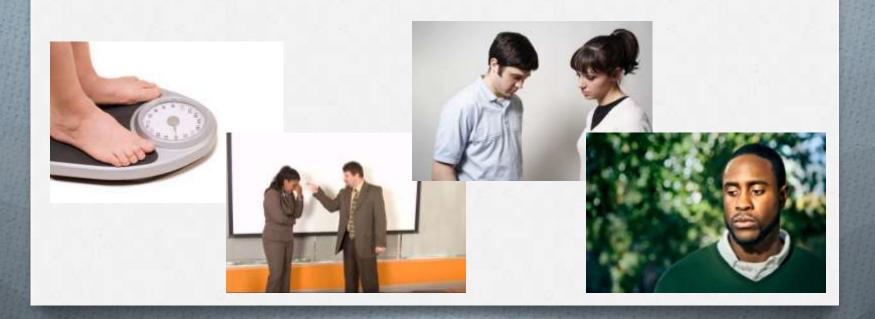
Addictive patterns.
Thoughts luring the person into indulging

Aggressive actions, actual violence

Part Two: Challenging the Critical Inner Voice



- Recognize the events that trigger it
- 2. Recognize the specific outside criticisms that support it
- Become aware of times you may be projecting your self-attacks onto other people
- 4. Notice changes in your mood



Identify Negative Thinking

Are you...?

- Filtering: You magnify the negative aspects of a situation and filter out all of the positive ones.
- Personalizing: When something bad occurs, you automatically blame yourself.
- Catastrophizing: You automatically assume and anticipate the worst.
- Polarizing: You see things only as either good or bad. There is no middle ground.

Source: Mayo Clinic

How do you tell what's really you?

- What gives your life meaning?
- What lights you up?
- Which people in your life make you feel most yourself?
- What activities make you feel most yourself?

Critical Inner Voice Attacks

Change "I" statements to "you" statements.

Self-critical attacks as "I" statements

Self-critical attacks as "you" statements

Examples:

I'm so unattractive. ——> You're not attractive.

I'm a failure. ——> You're a failure.

No one loves me. ——— No one loves you.

Inner Voice as an External Enemy

Why you should put your "voices" in the second person:

- Become clearer and more easily recognizable
- See them more like an enemy than your real point of view
- Increases your awareness of these thoughts
- Bring up clues about your feelings and your past
- Feel more compassion for yourself and take your own side
- Unearth negative core beliefs about yourself



Actions that seem self-destructive:

Actions that seem selfprotective:

Example:

You're so fat. You should just starve yourself.

You've been stressed all week. Just have a drink or two. You deserve it.

Critical Inner Voice Vs. The Real You

Respond with a more compassionate and realistic view of yourself.

My critical inner voice as "you" statements

The real me as "I" statements

Examples:

You're so incompetent. -> Sometimes I struggle with You must be stupid.

work, but I catch on fast and do a good job.

You're making a fool of yourself. You should just hide.

No one is laughing at me. People enjoy my company.

A Plan for Action

What are some actions dictated by your 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."
- "Don't go after that promotion."

A Plan for Action

What are some actions that reflect the real me?

Examples:

- "I want to eat healthy and take care of myself."
- "I don't want to be isolated. I'll seek out friends"
- "I want to stay vulnerable in my relationships."
- "I'm gonna take actions toward my career goals."

Seeing Your Parents Realistically Describe Your Parents' Traits and Behaviors





- Firestone Assessment of Self-Destructive Thoughts (FAST)
- Firestone Assessment of Suicidal Intent (FASI)
- Firestone Assessment of Violent Thoughts (FAVT)
- Firestone Assessment of Violent Thoughts Adolescents (FAVT-A)









- Risk Assessment
- Treatment Planning
- Targeting Intervention
- Outcome Evaluation



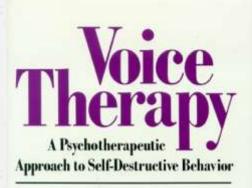




Voice Therapy

Cognitive/ Affective/ Behavioral Approach





Robert W. Firestone Ph.D.



Step I

The person is articulates his or her self-attacks in the second person and expresses any feelings that arise.



Step II

- The person discusses reactions to saying their voices.
- The person tries to understand the relationship between these attacks and early life experiences.



Step III

- The person answers back to the voice attacks.
- The person makes a rational statement about how he or she really is.

The Therapeutic Process in Voice Therapy

Step IV

The person develops insight about how the voice attacks are influencing his or her present-day behaviors.



Step V

- The person collaborates with the therapist to plan changes in these behaviors.
- The person is encouraged to not engage in selfdestructive behaviors and to increase the positive behaviors these negative thoughts discourage.

If you are interested in attending a voice therapy training or in getting training materials please contact jina@glendon.org or visit www.glendon.org.



Self

Anti-Self





- Fear of the unknown or unfamilar
- Anxiety over living free from your inner critic
- Guilt over surpassing people from your past
- Sadness about the preciousness of life



Curious Open Accepting Loving



Self-Compassion Vs. Self-Esteem Research from Dr. Kristin Neff: Self-Esteem

- Self-esteem refers to our sense of self-worth, perceived value or how much we like ourselves.
- Low self-esteem is problematic, however trying to have higher self-esteem can also be problematic.
- The need for high self-esteem may encourage us to ignore, distort or hide personal shortcomings so that we can't see ourselves accurately.
- Our self-esteem is often contingent on our latest success or failure, meaning that our self-esteem fluctuates.

SOURCE: http://www.self-compassion.org/

Self-Compassion Vs. Self-Esteem Research from Dr. Kristin Neff:

Self-compassion differs from self-esteem, as it isn't based on self-evaluation.

Three Elements of Self-Compassion

- Self-kindness being warm and understanding toward ourselves
- Common humanity recognizing that suffering and personal inadequacy is part of the shared human experience
- Mindfulness taking a balanced approach to our negative emotions so that feelings are neither suppressed nor exaggerated

SOURCE: http://www.self-compassion.org/



- Happiness
- Optimism
- Positive affect
- Wisdom
- Personal initiative
- Curiosity and exploration
- Agreeableness
- Extroversion
- Conscientiousness



Differentiation

Some of our self-hatred comes from a lack of differentiation from past influences:

- Ways we were seen in our early environment
- Ways we repeat negative attitudes and behaviors
- Ways we adapted to negative influences
- Ways we fail to find our own sense of meaning
- Guilt over living our own life





Step 1: Break with internalized thought processes, i.e., critical, hostile attitudes toward self and others

Step 2: Separate from negative personality traits assimilated from one's parents

Step 3: Relinquish patterns of defense formed as an adaptation to painful events in one's childhood

Step 4: Develop one's own values, ideals, and beliefs rather than automatically accepting those one has grown up with





- As a kid, turning against ourselves can make us feel safe, because it feels threatening to face the flaws in our parents.
- As adults, it can feel scary to give up these negative views toward ourselves, because we then feel separate from our parents.







- ***Be Aware of the Fear That Comes With Giving Up Self-Hatred**
- 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**
- ***Generosity**







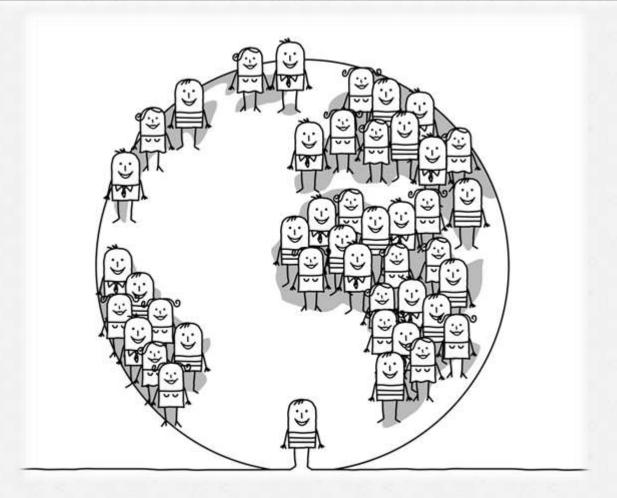


Four Things that Lead to Mental and Physical Well-Being

Richard Davidson, Ph.D.

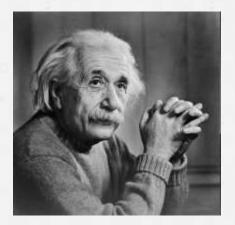
- 1. Generosity
- 2. Resilience
- 3. Attention
- 4. Goodness





We create the world we live in.





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



eCourses



Become Your True Self:

A Therapeutic Model for Differentiation

Overcome Your Inner Critic:

How to Free Yourself from Imagined Limitations

Visit ecourse.psychalive.org for a full list of eCourses.

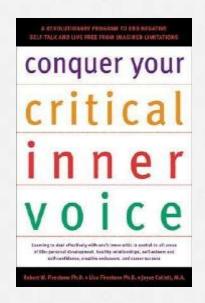
Webinars

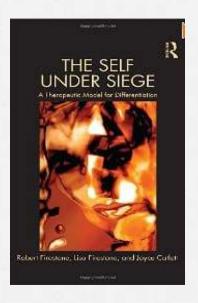
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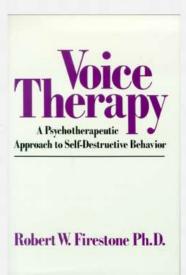




Books







Visit www.psychalive.org for resource links



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