

The Answer Model



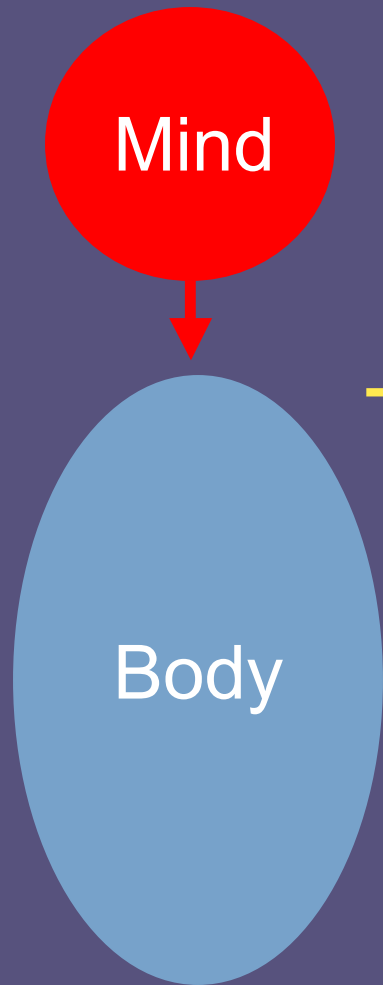
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1. Mind/Body Effects

2. Relationship Dramas

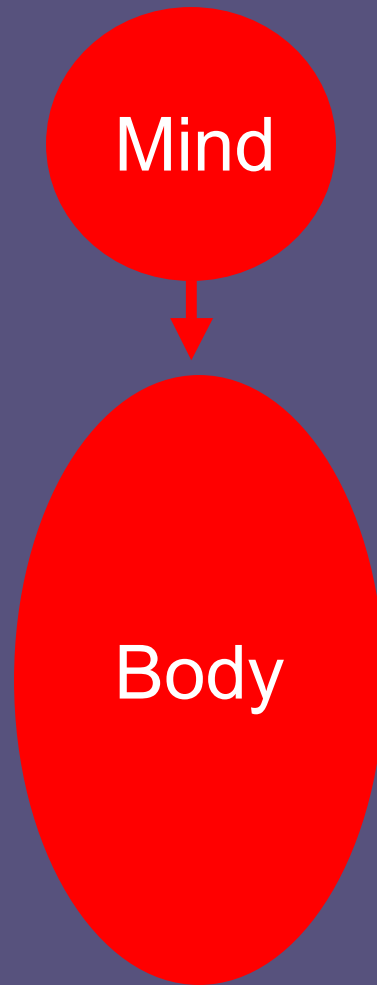
Mind/Body Effects

Non-homeostasis
(survival mode)



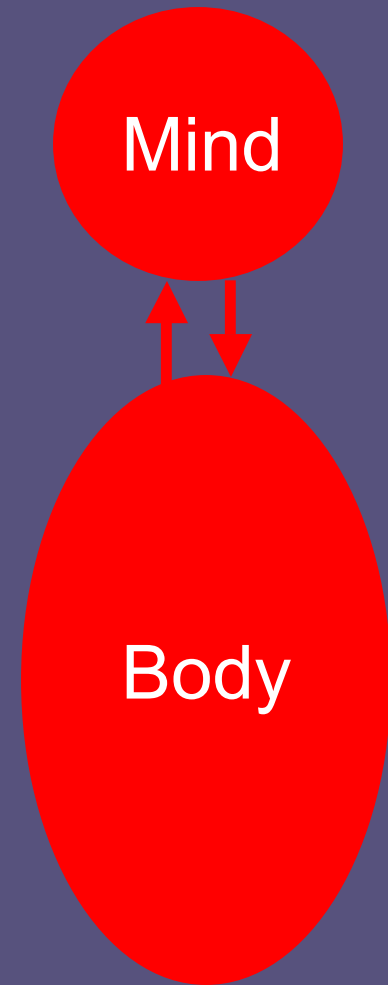
homeostasis

Non-homeostasis
(survival mode)



Non-homeostasis

Non-homeostasis
(survival mode)

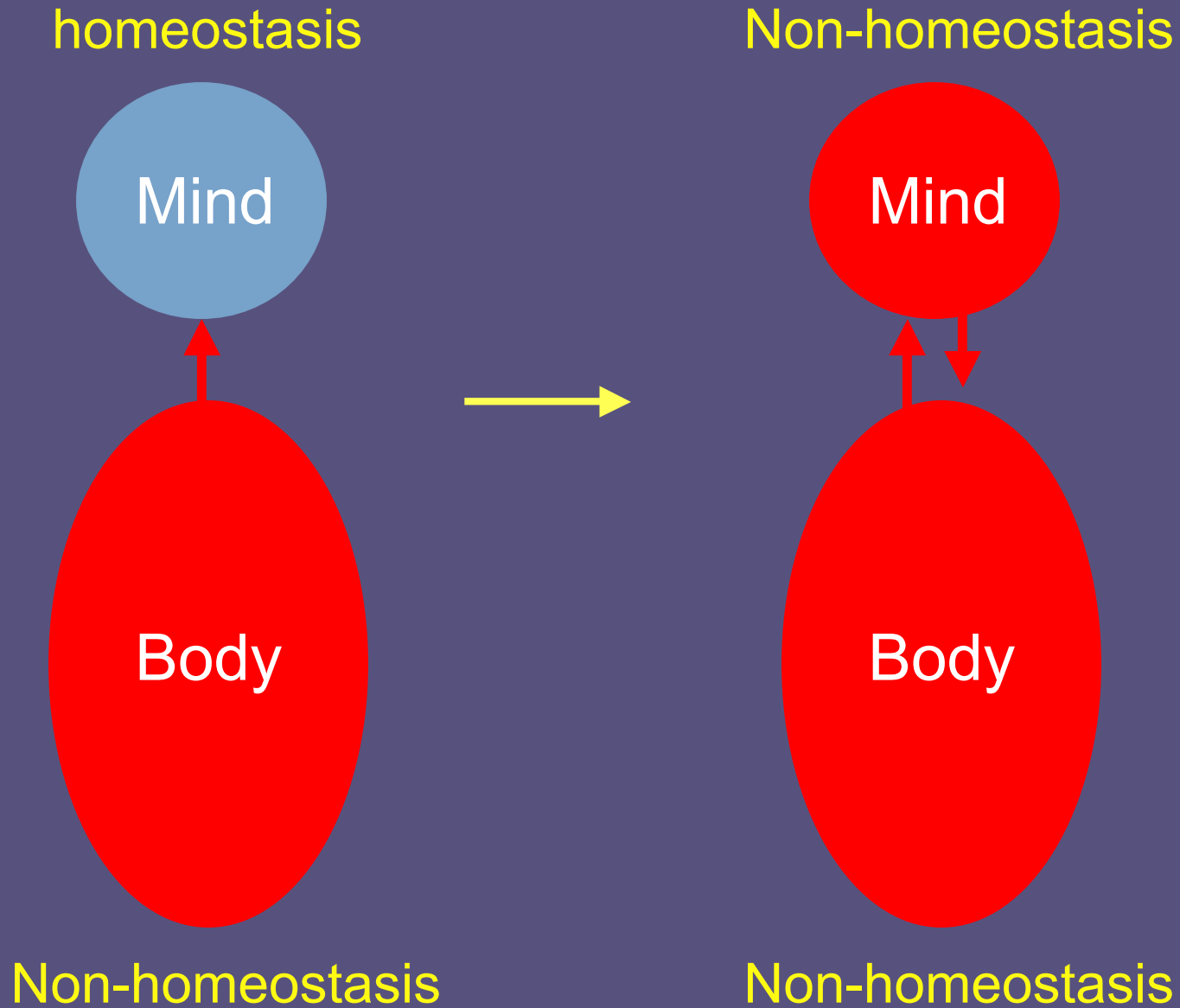


Non-homeostasis

Mind/Body Effects

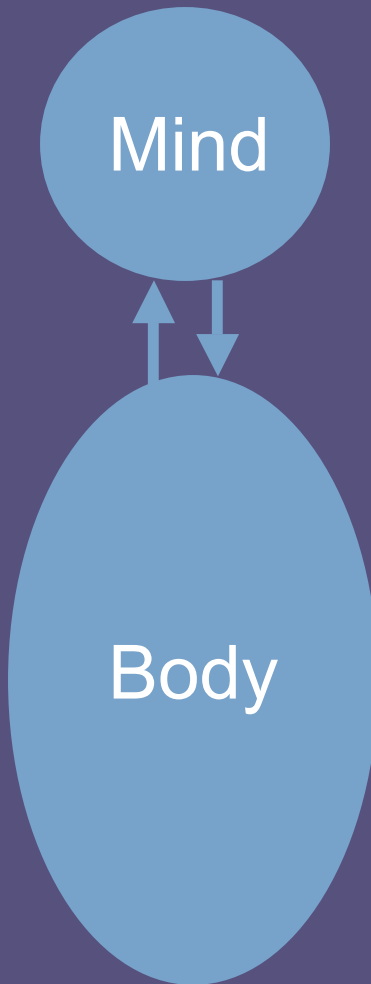
- If brain in survival mode (from all types of non-homeostasis) - sends body into survival mode
- primitive defensive responses in body:
 1. shoulders raised
 2. jaw tension
 3. erratic breathing
 4. general muscle tension
 5. stomach disturbance
 6. immune system disturbance
 7. disturbance in heart rate, blood pressure

Mind/Body Effects cont.



Mind/Body Effects cont.

homeostasis



homeostasis

Relationship Dramas

Non-homeostasis

Homeostasis

Person 1

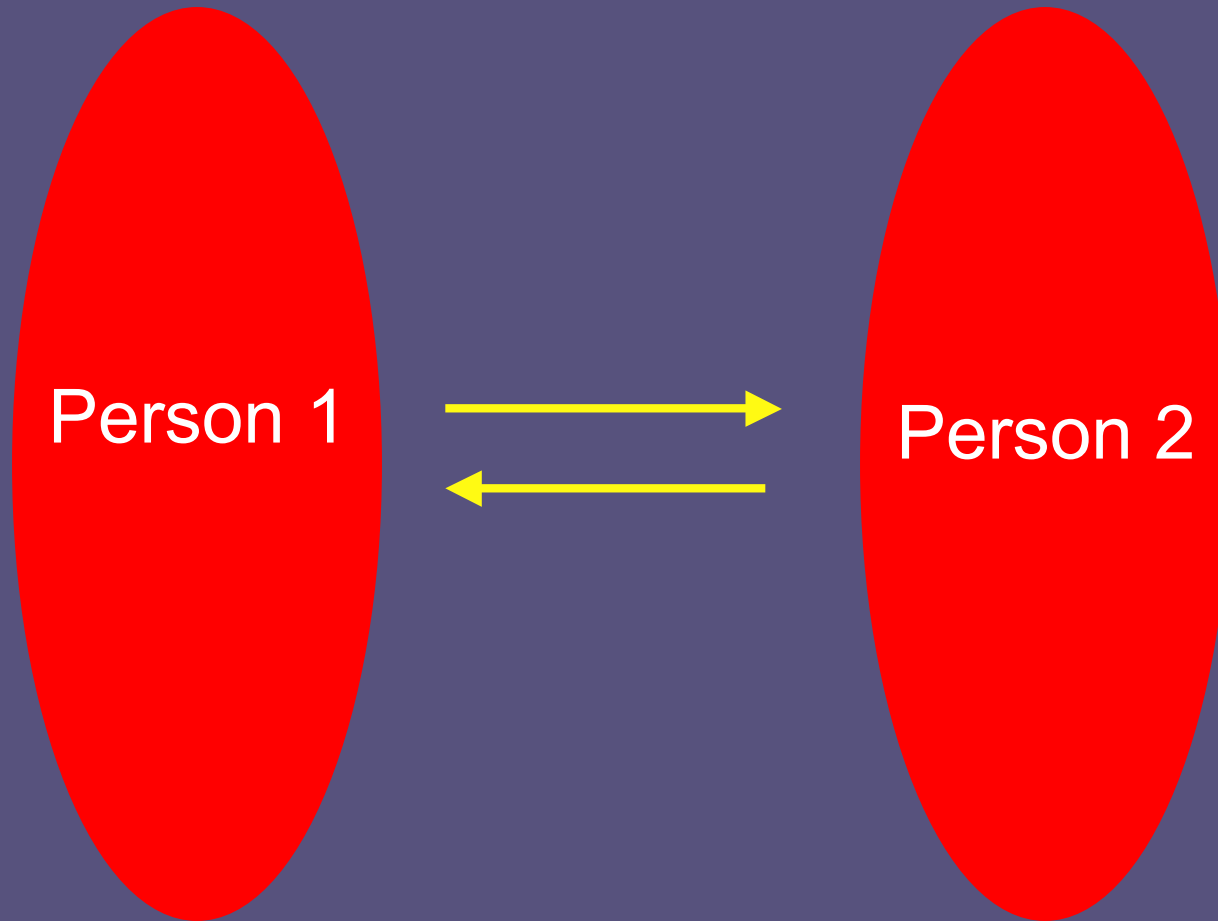


Person 2

Relationship Dramas

Non-homeostasis

Non-homeostasis



Sadistic Payoffs

- Study: play game for money; one player acts unethically, unfairly, while observers watch

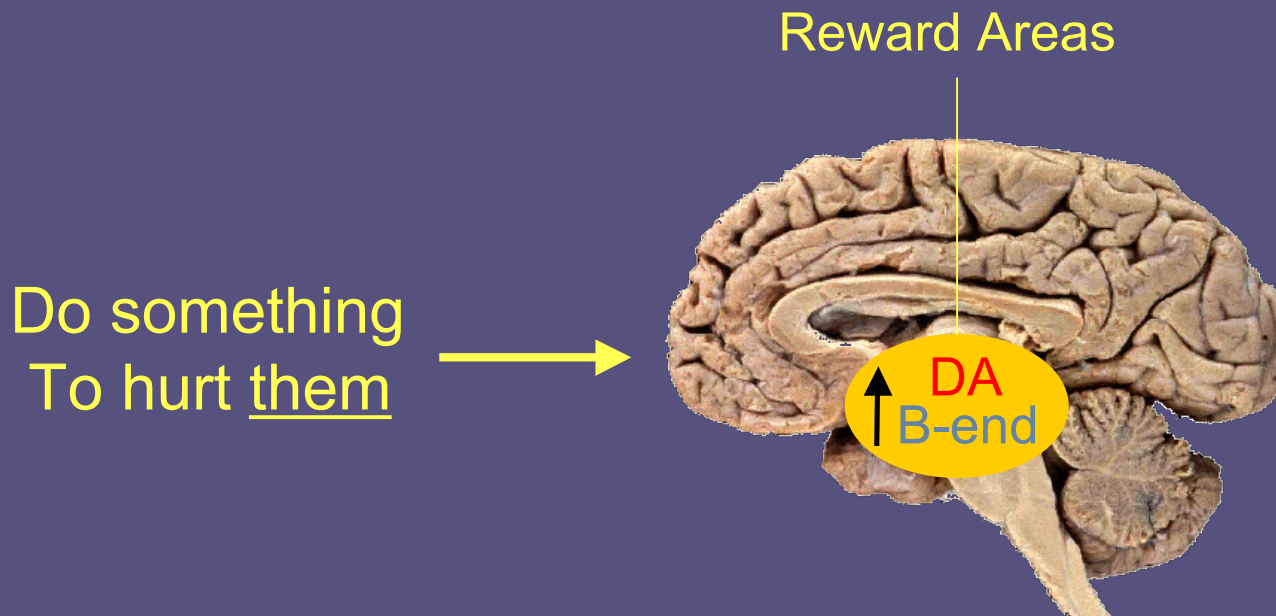
observers watch
unfair player get
electric shock



observers watch
fair player get
electric shock



- If you're hurt by another person (e.g. your partner),
Is easy to become convinced they did it consciously,
on purpose



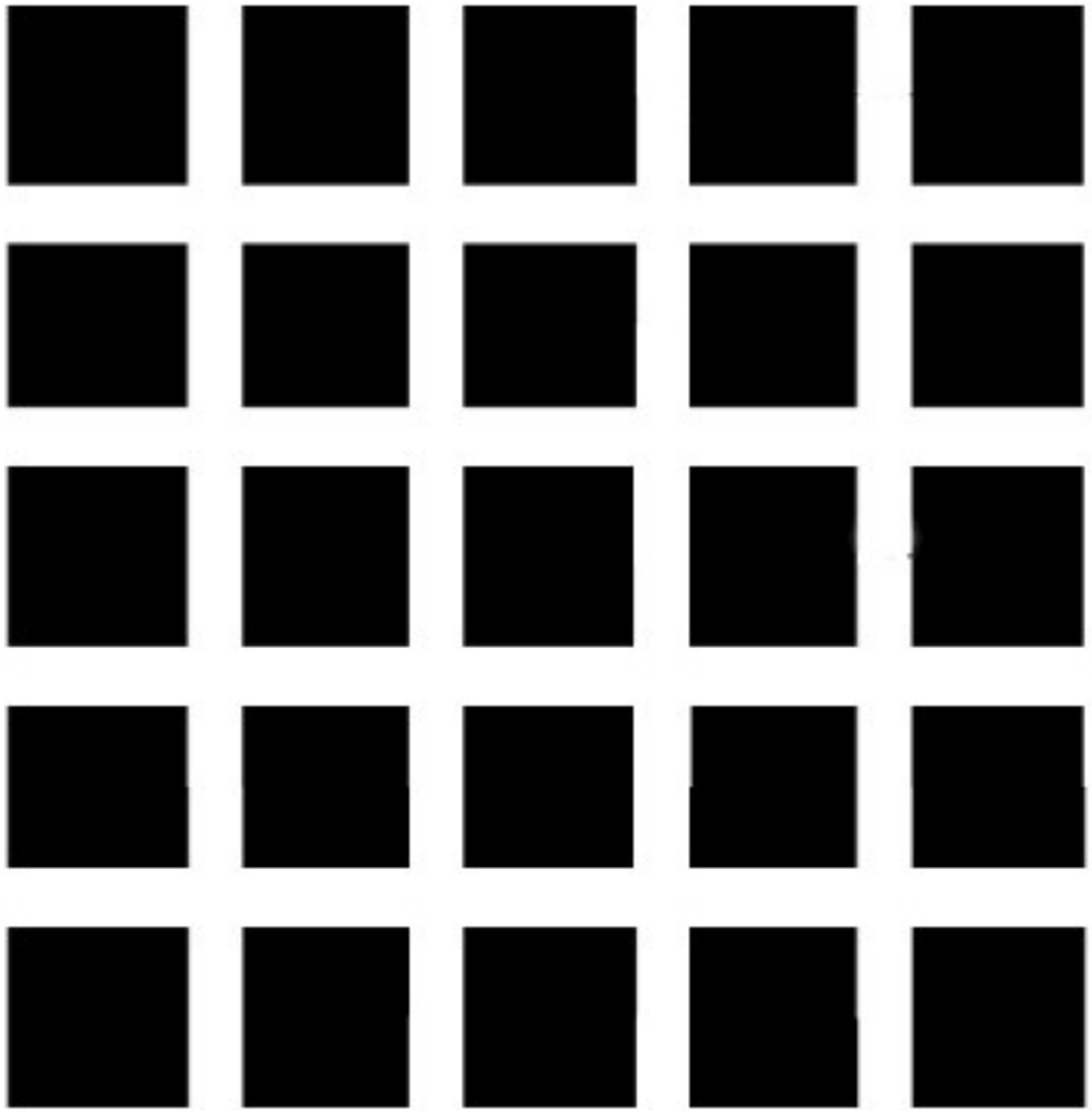
- important to be aware of this tendency in all of us

False Projections

- project state of mind or intention onto another person that is not accurate
- take part to be whole
- 3 general versions:
 1. Project onto alters - negative projection; take alter to be the whole
 2. Project onto alter or True Self - idealization; as if they don't have unpleasant alters
 3. Pure false projection that has little to do with the target of the projection

False Projections Occur in Service of Addiction

- e.g. grandiosity - instead of seeing it as compensation for “less than,” get angry at it
- feeds anger addiction
- can also feed a “less than” addiction
- their alter activates your alters



False Projections create strange illusions

- e.g. someone causes you pain - illusion that they did it intentionally and consciously - but that's very rare
- or: project mother or father onto a partner - very often feeds "source pain" addiction, e.g. anger, hurt
- false projections make relationships inauthentic, disconnected; have relationship with false projection
- doesn't feel good to have someone project something onto you falsely

- try to see people as they are, be more conscious of projections onto them
- best to deal with your own alters!
- can control your own alters, but not those of other people
- if get triggered by other people's alters - tells you you still have work to do

Addiction Corrupts Love

- introduces survival-mode states that contaminate love
- e.g. excessive need; excessive fear of losing the person
- are survival-mode states that will corrupt your authentic feelings love for the person
- when we're in survival-mode - very narcissistic, self-absorbed; all our good qualities become corrupted

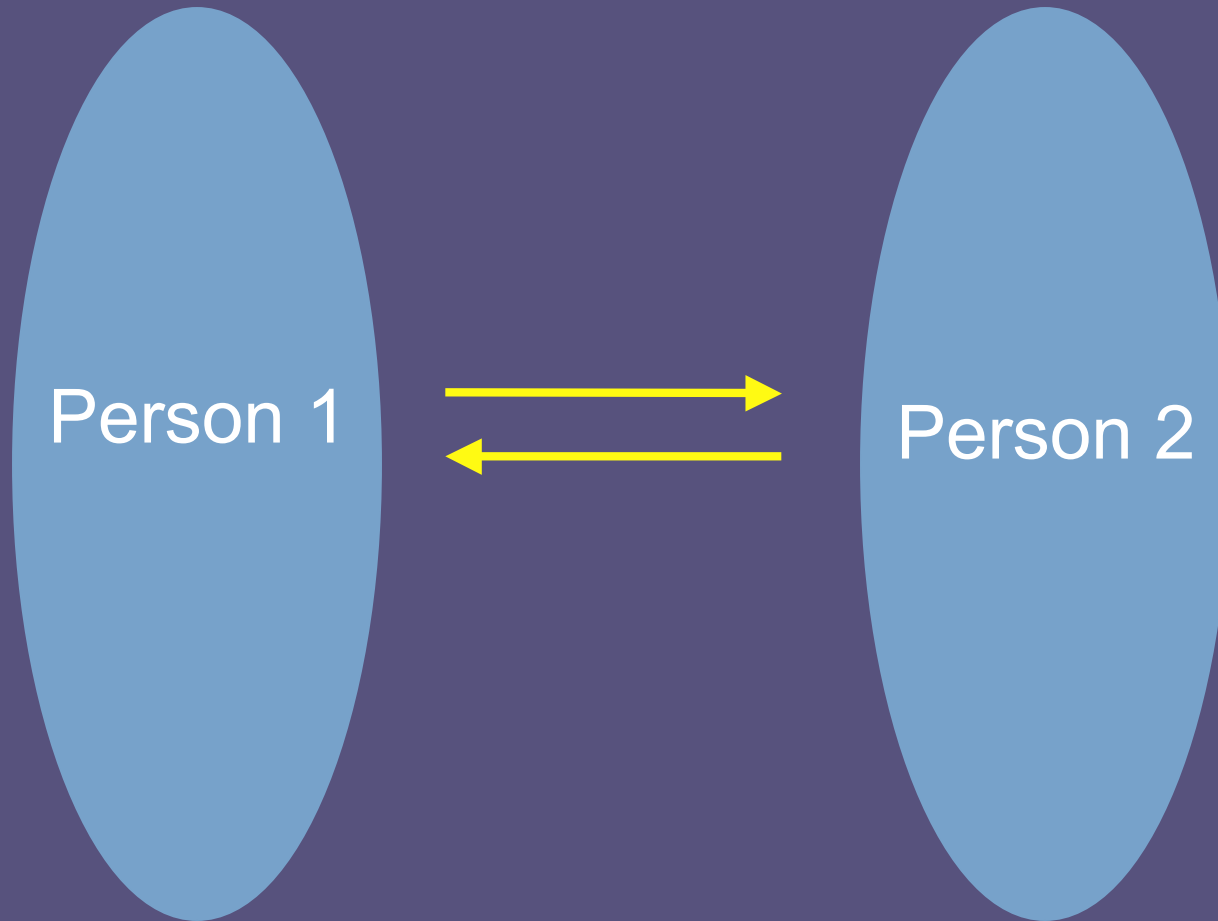
- must commit to your own homeostasis first; or else will corrupt relationship
- if you're in addiction-driven non-homeostasis, dysfunctional part of you will want to drive other people into non-homeostasis also
- but when you commit to homeostasis, you'll act more out of love, not illusory states of survival mode or dysfunctional "roles"
- in homeostasis, interactions in relationships are authentic

- Love nurtures homeostasis, and when we're in homeostasis, we want to express love
- the more we are in homeostasis, the more we do things out of love

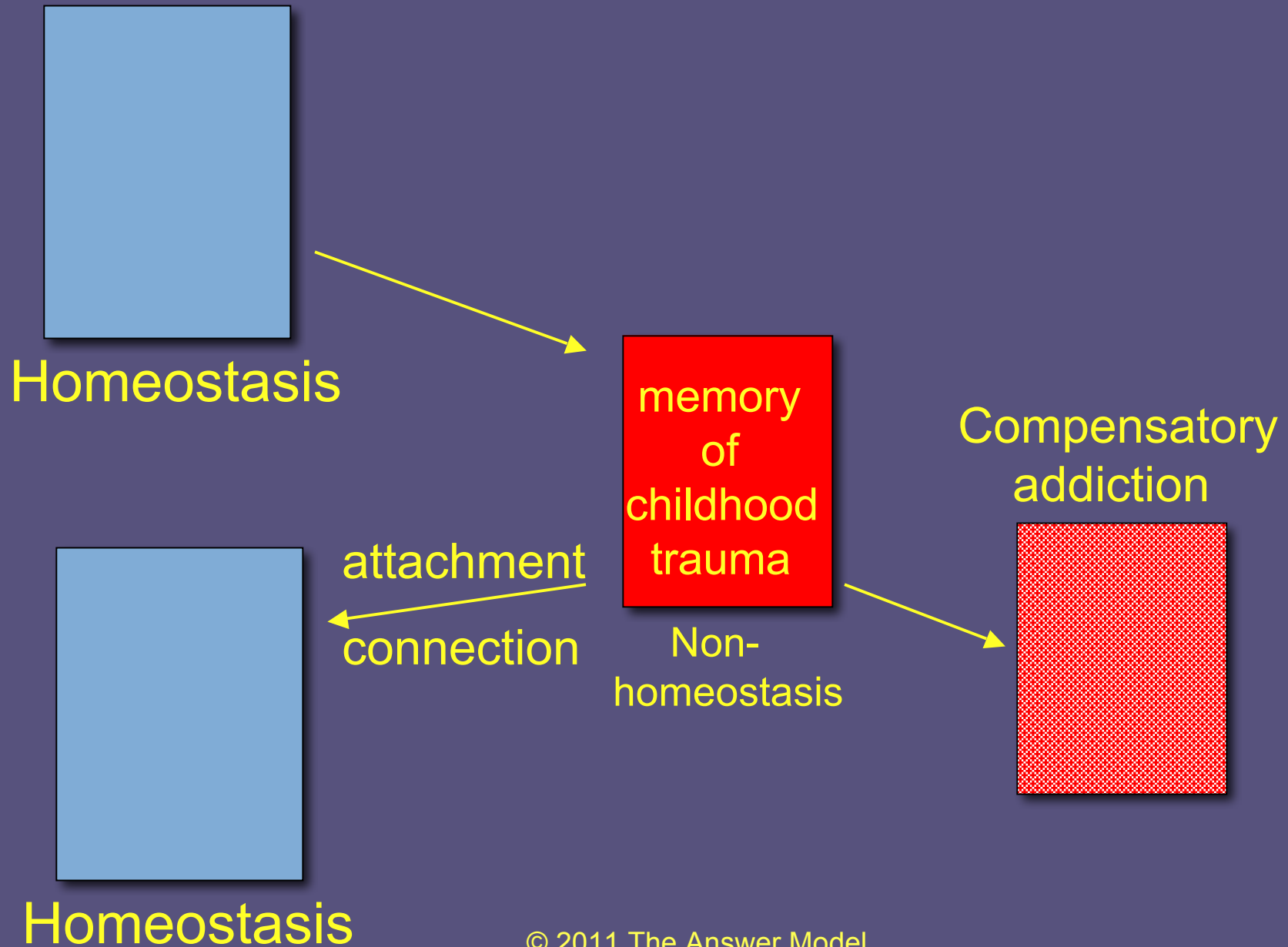
Homeostatic Relationship

Homeostasis

Homeostasis



Connection and Compensatory Addiction



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