

COLD therapy- traumatizes the narc, to the point that he decompensates, loses his/her defenses, once defenses are gone the narc is open to attack via therapeutic intervention; this is the essence, re-traumatizes in order to remove the defenses, destroy the false self, and open the patient up to help via a treatment intervention.

DAY 1

To understand the narcissist, you have to look at the people around them

Dark triad

- 1) Sub- clinical narcissist
- 2) Sub-clinical psychopathy
- 3) Machiavellianism- manipulative people

Dark tetrad, everything dark triad plus sadism

Dark pentagram, everything dark tetrad plus dysregulation like borderline

Orson wells- icon, famous movie director, Citizen Kane, hiking in Germany, comes across Adolf Hitler, 1978 interview “this guy had no personality whatsoever, I think there was nothing and nobody there” narcissism is about void, Otto Kernberg called it emptiness

Narcissist is not a presence, it's an absence- there is nothing to capture = How do you describe nothing, we have words to describe something. We don't have language for nothing. This absence, artificial intelligence, narcissist is not fully human.

In 1990's new language was created by Sam Vaknin, how do you communicate that I'm not, rather than I am, what I'm not rather than what I am.

Ambient artificial intelligence, like an algorithm, set of symbols

Cold therapy- departure from everything we know about therapy, no way to access narcissist, we need to depart from existence

The narcissistic abuse experience. The disability consists of narcissist disabling you, he is a disabling agent. The narcissist is like a computer virus, the code's main

function is to disable, disrupt other's codes, the virus is not a life form. It's a code, intended to invade, colonize and destroy the host, you.

They are black holes in human form.

Narcissist is a form of consumption, consumption of human beings, people devouring consuming principle. Death cult, the civilization we live in is a death cult, because we much prefer objects, prefer inanimate to animate. Our churches have become malls and iPhone, etc.

Cold therapy work is totally eclectic. William James, Freud, Carl Jung, Melanie Klein, Winnicott, Fairbairn, Bandura, learning theory, object relations, learning, - INTEGRATION AND SYNTHESIS, only way forward. Gang warfare territory.

1. Cluster B personality disorders, etiology, how they come about, causes
2. Trauma
3. Narcissists in therapy, how they react in therapy
4. Cold therapy, techniques

What do we think we know about narcissism?

- 1) First attempt to describe narcissism was Freud (though Ellis and others have discussed it before)

Fight about schizophrenia, Freud published an essay, "on narcissism" describes emotional investment inwards, not directed about others. He called this libido.... Libido is a force of life; one component of libido is eros. Eros is all about sex.

He was fighting with young, the economy of energy. Some energy we externalize, some we internalize.

Is mommy's breast an object? When baby perceives itself, does it perceive itself as an object?

Non object libido- non object energy the narcissist perceives himself as an object. They are sexually aroused by their own bodies. Autoerotism...

- 2) Freud suggested, fall in love with himself after mother, primary narcissism, this is healthy, part of normal development- self-esteem, self-confidence, regulate self-worth, Heinz Kohut

When child transitions, sometimes it doesn't work, child gets stuck and goes back to primary narcissism, but this time is secondary narcissism, infantile regression narcissism, pathological narcissism, bad.

Young said introversion, there is no such thing as pathological narcissism. He said we use narcissism to heal, overcome the obstacle.

Freud said when you come across an obstacle, primary narcissist. Carl young said

- 3) Defense mechanism against shame, the abused child feels shame. Child develops is ashamed so he develops an imaginary friend, he is everything the child is not, omnipotent, omniscience, child is helpless, friend is perfectly and brilliant, the child is told he is inadequate, less than perfect, bad object. It's a defense mechanism

There is no defense mechanism against emotion

Psychological process drive or instinct, urge- process is sublimation, convert socially unacceptable impulse to a socially 0 defense ONLY against INSINCT AND DRIVES

DEFENSE, fantasy, reframing- ego is a defense according to carl young,

- 4) Personality disorder- Heinz colt, father of NPD he developed NPD, it's a reaction to improper parenting, when parent doesn't mirror you, you can't idealize your parent, parent doesn't allow you to be with like others- the reaction to parenting.

When you grow up parents needs to mirror, empathic, needs to allow you to interact with peers...if not allowed, you will look for other people to mirror you all your life, it's a compensatory reaction, NOT a personality, a problem with a self. Andre green- dead mother, if your mother doesn't allow you to idealize her, you will idealize your intimate partner and all people. You need to idealize,

Should have been called narcissist SELF disorder.

- 5) Only abused children, develop to become narcissist- any breach of boundaries, when child is not allowed to become Individual, DIVIDED, 1, put child on pedestal, 2) smothering, confided in child, pampering, doesn't allow the child to evolve, blackmail the child, emotional incest, treats child as substitute spouse, but outside looks like perfect mother, not showing them reality – this is abuse, worse than physical abuse

Good enough mother provides secure base as Bowlby put it. Allows child to be frustrated,

Trauma became buzzword

Judith Herman- CPTSD

We don't have any effective therapies for personality disorders, we can modify behaviors. But we do have extremely efficacious for trauma.

Narcissism can be treated as a post-trauma therapy.

Cold therapy- cruel and aggressive but no other way to get to the narcissist.

COLD THERAPY, post-traumatic condition and attachment disruption.

When looking at something from a different angle you can find solution.

CBT assumes narcissism is an adult. The narcissist is not an adult, he is an infant. 24 months, vast majority of is 18 months EMOTIONALLY, not skills, IQ, can't grasp it cognitively.

FREUD: insight IS NOT transformative unless it has an emotional correlate.

Narcissists not capable to react emotionally, CBT waste of time, therapist is giving therapy to an 18 month old.

Pathological narcissism allowed the child to endure the abuse, they survived, as long as narcissist is 18 months old, it works

If you don't cure the underlying emotional ailment, you need to change the narcissist

Narcissist is not ready of life, when you take narcissism from the narcissist, he will become borderline, you changed the narcissism so it becomes unnecessary. We make narcissism unnecessary. The brain lets it die= atrophy, if narcissism is not needed anymore, it will die. Like muscle, change environment, narcissism will die,

Narcissism form of co-dependency and addiction. Narcissists are dependent on people, most are pro-social, communal. People are junkies

Segment of cold therapy

DAY 2

TRAUMA

Trauma is the buzzword today, gets you funding, explains, makes sense of the world, make sense of your life, its an organizing principle, gives us direction, meaning- SIMILAR to religion, trauma is a tenant of faith.

Trauma has never been defined; nobody knows what it is. 10 people are exposed to same experience and only 2 of them end up being traumatized. Trauma is not an objective phenomenon, cannot be clinical entities. If its not clinically entity what the hell is it? Can't give you an answer

We do know how it looks, how it appears, can make a list of symptoms, it is safe to say it's a syndrome. Different people experience trauma and manifest differently, some withdraw, anger, disintegrate, some resilient,

PTSD, exposure to an extreme single event. War, death, PTSD is well described, clinical entity

PTSD is acute trauma

Complex trauma, CPTSD, chronic trauma

PTSS- syndrome

PTSR - reaction

Law of parsimony - razor

Trying to reconceptualize narcissism as a post-traumatic condition

Winnicott: reactions of people around the traumatized.

Winnicott, British, coined good enough mother, made study of orphans, incest picks up cues from others, child picks up on these signals, not the act themselves creates the trauma, trauma has major social and cultural component, we pick up on actions and interpretations = police

Narcissism in the child is a form of trauma bonding.

Trauma bonding= extreme unidirectional attachment (in Stockholm attached both ways, two way street) the abused party gets more and more bonded with the abuser, but the abuser does not get attached, fostered by traumatizing (inflict pain hurt and fear) and unpredictable, arbitrary, pernicious, the abused can not create a pattern or theory, must be intermittent, hot and cold, love you hate you, come here, get out of here. can not create an internal working model, they develop magical thinking, they split (he's good, I'm bad) they reframe (this is love)

Gaslighting- Washington post, must involve power asymmetry, narcissists never gaslight, they believe in fantasy, they are fully immersed into fantasy, they never gaslight, psychopaths gaslight because they are deliberate, it's a strategy, psychopaths are goal oriented.

Its not possible to trauma bond who is your equal.

The child parent relationship is very vulnerable to trauma bonding, in the hands of the wrong parent, the child trauma bonds, the child's solution is narcissism

abuse- any breach of boundary when the child is not able to separate from the parent.

Forms of abuse masquerading as good parenting, parentified, I need you to take care of me, if you leave me ill die, you owe me, only grow if child promotes the parents' fantasy, smothering, pedestal, instrumentalizing= the shinning.

PARENT

Formative years 0-6

Post formative 6 – adolescence (used to be 18, now it's 12- 25)

Passages and new passages book - Gail Shehee, what used to happen at age 18 now happens at 28

Immaturity is a modern hallmark, we refuse to grow up, peter pan.

If we refuse to grow up, all child dynamics are being imported into adulthood

I only use mental ages, not chronologically – need to understand mental age

Separation and individuation is supposed to happen at 18 months.

John Bowlby suggested the only real parent is the mother, Bowlby was not talking about attachment he was talking about development. The only crucial figure element in development is the mother, father brings society to the child, father teaches child gender roles, sexual scripts, how to work as a team, how to be pro-social, but by that time the child is fully formed by his mother. Father little to no function prior to 2 years old,

Betrayal trauma- described by Carnes, later Jennifer Freyd - in adulthood relationships, in intimate relationships we become children, open, vulnerable and children again, is a second chance at a better childhood

Betrayal trauma- there is a trust figure, mother, Erikson coined the child was to form **basic trust**, the mother will not hurt, won't leave, will care, these are the beliefs you had about your mother, the basic trust develops by mother, if you don't have it by mother you're screwed.

Betrayal blindness- child denies the betrayal. Child is faced with a dilemma, mommy is sucks is a bad mother, 1) regard mother as bad object 2) mother is perfect, god like and I am bad, I made her do it,no child will choose the first solution at 18 months, you depend on mother for your survival, food shelter, mother is sole single supplier can't see mother in negative terms, you are negative, this is known as splitting. – induced betrayal trauma blindness. Nothing is wrong with mommy, there is something wrong with me. Some children say, I don't please mommy enough, they become people pleasers. Some say I'm weak so they become strong and narcissists.

If you internalize bad object before 24 months, if you become a bad object before 24 months you will have that till you die. They are rooted in the earliest stage of life in development, they define who you are- if you choose strong, you become narcissist.

Identify disorders involve

When child copes, he needs to deny his reality, the child needs to forget, the child develops dissociation he must deny reality and forget the abuse. He has no continuous memories, no continuous memories = no identity. I.e Alzheimer's, no memory, no identity. This child chooses to not be. Narcissism is about absence not presence.

It starts with I', bad, mommy is good, I need to forget the abuse, my main coping strategy is amnesia, because I forget everything, I don't have an identity, the child.

The child is not allowed to express their experience,

SILENCE is a critical part of the trauma. Silent was used in these households, silence is a major part of trauma, breach of trust, child is very angry, child begins to grieve, grieving himself lack of love, lack of self, massive loss, grief remains for life

All narcissists experienced prolonged grief, that's why they have mood disorders. DSM5 narcissists are prone to depression. Narcissist are in grief, they want to share the grief with you, they want you to carry the full burden of their grief. Gradually you are infected with their grief. You empathize with narcissist grief, it infects you gradually, becomes like contagion

Denial, repression and disassociation

Cognitive dissonance- hold simultaneously 2 beliefs- mutually exclusive, belief I should not kill but have to protect country.

When child is abused traumatized by mother, this is THE cognitive dissonance.

How do you resolve CD- reframing, lying, rationalize abusive behavior, justification, minimizes the abuse, denies, blame, dissociate- state dependent memory, false hope, if only I did this if only, autoplasic defenses-

Autoplasic adaptation = adapt to environment by changing environment, autoplasic defenses- adapt to environment by changing self, = used to be called neurosis, the person feels guilty, ashamed, the power to have caused the behavior magical thinking.

Narcissist believes he is god; god can make anything happen, narcissist believes his life is negatively impacted by other people, my boss hates me, my coworkers undermine me, narcissists attributes other people his life, external locus of control. Schism,

Narc god like to winy victim. He hands control to other people, not god like, they are supposed to have autoplasic defense, they blame the environment, they don't feel shame or guilt,

Dead mother- sick, absent, immature,

Narcissist has unresolve issues, unfinished business with dead mother. He spends all his life, settles score, they are incapable, and mommy is not around. So, he needs a substitute mother, so he deploys a fantasy defense. The narc creates a

fantasy where he can re-enact with mother. he need his partner to accept his fantasy, she must develop a fantasy contagion.

DUAL MOTHERSHIP

Fantasy, in an intimate relationship you are his mother, and same, exchange of maternal functions. Thenarcissist is not allowed to separate from his mother, he never sees you as a separate object. They never have experienced separation.

The narcissist wants you to be his mother, I'm going to idealize you, take a snapshot, introject, this photoshop is idealization, now you are inside the narcissists mind, photograph of you, idealized introject= you can see myself through my eyes, through my gaze, you are drop dead gorgeous, idealized image, when you see yourself thru narcissist eyes, he doesn't see you at all, he doesn't separate so he can not keep you separate, internal object is very intoxicating, very irresistible, worse its addictive, you want to see yourself this way.

The narcissist becomes your mother, babies are a real pain, they are born ugly, they cry, they pee, they scream, they don't let you sleep, worst experienced of my life and mind you I've been to prison. A typical mother, idealizes the baby, she does exactly what the narcissist does to you, narcissist becomes a good enough mother.

3 break ups. Break up with man, your mother, great mother, idealized you- you love yourself thru the narcissist. I miss the way he saw me, the way he looked at me, center of universe.

In the beginning, he is the perfect mother, love bombing, mother lovebombs her child, the archaic wounds, suddenly he becomes sadistic, hateful, absent mother- he does this because he needs to separate from you

Recruits you as a mother in order to separate from you. In order to separate he needs to devalue you. You can't separate from idealized, so he devalues you. He chooses you for a task, fulfill the role as a mother.

A good enough mother pushes child away, allows child to separate from her.

Self-harm behaviors have 3 functions

1. Numb emotions,

2. Feel alive
3. Punishment
4. Clinging to narcissist= trauma bonding, money, children, addictive process
5. Depression, processed anger
6. Behaviors alcoholism smoking
7. Self-defeating, procrastinate, self-sabotage

You become his trauma, bad object internalization, I am bad mommy is all good, I am bad

Alien, zombie infects, a healthy normal human being kills self, responsible choice kill yourself. He takes his core and gives it to you.

He needs you to be fully controlled, most abuse targets one thing but narc abuse is about making you die, negating you, rendering you

Why do victims of narcissists stay? You're becoming the narc in childhood, they do exactly what the child did to his mother, rationalize, minimize,

The only way to learn about narc is to observe people around narc.

Narc is not available for observation and he is not introspective.

He hand over trauma to you, prolonged grief.

He sees you internally not externally.

90% of cure of trauma is sharing and connecting.

50% diagnosed bpd are women.

1978- dead mother, Andre Green, depressed, absent, selfish, immature, fearful, anxious, parentified, instrumentalized

Shoot a gun, drive car, etc. need a license but two most important things 1) vote and 2) bring child to a work.

Many parents should have never had children,

388 clinics treat psychotics

Psychosis striking resemblance of narcissist, cannot tell difference between internal and external objects. Psychotic thinks internal is external, hallucination, the narc is exactly the object, the external is internal.

Hyper-reflexivity, psychotics mind expands outward.

Big bang takes over universe. Expansion. Narc swallows the universe, the universe becomes him, internal objects, victims felt being consumed.

TRAUMA THERAPIES

Trauma imprinting: Freud suggested trauma with feeling, trauma imprints everything

Trauma cascade, triggers all previous trauma

Sublimation

Narcissists have no theory of interactions with other people, object relations, NO internal working model

Borderline has psychopath has internal working models but narcissists don't, if I don't have working theory of mind, I can't see you, don't have theory of mind, therefore don't have language, no way to interact with the world, so he withdraws, he renounces reality, doesn't have basic tools to cope with reality

Scheme or schema: emotions, cognitions, values and beliefs, everyone has multiple beliefs, schema therapy, narcissist has rigid schemas, borderline identity disturbance, she can change, borderline no fixed identity, unrecognizable, she has fluid schemas, she shape shifter

TRAUMA THERAPY

Creates new associations with stressors and triggers, new linkage, reorient, re-direct. Rewiring, like old telephone switchboard, don't put it in this hole put it in this hole

Narcissist has emotions, but only negative emotions, negative affects, they do have positive emotions but they are inaccessible, repressed- because they are associated with pain, incapable of experiencing love, they are terrified, they have pain aversion. Not human like.

3 layers of explanation

- Emotions have directionality, relation and direction, always have intention- emotions are cognitions, narc weaponizes emotions, he uses emotions to destroy
- Goal oriented
- Frustration aggression hypothesis- frustration evolves into aggression. Immediately attempt to destroy object of frustration, typical narcissist revenge fantasies, everything is fantasy. Frustrated, then withdraw inside, emotions are not real.

1. Integration- narc not capable

In cold therapy, puts narc in touch with his emotions only in therapy, he will be suicidal in session. We force narc to face parents with no defenses, totally helpless and vulnerable child- suicidal, he needs to survive the secondary trauma, re-traumatization, he can survive trauma without grandiosity, it becomes obsolete.

He believes the only

I CAN TAKE AWAY FALSE SELF, PUT HIM IN TOUCH WITH ABUSIVE PARENTS WITHOUT FALSE SELF AND GRANDIOSITY and survive. VOLD THERAPY, time machine, confront you with your abusers, don't recreate solutions of false self and grandiosity, no splitting no infantile solutions

THE NARCISIST MIND

EXOBIOLOGY, EXOLINGUISTIC – universal language

Psychopaths are human but highly exaggerated and borderline is recognizably human, we all lack empathy and get dysregulated like psychopaths and borderlines

Anger reduces empathy 80%

Can't communicate with narcissist, don't share same software as you, windows vs, Lennox. Don't have same software system, you're a pc they're not even a device, they don't have same apps you do, they don't have apps,

Unless you understand narc mind and language, you will think cold therapy is inhuman.

Time travel can no be fixed here and now, must be reverted back without defenses, in order to do this cant use language. Can not use language with narcissist,

Only experiential can be used with narc. They don't communicate with anyone; they are out to impress. They are not concerned about securing goals, like psychopaths. They needs to manipulate you to get supply. The narc will sacrifice to get supply.

Do not assume that you can use language to illicit change.

He learned at early age, language bad outcome, language manipulation, also love experiences as pain so he regresses

LANGUAGE & LOVE PILLARS OF ALL PSYCHOLOGY- the narc missing both

Psychpaths are masters of language

Borderlines have love but no language

Narcissist no language no love, in this sense can't see narc through psychology

In psychology we believe someone is there, what do we do if nobody is there? Psychology assumes there is a psyche, mind, soul, something there but what if it's a void an emptiness a black hole, physics break down in a black hole= singularity. Go In black hole no physics, go in narcissist nobody is there

Created operating system ONLY with glitches

In no way am I human, don't feel human. I'm an emulator machine. I know combination of words I know how to illicit emotions of YOU, manipulative algorithm to illicit in you reactions I want.

Interpellation – poetry, super clever manipulation of words - artificial intelligence

Intersubjectivity agreement- philosophy, all psychology based on self-reporting

Don't confuse cooperation with comprehension

Perpetual machine, Microsoft word and documents, never ends, always wants supply, junkies focused on the next fix

Acquired situational narcissism = rock star, child star, externally they're narcissist but feel vert dissonance and collapse and kill themselves

Intimate partner provides secondary supply, conflict resolution instrument,

Cold therapy- immediately be bad dead mother,

Narcissists feel super-human, 2.0 – emotionally invested (cathexis, energy) in their disorder, ‘I would not have been where I’m now if I didn’t have

Borderlines and psychopaths brain abnormalities- psychopaths dysfunctional amygdala a lot of white matter, - narcissist regular brain

Narcissistic systemic failure in programming, borderlines and psychopathy glitches

James Fallon, neuroscientist psychopath

THE NEED TO BE SEEN

Everyone needs it, if not = narcissism, demands to be seen, absolutely an infants need. The need to be seen requires another person.

Until at least 6 months, the child is the world, = psychosis, many say up to 18 months- Mahler; 2-3 years Piaget, can not make distinction between self and the world

He believes child is one with mother, then mother becomes source of pain, frustration and terror, the child discards mother

The child sees itself thru the mother’s gaze, he gains information about himself, that is the beginning of the self, thru the fact that they are seeing you,

We exist because other people see us.

Mother – limits you

- 1) Idealizing
- 2) 1Mirroring
- 3) Twinning, child have peers like minded

If there is a disruption, they get stuck, like record.

If you don’t idealize you will idealize your partners, if you don’t separate and individuate you will try to individuate your partner.

Colin Ross developed trauma model

Good enough mother, Winnicott- secure base

Q&A

High effort coping

Shoshanim = roses

Covert borderline: diagnosis suggested 2 years ago, hybrid between narcissists and borderline. Many men are diagnosed with bpd but don't show female characteristics. Beginning to be accepted psych central. Use same narc tactics to regulate emotions.

Self-awareness is high in cluster B, but don't like label.

Modification isn't a way into therapy or treatment.

Good mother- shouldn't be entitled, have sufficient amount of autonomy, agency, independence, her own life, no merger no fusion, not be dependent.

Imagine:

Person stuck in a wall, poltergeist, death and rebirth, death and resurrection, Imagine person and a child stuck in the person trying to get out. Similar to woman and her pregnancy. Narcissists will tell you he is god,

Imaginary friends 9 – 12months, pre-verbal, persist until age 3, self emerges into false self and child vanishes, he merges with imaginary friend.

False self is a god, only one false self, its exclusive god like. FALSE SELF IS NEVER NEUTRALIZED. False self is activated all the time, distorts reality all the time,

Narcissism, relational disorder, an environment disorder, social disorder with functional manifestations.

Autism has empathy but its in fridge doesn't know what to do with it.

Cluster b are context dependent, vs autism and schizophrenia not context dependent.

Handwriting differences = predictor NPD, BPD

People are intellectually lazy, never stop educating

Mentalization = theories of mind, children start smiling at mother, reflexive empathy

If narcissist merged with false self doomed, can't regress it, can't intervene= believes they are the bad object forever, hand is cut off, can cope with hand being cut off but hand will never come back.

BPD = complex trauma, Judith Herman, BPD= emotional dysregulation BPD = secondary psychopaths

1973 homosexuality, DSM – BDSM 2013 DSM = pathologized, even if you drink so much coffee, if you search internet too much, = tend to pathologize and medicalize

Narcissists have impaired reality testing, no ego, doesn't finish the immersion program, narcissist outsources ego functions. Narcissist is self-less.

Resort to repetitive behaviors, rituals= stereotyping = compulsion, perhaps obsession too but can't interview infants. We observe children repeating words, movements, behaviors, self-injurious behaviors. Difficult to diagnose differential with autism.

Self-injurious child is killing himself because he is about to merge to false self. We can't diagnose NPD before 18, pathological narcissism 9 years old. Symbolic self-humiliation and self-degradation.

Covert narcissist – always rock bottom, collapsed – acting out passive aggressive, totally decompensated, he already went thru his own self-inflicted cold therapy

Modification is not a window to therapy

Modification = decompensation= the narcissist will reframe. I made them do it to me, so he can restore his grandiosity. Or they are evil, I am the victim, so he restores his grandiosity.

Cold therapy is not disabling false self, it is deleting the false self.

Mental economy- don't use it you lose it, atrophy

Grandiosity counterproductive, makes him dependent, weak predictable, an addict, vulnerable, open to hurt, vulnerability is not good – getting rid of grandiosity improves his life

Supply sensation – tipsy buzz, elation, euphoria, suspension of disbelief, feel liked, loved, reduction of empathy to close people, increase in empathy in strangers

Alcohol myopia- when alcoholic attacks big tasks that he can't AA 1) **reduce grandiosity**- submit to higher power

NARCISSISTIC STYLE, PERSONALITY OR DISORDER (Sperry & Millon)
style & personality don't have false self, no fantasy

Hoovering – re-idealize introject,

Mother and false self- attack child, the child wavers between mother and false self. He uses false self to protect against the mother,

Mother is upset child chooses false self; false self is upset with child when child listens to the mother.

DAY 3 TRAUMA THERAPIES

We don't exist without relationships

Dead mother results in child viewing self as Bad object – can't survive if we believe we are bad, not lovable

Very frightening, creates a fantastical land, that is the only relationship the child can have. Child can't have relationship with dead mother. child creates own relationship with imaginary friend, but child is still bad object. So, child idealizes the imaginary friend. The main psychological defense of child, is all good or all bad, splitting or dichotomous thinking. If the child is all bad, the childhood friend is all good, deity, a god. The more the child idealizes the friend, the more bad the child must be. Law of conservation. False self is 100, child is -100. The more child idealizes false self the more terrible they feel, so they must merge and disappear and reappear as good object. The human sacrifice, bad object to become good object. The cost: imaginary friend is imaginary, child has to renounce himself, commits psychological suicide. Renounces reality, fantasy defense. Rejects reality- this is why narcissists reject their intimate partners. Intimate partners are real, they bring reality into the fantastic space. Intimate partner has one leg in reality and one leg in fantasy, intimate partner contaminates fantastic space. Separates by devaluing partner.

I'm all bad, false self all good= internalized splitting, reverse splitting

Persecutory object – produces paranoia, have an enemy within. The minute you are internalized, can become persecutory, the intimate partner brings reality into the fantastical space. Narcissist needs to purge her, expelled from garden of Eden.

Intimate partner invaded the fantasy. Committing sins= sins= having life, friends, school work, = all reminders that intimate partner is in reality. Narc believes this is conspiring against him. – devaluing and discard- the more you try and remind the narcissist that you exist. Narcissist photo shops, snapshots in his mind, but she is still outside. 'I tried so hard' these attempts villainized you, constant reminder that you are alive, and in reality. = SPLITTING

First splitting, mothers breast- bad breast vs good breast. Melanie Klein.

CO-IDEALIZATION = Idealizes himself through intimate partner via love bombing. If I own her, she's an extension of me, that's make me perfect. If I have inside my mind a perfect object, I am perfect. He wants to feel he owns an ideal object. The partner is inside his mind as an idealized object, the more she is independent she challenges his idealized photo shop, snap shot image.

AGE 24- 36 MONTHS...he remains stuck here, 18-36 months old, not a minute more emotionally.

FANTASTIC SPACE= he is god, he is in the introject of mother. he had a dead mother, his mother introject is as bad as his mother, her voice undermines him in every way, she competes with the false self, internal war over the fantastic space. Mother realizes can escape her, she's trying to intrude of his fantastic space because she knows he can vanish into false self, disappears into fantastic space. The perimeter of fantasy is being attacked by introjects. Fantasy is Switzerland, neutral, introjects (other countries) try to infiltrate. The most powerful introject is MOTHER introject. This is exceedingly threatening. This is inner war = DISSONANCE. Narc state is dissonant not consonant (ok) most of the time he is dissonant, internal conflict. He is a god father fighting off his mother figure. GOD in fantastic space. Used to be 2 selves but now only one false self=GOD

Outside the gates are introjects led by MOMMY introject

INTROJECTS = are voices...need to balance. compete for leverage, hobbits/trolls, mayhem cacophony of voices competing with each other, they are arranged in self-states. They are like soldiers, Russians and Ukrainian, self-states, competing over

control of consciousness, intelligence, social skills. Self- states, each self-state is an army of introjects. The leverage to dominate.

MOTHER INTROJECT – now that you become false self, you destroy him. False-self pristine, blemishless, when child merged with false self, he contaminated, when he became one, he brought into the false self a bad object, therefore he can't be a bad object, mommy says you destroyed GOD, you abandoned me and now you ruined the false self, suddenly false self is not good anymore because it's infected with bad object. False self lost its magical powers. Bad object is perceived as reality. Whatever mother says is reality, bad object is element of reality. When child merges into false self, it brings into reality and compromises false self as reality. Child destroyed false self; child still remains DEFENSELESS TO MOTHER.

FALSE SELF= oh no mommy is on her way, restore divinity of false-self. He has to separate from false-self, then he restores false self. The child experiences internal separation. To separate the child needs to render false self a parental figure. Remember parents are GODs, child separates attempts to separate from false-self to restore divinity. But then he becomes bad object again, back to reality. FRUED, ID believes he is all powerful, god-like, ID is GOD= false self, child made it god again, EGO- reality, element of reality, the ID hates the ego, SUPER-EGO = mother, criticizes the ID and child, why didn't you

HE reaches a conclusion, replace the mother introject with another mother = YOU, the narcissist says if I need another mother I will have a good mother. I can merge again with false self. He's on a quest for the holy grail, love bombing acts like mother, narc looking for a mother. he looks for a woman who would consent to participate in fantasy to play good enough mother; as far as narcissist sees it. Accepts him never mind what, a mother who will always be there, no matter what he does to her. He has to test her. He abuses her, pushes the envelope. He keeps abusing intimate partner are you going to love me as a good enough mother, sacrifices everything for him. I'm incapable of loving so I have to prove to her I'm a bad object. He shows her what a bad object is. Is she still there? He has to get rid of mother introject- displaces his aggression to intimate partner.

TWO TYPES of narc abuse – 1) mother substitute offers unconditional love never mind what, always on fire, test on boundaries 2) devaluation & discard, silent,

INTROJECT CONSTANCY= in healthy people, introjects are mapped out /representative by an external object. BPD – abandonment anxiety = separation insecurity (clinical term) because she is afraid to be abandoned, but can not be abandoned by internal object. BP is healthier, because she can accept there are other people. She is unable to create introjects. Inability to see other people as objects.

HOW NARCS INTERACT WITH INTROJECTS= emotional energy – metaphor for investment. Have limited amount, self-efficacy is the ability to maximize beneficial outcomes of environment. The narc CATHEXIS – to cathect is to invest CATHEXIS. De-cathect- withdraw cathexis. NARC cathexes ONLY in internal objects, not external objects because they don't exist. SELF-STATES is internal objects. False self is an internal object.

APHANTASIA – unable to visualize objects that are not immediately available. Ie recall your wife, can't visualize wife.

EMPATHY – has empathy but only for introjects, lots of empathy for false-self

EMPATHY APHANTASIA= incapable of evoking empathy when nobody is here, can't imagine, can't empathize because can't visualize other people. Narcissists do have empathy, but they can't because they can't conjure you up. They can't empathize with someone who exists. You're a painting, can't empathize with external objects, but they can empathize with introjects, have emotional investment at internal objects. False self empathizes with false-self, very caring, very good relationship, according to FREUD autoerotism being sexually attracted to himself. All narcs are autoerotism. Narc perceives false self the same way he sees beautiful woman. That's why they love themselves.

NARC INTROJECT LIBIDO- babies have this – LIFE FORCE. FALSE SELF, WHERE?

MYERS, ANP/EP

SELF-STATES = library, dependent on the reader you choose which book to read. At any given moment only one self-state is in control. Happens SUDDENLY. Narc has TRUE SELF- dead, traumatized wounded baby. Psychopath self-state- when you attack his internal objects. In healthy people no switching, only transitioning based on environment.

ANACLECTIC & NARCISSISTIC = Freud suggested 2 types of objects; people go through life looking for anaclitic introjects. Anaclitic CHOICE, tries to find intimate partners to become hi mommy. Narc invests NARCISSISTIC LIBIDO, invests his energy into self not others, Freud. Vaknin narc doesn't have self, has false self-introjects.

NARC ATTACHMENTS TO INTROJECTS CREATES RIGIDITY, frozen landscape creates rigidity. Main feature RIGID pattern of...DSM. Democracy vs. dictatorship. Narc inner world is dictatorship, healthy inner world is democracy.

COLLAPSE = can not obtain supply. The bridge between types, overt collapses to covert, the cerebral collapses to somatic,

COLLAPSE PLUS MODIFICATION RESULTS IN DISORDERS, PSYCHOPATH, BORDERLINE, NARCISSIST, CHANGE IN DIAGNOSIS. Should have single personality disorder. ICD

Narcissist DEFICIENCY =

COLLAPSED NARCISSIST- borderline, fails to merge into false self.

MODIFICATION= narc humiliated in public, somebody meaningful to him in front of peers or meaningful others. MUST BE humiliation and shame.

Immediately compensate with grandiosity, splits, Some claim I made it happen, or I'm morally superior, look what they've done to me, victim stance = both cases their grandiosity is restored. Worst conceivable experience, complete loss of control. Causes disorientation, helplessness, terror, besieged, descending to hell, regresses to 18 months, shame and grief overwhelming. He splits himself, relationship with himself = SELF-SUPPLY. Develop sexual relationship with themselves, self-pornography for personal sexual arousal.

DEPRESSION =

1. DEFICIENCY, LOST DYSPHORIA/dythymia –no or deficient lost supply, battery without charge, without energy
2. LOSS induced = lose source of supply,
3. Self-worth dysphoria. Ego syntonic,

Why narc afraid of emotions, 5 minutes can lead to suicide.

Modification can be caused by introjects. Mainly external. He absolutely needs to silence mother introject all the time.

BORDERLINE – perfect partner NARC – God =like

NARC CAN NEVER LOSE INTROJECTS

Tries to merge with partner, narc solution I'm going to internalize her I'm in control, narcissist can never experience loss, can experience anxiety about loss, can never experience loss because they only interact with the introject

WHEN CONFRONTING INTROJECTS = insulting or challenging grandiosity, challenging false-self, attempt to de-stabilize principle of his introjects, if you undermine one introject- internal world, grandiosity, you are taking away his LIBIDO – threat to his life force, all or nothing, you challenge one you challenge ALL, you take one break the whole house will fall down. you automatically converts your internal object to persecutory object. He defends his internal world. When you try to introduce reality, he spends his lifetime trying to escape, defend, run REALITY.

NARC INJURY = challenging ONE interject.

Piaget – out of sight out of mind, object permanency.

Narc needs to maintain introject constancy. Any change is a threat.

BPD cannot develop introjects properly. When her partner leaves the room. When you are present the narcissist is challenged

BPD is absent she panics; Narc is there he panics= object vs introject / absence vs presence / powerfully attracted to each other.

NARC NO EXTERNAL OBJECTS- converts everyone to INTERNAL OBJECTS/INTROJECTS. Narc incapable is recognizing you as separate, because never experienced separation and individuation. Everything happens in his mind, so he manages the introjects. He arranges introjects but mostly he tries to make them freeze, never challenge, abandon, criticize, change shape – very threatening, invested in freeing his introjects. He tries to accomplish INTROJECT CONSTANCY.

WHY DOES MOTHER COMPETE WITH – WHY BATTLE, WHY CONFLICT? When the child tries to separate from mother, child is trying to leave mother and enter reality, separation, becoming divided InDIVIDual, mother is a fantasy, two options- reality or fantasy. You're trying to enter reality but can't, so mother become fantasy. Two fantasies competing for child (false- self & mother).

World has need for god, god has no need for the world, god doesn't want anything need anything. Two fantasies competing for the child. Mother lost first battle.

SEPARATION= 3 TYPES, all 3 can go seriously bad and get stuck

EACH separation PHASE CREATES A SELF-STATE, IF SEPARATIONS ARE COMPLETED= HEALTHY SELF STATE, IF NOT PATHOLOGICAL & UNHEALTHY

1) Separation from mother- DEAD MOTHER 18-24 months, child separates from mother explores the world, starts to have relationships with other people, object relations, transitions with self to others. The good mother pushes the child away, explore the world, fosters and encourages grandiosity. Yes, you can take on the world by yourself. The dead mother broadcasts to the child implicitly or explicitly, no you need me, don't go there. FALSE SELF AND MOMMY COMPETING FOR CHILD, should.

If successful, you develop grandiose healthy narcissism, self-worth. If separation fails because mommy won't let you go, then you develop insecure attachment style narcissism. = BOTH PRODUCE NARCISSISM. Produces autonomy, benign or sick.

There was no childhood before 1890's dickens young adult, little women, no concept of child, childhood middle of 19th century, socialization 1980's

2) adolescence – HARSH PARENTING, Margaret mead, anthropologist, 1950's, CAN GO WRONG IF YOU HAVE STRICT, HARSH, REPRESSING PARENTS, advocate and militate against behaviors like dating, CONSTRICTION,

****produces good peer self-state, healthy self-state is DEFIANT, a healthy adolescent defies, TESTS BOUNDARIES, undermines, challenges. Pathological self-state = CONFORMING, part of the herd, never experiments, averse to learning, never breaks rules, constricting, = become people pleasers

3) socialization – includes sexual being, GENDER IDENTITY & SEXUAL SCRIPTS, how to behave, the impediment, obstacle is INSTITUTE, SOCIETY, like dictatorship, state micro-manages your affairs, what you can eat, what to watch, what vaccines, MICRO-MANAGING controlling structures = NATION OF CHILDREN

***collaborative self state, fails= avoidant self-state, avoids the world and others = anti-social, psycho, ostentatious pro-social people are narcissists, I'm a pillar of community look at me people, empaths = covert narcissist

Q&A

15% develop personality disorder, child born from cluster B, some predisposition, order of birth, first born more attention, borderline age 45 disappears, if narc parent has a lot of supply from work, won't use the children

BPD- titillating, drama, excitement, pain, they introduce color into the world, only with them feel alive, make life interesting, taking risks my whole life,

Sociopath not clinical term, SOCIOPATH, ANTI- SOCIAL PERSON, not much mental illness, inability to fit into society norms and rules.

ANTI-SOCIAL PD= unable to perform functionally, socialization,

DSM – alternative model

Marta Stout – psychopath next door

Narcissists are fully aware of their behavior and traits- they are proud and emotionally invested in their next stage of evolution.

The minute you realize you don't need false self to recover from trauma.

Narcissists can cope with trauma without grandiosity and false self. Cold therapy make you not need it, feel more resilient. He feels he's required a new skill.

Narcissism signs and symptoms- impaired reality testing, attribution errors, cognitive distortions, aggression, impulse control problem, dsmd, 2- 3 hours with that person, I would purposefully push buttons, grandiosity= fantastic and inflated- not boasting, grandiosity- total misconception that render you perfect, omniscience. Ex. I would tell them what I know and they tell me that they know more, superior.

ROCK BOTTOM= its for the narcissist to define. I need help= grandiosity is disabled. Single event of modification, Israel lost 40mil company, wife, friends, prison, restore narcissism?

BPD = emotional dysregulation, temporary borderline, acquired, narcissistic behaviors/defensiveness

ROCK STAR= POWER How can you tell difference between acquired narcissism.
= forced to engage in a fantasy, LIFE NOT REAL, narcissistic defenses,

Would cold therapy work for rock stars-

SENSE OF SELF-WORTH, escalation

Narcissism is an organizing principle- religion- first distributed religion, narcissist rituals, narratives, collective narcissism,

SUBLIMATION- Freud, having sex with woman or writing book is the same supply. Functional commodity- not about the supply because they don't exist.

Who cares how you get there?

SPLITTING- Melanie Klein- always happens, infantile mechanism that always happens, infant, mother leaves room, no breast- child gets mad, so mom is now good and bad, child puts them in different boxes, bad breast, good breast -
VAKNIN, child can't contemplate a bad mother, that would be utterly terrifying.
The child renders the mother ALL good and self ALL BAD.

The mother doesn't allow other people to come in,

Everything in narcissism is life form. Tackles single aspect of grandiosity, false self. False self is developed on grandiosity.

On individual level, there is a possibility to hit rock bottom and have opportunities to change.

Repair vs restore.

Collective little incentive to change, the more narcissist the environment the more narcissistic

Cold therapy- therapists eradicate grandiosity who created the false self, BUT false self stays.

Post-traumatic condition- separation/individuation 3 phases, 1) mother 2) adolescence =conformity/ people pleasing

DAY 4

MOTHER INTROJECT, in healthy people- superego= Freud or inner critic, it's a good friend, honest and not afraid to tell you when you're doing something wrong, an advisor.

MOTHER INTROJECT, in UNHEALTHY PEOPLE= persecutory objects, narcissist converts all his partners into mothers. Mother didn't allow child to separate, so narc chooses partner to merge so HE can separate individuate from mother, because he can't do it with his bad mother introject.

Main difference of BPD & NPD- NPD self is total false self, bpd- false self but false self is goal directed. NPD ONLY false self, no true self. BPD economy, false self, intimate partner, mother introjects.

INTROJECTS – map of outside world in your mind, external representations internally.

AROUND 2-3 YEARS OLD, the child creates a false self. FALSE SELF= GOD, keeps mother introject at bay. The child believes he is a bad object because of mother's behavior. Because of SPLITTING, CHILD BELIEVES HE IS ALL BAD, MOTHER IS ALL Good. So, he merges into the false self. But merger contaminates the false self= CATCH 22, THE more divine false self, the worse off the child. The more the child cathezes the false self the more the child he has to render himself bad object, renders child DEPRESSED, ANXIOUS, before they find intimate partner. Next move- CHILD LOOKS FOR MOTHER SUBSTITUTE. INTIMACY IS REQUIRED, even sexual aspect. Once they find intimate partner, no longer depressed anxious, child becomes consonant. The minute they have mother introject they lose the dissonance.

COLD THERAPY, ELIMINATES FALSE SELF AND EMPOWERING THE PUNITIVE MOTHER INTROJECT. CAUSES CHILD DEFENSELESS, EXPERIENCES PROFOUND SHAME, EXISTENTIALLY THREATENED BY MOTHER INTROJECT, HE FEELS UNLOVABLE AND UNDESERVING OF LOVE. THE CHILD IS FORCED AND INFUSED WITH THE MOTHERS VENOM AND THIS IS WHERE SUICIDAL IDEATION OCCURS IN 40%, 60% SEVERELY DEPRESSED= GOES TO SHOW HOW NECESSARY IS THE FALSE SELF IN THE NARCISSISM.

Therapist attacks false-self.

Rock bottom- state dependent, wherever their main focus on external locus of control, friends, family,

Not about DEALING WITH TRAUMA, COLD THERAPY IS ABOUT TRAUMATIZING, to generate TRAUMA. CREATE A SITUATION for defenses to flare up. Creating triggers for client to have flashback. After trauma stage, level 2 = healing.

Cold therapy does not cure narcissism, no need for supply and grandiosity. Destroy a construct, you burn down part of the mind, something that was

All lack of reality testing, exploitativeness, envy, lack of empathy,

LEVEL 1, if you become suicidal in level 1 you

Autoplastic defenses have to do with locus of control not grandiosity.

GRANDIOSITY- cognitive distortion, borderline, bipolar, schizoid, wrong inflated perception, he elicits others to supply his grandiosity, spends 90% to obtain supply, self-destructive behaviors just to get supply, its benefit to narc, people find when narc eliminates his grandiosity they can cope with narc better, intended to benefit narc not others. If he fails to attract supply in regular ways, then he will do so destructively. Intended to improve narc quality life not others around him.

Well-being of client, functioning = therapist job and focus

NARCISSIM IS A DISTURBANCE IN INTERPERSONAL AND RELATIONAL FUNCTION

INTERNAL LOCUS OF CONTROL- accept responsibility,

EXTERNAL LOCUS OF CONTROL- had no control over anything, it reflected his childhood reality, he really had no control, he developed external locus

Narcissists are an asshole because they can not see you as an external object

Exposure few minutes to hours- that all it takes. A total falling apart. The narc needs the false self and is hypervigilant and exceedingly protective to false self. Must sustain and prove the false self if real. Narc supply – needs false self to survive

NARC USE FALSE SELF TO INTERNAL REGULATION, NARC DOESN'T NEED YOU, ONLY NEEDS YOU TO REGULATE HIS MTOEHR INTROJECT.

BPD USES FALSE SELF TO CAPTURE INTIMATE PARTNER, PULLS HIM IN TO FALSE SELF & INTIMATE PARTNER FIGHTS OFF THE MOTHER INTROJECT & SHE OUTSOURCES HER MIND.

80 people undergone cold therapy, 500 cold therapists, none certified

COLUDE WITH THE MOTHER INTROJECT & TO REMOVE FALSE SELF = EMPOWER CHILD TO DEAL WITH MOTHER INTROJECT

INTERNAL OBJECT = signs, you are frozen, internal object is fixed, time passes and when meet after years same as no time past. Narc shocked other has had a life as time passed because person is frozen in mind.

NARC- proves with self-integration, all introjects are scattered, don't interact, don't communicate, they fight,

BPD = externalized aggression is hallmark, in beginning of relationship, internalized aggression, depressed then later externalizes her aggression. Women, with grandiosity. Men layer of narcissism.

Even after therapy, still qualifies NPD.

Easier to co-exist without narc in relationships when you eliminate grandiosity

He's more at peace, less conflicted, depression vanished, not happier, more ego-syntonic. Narc

81% lost BPD diagnosis 40, 45 years old without intervention, perhaps brain abnormality,

CPTSD induces emotional dysregulation. – should have emotional dysregulation disorder.

Polythetic problem, bpd 1/9, need 5.

1985 “trauma is a fear memory with absent information” need to create fear memory and deal with information, need to silence the victim

What does it mean to re-traumatize- therapist can not traumatize, only client can traumatize, only client can create trauma, therapist provides the big bang

When trauma is repressed but everything around trauma is repressed, sliced off. FORM OF ENERGY, TRAUMA TRIES TO EXPRESS ITSELF SOMEHOW.

SOMATIZATION= BODY RECALLS TRAUMA, inaccessible to conscious. Van der Kolk, anti-flashback antidote, EMDR- partly uses body language/CBT component.

REVIVIDNESS= flashbacks, not recall of the trauma, a memory, losing reality testing, current experience MISINTERPRETED, everything is affected COGNITION, EMOTION & BEHAVIORS, loss of reality testing/ vanishing, inability to process & difference between trauma and reality.

TRAUMA RECALL= triggers, reminders of trauma, cognitive process related to the trauma, dredges up memory.

1st- PTSD or CPTSD? Only PTSD flashbacks,

CPTSD does not involve flashbacks, war veterans, domestic violence victims,

PTSD, trauma reaction to a single event. Reactive to intensity, rather than time.

INTAKE INTERVIEW

1. Diagnosed with NPD and no other personality disorders, mood disorders, substance abuse disorders but NO PD. Must be pure bred NPD
2. Tests, structured clinical interview,

IDENTIFYING THE TRAUMA

People experience multiple traumas, typical person experiences 1, 2 traumas. More common than you think. Narcissist is a trauma generator. Narcissist is a child rejected by his own mother, by telling him he's a bad object, a failure, stupid- develops complex trauma but not until 18 months because lack cognition. Mothers prolonged absence.

ONLY WITH NARCPD

PRIMARY= involves DEAD MOTHER, every child introjects his mother but in case NPD when bad mother is introjected, creates schism, a break of before and after, creates football field, mothers voice

SECONDARY = reinforcing interactions, maintenance traumas, correspond to primary trauma, football game, mother's real behaviors

= they cement the bond, continues the traumas

Child can't afford to think bad things about mother, he depends on her for his survival, so she must be right, child must be bad

FALSE SELF= I am what you wanted me to be, NARC sacrifices to this god, attack to the mother

MUST REGRESS CLIENT TO NONVERBAL, PRE-COGNITIVE, KNOWN THINGS WHICH AREN'T THOUGHT, MIDDLE GROUND BETWEEN CONSCIOUS & UNCONSCIOUS = ERASURE

ERASURE = 1985 FROZ KOZACK, can't ask do you remember the moment you introjected your mommy? Try to find moment of introjection, if we do we locate the primary trauma. Philosophy – cake, what do you know? Basics: but what if you slice the cake? Can see the ingredients, the slice gives you information. Live in dictatorship how do you read newspaper, try to read between the lines. Aldous- SUBTEXT, HIDDEN TEXT. SILENCE, hidden information, silence is hidden text, child learned to silence, walk on eggshells, healthy child learns to talk and be silent at the same time. Any communication speech or silence is a strategy. Act of silencing is an integral part of trauma. SILENCE contributes a lot the trauma effects. There is nobody silent more than children. Actively silencing of the patient, triggering the patient. Speech is seemed as defiance. Child must never speak SILENCE, major part of betrayal trauma, don't tell mommy. SILENCE, SECRECY, NOT SPOKEN OF, A LOT SILENCE IN TRAUMA. Reasons why:

1. Monitor very carefully where and how its done.
2. To prepare ground for traumatic experience

KEY WORDS SELECTION PROCESS = FREE ASSOCIATION on the trauma, compiling dictionaries of their traumas, not to discern hidden dynamic, extract key words, compile list of key words, words that appear in all traumas, FREQUENCY OF WORDS, 100 PLUS, ONLY CHILDHOOD TRAUMA

PRIMARY TRAUMA FILTERING – CHOOSE TRAUMA, HAVE 10 KEY WORDS, describe trauma #1 not allowed to use key words. Whenever he tries to use key word- I HUSH HIM< tell him to shut up, negative reinforcement, NOT RELEVANT, TELL HIM TO MOVE ON, made with OVERT AGGRESSION, what is wrong with you, aren't you intelligent enough to understand. 1) hushing (ACTIVE) and 2) irrelevancy (PASSIVE) – 'strike it from the record' create a hostile environment

Ex, 2 traumas 10 keywords, re-describe their traumas without the words, WRITE THE TWO TEXTS TRAUMAS, BOTH DEAL WITH MOTHER,

1. GAPS PATTERNING- is there a pattern? Is the word coming up often, same, together =COMMONALITY
2. GAPS DISTRIBUTION – are all mother keywords at the beginning, end? How is she distributed? MISSING KEY WORDS=MOTIVATION
3. CONTEXT-GAP what techniques are used to communicate the information, monster, my father's wife, you know what I mean, her- determines ATTITUDE of mother = ATTRIBUTION

ANALYZE REPRESSED SPEECH

SPEECH RECOVERY = THRU SILENCE INTERPRETATION. show client results. I show client analysis. You never mention your mother with feelings. YOU ARE SILENT ABOUT MOTHER BUT NOT. Mother is never silenced conjunction with action and emotion. Can you rewrite the text, reframe the text. This time he is allowed to use words. KEY WORD SUBSTITUTES – if key word should have been mother, the words he did use i.e. PAIN, GRANDMOTHER = telling.

CLASSIC DECONSTRUCTION IN PHILOSOPHY= CREATE NARRATIVE, 3rd person, HE instead of I. THE OBSERVER TEXT.

- 1) DISASSOCIATION TEXT = silence
- 2) Reconstructing text =
- 3) OBSERVER TEXT- because traumatized person observes what's happening, a form of emotional numbing. REDUCE AFFECT
DISPLAY- not happening to me, I'm observing this. Spectator stance, disassociation= family of defenses 1. amnesia 2. Depersonalization- feeling as if it's real but you're not there 3. De-realization- feeling like you are not in reality, all involve NUMBING

MAP OF HAPPINESS – 2 phases, helps me to map into categories. Important to do this, can

Phase 1: HAPPINESS SPACE, CONDITION FOR HAPPINESS, list of external items/things that you can not live without, THEN FIND COMMON DENOMINATORS= EXTERNAL THINGS

Example: music, books, attention, films, sex, privacy = music, books, films = ALONE & sex = ATTENTION – narcissist schizoid core/condition- strong need for alone time. All narcissists go thru schizoid phases, abstain from sex, they create narratives, I am denying my presence to people because they don't deserve me, they deserve to be punished by my absence.

*** in order to bring his conditions for happiness, so he can design many more lifestyle choices.

SCHIZOID CORE- Seinfeld, first to describe narc with a schizoid core.

BINARY SYSTEM= overt vs covert, trying to compete with each other, failure in formation of false self = borderline narcissist, no transition to unitary false self. Fractured false self. Binary tend toward borderline

Phase 2: ASK CLIENT TO LOOK AT THE MAP.

1. COUNTERINTUITIVE REACTIVITY = against my intuition, but never saw it that way never thought of it this way,
2. Counterfactual = denial, not true, wrong
3. Intuitive - confirms, I already knew this

THERAPISTS ARE SUPPOSE TO PROVIDE A SAFE CONTAINER, SHOULD PROVIDE A SPACE WHERE CLIENT FEELS SAFE ENOUGH, HAND OVER YOUR VULNERABILITY TO THERAPIST, LIKE INTIMATE PARTNER

Carl Rogers- he hugs, kisses client. Humanistic therapy is about empathy

COLD THERAPY - The need to be hostile, patient should be abused and traumatized, NO PHYSICAL CONTACT, NO EYE CONTACT, aggression is ritually verbalized, denial of needs

THERAPEUTIC ALLIANCE/ IS BETWEEN EQUALS. THERAPY ROOM = Narcissist is not your classic patient, the narc doesn't need to feel safe. There is no need for safety, he can not disclose vulnerability, he scans for your vulnerabilities, working with a narc is a war zone, he immediately leverages this.

IMMEDIATELY STARTS TO DEVALUE YOU, therapist can be submissive or you can fight back = breaking narc fortress. Putin, trump in therapy, its safe tell me your vulnerabilities, HELL NO! he attends therapy for all the wrong reasons, I ruined my life, all my relationships are gone, RESTORE ME, make me a narcissist again, not there to un-narcicize them. There is no way to treat narc WITH CURRENT TREATMENT MODELS.

IN SHORT, THE ONLY SOLUTION IS VIOLENCE

THE AIM IS TO DISPLACE THE NARCISSIST ENEGRY TO MAINTAIN GRANDIOSITY TO SURVIVAL

The minute narcissist enters prison, he's a pussy cat. He's kind, nice, empathic. PSYCHOPATHS IN PRISON= PRISON IS COLD THERAPY, THE MINUTE A NARC GOES INTO PRISON, THEY ARE NOT- CANT. You can not survive as a narcissist in prison. How can a disorder vanish over night, not a trace. SURVIVAL REPRESSES THE DISORDER. IF YOU PLACE NARCISSIST IN A STRUGGLE FOR SURVIVAL, THE CHILD PERCEIVES THE HOSTILITY, THE GRANDIOSITY IS ELIMINATED.

2 Types of therapies: open ended therapy like psychoanalysis vs. structured therapy (has to adhere to protocol) COLD THERAPY IS STRUCTURED.

NESTING= mentalizing, the narcissist is forced to use empathy, forces to/opens them up. he spent a lifetime avoiding thinking about external objects, he is forced for the first time to confront the external object. Although this is strictly purely cognitive

“what do you think your mother thinks of you”

“what do you think of what your mother thinks of you”

“what do I think that she think

“what do she think what

“what does she think”

<http://narcissistic-abuse.com/faq77.html> cold therapy, scripts, level 1 lecture notes, other scoring

“In times of stress and crisis, what do I think she thinks that I do best.... that I avoid.... that I fail in.... what does she think that I think I do best.... that she's thinks that I think she does best ...”

THOUGHTS OR COGNITIONS/AVOIDANCE – has to do with bad objects, adopts mother's point of view of him. Force you to confront a potential bad object or good object CLINICAL TERM= PRIMARY CAREGIVER, FORCES YOU TO CONFRONT THE MOTHRS GAZE & FORCES YOU TO EMPATHIZE WITH EXTERNAL OBJECT

These questions force narc to get in touch with bad object without the false self. After this exercise narc is wounded, traumatized. Now we have vulnerable narc for 3-4 hours, opens up a window of intervention. He's feeling traumatized and hasn't been grandiose, NOW WE CAN TAKE ATTACK GRANDIOSITY. Must first attack false self, false self disabled for a few hours, grandiosity has not been used for a few hours.

GRANDIOSE REFRAMING - strengthen true self, use these metaphors. Two concepts- false and true self. The minute narc has self awareness of grandiosity.

Admitting grandiosity undermines the false self. His MOTHERS GZE DEFINED HIM.

Self-deprecating in order to de-weaponize. Narc never self-deprecate.

BIGGEST AWARENESS, RELEASES TRAUMA, ENERGY OF TRAUMA. he can not use false self anymore

FALSE SELF IS A LIE, BASED ON LIE, FAKE, BASED ON DISTORTIONS,

GRANDIOSITY IS A COGNITIVE DISTORTION also

Cognition is so distorted, impaired reality testing. The narc is not

REALITY TESTING- Anna Freud, id, ego, super-ego EGO= uses reality to control drives, gate keeper. A good ego perceives reality testing. The narc ego is never formed, they have no self, they have no ego. SO, THEY USE YOU TO INFORM THEM OF THEIR REALITY. THE NARC OUTSOURCES HIS EGO FUNCTIONS, ALL OF YOU BECOME NARC EGO, perceives all other people as his EGO, that is why they can't see as an external object, he sees you as his ego his self.

ACQUIRED GRANDIOSITY- =grandiosity is a survival strategy. Helps you overcome crisis, trauma.

1. CONSTRUCT – pathological, child
2. DIFFUSED – deals with severe crisis, trauma
Anxiety – construct – phobia, diffused – generalized anxiety

Dunne & Kruger effect- you are too stupid to realize you're stupid. RELATIVE POSITIONING

COGNITIVE DEFICIT – HAVE IMAPAIRED REALITY TESTING, ONLY HAVE LIMITED INFO ABOUT REALITY

COG DISTORTION= HAVE ALL INFO BUT DISTORTS REALITY, when you re-arrange info from reality in a way that supports a pre-conceived narrative- i.e. I'm a genius. Then I say something stupid, a healthy person will acknowledge the mistake and move, a healthy person will modify himself and move on. If narc, borderline, psychopath, paranoid, grandiosity, 'this was not a mistake I waste testing you' 'you don't understand yet' GASLIGHTING OR 'mocking the person' devalue 'what are your credentials' 'why are you qualified to say this' assume grandiose gesture = ATTOPLASTIC DEFENSES

DISSONANCE-

THE FALSE SELF IS NEVER TURNED OFF, ON 24/7, EVEN IN DREAMS

Atto plastic adaption- CHANGE ENVIRONEMNT TO FIT ME

CHANGE ME TO FIT THE ENVIRONRMENT

Reframe grandiosity – try to explain grandiosity “do you think they you are strong enough, intelligent enough to not make this claim (be grandiose)

“Can god create a storm that he can not life' 'are you so intelligent to

POST-SUGGESTION= BECAUSE NARC DEFENSES ARE DISABLED. They are open to this dialogue. The narc is never open to dialogue, its only about monologues. Can not emotionally manipulate narc, can only access cognition, REFLECT ON COGNITIVE EXPERIENCES. BATSESON- DOUBLEBIND, CREATES SELF-AWARENSS, ESP FOR NEXT TIME.

Grandiosity required lack of self-awareness, if become aware then it plants a seed to make him aware of his own foibles.

WRITE DOWN SERIES OF SENTENCES ABOUT YOURSELF, ASK NARC TO MAKE A LIST WHERE HE COULD HAVE BEEN GRANDIOSE, lets see if you are strong enough and clever enough to not be grandiose,

DID YOU NEED TO DO THIS?

DID - dissociative personality disorder - late 19th century, the 3 faces of evil movie, FALSE SELF IS FRAGMENT/PART, TRUE SELF is not there, we want

to reach, strike alliance with true self to weaken false self, THE FALSE SELF CAN NOT BE AWARE OF THEIR GRANDIOSITY.

IMAGERY. Guided imagery- MISUIDED IMAGERY, create an all good fantasy and an all bad fantasy, then alter it.

Fantasy is a defense, whenever reality becomes unbearable. Catastrophizing is disproportionately reacting, positive or negative- UTOPIA, DYSTOPIA- everyone fantasizes but unhealthy narc people doesn't use fantasy as a way to ward off negative-instead he replaces reality for fantasy, says goodbye to reality internally and externally.

Imagine yourself 1 year from now, 5 years 10 YEARS- DESCRIBE EVERYTHING IN DETAIL...HOURS

What are your life goals? Where do you live? What does it look like? Recreate environment? Slightest detail- the more details you add the more powerful.

Imagine 3 CATASTROPHIES— asked to CATASTROPHIZE, THEN CONTROL/minimize the catastrophe, convert into plan

Imagine the worst thing that could happen to you? Usually public. How do you control this? How to minimize? They will reframe it using their grandiosity. Yes, but I made this happen, self-sabotage.

Imagine the best things/scenario. Now control the best scenario.

GOAL to fantasy, UNDERMINE

PILLAR, GRANDIOSITY, FANTASY,

MIDDLE – ADULTS find middle ground, they don't catastrophize, healthy adults aren't trapped in fantasy, forcing narc to develop middle ground to become an adult.

Exposure & response prevention therapy- expose them to fear, then don't allow them to throw objects at the wall (if they always respond that way to fear)

Ask narc imagine all good and all bad fantasy without him, not to replace, imagine events to unfold without him. EVERYTHING HAPPENS BECAUSE OF HIM.

Whatever you are doing is FOR the narc, about the narc, TO, WITH, AROUND, the minute he turns around you freeze.

Controlled de-realization. – IMAGINE THE TWO FANTASIES AS IF THEY WERE MOVIES, observer stance. The narc is TERRIFIED TO observe himself. Narc doesn't do objectivity. As an observer the narc has ZERO control. Here is not the director, he is asked to become the AUDIENCE.

He takes over as director, actor and audience.

TRANFERENCE & COUNTER-TRANSFERENCE. I enter and integrate myself by describing my reactions to his fantasies. I listen to your fantasy and I felt bad, how do you think I see this,

ECHOING-

THERAPY STRUCTURED AS NARC SUPPLY. They can't leave because its about them. Becomes addicted, they're junkies, they'll keep coming back. Cold therapy defies traditional therapy. 40 THERAPIES, I don't believe tell people what they are doing wrong. Believe **LEVERAGE WHAT THEY ARE, DO AND USE IT, don't fight it, use it!!**

Japanese roboticist – UNCANNY VALLEY. If we were to create human we would feel when they come across narc, they have an uncanny valley reaction- they react as if they were a robot, not a full fledged human being, people's reaction to narc they do not react to narc and psychopaths as if they are human. Strong feelings of discomfort initially- but then charm, money they get over the uncanny valley. The level of discomfort will decrease- narc are like machines.

As the narc Is exposed to who he is through therapist's mirroring.

NEGATIVE ITTERATION= THE NARC IS ASKED TO LISTEN

MIRRORING, TWINNING, IDEALIZATION- THE NARC LISTENS & IT RE-CREATES HIS CHILDHOOD, he is asked to reframe selective moments as TRAUMA.

EXPOSURE HEIRARCHY- he is asked to use language of trauma, ATTACHMENT INJURY, TRAUMA, he has to create a hierarchy of the traumas. Traumatized by his own trauma,

Remember the narc is proud of his intelligence, he will destroy himself trying to show you how intelligent he is. 62 years old seminar.

Cognitive processing theory- creates personal safety, healthy power and control dynamics,

1. Observe-
2. Hot spotting- rate hold
3. Maintain trauma
4. Cog restructuring- reframe
5. Dispose
6. =reduces trauma
 - a. FOR EACH TRAUMA, listen to tape again and again, but this time there is resolutions, good outcome, repetition compulsion is expelled, that's enough.
 - b. REPETITION COMPULSION AWARE THAT ITS BECOME AN ORAGNIZING PRINCIPLE OF HIS LIFE. You keep choosing the wrong mate, now sees it as a defect, he's not perfect, grandiosity. He sees his insanity.

Narc is repetition compulsion, keeps doing it over and over again. This exercise is a form of repetition compulsion- revisit trauma and analyze, again and again. This is embedded in listening to the tapes. This simulates repetition compulsion. He gains mastery.

FRUED- SYMBOLISM HAS HUGE POWER IN TREATMENT, so we attack it symbolically, religion symbolic acts. Symbols have very potent meaning; people die for fabric with colors = FLAG.

The first time he realizes his repetition compulsion; he is able to process the trauma effectively.

MIRRORING, 1807- the self is formed by interacting with other people- OBJECT relations theory.

1. Select events in his life, narc is creature of habit. I treat narc 2 years old, model, and habituate a mother would do child, - analyze them using **Hegelian model- act as devils advocate**
2. OK let take this event, abuse trauma- I want you to construct antithesis. Can this be perceived as NOT being trauma
3. **Synthesize** the abuse, playing the devils advocate he becomes his own worst enemy, if you construct a perfect case its trauma & and construct perfect case is not TRAUMA, synthesize, some part is wrong. Some part of you is wrong, reality testing, antithesis- mother abuse or mother mental illness (not at me, I just happened to be there)

- a. Trauma is a subjective reaction & interpretation- maybe it wasn't abuse but I experienced it= synthesis.
- b. In synthesis – I was forced to admit I was wrong, that I am human (grandiosity I'm not perfect), accept she couldn't help it= empathy

THIS IS seriously life threatening to narcissist, revert to borderline state = suicidality

ESCALATION= list of traumas, analyzed, we have database of traumas- he acted as a devil's advocate, etc. ASK THE NARC to construct two scenarios

1. What could have been worse than this? Begins to sense relativity. She could have killed me but she spared me mercifully= ABOUT THE ABUSER, what could they have done worse
2. What could have gone wrong with the trauma/ABUSE/CONSEQUENCES? I could have died in the hospital, = ABOUT THE CONSEQUENCES OF THE ABUSE,
 - a. DISTINGUISHES THE DIFFERENCE BETWEEN ABUSER & CONSEQUENCES.
 - b. The narc controls these two via FANTASY. This exercise shows the narc can remain in reality, these things you cannot change BUT you can change this.
 - c. INTRODUCES REALITY TESTING – if consequences manageable no reason to escape reality and go into fantasy

After ESCALATION- rest, narc needs a break = 40% suicidal

CPT = CBT for PTSD= negative thoughts about the trauma, = HAVE NEGATIVE THOUGHTS ABOUT SAFETY, TRUST, CONTROL, SELF-ESTEEM, INTIMACY - teach patient skills, NO EXPLORATION, CAN'T LISTEN BECAUSE THEY DON'T TRUST, force them situations where they have to trust, the ACT OF trusting changes them to trust. **NEGATIVE AFFECTIVITY THERAPY**

COLD THERAPY = ACTION LEADS TO CONSCIOUSNESS, narc not capable about insight, force the narc to act, through action I change the consciousness. TEACH SKILLS, it's a transparent therapy. I introduce patient, were partners, full transparency, can see my notes, they know 'false self;

8 hours day/7 days ranges 5-10 days

ROLE PLAY

STAGE 1 finished = narc is in a DISSOCIATIVE STATE, he has become an introject, totally destructive

STAGE 2

CHAIR PLAY- technique borrowed from gestalt therapy, empty chair. Put your mother /father in empty chair and talk to them, talk to your shame, talk to your social shyness, project something/someone/your behavior on that chair. – based on INTERNAL FAMILY SYSTEMS, no single self, there are self-states, sub-personalities- characterized by dynamics and emotions.

He is asked to place his false self on the chair and interact with it. If therapist is successful, he is unable to do it. If he is able to do it then has to go back to the beginning

Then I become the patient and I use the empty chair. If therapy is successful, he feel awkward, embarrassed, tell you stop it, he will feel ego-dystonic. If I sit on the chair, I tell the narc how amazing he is, perfect. If he reacts how a narcissist would. – I failed...start over...or if he idealizes me, the false self is still intact.

Narc are completely stupid when it comes to compliments. Narcs are very gullible and victims of con artist. One or two compliments you can get him to do whatever you want.

ASSIMILATIVE CONFABULATION- constructs are containers, false self is the container for grandiosity. False self is the only efficacious constructs. When we eliminate false self, grandiosity, need for supply and self-efficacy. Narc becomes a zombie, he is unable to mood, he has no constructs which he can operate the world.

Go back to erasure stage = 2 types of text 1) gaps 2) fill in the gaps

Take the gaps, now don't fill IN GAPS

CONFABULATION= world salad, phenomena occurs only in schizophrenia. Process of filling in memory gaps. Confabulation in Korsakoff's Syndrome. 1-5 min from alcohol. Restart day, every 5 mins. Korsakoff syndrome-
NEUROLOGICAL SYNDROME OF THE BRAIN. BRIDGE MEMORY GAPS BY CREATING NARRATIVES THAT ARE PLAUSIBLE.....two events, I

construct a probably, plausible that is NOT a memory. Narcissists use confabulation – narc do not lie, they believe it, it becomes part of their memory.

1. **Identity confabulation-** support fictitious sense, supports false self, maintain continuity. Narc sense of identity, continuity relies on confabulation. Critical feature in identity management, Narc do not have identity disturbance. – BPD have identity disturbance, and adolescence (identity diffusion) constantly change identities. Risk of abandonment, switch from borderline to psychopathic state- becomes dystonic and other personality gets repressed. = no connection between identities.
Narc have identity, its false, its fake, its confabulation
2. **Construct confabulation-** confabulations to explain internal dynamics, why am I feeling bad? Attempt to explain why I feel this way. But its not a speculation, THAT is why, perceived as reality and memory. Healthy people think of possibilities
3. **RANK confabulation-** how possible, if he is faced with two choices, he will always choose the one that supports the false self and grandiosity
4. **The REQUEST-** intends to manipulate, make someone do or not do something.

PSYCHOLOGY DIVIDED IN TWO PERIODS- when we could experiment on people and now, we can't

ELIZBAETH LOFTUS- experimented on students, DOUBLE BLIND EXPERIMENT, two groups

- 1) THERE IS SOMETHING YOU DON'T REMEMBER, THERE IS A MEMORY GAP. THEY ADOPTED THE MEMORY. Went to shopping mall and mother disappeared, was gone for a while. Then she reappeared and punished you- THIS NEVER HAPPENED BUT WAS TOLD IT HAPPENED
 - a. 1/3 Students adopted the memory as an authentic memory- insisted aggressively that it happened.

DISSOCIATION- narc can disassociate second, BPD can disassociate

8 year long marriage- total 8-9 hours

Honeymoon 3 weeks, I remember far less than 5 minutes.

I induce memory gaps in the narc. I behave in a way that creates narc injury. I induce the belief for memory gaps, so then he confabulates. Then how does he rank that confabulations/ CONGRUENCE? COHERENCE? Is there discrepancy in the confabulations

If he chooses the correct confabulations- then there is no false self. If he reacts to the confabulations with some discomfort, responds with ego-dystonic, feels discrepancy,

Narcissist appear to not have a life, **one single island of stability**, i.e. dead marriage, same company

HYPERVILIANCE REFERENCING – assuming false self is gone, believing trauma and abuse is an injury, main purpose- protect false self from pain, this is not happening to me this is happening to him, there is no pain, 18 months old, no pain because I'm not there its god. NOW first time to experience **PAIN & SHAME**= due to mother's rejection. Narc gets in touch with this pain and shame, narc wants to die because child not equipped to deal with this type of pain, incapable of dealing and experiencing shame and pain. Child is no good, mother thinks he is a bad object, child splits mommy is all good, mommy is all bad. Mom sees him BUT sees him as bad. 18 months, rejected, humiliated, abandoned

Masterson believes narcissism is a SHAME REACTION

No rejection bigger than mommy's rejection.

Within 24 hours they forget 50%, 48 hours 70-90%

1970's Heinz Koltz, 1980's in DSM narcissism PD.

Slaves want to be king- Marilyn Manson

ERASURE- 1) TALKING ABOUT TRAUMAS 2) NOT TALKING ABOUT TRAUMAS, WITHOUT KEY WORDS

THEN GIVING TEXT, THEN YOU FILL IN GAPS,

Teach us a lot about suppression aggression,

PRONOUN DENSITY – I, me, myself, first person pronouns,

Borderline decompensation= usually described as having no skin. Then decompensation acting out, when BPD compensates, she becomes indistinguishable to de facto psychopathic, only in women. BPD- extreme stress,

unable to act out, psychotic micro-episode- few minutes, longer than 4 hours = FUGUE, doesn't know who she is, where she is, don't know what she is doing. BPD = maximum is 4 days. Fugue- dissociative state.

ADOLESCENCE – new concept, Margaret Mead disputed adolescence, said it is a western idea

John Twenge, Camp, Gail Sheehy, - 10 years

Include people up to age 25.

1990 down 51% marriage, in 1990 19% were life long singles, 34% now life long singles

MEN VS. WOMEN

Russia- decriminalized DV

Magnolia – virginity tests in schools

- 1) grandiose- Go get me some water
- 2) false- self gone- I have gotten him some water
- 3) infantilized - May I get some water, mommy?

REPARENTING PHASE- “Picking up and containing bad object in therapy via projective identification” = google scholar for techniques = initially he hates my guts, AFTER THAT we creating an alliance,

IM OK, I'm taking the sadness, the grief, give me everything. I'm doing this as your friend. = **PROJECTION INTOJECTION**

The therapist is all bad, ok he has to do it because he has to help me.

Developmental trauma and the bad object- Alex Zivkovic

The therapist as a bad object – Penny Webster 2004 - dissertation

Remember maternal introject is the engine of the narcissist. I increasingly play mother role.

Transference- learns

Aim is to replay patterns,

In cold therapy, encourage counter-transference, because there is no other way to traumatize client. I become the mother, I don't become a good mother, I become

HIS mother, even worse because he trusts me more than his mother, this is where the trauma is completed. encourage- Counter-transference which creates a shared psychotic space. – SHARED PSYCHOTIC DISORDER= madness in two, create a merger fusion/two of us against the world, or we explore the world together.

Couples develop shared psychotic disorder, distort reality somehow. I create this with client, go back in time, the client becomes more and more helpless.

Infantilize. I act increasingly like a parental figure. She hates his guts, but she will defend him like a lioness, not defending HIM defending the shared SPACE. The shared psychotic disorder. Produces need for secrecy, silence. At this point, I replay the trauma and become his abusive mother. not exact events, not about contact, about the psychodynamics process i.e. If mother was domineering, criticizing, I became parent locus of trauma. he is now infant, baby, toddler,

HE sees me as bad

How we pick up bad object and contain “shared psychotic space” I am his friend, I took away- you see you’re functioning better, your affects are appropriate – create a shared fantasy, I’m helping him- I took the bad object don’t say that literally

PROJECTIVE IDENTIFICATION & introjective identification, container

you have nothing to do with this” “its not up to you” hot potato, I’m not the bad object, let me give It to you. Narc can’t give therapist the bad object how he usually does to his partners. So, he shifts, splitting. I become bad, client first time experiences he is good. No need for false self. I have done him a favor by taking over his bad object. I agreed to take own his bad object. I picked up and contained the bad object. I SACRIFICING MYSELF FOR YOUR SINS.

Therapist owns bad object. Therapist is all bad, client first time to experience ALL good. Before role of self was all good. Now first time client feels all good. He doesn’t NEED the false self.

Therapist took the bad

PICKING UP & CONTAINING - PICKING UP BAD OBJECT, THERAPIST IS CONTAINING THE BAD OBJECT, THERAPIST DOES NOT BECOME THE BAD OBJECT, THERAPIST RELIEVES NARCISSIST OF THE BAD OBJECT, there is a bad object but bad object is not the therapist. Therapist, ‘I have the bad object, its in my pocket’ I OWN IT, OWNERSHIP- I CONTAIN THE BAD OBJECT, I DON’T BECOME BAD OBJECT. I own it now, its mine, I’m going to keep it and now you are safe, don’t worry about it.

UNTHOUGHT KNOWN – CHRISTOPHER BALLAS= I'm doing this for your sins.

LAST PHASE OF LEVEL 1, EMOTIONAL RE-REGULATION

Internalize or external emotions.

PROLONGED GRIEF- studied for 20 years, now official diagnosis in dsm5-TR – text revision. Narc wants you to grieve with him, he grieves his relationship with his mother, he can never love, the worst thing that can happen to you, he

INTERNALIZES HIS EMOTIONS- GRIEF, INTRNALIZES HIS AGGRESSION. The narc is a child but the first time he is all good. This is going to dys-regulate his emotions.

Level 2- manage emotions and impulses

EMOTIONA INGENSITY CONTROL

INTERP OF CUES

AVOIDANCE & AGRESSION BALANCING

MODELING DESIRED BEHAUIR

OVER-STIMULIATON MAANGEMENT,

IDENTIFYING DISCRIMINATING

NARCS are addicts, addicted to narcissistic supply, in Freudian sense the narc has no EGO, no self. Addicted to other people, KERNBERG, ROTHSTHEIN- BPD DIDN'T MAKE IT TO NARCISSISM, bpd less pathological than narc.

Narcissists form of psychosis, psychotic disorder,

BPD, stabilizes mood from outside others

CO-DEPENDENCY

Social withdrawal to social integration

Narcissism is a relational, inter-personal social malfunction.

MISINTERPRETATION OF SOCIAL CUES LIKE AUTISM.

ANOMIC SOCIETY – NO NORMS, no rules, scripts, 31% adults in industrialized countries 1990 double the rate, atomization rewards narcissism.

Narcissism needs training, social integration.

Grieving to task oriented

LEVEL 1 7-10 DAYS – child left 18-24 months old, can't leave him in the world like that, has NO defenses, is in state of decompensation, can't release baby into the wild, he will be suicidal- now **SKILL BUILDING. REMOVES FALSE-SELF, DE**

LEVEL 2 – 2 MONTHS – HOW TO CONTROL HIS EMOTIONS

EMOTIONAL INTENSITY CONTROL = the first time in his life, he's in touch with his negative emotions i.e. SHAME, without false

BEHAVIORAL TERMINATION CONTROL= temper tantrum, to stop any dysregulated behaviors, terrible 2s, teach narcissist to use their anger

INTERPRETATION OF EMOTIONAL CUES= teach children how to identify faces, can't read cues, body language, traumatized children try to predict the abuse/abusers = hyper-vigilance, very hyper=sensitive

Empath woman or traumatized

AGGRESSION / AVOIDANCE BALANCING= the world doesn't appreciate the gift that I am. I will deny myself to the world. Form of avoidance. This 62 year old is a 2 year old child emotionally. Need to challenge **AGGRESSION ***
AVOIDANCE

Narc are 2 year old children,

TEACH NARCISSISTS POSITIVE THINKING= Narcissists tend to focus on negative things= **CATASTROPHIZE**, this translates to persecutory ideation. Devaluing. Narcissists are machines for filtering out positive information.

Narcissists - Lack of identity formation, so not social animals, they don't function socially, they are socially withdrawn because they are unable to perceive as external objects, they need to learn social functioning from scratch.

Has no positive emotions, only negative affectivity- **ANGER, RAGE**

TEACH ATTENTION & FOCUS CONTROL – narcissists disassociate, appears to be attention deficit, narcissist can not maintain continuity. **NOT ADD**, reduced dissociation, able to maintain continuity his autobiographical

GOD doesn't need therapy, **MUST REMOVE GRANDIOSITY**. Much more open to therapeutic interventions.

TEACH IMPULSE CONTROL-

THROUGHOUT THE PROCESS, THERAPIST PROVIDES MODELING = giving personal example. All parenting bad and good is done through parenting. Bandura. Child ignores what you're saying, child monitors the behaviors.

TEACH THEM DIFFERENCE BETWEEN FREEDOMS & CONSTRAINTS= this yields regulation. We want to do things but we are all constrained. The idea that freedom should be constrained, after all god's freedom should not be constrained. Having been a god, the concept of freedom constraint is alien to him. Society is irrelevant when it comes to behavioral choices, all narc behavior choices are unconstrained.

HYPER-AROUSAL= constant state of excited state, hyper-vigilance- perception of persecutory, anxiety is a form of hyper-vigilance.

State dependent = narcissism seriously bad psychotic state,

OVER-STIMULATION CONTROL= not to convert everything in environment to **FRUSTRATION**

FRUSTRATION THRESHOLD= teach to raise

BOREDOM= clinical feature of psychopathy, they don't appear to be bored because they are junkies, busy getting and looking for supply. But internally he is bored, external he is hyper-active. Tendency to act out when BPD is bored.

TEACH NARCISSISTS TO CREATE INTERNAL OBJECTS, why does he need more? Because none of his internal objects interest him, and more importantly they are **FROZEN. HE NEEDS YOU TO FREEZE,** snapshot, introjects, and photoshops it, **AT THAT POINT YOU BECOME BORING.** Stuck and frozen pics are boring. We are all **MONA LISAS. WE ARE ALL IN HIS MUSEUM AND MUSEUMS ARE BORING.** That's what it looks like, he is constantly bored. We teach the narcissists to create internal objects, non-threatening objects.

NEED to develop

Google scholar – psychopathy boredom techniques, how to treat, boredom borderline

Can not perceive external objects,

Psychopathy- can't emotionally invest into external objects

Bpd afraid to get involved with external object- engulfment, abandonment anxiety

Children exposed to sexual abuse, avoid contact with introjects of father- freeze father, creates IMPOVERISHED INTERNAL SPACE= develop non-threatening introjects

IDENTIFYING COUNTER-FACTUAL

INTERNAL CONSTRUCTON- identify internal object/introject, MAP to external object- these are all child traumatized children's techniques

LEVEL EL 3 3-4 MONTHS

Tackle avoidance, apprehension, clustering, denial, passive voice (convert into active) external locus of control- things are done TO him, he's a victim, pausing= dissociation, IGNORANCE, REFRAMING, EMOTING, SOMATIZING- positive emotions are somatized, 1:1

TEACH SOMATIZING, - PROPER LABELS - Somatization, previously known as conversion, now somatization= Your body will do the talking. People somatize only negative, negative, trauma is almost always somatize.

NARCISSISTS SOMATIZE POSITIVE EMOTIONS = LIMERANCE, he will not be aware of it, or he omg she is perfect for supply. This woman is good, trophy wife, they are not attracted

Soma doesn't trigger cognition, I'm not feeling so hot, I just got excited don't know why, narcissists aren't able to connect with body. Narcissists mind and body doesn't connect, narcissist regarded his body as external object, **HES SEXUALLY ATTRACTED AS AN OBJECT**, incapable of body mind connection because no self and body is external- no connection. **DIVORCED FROM HIS BODY**, give me false signals,

AUTHOMOUS REACTION= PORN INDUSTRY- PHYSICAL CUES- MEN & WOMEN DIFFERENT BRAINS, men react to visual cues women don't. men think visual cue should work because they **REACT**, FMRI blood flows, men react to same exact power and energy and same way of a **COMPLETELY** naked woman and **ANY** erroneous part of the body, breast. Women- one in the brain and one in the vagina, they react independently. Women 2 centers of attraction- planted a device in both places. Can be sexually aroused down there- but up there in brain is totally cut off, not on

MEN- WHY HAVE SEX WITH WOMAN 1-2 REASON

WOMEN – WHY HAVE SEX WITH MEN 93 REASONS

HUMAN SEXUALITY - A BILLION WICKED THOUGHTS BOOK-

analyzed 1billion keywords in google. When men are exposed sexual cues, not tied to cognition, COGNITION MICRO SECONDS LATER. IN NARCISSISM NO COGNITION, THIS IS SERIOUSLU NOT HUMN, THIS IS BIZARRE.

SEX, SERVICES, SUPPLY (SADISTIC), SAFETY= BABY – PROVIDE 2 OF THE SERVICES,

STUDY Tachycardia= they felt heart beat speeding up, why is my heart beating – ATTRACTIVE Harvey students- infatuated students' study, google scholar,

TEACH SIMILIES, METAPHORS, EUPHEMISMS= LANGUAGE, TO disguise reality, FEND OFF REALITY, TO OBSCURE REALITY, holocaust- the FINAL SOLUTION. USED Dictatorial regimes, centered around charismatic figure who is always narcissist, LINGUISTIC HIGHLY STRUCTURED

OCD= rituals to fend off catastrophizing

CONVERTING AGGRESSION TO ASSERTIVNESS

ALCOHOL MYOPIA-

- 1. GRANDIOSITY, RESULTS IN NARCISSISM**
- 2. INCREASES EMPATHY FOR STRANGERS, DECREASES EMPATHY FOR OTHERS**
- 3. SEE PEOPLE SYMMETRY- IN FACE = SEE EVERYBODY AS SYMMETRICAL, SYMMETRY IN FACE RESULTS IN ATTRACTIVNEESS**

BLACKOUT alcohol- 2-6 hours; not dependent on how much, about how fast consume- women absorb alcohol much worse than man do, alcohol enzyme, women have more. ECO-COMPOST- can't generate memory but executive functions not affected, develop COGNITIVE DEFICITS, i.e. see everybody asymmetrical

BROWN OUT- scattered images of memories when blacked out.

Impossible to tell if someone is in a blackout.

2013, 2022 of 5th edition of DSM-TR- NPD 9 axes, covert narcissist

1989- inferiority, morals, self-doubts, marked propensity to feeling shame, fragility, relentless search glory and power, marked sensitivity, inability to depend and trust others, chronic energy of others talents, lack of regard for generational boundaries, disregard for other people's time, refuses to answer peoples, nagging aimlessness, no commitment, pretend to know things, multiple superficial interests, chronic boredom, poor tastes but ill informed, readiness to shift values in order to gain favor, materialistic tendencies, delinquent tendencies, irreverence toward authority = contumaciousness, inability to remain in love (NARC incapable of love) impaired capacity of reviewing partner as separate, inability to genuinely comprehend, sexual perversions, = HEADLINE INTELLIGENCE, forgetful of details, impaired in capacity for learning new skills, changes reality for self—esteem. Autoplastic defenses;

NARCISSISTIC COUPLE- COLLECTIVE NARCISSISM- CULT MENTALITY, shared psychotic disorder, could be grandiose, - MALIGNANT EGALITARIANISM

OPEN DIRECTORY PROJECT- BOUGHT BY GOOGLE

Goldhagen "Hitlers willing executioners" describes whole collective as a mental disorder.

Cooper & Akhtar 1989 "shy fragile narcissist"

SUPPLY CAN BE STORED and RELEASED. she will come to him I just remembered your lecture, can be stored and released, regulated like a flow.

SOMATIC NARCISSIST- sexual conquests,

TRUTHING= my truth and your truth

PSYCHOTIC- HYPER-REFLEXIVITY – become the world,

Narcissism may be special case of psychosis- he doesn't misjudge reality- psychotics and borderlines misjudges reality, I know icons exist. You do register in my mind but you don't have a separateness in me. Can't conceptualize me as an outside agency, I'm already inside. Narcissist takes me and transforms me into a character in his mind like a video game.

COLD THERAPY- ALL NARCISSISTIC PATIENTS WHO UNDERGONE COLD THERAPY, THE DEPRESSION ELIMINATED, THIS IS NOT A GAME,

THIS IS ENTERING THE MIND, MORESO THAT ANY THERAPY THAT EXISTS...ONLY 80 CLIENTS, I REJECT 9/10,

SOLOCISM- I think therefore I am,

Oliver Stacks,

Musicophilia = entraining

Awareness – Charlie

AUTO-EROTOCISM- not self-love, purely sexual reaction, breast is external objects. No gender, then

About being sexy not sexual – sexy gaze as an object

SELF-EFFICACY- WE ARE CONDITONED TO PRODUCED BEST RESULTS, JUNG- WE ACT, TO ATTAIN MAXIMUM RESULTS, - SEXUAL SCRIPTS (LISA WADE) sexual scripts in modern western sexuality, SIGNALING TO EACH OTHER, what is the script? The sexual script describes behaviors NOT psychodynamic. – flexible, they change.

PSYCHODYNAMICS ARE UNIVERSAL, IN KENYA, CHINA, MAGNOLIA, RUSSIA, UK, ISRAEL,

SCRIPTS ARE FLUID

Roman J Israel- movie, autistic lawyer. Denzel Washington, autistic, lecture

10 years later, women used feminine words to describe 2010- women described 8 masculine words out of 9; men used 9 masculine words,

WOMEN & MEN- AMBITIOUS AND POWERFUL, men are forced to be men, there are no more men

Need to silence mother introject, narcissist lives for false-self, goes out into the world gives supply to false self to feed it, LIKE GOD, HIS GOD IS HIS LIFE, PROTECTOR FROM HIS MOTHER, HIS MOTHER PLANTED SEAD HE IS ALL BAD. SO, EVERYTHING HE DOES IS NEVER ENOUGH

GOAL OF COLD THERAPY - BRING HIS AWARENESS TO THE CONSCIOUSNESS, MAKE HIM AWARE OF HIS DEFENSES, REDUCES THE NARCISSISTS CLINICALLY TO BORDERLINE, THAT'S AN

IMPROVEMENT BECAUSE BORDERLINE HAS SELF, realizing there is external objects, continuity try to develop co-dependency

MAP has been constructed by the influence.

Anything somatic, including medication, BODY IS OUT OF CIRCULATION. BODY IS A BURDEN FOR CEREBRAL OR A SEX OBJECT AS A SOMATIC.

NARCISSISTS ARE auto-erotic. THEY RAPE THEIR BODIES, not a love good relationship. I am going to use you, rape you. No cognitive. BODY IS DEAD END, HOPELESS.

COVERT BORDERLINE IS A BORDERLINE- LEVERAGE NARCISSISTIC BEHAVIORS, manipulate in order to make sure the presence of his intimate target in his life. Use narcissistic behaviors. Problems with manipulateness.

CLASSIC BORDERLINE TACTICS - CLING to keep intimate partner in their life.

EMOTIONS ARE TYPES OF COGNITIONS

He's attracted to himself, uses her body to masturbate, somatic narcissist could care less who the body is, body never reaches consciousness,

People instrumentalize people, = to give the world to the child, NONE OF YOUR INTERESTS

EGO IDEAL – set of shoulds, tension with real you, changing self is really hard, 32 is really hard, easier to change the ego ideal, psychoanalysts are the best in ego ideal, KAREN HORNEY – book self-analysis, THERAPY USING HER METHOD THAT YOU CAN DO YOURSELF, as soon as you remove the ego ideal all your stress is gone.

AGGRESSION

When angry, say to yourself out loud, I AM VERY ANGRY AT HIM, the minute you are self-aware, I am angry now I am about to hit him, ANGER DIMINISHES

Aggression is positively correlated with anonymity, aggression is amplified i.e. if in foreign city, more aggressive, i.e. internet,

In beginning of therapy, narcissist attacks the therapist personally.

END OF LEVEL 3 - Lasts 4 months, transition SKILL ACQUISITION 2-3 YEARS OLD, THIS IS WHEN THEY BECOME SOCIAL WITH PEERS.

Teaching skills, empathy, how to interact with others. BEGINNING TO DEVELOP OBJECT RELATIONS. Does not produce an adult, never will be an adult. It is never an adult narcissist.

He will be able to argue on topics and narc will not make personal attacks on therapists

MALIGNANT AGGRESSION – what am I against

HEALTHY AGGRESSION- what am I for? Planning and solutions

Teach narcissist **EGO RISING**- predicting ACTIONS, unable to foresee their consequences. They have a grandiose belief they are immune to consequences, not because he is not intelligent, he is just so grandiose IE housewives

TEACH NARC TO DEVELOP TIME PERCEPTION - Narc learns to suspend time, constant state of mindfulness, constantly in the present. Mindfulness techniques develop into narcissistic outcomes. EMOTIONS ARE CRITICAL IN TIME PERCEPTION. He has to THINK/COGNITION, it adds a delay to any action. The very fact that there IS a future, he has to think about it. THERE IS A FUTURE, IN WHICH I AM GOING TO DRINK COFFEE= DELAY

TIME IS THE EMOTION OF EXTERNAL OBJECTS, if no external objects, no sense of time. 1) this is the future, 2) this is my body 3) I have to pee
stuttering machine, he has to think about, COGNITIVE STRUCTURE, COGNITIVE LAYER, EVERYTHING IS IN HIS HEAD, HE HAS TO PAUSE TO PROCESS THE EXTERNAL OBJECT, TAKES A SECOND.

INTERNALIZATION INROJECTION = CONSTANT, extra microsecond- THIS IS EXACTLY LIKE ARTIFICIAL INTELLIGENCE.

Teach them causation- TIME- if you do A, B will happen, monkeys have this, monkeys are able to anticipate how he will use branches to eat food, ants do this to get food, even bacteria has TIME PERCEPTION. They think some effects are causes, REVERSE ERROR OF TIME. “I abuse you because you shouted at me.” But in reality, he abused you then you shouted.

Gaslighting- believes in his own fantasy- THEY HAVE CONFUSED ERROR OF TIME, MIXED IN NARC MIND, HE WILL try to convince you started it but you were the reaction. He does not have perception of outer world,

including his body, his body is not real that is how he is able to be attracted to his own body. TIME IS CRITICALLY DEPENDS ON MOTION OF EXTERNAL OBJECTS.

BIZAERE outcome- As narc begins to gain time perception, he will freeze in the middle of the action, HE WILL UNABLE TO PEE IN THE TOILET, TIME CREATES A DELAY IN ACTIVITY AND IN, NOT REFLEXIVE, INTUITIVE, INSTINCTIVE, like coffee, he will freeze.

TEACH NARCISSIST TO SWITCH FROM COMPETITION TO GOAL ORIENTATION= MAKE DISTINCTION BETWEEN WINNING & SUBDUING AND GOAL ORIENTATION- teach narc you can accomplish goals without competing, without other people paying the price. He has perception that the world is a hostile place. If he wins, you lose. Everything is a zero sum. He is incapable of perceiving a win – win. TOTALLY NEW LANGUAGE.

TEACH NOT TO BE SELF-DEFEATING & - narc is rejection of the bad object, denying yourself, switching yourself so another construct can take over, the FALSE SELF, FOUNDATIONS ARE SELF-DEFEAT, SELF-DENIAL. TEACH nice, smile, kind, he will get BETTER OUTCOMES. Narc is not about optimizing performance; narc is about obtaining narc supply. Is to self-destruct in a spectacular way. If narc can not get supply in a positive way, like seminar. Narc are forced to self-destruct in order to obtain supply. Why do they build, concepts, philosophy, great contributors to humanity but destroy everything on the individual level= destroy everything disgracefully, just another way of obtaining supply. There is no indifference in how they obtain supply.

In dsm4- admiration, adoration and adulation

In dsm5- attention of any kind, positive or negative. Negative attention is a form of supply. Negative attention appears to be supply, you look great vs you look great for your age = narc injury.

Narcissism appears to be normal, what they are witnessing is not normal human beings. Its not aggression its ambition.

Online – confused between

Narcissism is subtle, its not in your face. Psychopath pre-meditate, they plan, they gaslight you, goal is to get you to have sex, money, power, tough cookie, ruthlessly, callously, destroy your trust in yourself, coercive, hostile, dilute you,

Narcissists are pathetic creatures, THEY ARE NOT DEMONS, EVIL, they are pathetic children, wounded traumatized kids. They spend most of their time to beg you to believe in their fantasy, they are dream creatures. They are peter pans, they want you to fly with them, not you have your own life, they want you to fly with them in their life. Narcissist never gaslight, never future fake because they believe in their future, they believe in their own fantasy. LOVE BOMBING- he really believed in it; the fantasy was real for him. The narc believed in the future, even more than you. He actually takes steps, Psychopaths future fake, gaslight.

LOVE HAS NO element of fantasy- love is not about merging and fusing with a soul mate, with twin flame- mistake these things for love. The narcissists fantasy is his way of loving.

AIM IS TO TEACH THE CHILD BASIC SKILLS, still 2 year old but better equipped for life.

Very sad, tragedy because they are smart, charming, funny, child like. You fall in love with the narc because of the glimpses of the child. In critical moments he shows you the child, esp. in women because he knows this will trigger your maternal instincts and convert mother figure. The child is really there but its manipulative. GIGGLING IS THE CHILD.

CHILD – LIKE

Narcissism trapped in an ice block, he remains FROZEN, full-fledged 2 year old. Enchantment, childlike, you, him and the child he used to be. This is why everyone falls for them. You become an instant family. You already have a child; intimate partner immediately begin to parent the narc and the child. Cold therapy geared to child psychology and trauma therapy very lovable, their lovability is false self, you're reacting to a façade, if its not the false self its bribery

The borderline is never a child, infantile elements, psychopath is 100% adult. Borderline are crazy adults. BOB NEWHART. COMEDIAN. What the hell? Borderline, 'Just stop it' she's an adult, she's just a crazy adult, crazy making.

Psychopath is NEVER A CHILD, full-fledged adult

LOVEABLE - I'm going to bribe you to love me, or show you that I'm god like to make you love me. Narcissists are very lovable

the narc invests work into being lovable, constantly very transactional. Look at me I'm lovable, or look at me I'm god, LOVE ME BECAUSE...healthy people, I am

lovable, love me. = UNTHOUGHT UNKNOWN, he has an extra layer, extra cognitive layer. I will tell you that I am lovable.

If you find narc lovable for wrong reasons, this will be NARCISSISTIC INJURY. I love you for you, then narc gets aggressive. If you LOVE HIM BECAUSE HES A CHILD, WEAK, IMPERFECT, FUNNY- IF THEY DO ITS NARC INJURY, REACTS AS If you insulted him or challenged. YOU LOVE HIM FOR THE THINGS HE HAS SPENT THE LIFETIME DENYING, you are reminding him that he is human, don't love him and vulnerable.

EVERY SINGLE THING IS ABOUT SUPPLY, EVEN ALONE **SELF-SUPPLY**, look in the mirror, wow that's brilliant idea

CHOICE 1) LOVE OR 2)SUPPLY= HE WILL ALWAYS CHOOSE SUPPLY, = that's why its difficult to love him, you look better in white- end of story, partner wants to

GRIEF- mourning, grieving what could have been

BORDERLINE CAN BE DIAGNOSED AT AGE 12,

PSYCHOPATHY CAN BE DIAGNOSED AT AGE 6- CONDUCT DISORDER, 90% BECOMES PSYCHOPATH, mistreat animals, steal school property.

Psychogenic roots childhood.

Trump poster child. Interview, "I don't know why nobody likes me?"

LEVEL 3 IS ABOUT SKILLS, SKILLS ACQUISITION- not about maturation or growth. Incapable of maturation and development, but can acquire new skills. He can become an adult on the service.

TEACH DIFFERENCE BETWEEN FANTASY & REALITY- like mother does, HOT STOVE, narc does not think

THE REALITY PRINCIPLE (FREUD)= mom says don't touch this, you will burn; mother punctured reality, teaches cause and effect, time, consequences- mother teaches multiple skills. FATHER MAIN ROLE IS SKILLS & SOCIAL SCRIPTS. The father teaches how to be a boy and a girl. MOTHER DRIVES MATURATION & GROWTH, IF MOM IS DYSFUNCTIONAL FREUD THERE WILL BE **FIXATION**

MELANIE KLEIN- DISAGREEMENTS

1. there is no possibility for child to contemplate **BAD MOTHER**, if child adopts this then 6- 24 months, the child depends on his mother for life, food, shelter, the child could never see his mother as a bad object, terrifying. He can never do this. **HE BECOMES BAD OBJECT**
2. **THE ROLE OF THE MOTHER-** she positioned mother as passive, Bowlby disagrees

False-self- falsifies reality, he believes his actions have no consequences.

26 years vaknin started narcissism

JOAN LACHKAR – author- Borderline- Narcissistic Couple- 1982 – mother of the field, vaknin started work 15 years later. She was literally the only – the dynamics remain unchanged.

LEARNING- they can never learn behaviors, ROBOT, A.I., create database as long as they have no impact on me, can learn anything but interpersonally, **if it affects me can't learn**

COLD THERAPY- SKILLED TWO YEAR OLD, less obnoxious, less grandiose, no supply.

PERSONAS = in ancient Greek, mask- cross section of who you **REALLY** are, choose angle or aspect of yourself that will be self-efficacious, but its you, its really you. True personality

FASLE SELF- not real, not personality, mechanisms to illicit supply. It presents to the world, fantastic, grandiose, god like- nothing to do with any reality, it's a piece of fiction. Fake it till you make it. Encouraging people to become narcissists. Then he becomes the false self, he merges. They accommodate the narcissist but they don't believe it.

Bad breast good breast 1950s Melanie Klein- the mother inevitably frustrates the child because child wants breast, mother tired, can't, leaves child, etc. child splits good breast, bad breast, child splits mother- 1. All bad 2. All good. If mother unable to provide milk, the child will be frustrating- but what about formula, doesn't have to be breast, **IF MOTHER WITHHOLDING MILK, THEN SHE WILL BE FRUSRATING.** This is mother who stops milk frustrating the child **BUT**

Good enough mother – Winnicott. The mother is not the child, counter-intuitively mother who doesn't hesitate to frustrate the child and pushes child away

into the world. BOUNDARIES- should let the child cry. Today we believe boundaries should come later. PIAGET – 2 years old should satisfy attachment needs then later set boundaries. Good enough will collude with child's grandiosity not restrict until age 3. Many mothers will find it irritating. Mother should encourage child to take on the world. Child - I can take on the world, mother should not feel threatened. SECURE BASE. – child can wonder off from, explores the world, mother is always there in pain, disappeared, if child preferred others to her, not competitive ERICKSON- BASIC TRUST. Mother represents world to each other. If child feels secure with mother, will have secure. mother encourages there is an external world, will develop object relations.

IN NARC- doesn't allow child to separate, envious, insecure of herself, fails to realize there is an external world mom says no, stay with me, he is still merged with mother, mother introject never becomes benign, unable to tell difference between internal and external, grandiose is repressed, then it emerges in false self. Dysregulated, absent, jealous mothers.

SEX VS GENDER- NOT RELATED, sex is determined by doctor at birth; children do not have any gender identity prior to age 4. Gender determined by environment, culturally specific, high correlation between biology and gender role, gender is a CONSTRUCT

GENDER DYSPHORIA – DSM 3 1980, gender does not correspond to society that is their biology. Brain, body, intestines- nothing biology tied to gender. IF IT'S A MENTAL CONSTRUCT TO GENDER, PROBLEM = shared psychosis, contagion. Even if we were to believe there is a biological component, SOCIAL PHENOMENON- THIS IS BAD BECAUSE WE DON'T HAVE institutions that are neutral, EVERYTHING IS BASED ON GENDER- same sex is not a problem, not a problem, not disrupted, civilization is in tact,

TRANSGENDER- problem, threat to civilization; NO CORRESPONDENCE BETWEEN BIOLOGY, GENDER & INSTITUTION- ancient Greece every youth has gone through a homosexual experience – MAYS researcher, ARMY encouraged homosexuality to create unity. We have stats 2 sets of genitalia, and both hormones in body –NOT REFLECTIVE OF WHAT IS HAPPENING, LGBTIQ. VICTIMHOOD MOVEMENT., British Columbia movement, TRANSGENDER PSYCHOSIS BAD,