

On Being and Becoming the Self that We Truly Are



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True Self Model of Human Development















*“The fostering of the **phony self** is always at the **expense of the real self**, the latter being treated with disdain, at best like a poor relative.”*



Karen Horney, M.D.

Self Analysis - 1942, p. 23

True Influence of Culture and Society on Our Sense of Self

*“In most cultures, females are considered to have obtained **irrevocable** womanhood at the onset of menstruation.”*

Gilmore, D. (1990). *Manhood in the making: Cultural concepts of masculinity*. New Haven: Yale University Press

Womanhood is considered a given.

This is not the case with manhood!

*“Manhood is different from simple male anatomical maleness - “...in that it is not a natural condition that comes about through maturation but rather a **precarious state** that boys must win against powerful odds.”*

Gilmore, D. (1990). *Manhood in the making: Cultural concepts of masculinity*. New Haven: Yale University Press



Eric Fromm, M.D.

*“Since modern man experiences himself as the seller and as the commodity to be sold on the market, his **self-esteem depends on conditions beyond his control.**”*

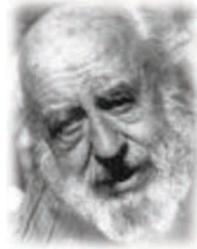
Fromm, E. (1947). *Man For Himself: An Inquiry into the Psychology of Ethics*.



Eric Fromm, M.D.

*"If one feels that one's own value is not constituted primarily by the human qualities one possesses, but rather by one's success on a competitive market with ever changing conditions, one's self-esteem is bound to be **shaky and in constant need of confirmation by others.**"*

Fromm, E. (1947). Man For Himself: An Inquiry into the Psychology of Ethics.



*"Many people to what they should be like than to actualize themselves...This is again the **curse that you should not be what you are**"*

Fritz Perls (1969). Gestalt Therapy Verbatim.



Karen Horney, M.D.

*"At the core of this alienation from the actual-self... is the **loss of the feeling of being an active determining force in our own lives.**"*

Neurosis and Human Growth: The Struggle Toward Self-Realization

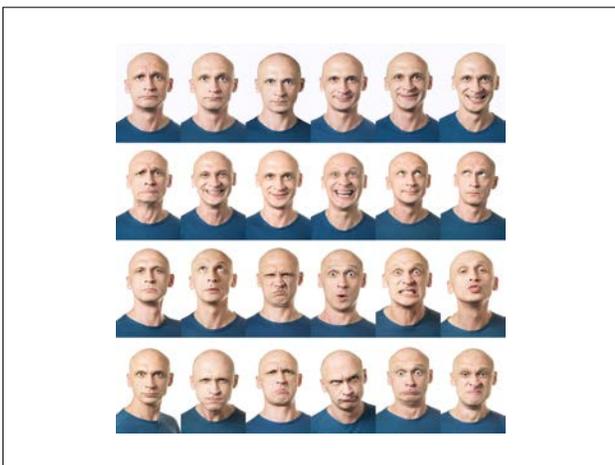


Cultural Expectations for Men

Acceptable

Unacceptable

Powerful - Omnipotent	Strong, protectors.	Ignorant or naive	No Career or profession.
Generous and all knowing.		Movement downwards - descending.	Helpless or powerless.
Movement upwards - ascending.		Unsuccessful - meaning	
Successful - meaning having many things.		having nothing.	
		Weak or selfish.	



"When the individual attempts to live according to preconceived ideas of what the world should be like, he brackets off his own feelings and needs. The result of this alienation from one's senses is the blocking off of his potential and the distortion of his perspective."



Fritz Perls, Gestalt Therapy and Human Potential. 1975, p. 74.



"The concept of perfection is such an ideal. In responding, the individual develops a phony facade to impress others what a good boy he is.."



Fritz Perls, Gestalt Therapy and Human Potential. 1975, p. 74.

"In responding to should demands, the individual plays roles not supported by his genuine needs. *He becomes both phony and phobic. He shies away from seeing his limitations, and plays roles unsupported by his potential...He constructs an imaginary ideal of how he should be and not how he actually is.*"



Fritz Perls, Gestalt Therapy and Human Potential, 1975, p. 74.

Male Development

"Men nurture their society by shedding their blood, their sweat, ...by bringing home food for both child and mother ... and by dying if necessary ... to provide a safe haven for their people."

Gilmore, D. (1990). *Manhood in the making: Cultural concepts of masculinity*. New Haven: Yale University Press

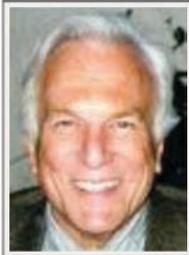
Male Development

We internalize that we are expendable and disposable.
It's always women and children first!"

Men are Disposable

- Average male life span is 7 years shorter than the average female life span.
- 33% more boy babies die during the first year of life than girl babies.
- The death rate among males aged 15 to 24 is almost 2x higher than for females.
- The risk of a female developing heart disease is half that of her male age cohort.
- Men are 6x more likely to die of cancer than women.
- Death rates from car accidents: Men are 3x more likely to die than women.

“If I do not feel lovable, then it is very difficult to believe that anyone else loves me.”



Dr. Nathaniel Branden

Dr. Jerry Greenwald (1975). *Creative Intimacy: How to break the patterns that poison your relationships.* Simon & Shuster: NY.

“It is not possible for me to relate to others intimately and allow (and enjoy) their full expression of themselves if I have not discovered how to do this for myself.”

“Low self-esteem causes an “...excessive preoccupation with gaining the approval and avoiding the disapproval of others, hungering for validation and support at every turn of our existence.”

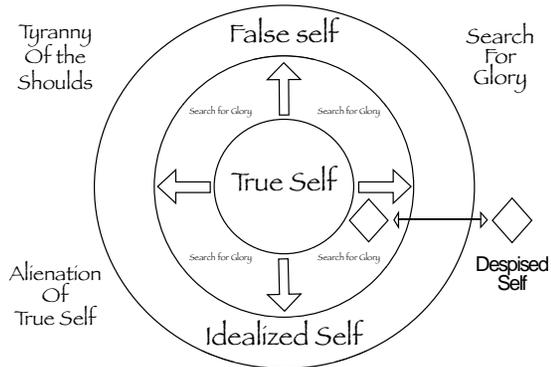


*“If you are not **eternally** showing me that you live for me, then I feel like I am **nothing.**”*



Virginia Satir, PeopleMaking

True Self Model of Personal Development



Three Basic Solutions

The Expansive Solutions – The appeal of mastery (an identification with the glorified self).

The Self-Effacing Solution – The appeal of love (an identification with the despised self).

Resignation – The appeal of freedom.

Any act or idea which interferes with or impairs our self-realization and self-actualization is an act of self-hate.

Male Development

Men are required to have a “selfless generosity.” This is not an emotional or affective generosity. It is a generosity based in the more assertive, aggressive, action oriented kind that isn’t expected of women but is expected of men.

Male empathy is action based rather than feeling based.

Male Development

What makes a man successful in his occupation hinders him at home in his personal relations.

It's OK for a woman to be dependent but not a man.

When a man feels dependent it becomes a secret he is ashamed of.

Women typically have network of friends for support, a married man almost completely depends on his wife for emotional support.

Male Development

Men are typically caught in the sacrifice-indulge cycle. The more a man sacrifices, the more entitled he feels to indulge himself and the more he expects or demands understanding from other people.

Levant, R. F. (1996). *Masculinity reconstructed: Changing the rules of manhood - at work, in relationships and in family.*

Our culture's focus on "having" results in an objectification of both men and women.

Women are treated as "sex objects" while men are treated as "success objects."





"For most men admitting we have a problem betrays our masculine self-image as problem solvers.....Most men are caught in a painful double bind that prohibits them from seeking help from other men because it is humiliating for them to even admit that they need help."

Kipnis, A. R. (1991) *Knights Without Armor*. LA: Tarcher/Perigee.



Virginia Satir, Ph.D.

"We are always trying to get out of our **emotional jail**.... Mostly we try by begging, threatening, or pleasing other people, **trying to get them to do it for us.**"

Culture

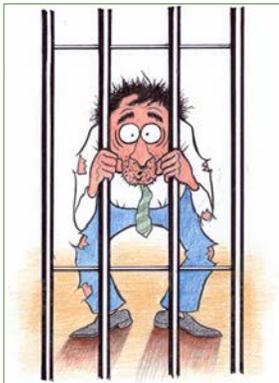
Ideals

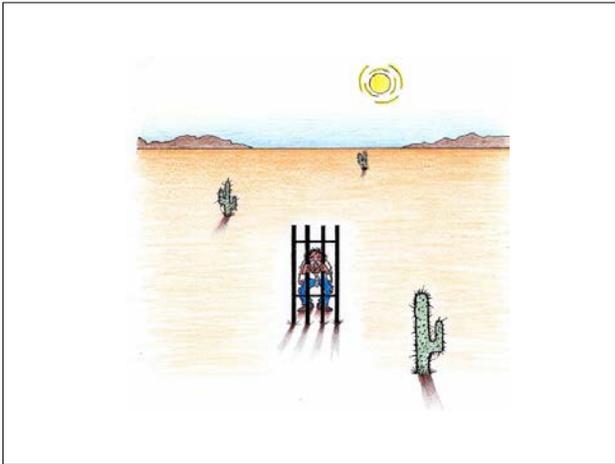
Traumas

Rules

Expectations

Others





Four Principles that Operate in Our Relationships

James Hollis (1998), The Eden Project: In Search of the Magical Other - A Jungian Perspective on Relationships.



We don't
have
relationships
- we take
hostages.



James Hollis, Ph.D.

We project onto our partner the responsibility to do for us what we aren't able to do for ourselves.



James Hollis, Ph.D.

We make our partner's responsible to cure our childhood wounds, to satisfy our infantile longings, and to fulfill our individuation or psychological imperative.



James Hollis, Ph.D.

Since our partner cannot nor should not bear responsibility for our wounds, our narcissism or our individuation, our projection (demand) gives way to resentment and the problem of power (manipulation).



James Hollis, Ph.D.

*The only way to **heal** a faltering relationship is to take responsibility for our **individuation** (raise our emotional maturity).*



*In relationships, my lot in life changes not when I first demand change in others, but when I **seriously take stock in myself**.*

E. Larsen (1987). Stage II Relationships: Love Beyond Addiction.



*-In order to be more **personal** in a relationship, you need to stop **taking your partner's behavior personally**.*

Walter Kempler, M.D.
Personal Communication (1985)



"When something goes wrong I try to make a picture in my mind of a circle with myself in the middle and then I ask myself what part in my problem are my thoughts playing, my fears, ...my expectations, my interpretations.....and my lack of faith to be able to grow ."

Family Dynamics

Male Development

Boys do not get as much nurturance, safety, intimacy, love and support as girls.

Boys are weaned earlier than girls.

Boys are pushed to become independent.

Boys are more restricted to play with traditionally heroic, male gender specific toys like G.I. Joe.

Boys are more likely to be reprimanded in front of class than girls.

Boys are pushed into aggressive and assertive roles.

Male Development

Boys learn that it is OK for girls to have feelings but that expressing their feelings make peers, parents, and other adult authorities uneasy.

Boys who express interest in artistic or intellectual pursuits are labelled geeks, nerds, sissies, wimps, losers, creeps, fags or dismissed as too sensitive.

Male Development

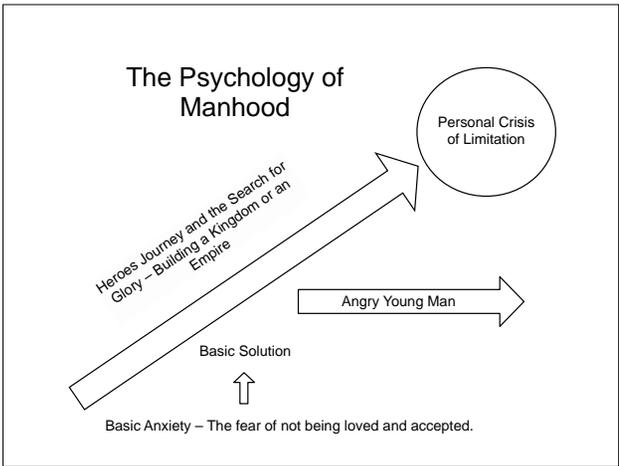
Boys learn that men are the disposable sex.

Men utilize health care services much less than women.

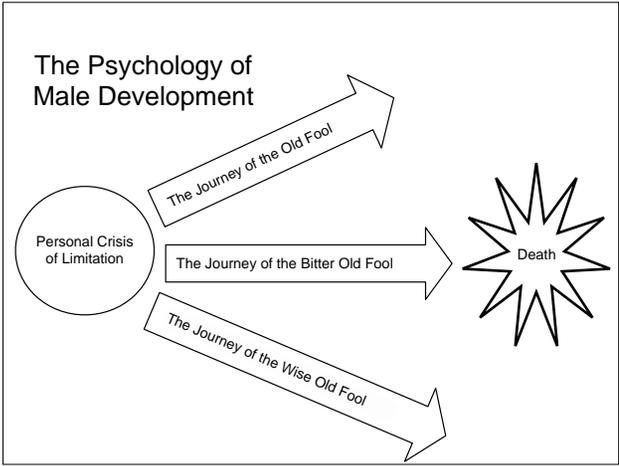
Men utilize mental health professionals less than women.

Until recently only men served in the Armed Forces and died to protect our country.

Personal Dynamics



- ### The Wake Up Call: Personal Crisis of Limitation
- Addiction
 - Middle Passage of Life - Mid Life Crisis
 - Career Failure
 - Divorce
 - Loss or Death of a Family Member
 - Catastrophic Event
 - Medical Problems
 - Business Betrayal
 - Ill Advised Investment
 - Emotional Betrayal
 - Violence
 - World Event
 - Sexual Dysfunction
 - Depression
 - Anxiety
 - Success - Early Retirement



The Journey of the Old Fool

Peter Pan Syndrome – “I don’t want to grow up!”

Focus is on materialism, on having things, on having power, on controlling others.

Objectifies self and others.

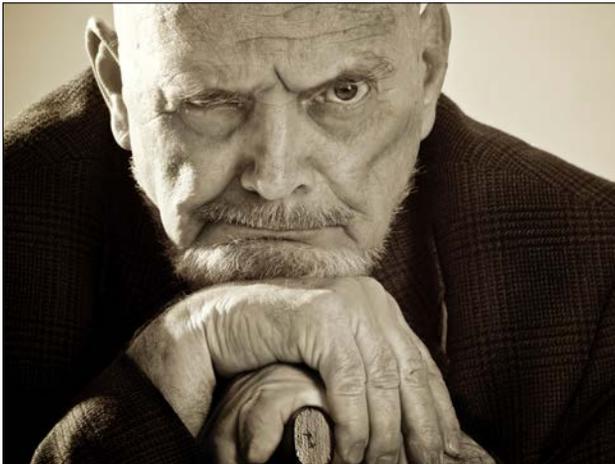
Judgmental, emotionally immature, self-centered, a Boy-King.

Extreme fear of dying.



The Journey of the Bitter Old Fool

- The Scrooge Syndrome – Bah humbug.
- Life sucks and then you die.
- Disillusioned about life, feels bitter, angry, highly critical of others.
- Vindictive, justified in treating others poorly.
- Judgmental, emotionally immature, self-centered.
- Apathetic, may even want life to be over.



The Journey of the Wise Old Fool

- ✦ On a spiritual journey, desires to grow up emotionally, move beyond self.
- ✦ Embraces paradox.
- ✦ Sees new meaning in life, in suffering, wounds become transformed into sacred wounds.
- ✦ Becomes compassionate of self and others.
- ✦ Moves beyond right and wrong, non-judgmental, becomes service minded.
- ✦ New appreciation for life, does not fear death.

The aim of therapy is
“...to help a person
**abandon his drive to
actualize the
idealized self** and
move towards **self-
realization.**”



Karen Horney, M.D.

The Therapeutic Process: Essays and Lectures - 1999, p. 177.





The Journey of the Wise Old Fool and Recovery: Initiation Rite into Life

Male Initiation Rites typically contain three distinct elements:

- First : Purgative – shattering of the child like ego.
- Second : Illuminative and Integrative – an expansion of consciousness that creates a personal transformation, a wholeness and a spiritual experience.
- Third : Unitive – return the boy to his community as a man, a true citizen and important member of the group.

“A truly initiated man, however, lives inside a sacred universe of meaning. Even the seemingly absurd, even the pain has meaning. ...In general, initiation is much more about weaving a sacred cosmology of meaning than it is about specific moral principles.”



Richard Rohr, O.F.M.

Therapeutic Interventions



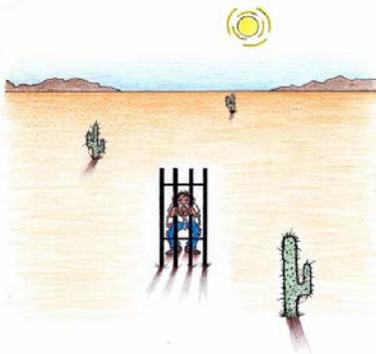
"Psychotherapy is a lively process of stoking the client's inner fires of awareness and contact. It involves exchanges of energy with a client - exchanges which stimulate and nourish the other person but do not deplete one's own vitality and power."

Zinker, J. (1977). Creative Processes in Gestalt Therapy.



"Growing in a healthy way means liberating those evolutionary constructive forces inherent in man which urge him to realize his given potentialities."

The Therapeutic Process: Essays and Lectures - 1999, p. 248.



The aim of therapy is “...to help a person abandon his drive to actualize the idealized self and move towards self-realization.”



Karen Horney, M.D.

The Therapeutic Process: Essays and Lectures - 1999, p. 177.

Because of their self-hatred “...they long for or demand as their right love, support, and company, often as a protection against their own vindictive self-hatred and despair.”



Karen Horney, M.D.

The Therapeutic Process: Essays and Lectures - 1999, p. 154.

Four categories of self-realization are:

Self-realization in regard to oneself;
Self-realization in regards to others;
Self-realization is regards to work; and
Self-realization in regards to assuming one's place in the world.



Karen Horney, M.D.

The Therapeutic Process: Essays and Lectures - 1999, p. 177.

To unleash a person's curative forces "...awareness is the first step... Following awareness there must be: Taking back of externalizations - he **takes the problem home to himself**; Constant reevaluation and reorientation of values... **sees claims realistically as dangerous to self and what is preventing the person from using real resources**; Reevaluation of assets - sees true values in self and true strength - **gets rid of self-hatred and has a better and more realistic evaluation of self**; Improvement in relations with others - with less vulnerable false pride there is less arrogance and relationships are better. **With giving up of claims, there is a feeling of belonging with others.**"

The Therapeutic Process: Essays and Lectures - 1999, p. 131.

Towards a New Integrated Masculinity

- ☀ Masculinity is life affirming and life supporting.
- ☀ Men are not flawed by nature.
- ☀ A man is not measured by what he produces or his social success.
- ☀ Men do not need to become more like women to connect to their souls.
- ☀ A man doesn't have to live up to any narrow, societal image of manhood.
- ☀ Men and women can be equal partners.

Towards a New Integrated Masculinity

Sometimes we have the right to be wrong, irresponsible, unpredictable, silly, inconsistent, afraid, indecisive, experimental, insecure, visionary, lustful, lazy, fat, bald, old, playful, fierce, irreverent, magical, wild, impractical, unconventional and other things we are not supposed to be.

"The essential goal of therapy is to help patient's liberate and strengthen the constructive forces within them, while weakening the forces that are obstructive to growth."



Karen Horney, M.D.

The Therapeutic Process: Essays and Lectures - 1999, p. 248.



Dr. Erving Polster said that the goal of psychotherapy is
"...to merge the disharmonious aspects of the person so that they [can] become joint contributors to the person's wholeness."

Cycle of Experience



Cycle of Experience



Nature of the Fully Functioning Person

- ★ Present centered.
- ★ Openness to his experience.
- ★ Follows the path of experience.
- ★ Puts trust in the wisdom of his being, not because he is infallible, but because he can be fully open to the consequences of his actions and correct them if they prove to be less than satisfying.
- ★ Is self-regulating.

Nature of the Fully Functioning Person

- ★ Lives fully and authentically with each and all of his feelings and reactions.
- ★ Is able to experience all of their feelings and less afraid to experience any one of their feelings.
- ★ Is the sufferer of their own evidence, and is more open to evidence from all sources.
- ★ Is completely engaged in the process of being and becoming their real-self.

"All I can do is,
possibly, to help
people to reorganize
themselves to
function better, to
enjoy life more, to feel
- and this is very
important - to feel
more real. What more
do you want? Live is
not violins and roses."



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