

Multiple Selves/Patterns Exercise

<p>ANGRY SELF (transgression)</p> <p><i>Motives</i></p> <p><i>Thoughts:</i></p> <p><i>Body:</i></p> <p><i>Actions:</i></p> <p><i>Memories</i></p> <p><i>Settle:</i></p>	<p>ANXIOUS SELF (danger)</p> <p><i>Motives</i></p> <p><i>Thoughts:</i></p> <p><i>Body:</i></p> <p><i>Actions:</i></p> <p><i>Memories:</i></p> <p><i>Settle:</i></p>
<p>SAD SELF (loss)</p> <p><i>Motives</i></p> <p><i>Thoughts:</i></p> <p><i>Body:</i></p> <p><i>Actions:</i></p> <p><i>Memories:</i></p> <p><i>Settle:</i></p>	<p>COMPASSIONATE SELF</p> <p><i>Motives</i></p> <p><i>Thoughts:</i></p> <p><i>Body:</i></p> <p><i>Actions:</i></p> <p><i>Memories:</i></p> <p><i>Grow:</i></p>

NOTES

Helps us see our multiplicity

Also what sits behind anger, anxiety and sadness – what is the threat – and source-

Desire to be heard, fear to be alone rejected: Nobody is in control here; Anxiety -Self not being good enough and others not being strong or wise enough etc (implications for the TR)

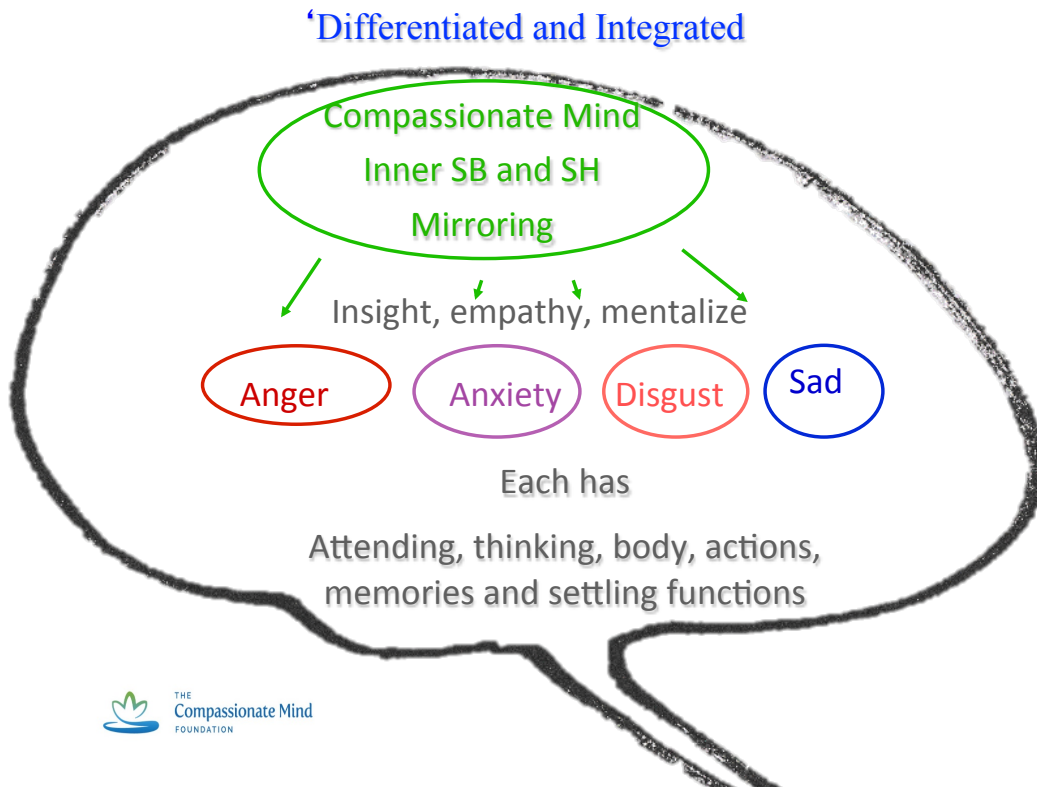
Each emotion will have an **internal focus and an external focus** -- but with anger -- anger at self can be basically self-criticism and a defence against experiencing anger to others – hold on the external focus; similarly anxiety focused on oneself ‘being no good’ etc can avoid focusing on anxiety we have *for others* (anxiety of what they might do – trust etc)- or that they may not be strong enough or wise enough or trustworthy.

Remember that before going to compassionate self - explore the relationship **between the anger, anxiety and sad selves**. For example, that angry self (may) dislike anxious self and

sees it as weak, while anxious self is frightened of angry self -- this is **guided discovery** of conflict between emotions and suppression of one emotion by another. CFT is very focused on inner conflicts

NB compassionate self often **needs training/practice in the competencies of compassion** particularly, mentalising both for the triggers (e.g., other persons) and the other parts of self.

Discuss as inner patterns that arrive in and light up in consciousness – the varied lights on a Christmas tree. Link to nature's mind



Remember that when it comes to working with these emotions, compassionate self can work with each one individually. So if tolerating anger is a problem then we can focus a session or part of a session on experiencing and then allowing compassionate self to engage with anger. You can have them in chairs -- but this isn't a debate -- rather compassionate self is able to recognise and understand and validate the hurt/fear behind angry self -- see what sits behind it -- and of course the same with any aspect of self that needs working with individual.

Core to many aspects of the (social) threat is problems with assertiveness - either individuals are not clear how to be assertive, frightened to be inserted, or become overly impulsively angry.

Notice how problems in the emotions might relate to the motives. For example, a competitive motive to win and make the other backdown or submit in contrast to a compassionate motivation for seeking seeking fair empathic resolution and reconciliation.

Multiples can be used for anything when there is variation and possible conflicts – e.g, motives or even memories. Indeed having people take on and explore competitive self

versus cooperative or compassionate so be very useful for more deeply exploring our motives and how they unconsciously regulate us unless we pay attention to them

In bipolar states we can play out manic self/pattern and depressed self/pattern etc. in anxious states we can play self versus confident self --In CFT we encourage the enactment of exploration of these different states and parts of self and patterns

Functional Analysis – Self Criticism

(Clinical Note: make sure you tap shame based SC)

<i>Greatest fears:</i>		
<i>Looks Like:</i>	<i>Says to me:</i>	<i>Feels about me:</i>
<i>What am I now feeling and thinking about me:</i>		

Reflect on guided discovery – does it have your best interests at heart – take joy in success, support you when things are tough?

Explore the issue of the distinction between the ideal self and the actual self and the disappointment gap -- how do we deal with disappointment -- why does it become an attack on the self as opposed to simply disappointment? How was disappointment handled when young? What were the consequences of not reaching the standards wanted (who wanted them and why?) -- keep in mind that self-criticism, relating to shame, is when self becomes the undesired or unwanted self -- Shame or rejection is usually the fear that sits behind self-criticism. Indeed self-criticism is often regarded as internalised shame.

Might look at origins -- keep in mind that sometimes self-criticism is a cover for anger towards others -- remember the Aztecs example

Can you imagine saying that, like that to a friend you care about?

Use the two schools example

Which part of us will actually help you reach these goals???? -----
compassionate self!!!!

Compassionate self

<i>Greatest wishes for me:</i>		
<i>Looks Like:</i>	<i>Says to me:</i>	<i>Feels about me:</i>
<i>What am I now thinking and feeling about me:</i>		

Reflect on differences between compassionate self-correction vs threat/shamed based criticism

NOTE: We can then use the two schools example

We can recognise that there is a part of us that wants to encourage, inspire and help us to be at our best - so the goals of the critical self may be fine- e.g, not to be lazy or sloppy or arrogant etc -but using emotions from the threat system (and it's clear what these emotions are from there - when you explore what the feelings of the critic are) is more likely to turn off frontal cortex and our capacity for learning, approaching the difficulty etc etc -so we need to find a way to be inspired, encouraged validated – and so try to be at our best in all that we do - being open and learning from our mistakes and setbacks because we are fallible human beings with very tricky brains. Compassion is for the difficult not the easy

Shame Exploration

Revealing something we are ashamed of:

<i>Feelings associated with shame:</i>		
<i>What would other people think and do:</i>	<i>What do I think and do</i>	<i>Coping</i>
<i>How have these shame fears influenced my life?</i>		
Compassionate self to shame		

Therapists should be very clear about the CFT distinctions between shame and guilt and the different types of shame –external and internal and (shame and guilt are rooted in different motivational systems) – (social rank/competitive vs caring)

Why is shame narcissistic self-focus that can hide social fears and unprocessed grief - how does guilt motivated and shame motivated reparation differ?

How does shame link to common humanity and how does shame provide us a basis for learning?

What is the nature of forgiveness and the fears, blocks and resistances to it.