

Session 2

Steps of Voice Therapy

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.

Step IV

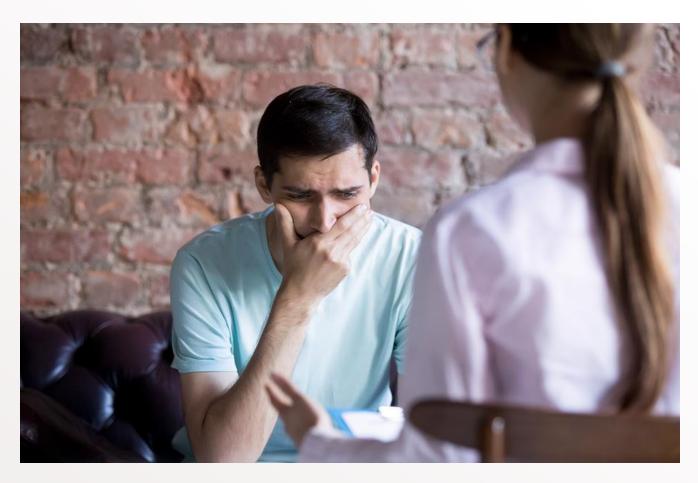
The person develops insight about how the voice attacks are influencing his or her presentday behaviors.

Step V

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



Steps of Voice Therapy













Example of Voice Therapy

- Ability to experience deep feelings and to respond appropriately to client's expression of powerful emotions
- 2. Capacity for being fully present in the session
- 3. Ability to provide a secure base for client – i.e. to stay attuned to client's communications and to offer contingent responses



- 4. Ability to repair empathic failures or ruptures that occur in the therapeutic alliance
- 5. Self-knowledge in particular, an understanding of one's own trigger points
- A posture of inquiry as
 contrasted with one of judgment
 – not trying to fit the client into a
 particular theory



- A posture of equality as contrasted with playing a superior role in relation to the client
- 8. Consistency, stability and refusal to become alienated from the client
- Non-intrusiveness acknowledgement of basic worth of client



10. Complete acceptance of client as he or she is while providing information about the ways that he or she may be limiting him/herself



I. Initial Evaluation of Individual A. Strengths (Describe)

- Physical appearance
- Level of psychological functioning
- Emotional functioning
- Social functioning
- Vocational functioning
- General physical health
- Ego functioning (i.e. ability to maintain an integrated sense of self)



I. Initial Evaluation of Individual A. Strengths (Describe)

- Ability to cope with anxiety
- Personal approach to existential issues
- Acceptance of/ability to experience feelings
- Primary defenses against feeling
- Primary defenses used to maintain distance from others or to maintain image



B. Points of Originality and Identity

- Special interests and desires
- Desires and wants: how does the client attempt to fulfill his or her wants? (e.g., directly asking for what he or she wants or through more indirect names)





B. Points of Originality and Identity

- Personal goals (i.e. "I want to be more self-assured," "I want to be more open to new experiences.")
- Relationship goals (i.e. "I want to be in a close interpersonal relationship," "I want to be able to get along better with my child.")





C. Self-Parenting System

 Creates fantasy bond with others (i.e. gives up interests and independence in trying to merge with another person, keeps up the façade of the "happy family," while the real relating

deteriorates.)



Manifested through:

- Use of substances
- Habit patterns and routines
- Style of working



- D. Manifestations of parental versus child-like mode of relating (i.e. which role do they play in their primary relationships?)
- E. Dysfunctional personality traits (negative, unpleasant or toxic qualities)
- F. Negative thoughts and attitudes
 - Intensity of anger associated with negative thoughts
 - Which type of predominates: Self-attacks, self-soothing thoughts or hostile attitudes toward others?
 - Main areas of self-attacks

G. Primary Abuses Suffered During Childhood

- Sexual abuse
- Physical abuse or neglect
- Emotional abuse or neglect
- Witnessing domestic violence
- Growing up in a violent community









 H. Losses prior to age 18 through death of parent, sibling, relative or through divorce or separation

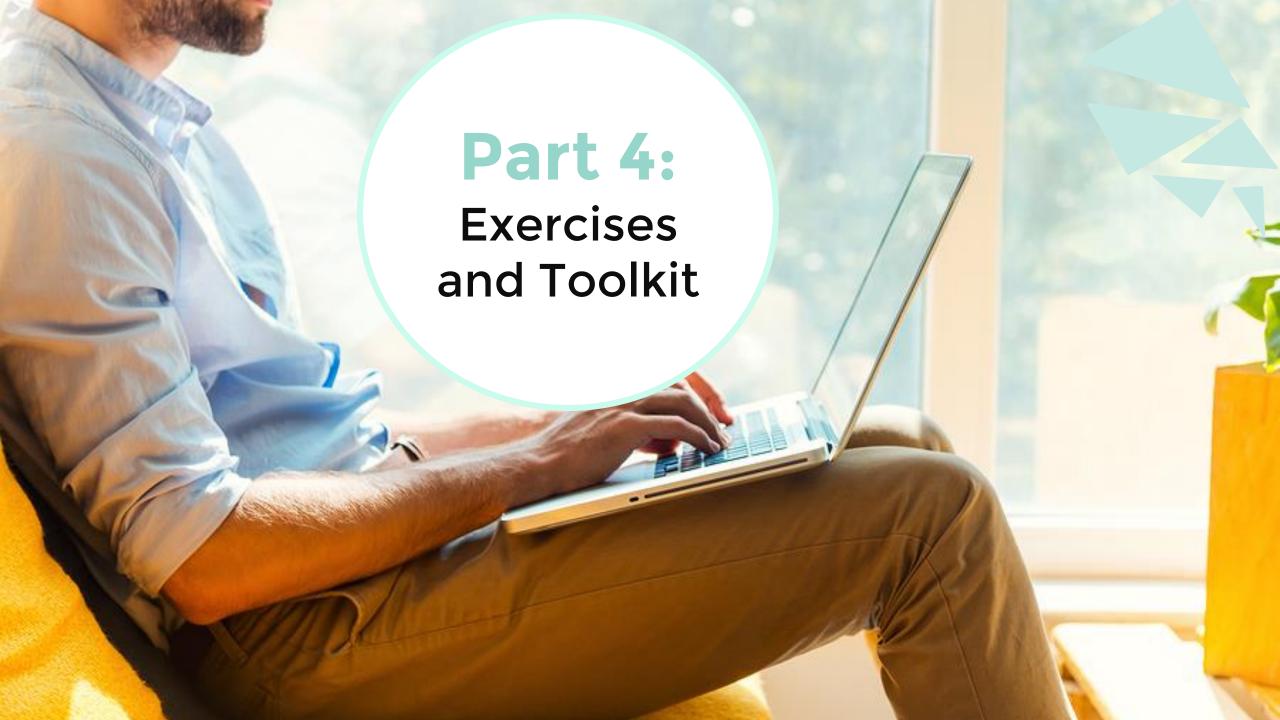


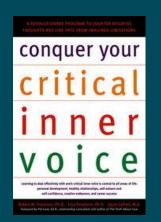
Shame and Guilt

- Primary emotions that contribute to low self-esteem.
- Shame is the emotion we feel when we see ourselves as inherently inferior or deficient in some way, a deep-seated sense that we were born bad and unlovable.
- <u>Guilt</u> can be defined as self-critical feelings and attitudes that are experienced in relation to our actions, as well as in relation to thoughts and feelings that we see as unacceptable.
- Both can be stimulated by our critical inner voice.

I. Goals

- What does the client wish to accomplish or achieve through therapy?
- What unique attributes in the client do you wish to support and enhance?
- Can the client identify anything that gives his or her life meaning and/or purpose?





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.

Inner Voice as an External Point of View

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
- Brings up clues about your feelings and your past
- Feel more compassion for yourself and take your own side
- Unearth negative core beliefs about yourself

Two Sides of the Critical Inner Voice



Leads to two kinds of actions:

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.

The 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. You must be stupid.

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

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

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

Seeing Your Parents Realistically A. Describing Your Parents' Traits and Behaviors

- 1. Did you experience there any long-term separations from your parent or parents during your childhood? Through death? Divorce? Illness? If so, describe your reactions at the time.
- 2. What do you think your parents offered you that has been the most valuable to you in your adult life? Describe these traits, values, or ideals.
- 3. What faults or weaknesses did you dislike in your parent or parents? Describe these traits.
- 4. Were your parents strict or overly permissive in their discipline of you and your siblings? Describe an example of how they disciplined you.

Seeing Your Parents Realistically A. Describing Your Parents' Traits and Behaviors

| Mothe | er | Fathe | r | |
|-------|----|-------|----|---|
| Yes | No | Yes | No | As a child were you beaten or scolded in the presence of others? |
| Yes | No | Yes | No | Did your parents show with words and gestures that they liked you? |
| Yes | No | Yes | No | Did it happen that your parents said something you had said or done in front of others so that you felt ashamed? |
| Yes | No | Yes | No | Did your parents begrudge you things you needed? |
| Yes | No | Yes | No | Did your parents usually criticize you and tell you how lazy and useless you were in front of others? |
| Yes | No | Yes | No | Did your parents use expressions like, "If you do that, you will make me sad"? |
| Yes | No | Yes | No | Did you feel your parents thought it was your fault when they were unhappy? |
| Yes | No | Yes | No | Would your parents use expressions like "Is this the thanks we get for having done so much for you, and for having sacrificed so much for your sake"? |
| Yes | No | Yes | No | Did it happen that you got a bad conscience toward your parents because you behaved in a way they did not desire? |
| Yes | No | Yes | No | Did your parents say things like, "You who are so big, or you who are a boy/girl shouldn't act like that, should you"? |
| Yes | No | Yes | No | Did it happen that your parents wished you had been like somebody else? |
| Yes | No | Yes | No | Do you think that either of your parents wished you had been different in any way? |
| Yes | No | Yes | No | Would your parents look sad or in any other way show that you had behaved badly so that you got real feelings of guilt? |
| | | | | |

The Firestone Voice Scale for Shame and Guilt

Circle the frequency with which you experience the following critical inner voices:

0 = Never 1 = Rarely 2 = Once in a While 3 = Frequently 4 = Most of the Time

Example, you think or say to yourself:

| 0 1 2 3 4 | You're so stupid |
|-----------|---|
| 0 1 2 3 4 | When people get to know you better, they'll see how terrible you really are. |
| 0 1 2 3 4 | You had another car accident? You're such a klutz! |
| 0 1 2 3 4 | Look at all the problems you cause. |
| 0 1 2 3 4 | No one wants to hear what you have to say. You should just keep your opinions to yourself. |
| 0 1 2 3 4 | You're so unlovable. How could he(she) care about you? |
| 0 1 2 3 4 | You forgot to pay that bill. Can't you do anything right? |
| 0 1 2 3 4 | You don't deserve anything. |
| 0 1 2 3 4 | You're so awkward and self-conscious. No wonder you don't have any friends. |
| 0 1 2 3 4 | You wanted a baby so much and now you're not spending any time with him. |
| 0 1 2 3 4 | You dressed all wrong for this dinner. Everybody's staring at you. |
| 0 1 2 3 4 | Just look at yourself! You're so unattractive. You're so ugly. |
| 0 1 2 3 4 | You're a failure at everything you try. |
| 0 1 2 3 4 | You wanted to be successful and now look at you! You've given up all your goals and you're just drifting along. |
| 0 1 2 3 4 | You're such miserable company to be with. |

The Firestone Voice Scale for Shame and Guilt

Circle the frequency with which you experience the following critical inner voices:

0 = Never 1 = Rarely 2 = Once in a While 3 = Frequently 4 = Most of the Time

- You just don't belong here. You're different from everyone else. What happened to all those dreams you had when you were young? You haven't accomplished anything you set 0 1 2 3 4 out to do. You don't deserve happiness. You're such a creep. 0 1 2 3 You're too shy and reserved. You should be more assertive. 0 1 2 3 Why can't you be more like your brother/sister? 0 1 2 3 4 The things you believe about yourself are real. You really are useless. 0 1 2 3 You really hurt him(her). How will you ever ask for forgiveness? 0 1 2 3 4 What makes you so special? 0 1 2 3 4 You never do or give enough. Who do you think you are, anyway? You're no different from us (family).
- 0 1 2 3 4 So you thought you could go off and make a life for yourself.
 Well, you can't. You can't have anything.
- 0 1 2 3 4 You're so inconsiderate. All you think about is yourself. You never think about your family (children, mother, father).





The Firestone Voice Scale for Vanity

Circle the frequency with which you experience the following "positive" self-statements:

| 0 = Never | 1 = Rarely | 2 = Once in a While | 3 = Frequently | 4 = Most of the Time |
|-----------|------------|---------------------|----------------|----------------------|
|-----------|------------|---------------------|----------------|----------------------|

| 0 1 2 3 4 | You're much smarter and have a lot more going for you than your friends. |
|-----------|--|
| 0 1 2 3 4 | You can accomplish anything! Nothing is too hard for you. |
| 0 1 2 3 4 | You have so much talent! Someday people will appreciate what you have to offer. |
| 0 1 2 3 4 | You know how to cope better than other people. Nothing ever gets you down. |
| 0 1 2 3 4 | Most people are really screwed up, but you always have things under control. |
| 0 1 2 3 4 | Sure she's beautiful, but beauty is only skin deep. You've got more personality and charm. |
| 0 1 2 3 4 | He doesn't know how to treat women sensitively like you do. |
| 0 1 2 3 4 | You give everything to this relationship, and he(she) gives almost nothing. |
| 0 1 2 3 4 | You deserve a promotion. Nobody contributes to this company more than you do. |
| 0 1 2 3 4 | The things you do are so valuable. You're indispensable. How could people at work get along without you? |
| 0 1 2 3 4 | You should get credit for that project. You did the most of the work. |
| 0 1 2 3 4 | You're the real brains behind this operation. |
| 0 1 2 3 4 | You've got everything going for you. Good looks, personality, charm. You're really going to go places. |
| 0 1 2 3 4 | Of course women prefer you over other men. |
| 0 1 2 3 4 | You have such a great sense of humor. Look how he's(she's) laughing at your jokes. |

Just look around. It's obvious you're the prettiest woman here.

How Your Parents Saw You / How You See Yourself

| How my parents saw me | How I see myself |
|-----------------------|--------------------|
| Abilities: | Abilities: |
| Qualities: | Qualities: |
| Talents: | Talents: |
| Special Interests: | Special Interests: |

Realistic or Imaginary Limitations

- Physical limitation
- Negative personality characteristics:
- Obstacles to attaining your short-term goals:
- Obstacles to attaining your long-term goals:

List the limitations or obstacles that you believe are influenced by the critical inner voice:

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."



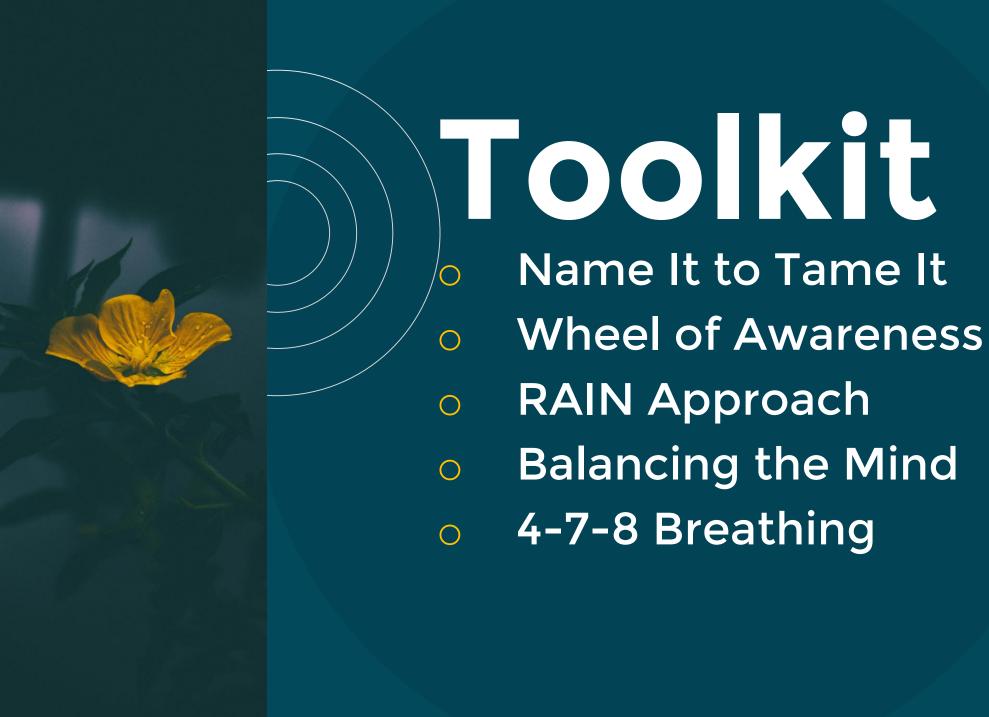
A Plan for Action

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."





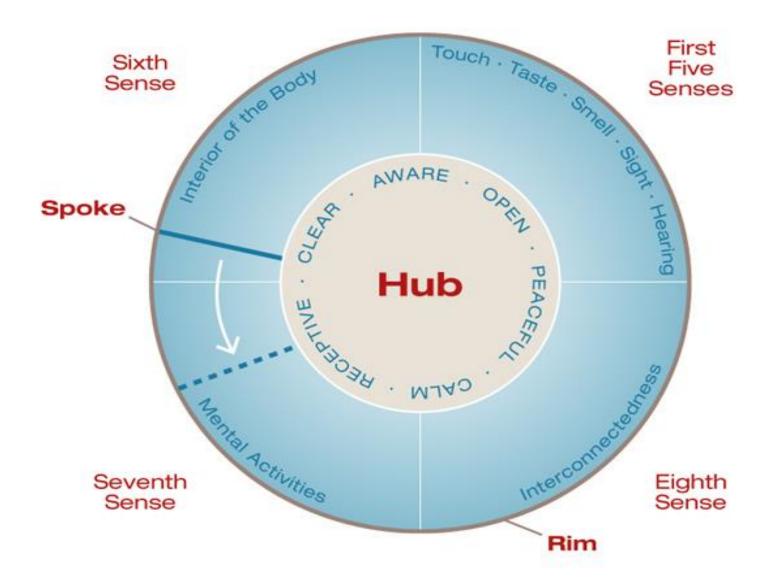


Name It to Tame It

Helps strengthen the left hemisphere of our brain's language capabilities and link them to the more raw and spontaneous emotions on the right side of our brain (integration)



Wheel of Awareness





The RAIN Approach

Recognize

Accept/Acknowledge/Allow

Investigate

Non-Identification



Balancing the Mind

Can help you achieve more calm and balance during times of chaos or stress

Step 1: Place one hand on your chest over your heart and one hand on your abdomen.

Step 2: Apply a gentle amount of pressure with each hand and see how you feel.

Step 3: Try switching the position of your hands, so that the hand on your chest moves to your belly and vice versa.

Step 4: Again, place a gentle amount of pressure with both hands and notice how this feels.

Step 5: Place your hands in whichever position feels best and simply breathe in and out slowly until your body starts to relax, and your mind becomes calmer



4-7-8 Breathing

Been shown to help relieve stress, lower blood pressure, and induce sleep

Step 1: Put the tip of your tongue to the top of your mouth just behind your two front teeth.

Step 2: Breathe in through your nose for four seconds.

Step 3: Hold your breath for a count of seven seconds.

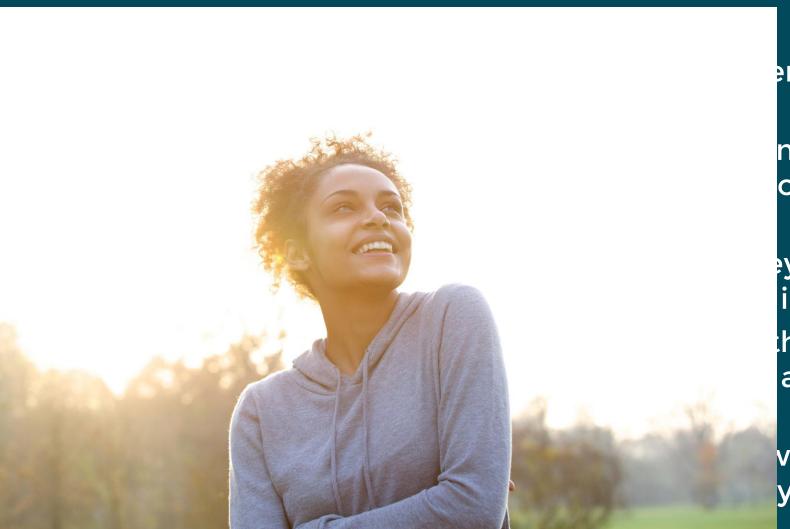
Step 4: Breathe out through your mouth for eight seconds.

Step 5: Repeat at least five times.



Differentiation

- "In order destinies influence
- A perso experier personal
- In order different
- Different a person identity
- To the exidentitie



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the past allows a prescribed

vn unique y fulfilling lives.

Differentiation

- Break with the fantasy bond
- Break with critical inner voice
- Connect with real self







Differentiation

- Are you living based on pursuing the things that really light you up, that matter to you, and that give meaning to your life, or are you living based on prescriptions you acquired in your past?
- Are you living according your own values and ethical principles, or are you automatically living according to the values and standards of other people or of the society in which you live?



Steps of Differentiation

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



Exercise: Who is the Real You?

In your journal, write down:

- Times when you notice you feel the most yourself.
- Times when you notice yourself following in the footsteps of others (i.e. of parents or other influential figures).
- What are the things that light you up?
- What are the things you do to please or conform to the standards of others?
- Are there areas of your life in which you act either childish or parental?
- At what times do you lose your own point of view?

Exercise: What Gives Your Life Meaning?

In your journal:

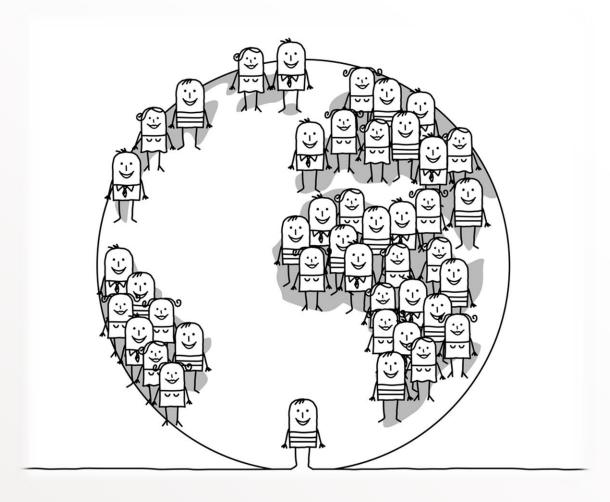
- What did your parents think gave life meaning?
- Name three areas that you feel give your life meaning.
- What about these things matter to you/ light you up?
- How could you do these things more justice in your life?

Guidelines for Continued Personal Development

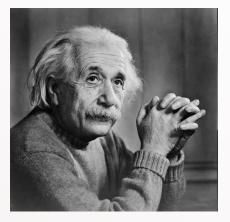
- Be aware of the fear that comes with giving up self-hatred
- Realize That psychological pain is valid
- Develop a more realistic view of your parents
- Differentiation unlearn old behaviors, learn new behaviors
- Become more aware of specific defenses against feeling
- Recognize the value of friendship
- Seek your own personal meaning in life
- Generosity







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

Thanks! Any questions?

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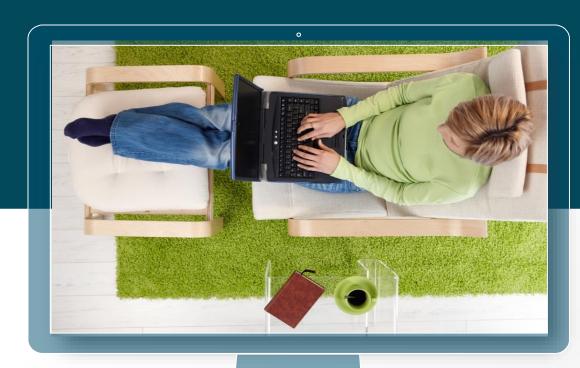
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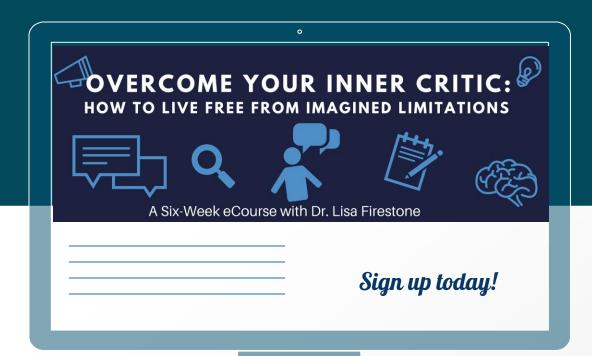
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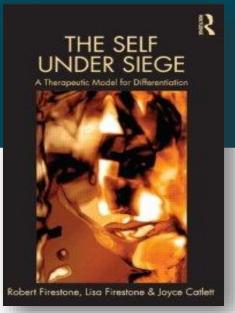
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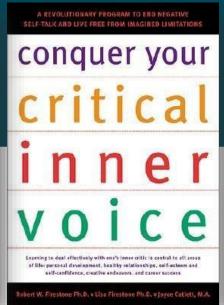


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