RECOGNIZING COMPASSION FATIGUE ("BURNOUT"), NEGATIVITY AND APATHY

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THE COST OF SANITY IN THIS SOCIETY IS A CERTAIN LEVEL OF ALIENATION

TERENCE MCKENNA
COMPASSION FATIGUE

HOW DO YOU REACT TO STRESS?
BODY, MIND, SPIRIT...
COMPASSION FATIGUE

- Increase blood sugar
- Suppress the immune system
- Heightened memory and attention
- Decrease serotonin
- Increase in blood pressure
- Decrease sensitivity to pain

Cortisol
COMPASSION FATIGUE

• An occupational hazard for helping professionals
• Every effective helping professional has experienced it
• If not addressed, relationships will suffer as will our personal life and health
• Caring for self is a good model for clients and is positive encouragement to those who work with and around us
COMPASSION FATIGUE

• Sixty percent of counselors admitted that they continue to see clients even when they believe themselves to be too distressed to be effective.


• Common themes unaddressed in clinical supervision
  – Need for recognition and approval
  – Desire to bring resolution to our own problems
  – Need for power and control over ourselves and others

COMPASSION FATIGUE

• We cannot help people when we are not operating genuinely from the core of who we really are

• People we help want to know, “Will you accept me as I am without judgement?” and “Will you truly listen to and hear me?”

• To operate genuinely we must ask the same questions of ourselves- “Am I listening to myself?” and “Am I humbly willing to grow into my self?”

• It is your healing self that constellates the healing role inside of others
COMPASSION FATIGUE

• Humans unconsciously recreate early relational attachment patterns with those we engage

• Our emotional intelligence, empathic abilities and learned knowledge and skills fail us in compassion fatigue due to relational unconsciousness

• This failure leads to imbalance when our attunement to others is not balanced with our attunement to self
COMPASSION FATIGUE

• Unless these unconscious ways of making meaning of emotional and relational attachments and past and current relational trauma are explored and healed, many service providers will continually neglect themselves and the very self-care interventions they espouse to others. Crim, Elizabeth. “Provider Self-care Through Conscious, Balanced Relationships.” Counselor. June 2017, pg.55.
## COMPASSION FATIGUE-STAGES

<table>
<thead>
<tr>
<th>STAGES</th>
<th>MIND</th>
<th>BODY</th>
<th>SPIRIT</th>
</tr>
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<tbody>
<tr>
<td>ONE</td>
<td>MOSTLY POSITIVE</td>
<td>REDUCED TIME FOR FITNESS</td>
<td>REDUCED TIME FOR SELF</td>
</tr>
<tr>
<td></td>
<td>BUSY MIND</td>
<td>NO/LIMITED HEALTH ISSUES</td>
<td>REDUCED TIME FOR RELATIONSHIPS</td>
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<tr>
<td></td>
<td>SOMETIMES FEEL OVERLOADED</td>
<td>STILL COPING WITH DEMANDS</td>
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<td></td>
<td>STILL CREATIVE</td>
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<tr>
<td>TWO</td>
<td>FEEL OVERLOADED ALL THE TIME</td>
<td>REDUCED FOCUS ON HEALTH</td>
<td>START TO FEEL UNBALANCED</td>
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<tr>
<td></td>
<td>TENDENCY TO TAKE ON OTHERS ISSUES</td>
<td>DECLINE IN HEALTHY EATING</td>
<td>LIMITED NOURISHMENT FOR THE SOUL</td>
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<tr>
<td></td>
<td>LESS SPACE FOR CREATIVITY</td>
<td>LIMITED TIME FOR FITNESS</td>
<td>START TO FEEL UNFULFILLED</td>
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<tr>
<td></td>
<td></td>
<td>MAY START TO TAKE MEDICATION FOR SYMPTOMS</td>
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# COMPASSION FATIGUE

<table>
<thead>
<tr>
<th>STAGES</th>
<th>MIND</th>
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<th>SPIRIT</th>
</tr>
</thead>
</table>
| THREE  | • NEGATIVITY BEGINS  
• I MUST DO IT ALL ATTITUDE  
• RESISTANCE TO CHANGE/LETTING GO  
• EMOTIONALITY INCREASES  
• OWN HEALTH NO LONGER A PRIORITY  
• VARIOUS HEALTH ISSUES START TO ARISE  
• OFTEN FEEL TIRED  
• RELATIONSHIPS START TO SUFFER  
• SENSE THAT YOU ARE NOT DOING WHAT YOU WANT TO BE DOING  |
| FOUR   | • NEGATIVE SELF-TALK  
• RESENTMENT AND ANGER BUILDING  
• INCREASING EMOTIONAL AND COGNITIVE SYMPTOMS  
• CANNOT LET GO OF ANXIETY  
• LACK OF ENERGY  
• CHRONICALLY TIRED  
• MAY INCREASE USE OF SELF-MEDICATION  
• UNHEALTHY DIET  
• FEELINGS OF “BEING TRAPPED”  
• COMMUNICATIONS CLOSING DOWN |
## COMPASSION FATIGUE

<table>
<thead>
<tr>
<th>STAGES</th>
<th>MIND</th>
<th>BODY</th>
<th>SPIRIT</th>
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<tbody>
<tr>
<td>FIVE</td>
<td>• IN BURNOUT-CANNOT SEE A WAY OUT</td>
<td></td>
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<tr>
<td></td>
<td>• NEGATIVE THOUGHTS PREDOMINATE</td>
<td></td>
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<tr>
<td></td>
<td>• COGNITIVE IMPAIRMENT INCREASES-CANNOT PROCESS THOUGHTS</td>
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<tr>
<td></td>
<td>• DAILY LIFE BECOMES OVERWHELMING</td>
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<tr>
<td></td>
<td>• PHYSICALLY WORN OUT</td>
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<tr>
<td></td>
<td>• NO ENERGY</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>• CONSTANT HEALTH PROBLEMS</td>
<td></td>
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<tr>
<td></td>
<td>• MAY BE RELIANT ON MEDICATIONS TO GET THROUGH THE DAY</td>
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<tr>
<td></td>
<td>• FEELING LOST AND EMPTY</td>
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<tr>
<td></td>
<td>• NOTHING LEFT TO GIVE</td>
<td></td>
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</tr>
<tr>
<td></td>
<td>• LOSS OF SELF</td>
<td></td>
<td></td>
</tr>
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<td></td>
<td>• LOSS OF CONFIDENCE</td>
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COMPASSION FATIGUE

• Compassion fatigue has symptoms that fall into the same categories as PTSD and moral injury

• *Compassion fatigue as a stressor can manifest or exaggerate symptoms of past personal trauma*

• These symptom areas can be conceived as...
  – *INTRUSIVE*
  – *AVOIDANCE*
  – *HYPERAROUSAL*
COMPASSION FATIGUE

• **INTRUSIVE SYMPTOMS**
  – Persistent intrusion of client’s stories and emotions into one’s thought processes and feelings
  – Increase self-medication with substances, exercise, food, etc.
  – Client stories serve as triggers for one’s past trauma memories
  – Sudden and unexplained emotional changes-low frustration tolerance, sarcasm, anger and rage
  – Ruminating about what I should have said in a particular situation
  – Perception of polarity in terms of victims and perpetrators
  – Thoughts and images of the client and their problems
  – Client and work issues encroaching on personal time
  – Inability to “let go” of client and work issues-cannot separate work and personal time
COMPASSION FATIGUE

• AVOIDANCE SYMPTOMS
  – Loss of enjoyment and avoidance of self-care activities
  – Loss of hope, sense of hopelessness
  – Isolation and feelings of loneliness
  – Loss of sense of competence and effectiveness
  – Use of self-medication to avoid thoughts of clients and work (alcohol, television, internet, spending, food, sex, drugs, etc.)
  – Attempts to avoid certain clients and staff members
  – Unwillingness to discuss the situation with supervisor or seek out help
  – May be dissociative
COMPASSION FATIGUE

• **HYPERAROUSAL SYMPTOMS**
  – Increased impulsivity, reactivity and anxiety
  – Sleep disturbances
  – Difficulty concentrating
  – Somatic symptoms (headaches, GI distress, change in weight due to over or undereating, etc.)
  – Work frustrations taken out on family and friends
  – Casting blame on self or others in a deprecating manner
COMPASSION FATIGUE

INTRUSIVE, AVOIDANCE AND HYPERAROUSAL SYMPTOMS EXAGGERATED BY ATTACHMENT TO OUTCOME
COMPASSION FATIGUE

• *Don't make big decisions.* Do not to make any major life decisions until you’ve recovered physically, emotionally and spiritually.

• *Don't blame others.* Similarly, blaming administration, staff, colleagues or the “system” will do you no good. Being adversarial will only exhaust you further.

• *Don't spend your energy complaining.* Avoid commiserating with discontented colleagues. It's easy to fall into the habit of complaining when you're consumed by compassion fatigue, but it will only make you feel worse

• *Don't try a quick fix.*
COMPASSION FATIGUE

- TWO APPROACHES TO TREATMENT
  - *SELF CARE*
    - AWARENESS
    - BALANCE
    - CONNECTION
  - *REMOVING THE ROOT CAUSE*
    - EGO’S UNCONSCIOUS PROGRAMS
    - ADULT ATTACHMENT STYLE
    - PERSONALITY REACTION TYPE
COMPASSION FATIGUE

• *SELF CARE-AWARENESS*
  – Understanding the symptoms of compassion fatigue
  – Normalize the symptoms
  – Becoming aware of, for example…
    – Events or situations that cause one to experience an unusually strong stress reaction
    – Are their particular cases or individuals that you find stressful or difficult?
    – Are there caseload or supervision levels where you start to feel overburdened
    – How outside of work stressors impact you and your work
COMPASSION FATIGUE

• **SELF CARE-BALANCE**
  
  – *Spend plenty of quiet time alone.* Learn and practice self-regulation strategies (See APPENDIX TWO-Managing Negative Feeling States). The ability to reconnect with a spiritual source will also help you achieve inner balance.
  
  – *Recharge your batteries daily.* Something as simple as committing to eat better and stopping all other activities while eating can have an exponential benefit on both your psyche and your physical body. A regular exercise regimen can reduce stress.
  
  – *Hold one focused, connected and meaningful conversation each day.* Time with family and close friends feeds the soul like nothing else and sadly seems to be the first thing to go when time is scarce. Supervisors and managers can use group meetings for this purpose.
I no longer look for the good in people, I search for the real... because while good is often dressed in fake clothing, real is naked and proud, no matter the scars.
COMPASSION FATIGUE

• SELF CARE-CONNECTION
  – Remember I/E
    – Only make decisions when the intellectual, inhibitory cortex is over the emotional, excitatory, impulsive midbrain
  – Remember psychological time leads to suffering and misery
    – All suffering involves reliving the past (guilt and shame) and projecting into the future (anxiety, fear and a sense of being out of control). In the moment there is no conflict
    – Connect to the “flow” found only in the moment
  – Speak with people you respect especially when you start to feel overwhelmed
  – Animals, especially dogs, are capable of unconditional love
COMPASSION FATIGUE

• A type of heart-rhythm synchronization can occur in interactions between people and their pets

• This also happens when you are with other people who have high levels of spiritual energy

• The top of the graph shows the dog’s (Mabel) heart rhythm shift when the boy (Josh, shown in the lower part of the graph) entered the room, sat down and proceeded to consciously experience feelings of love towards Mabel.

• There was no physical contact between them.
A Boy and His Dog

Heart Rhythms

Mabel (The Dog)
- Heart Rate (BPM)
- Josh and Mabel in separate rooms
- Josh enters room and loves Mabel
- Josh leaves room, Mabel wants Josh to stay

Josh (The Boy)
- Heart Rate (BPM)
- Josh enters room, loves Mabel
- Josh leaves room, Mabel wants Josh to stay
Electromagnetic Field of the Heart

Our thoughts and emotions affect the heart’s magnetic field, which energetically affects those in our environment whether or not we are conscious of it.
A SIMPLE PLAN FOR SELF-CARE

• COMPOSE A SIMPLE PLAN FOR SELF-CARE
  – HOW I WILL ENHANCE MY AWARENESS
    1. ____________________________________________________________
    2. ____________________________________________________________
    3. ____________________________________________________________
  – HOW I WILL CREATE BETTER BALANCE
    1. ____________________________________________________________
    2. ____________________________________________________________
    3. ____________________________________________________________
  – HOW I WILL CREATE BETTER CONNECTION
    1. ____________________________________________________________
    2. ____________________________________________________________
    3. ____________________________________________________________
COMPASSION FATIGUE

- **REMOVING THE ROOT CAUSE**
  - Implement self-care (*awareness, balance and connection*) strategies
  - Adult attachment patterns and the ego’s unconscious programs are *implicit* and drive our relationship to others, as well as, to ourselves
  - Assess your patterns thus bringing it into conscious awareness while understanding your personality reaction type-aggressive, avoidance and withdrawal, or dependency
  - Once conscious awareness is achieved, you now have a choice in regard to response
"Knowing your own darkness is the best method for dealing with the darknesses of other people."

Carl Jung
THE EGO’S UNCONSCIOUS PROGRAMS

THE EGO HAS EXPECTATIONS BASED UPON OLD UNCONSCIOUS PROGRAMS FOR HAPPINESS

WHEN THESE EXPECTATIONS ARE NOT MET WE SUFFER AND OFTEN SO DO THOSE AROUND US

WE BLAME PEOPLE, PLACES AND THINGS FOR OUR SUFFERING AND BECOME VICTIMS (“SHOULD”, “COULD HAVE” AND “OUGHT TO”)
THE EGO’S UNCONSCIOUS PROGRAMS

THESE UNCONSCIOUS PROGRAMS ARE FULLY IN PLACE BY AGE 12

THEY START OUT AS “NEEDS” AND GROW INTO “DEMANDS” FINALLY BECOMING “SHOULDS”

IF DEPRIVED OF THE MATERIAL SECURITY SYMBOLS OF THE CULTURE ONE GROWS UP IN, THESE SYMBOLS BECOME VERY ATTRACTIVE WANT TO CONTROL AND CHANGE OTHERS TO FIT OUR IMAGE OF HOW THEY SHOULD BE
BETWEEN BIRTH AND 2, **ATTACHMENT STYLES** ARE DEVELOPED.

BETWEEN AGES 2-10 THE EGO COMES INTO BEING.

**PROGRAMS FOR SURVIVAL AND WELL-BEING** ARE DEVELOPED BY THE EGO IN RESPONSE TO THE ENVIRONMENT.

THESE PROGRAMS ARE UNCONSCIOUS AND DETERMINE HOW WE DEAL WITH STRESSFUL SITUATIONS THROUGHOUT OUR LIVES.

**PSYCHOLOGISTS DETERMINED** THAT APPROXIMATELY 90% OF OUR THOUGHTS, FEELINGS AND BEHAVIOR ARE DRIVEN BY THESE PROGRAMS AND STYLES.
THE EGO’S UNCONSCIOUS PROGRAMS

HEINZ KOHUT

THE GRANDIOSE SELF (EGO) IS FORMED BY INTERNALIZING “ALL GOOD” AND EXTERNALIZING “ALL BAD” EXPERIENCES
THE EGO’S UNCONSCIOUS PROGRAMS

EMOTION, ESPECIALLY NEGATIVE EMOTION ARE “TOOLS” OF THE EGO

THE EGO LOVES BEING THE “VICTIM”

REJECTION

\[
\begin{align*}
\text{EGO} & \quad \rightarrow \quad \text{ANGER, PREJUDICE, ETC.} \\
\end{align*}
\]

SECONDARY GAIN

\[
\begin{align*}
\text{RESENTMENT} & \quad \leftarrow \quad \text{SECONDARY GAIN} \\
\end{align*}
\]
THE EGO’S UNCONSCIOUS PROGRAMS

• EGO...
  – Resistant to letting go of negative programs despite suffering
  – Source of resistance is the secondary payoff the ego gets from negativity
  – Ego derives pleasure from resentments, blame, self-pity, getting even, being the victim, feeling guilty etc.
THE EGO’S UNCONSCIOUS PROGRAMS

• Pride, shame, and guilt all activate similar neural circuits, including the dorsomedial prefrontal cortex, amygdala, insula and the nucleus accumbens. Interestingly, pride is the most powerful of these emotions at triggering activity in these regions — except in the nucleus accumbens, where guilt and shame win out. This explains why it can be so appealing to heap guilt and shame on ourselves — they’re activating the brain’s reward center.
THE EGO’S UNCONSCIOUS PROGRAMS

• “Burnout” or compassion fatigue can be caused by mismatch between unconscious programs and job demands.

• These programs are fear based

• For Example…Implicit motives
  –POWER MOTIVE
    –Need to take responsibility for others, maintain discipline and engage in arguments or negotiations in order to feel strong and effective (power and control). Often sets strict limits
  –AFFILIATIVE MOTIVE
    –Need for positive personal relations in order to feel trust, warmth and belonging. Want coworkers and clients to be friends (affection and esteem). Often sets loose limits
THE EGO’S UNCONSCIOUS PROGRAMS

• WAYS OF EXPRESSING UNCONSCIOUS PROGRAMMING
  – Materialistic
    – Workaholism
    – Material possessiveness (wealth, money, property)
  – Emotional
    – People pleasing
    – Sexual misconduct
    – Negative emotional exchanges
THE EGO’S UNCONSCIOUS PROGRAMS

• WAYS OF EXPRESSING UNCONSCIOUS PROGRAMMING
  – *Intellectual*
    – Academic excellence
    – Need to always be right
    – Uses intellect to directly or indirectly put other down
    – Opinions and positionalities
  – *Social*
    – Status
    – Authoritarianism
    – Racism (prejudice)
    – Nationalism

• Nonverbal (80-90% of communication)
EVERYTHING THAT IRRITATES US ABOUT OTHERS CAN LEAD US TO AN UNDERSTANDING OF OURSELVES.

CARL JUNG
THE EGO’S UNCONSCIOUS PROGRAMS
THE EGO’S UNCONSCIOUS PROGRAMS

• SECURITY AND SURVIVAL
• AFFECTION AND ESTEEM
• POWER AND CONTROL
THE EGOS UNCONSCIOUS PROGRAMS

• SECURITY AND SURVIVAL
  - Consistency gives a child a feeling of security
  - Caregivers must be *fair, consistent and available*
  - Few feel secure when there are conflicts occurring around them. Few can relax inwardly when others around them are shouting, accusing, criticizing and hating each other
  - *Children cannot feel secure if their parents do not feel secure.* If caregivers are constantly worrying and have anxiety about money, health and the future, their children will automatically be programmed to feel insecure about these aspects of life. This insecurity will remain with them and they will waste large portions of time, energy and thought trying in vain to find “security” by controlling these external circumstances.
THE EGO’S UNCONSCIOUS PROGRAMS

• SECURITY AND SURVIVAL
  – *Fear of Aloneness and Disconnection*
  – Looking for someone or something that makes one feel protected or secure
    • RELATIONSHIP
    • EMPLOYMENT
  – Fear of abandonment, loss or death
  – “Fundamental Aloneness”- how to be at home with ourselves
    – Affairs-often to avoid aloneness
  – Regular pay check and retirement plan as opposed to career risk taking
“Suddenly I realized what the matter was. My basic flaw had always been dependence—almost absolute dependence—on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionistic dreams and specifications, I had fought for them. And when defeat came so did my depression.”
THE EGO’S UNCONSCIOUS PROGRAMS

• AFFECTION AND ESTEEM

— *Basic Fear of Unworthiness*
  — Creates a narcissistic grandiosity
  — Live by comparison and contrast
  — “I’ll never measure up”
— Generally feel inadequate and unworthy
  — “No matter what I do…”
— Leads to forcefully proving ourselves
  — *Self-critical and perfectionistic*
THE EGO’S UNCONSCIOUS PROGRAMS

• AFFECTION AND ESTEEM

– Or giving up
– Both means reinforce the basic fear of unworthiness
– Merciless self-judgment
  – Example-Fear of public speaking triggers dread and shame of public failure and humiliation
  – This threatens our projected self-image of who we are supposed to be and confirms our negative belief of unworthiness
  – “Fear of failure feels fatal”
THE EGO’S UNCONSCIOUS PROGRAMS

• AFFECTION AND ESTEEM
  – Always looking for someone or something to make one feel good about themselves
  – Join an organization or do volunteer work as a way to seek appreciation or to be seen as a “good person”
  – Always telling others the good things we have done looking for admiration
THE EGO’S UNCONSCIOUS PROGRAMS

- **AFFECTION AND ESTEEM**
  - *The need to be needed, thus a bondage to YES*
  - Try to squeeze it all in because we cannot say NO
  - This over commitment makes us angry
    - *Anger toward myself for overcommitting after I tell myself will not do this again*
    - *Angry that I have to say YES to be accepted and appreciated*
    - *Angry that I have no life of my own*
  - Leads to violence toward self (negative self talk)
    - Dread of being accused of being selfish or lacking in concern
THE EGO’S UNCONSCIOUS PROGRAMS

• POWER AND CONTROL
  – Fear of Losing Safety and Control
  – Similar to Generalized Anxiety Disorder-if I don’t control this person, place or thing, something bad will happen
  – These individuals tend to be very linear and rational and when you speak to them about nonlinear realities they often respond..
    – “I already know all of that” or
    – “It doesn’t matter anyway”
THE EGO’S UNCONSCIOUS PROGRAMS

• POWER AND CONTROL
  – Want to dictate what is going to happen in every situation
  – Cannot be happy unless one is in control
  – Need to be in charge because “I Know Best”
  – When frustrated one experiences anger, despair, grief, etc.
  – PROJECT PROBLEM ONTO ANOTHER
  – PUTS ONE IN COMPETITION WITH MILLIONS OF OTHERS
THE EGO’S UNCONSCIOUS PROGRAMS

• POWER AND CONTROL
  – Triggered by any sign of danger and insecurity (real or perceived)
    – Limbic response
  – Often have imaginary fears about losing control
    – Be criticized
  – What I am doing is wrong
THE EGO’S UNCONSCIOUS PROGRAMS

BEING A LUNATIC

“I WANT TO RUN YOUR LIFE FOR YOU; I WANT TO TELL YOU EXACTLY HOW YOU’RE SUPPOSED TO BE AND HOW YOU’RE EXPECTED TO BEHAVE, AND YOU’D BETTER BEHAVE AS I HAVE DECIDED OR I SHALL PUNISH MYSELF BY HAVING NEGATIVE FEELINGS.”

DE MELLO, ANTHONY. “AWARENESS”. IMAGE BOOKS, NEW YORK, PG.91.
THE EGO’S UNCONSCIOUS PROGRAMS

ALTHOUGH YOU CAN HAVE MORE THAN ONE UNCONSCIOUS PROGRAM, PICK OUT THE ONE YOU FEEL BEST DESCRIBES YOU

___________________________________

LIST THREE REASONS WHY YOU PICKED THIS PROGRAM

1. ____________________________________

2. ____________________________________

3. ____________________________________
FREEDOM IS A STATE OF MIND NOT A SOCIAL CONSTRUCT
TEMPERAMENT AND REACTION TYPE

• An individual's personality (honored by the interaction of temperament and environment) will give further evidence of how a person will react especially under stressful conditions.

• Degree of neuroticism must be considered - (see APPENDIX FOUR)

• THREE REACTION TYPES
  – Avoidance and Withdrawal - Tendency toward passivity and will swallow the hurt or avoid the situation entirely.
  – Aggression - Tendency to fight back, put others down or aggression toward self.
  – Dependency - Tendency to rely on a strong attachment figure in the environment.
TEMPERAMENT AND REACTION TYPE

THE TEMPERAMENT AND REACTION TYPE (SEE PREVIOUS SLIDE) THAT BEST DESCRIBES ME IS........
ATTACHMENT-EARLY ATTACHMENT PATTERNS

• Young children need to develop a relationship with at least one primary caregiver in order for their social and emotional development to occur normally.

• During the first two years, how the parents or caregivers respond to their infants establishes the types of patterns of attachment their children form. *These patterns will go on to guide the child’s feelings, thoughts and expectations as an adult in future relationships.*
ATTACHMENT-EARLY ATTACHMENT PATTERNS

• SECURE ATTACHMENT (65%)
• AVOIDANT ATTACHMENT (20%)
• AMBIVALENT/ANXIOUS ATTACHMENT (10-15%)
• DISORGANIZED ATTACHMENT (10-15%)
## ATTACHMENT-EARLY ATTACHMENT PATTERNS

<table>
<thead>
<tr>
<th>Attachment Style</th>
<th>Parental Style</th>
<th>Resulting Adult Characteristics</th>
</tr>
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<tbody>
<tr>
<td>Secure</td>
<td>Aligned with the child; in tune with the child’s emotions</td>
<td>Able to create meaningful relationships; empathetic; able to set appropriate boundaries</td>
</tr>
<tr>
<td>Avoidant</td>
<td>Unavailable or rejecting</td>
<td>Avoids closeness or emotional connection; distant; critical; rigid; intolerant</td>
</tr>
<tr>
<td>Ambivalent</td>
<td>Inconsistent and sometimes intrusive parent communication</td>
<td>Anxious and insecure; controlling; blaming; erratic; unpredictable; sometimes charming</td>
</tr>
<tr>
<td>Disorganized</td>
<td>Ignored or didn’t see child’s needs; parental behavior was frightening/traumatizing</td>
<td>Chaotic; insensitive; explosive; abusive; untrusting even while craving security</td>
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<tr>
<td>Reactive</td>
<td>Extremely unattached or malfunctioning</td>
<td>Cannot establish positive relationships; often misdiagnosed</td>
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For more information, visit: [www.helpguide.org/mental/eqa_attachment_bond.htm](http://www.helpguide.org/mental/eqa_attachment_bond.htm)
ATTACHMENT-EARLY ATTACHMENT PATTERNS

REVIEW THE CHART ON THE PREVIOUS SLIDE AND TO THE BEST OF YOUR ABILITY PICK OUT THE EARLY ATTACHMENT PATTERNS THAT BEST DESCRIBES THE INTERACTION BETWEEN YOU—AS A SMALL CHILD—AND YOUR PARENTS.

MY EARLY ATTACHMENT STYLE WAS ______________
ADULT ATTACHMENT STYLES

• SECURE PERSONALITY
• DISMISSIVE PERSONALITY
• PREOCCUPIED PERSONALITY
• FEAR-AVOIDANT PERSONALITY
ADULT ATTACHMENT STYLES

OUR ATTACHMENT STYLE GIVES AN INDICATION OF HOW OUR INTERPERSONAL DYNAMICS MIGHT EXPRESS THEMSELVES
## ADULT ATTACHMENT STYLES

### Attachment Styles

<table>
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<th>Avoidance</th>
<th>Low</th>
<th>High</th>
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<tr>
<td><strong>Low</strong></td>
<td>Secure</td>
<td>High</td>
</tr>
<tr>
<td></td>
<td>- happy</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- empathetic and responsive</td>
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<td></td>
<td>- accepted</td>
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<td></td>
<td>- able to be vulnerable</td>
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<tr>
<td><strong>Dismissing</strong></td>
<td>- independent</td>
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<tr>
<td></td>
<td>- does not show emotions readily</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- high view of self and lower view of others</td>
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| **High** | Preoccupied | 
|          | - overly concerned about others’ thoughts and views | 
|          | - clingy | 
|          | - seek validation and approval | 

<table>
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<tr>
<th>Fearful</th>
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<tbody>
<tr>
<td>- dependent</td>
</tr>
<tr>
<td>- sees self as helpless</td>
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<tr>
<td>- wants closeness but scared of it</td>
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<tr>
<td>- expects to be hurt</td>
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</table>
ADULT ATTACHMENT STYLES

• People who formed secure attachments in childhood have *secure* attachment patterns in adulthood. They have a strong sense of themselves and they desire close associations with others. They basically have a positive view of themselves, their partners and their relationships. *Their lives are balanced:* they are both secure in their independence and in their close relationships.
ADULT ATTACHMENT STYLES

• SECURE
  – Have a positive view of self and of others
  – Strong sense of self-worth and view others as worthy of trust
  – Balance makes them comfortable with intimacy and independence
  – Able to create meaningful, constructive relationships
  – Able to set appropriate boundaries
  – Empathetic and emotionally intelligent
  – Belief that things will work out
  – High level of commitment
ADULT ATTACHMENT STYLES

• People who grew up with disorganized attachments often develop fearful-avoidant patterns of attachment. As children, they detached from their feelings during times of trauma. As adults, they continue to be somewhat detached from themselves. They desire relationships and are comfortable in them until they develop emotional closeness. At this point, the feelings that were repressed in childhood begin to resurface and, with no awareness of them being from the past, they are experienced in the present. The person is no longer in life today but rather, is suddenly re-living an old trauma. These people’s lives are not balanced: they do not have a coherent sense of themselves nor do they have a clear connection with others.
ADULT ATTACHMENT STYLES

• FEARFUL-AVOIDANT
  – From childhood disorganized attachment style
  – A negative view of self (low self-confidence)
  – A negative view of others
  – A desire to be connected with others paired with a very strong hesitation
  – Fear of rejection
  – Fear of abandonment
  – A sense of not being good enough or worthy
  – Fears are so predominant they want to withdraw or avoid relationships
ADULT ATTACHMENT STYLES

• FEARFUL-AVOIDANT
  – Difficulty trusting others
  – Take a very long time to get into a relationship, but tend to be dependent once it begins
  – Often try to avoid conflict
  – Hesitant and reserved in how much they share about themselves and their feelings
  – Tend to be passive in relationships
  – Have a very hard time breaking off relationships due to fear of not finding another partner
  – Confused with no plans as to how to get their needs met
ADULT ATTACHMENT STYLES

- Those who had avoidant attachments in childhood most likely have *dismissive* attachment patterns as adults. *These people tend to be loners; they regard relationships and emotions as being relatively unimportant.* They are cerebral and suppress their feelings. *Their typical response to conflict and stressful situations is to avoid them by distancing themselves.* *These people’s lives are not balanced. They are inward and isolated, and emotionally removed from themselves and others.*
ADULT ATTACHMENT STYLES

• DISMISSIVE (DISENGAGED)
  – From childhood avoidant attachment style
  – Parents not able to provide consistent and reliable emotional support
  – Often praised for competence (may lead to cheating)
  – Tend toward workaholism
  – Learned how to shut down their need for comfort
  – High levels of self-worth with low levels of trust for others
  – I am OK but you are not OK
  – See the negative aspects of attachment figure (significant other, supervisor, manager, etc.)
ADULT ATTACHMENT STYLES

• DISMISSIVE (DISENGAGED)
  – Minimal intimacy-related behaviors with distancing from their romantic partner
  – Low levels of disclosure
  – Distant, critical, rigid and intolerant
  – Loners who don’t believe relationships and emotions are very important
  – Unconsciously believe their needs will not be met
  – Cerebral and suppress feelings
  – Generally avoid conflict
  – Often focuses on small imperfections in the other (talk, dress, what they eat, etc.)
ADULT ATTACHMENT STYLES

• DISMISSIVE (DISENGAGED)
  – Can check out mentally when someone wants to speak with them (dissociative)
  – Protects themselves against disappointment by avoiding close relationships and maintaining a sense of independence and invulnerability
  – Perfectionistic (see APPENDIX THREE-PERFECTIONISM, OTHER ORIENTED)
  – Fear of rejection and will often reject those they feel more vulnerable to
  – Must look at underlying feelings of insecurity, rejection, unworthiness before they can be available to themselves
ADULT ATTACHMENT STYLES

• Children who have an ambivalent/anxious attachment often grow up to have preoccupied attachment patterns. As adults, they are self-critical and insecure. They seek approval and reassurance from others, yet this never relieves their self-doubt. In their relationships, deep-seated feelings that they are going to be rejected make them worried and not trusting. This drives them to act clingy and overly dependent. These people’s lives are not balanced: their insecurity leaves them turned against themselves and emotionally desperate in their relationships.
ADULT ATTACHMENT STYLES

• PREOCCUPIED
  – Ambivalent/anxious childhood attachment style
  – Parents inconsistent-sometimes sensitive sometimes neglectful
  – Cannot rely on his/her needs being met
  – Do not trust others
  – Anxious, insecure and angry
  – Controlling, critical, rigid and intolerant
  – Preoccupied with how others perceive them
ADULT ATTACHMENT STYLES

• PREOCCUPIED
  – Constant need for approval and intimacy often pushes other people away—often seen as “clingy”
  – Can be self-critical and insecure
  – Can be very impulsive
  – Blaming, erratic, unpredictable and sometimes charming
  – Want to be rescued and all their problems solved
  – Can be demanding and possessive or insecure, desperate and needy
AFTER REVIEWING THE PREVIOUS SLIDES, MY ADULT ATTACHMENT STYLE IS ________________________________
COMPASSION FATIGUE

EGO’S UNCONSCIOUS PROGRAM(S)

PLUS

ADULT ATTACHMENT STYLE

PLUS

PERSONALITY REACTION TYPE

EQUALS

INSIGHT INTO SELF-DEFEATING STRESS RESPONSE
MY PERSONAL PROFILE
MY EGO’S UNCONSCIOUS PROGRAM(S)
MY ADULT ATTACHMENT STYLE
MY PERSONALITY REACTION TYPE
**COMPASSION FATIGUE-EXAMPLE**

<table>
<thead>
<tr>
<th>EARLY ATTACHMENT STYLE:</th>
<th>ADULT ATTACHMENT STYLE:</th>
<th>UNCONSCIOUS PROGRAM(S):</th>
<th>SELF-DEFEATING STRESS RESPONSE:</th>
</tr>
</thead>
<tbody>
<tr>
<td>AVOIDANT</td>
<td>DISMISSIVE</td>
<td>AFFECTION AND ESTEEM</td>
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**UNAVAILABLE AND REJECTING PARENTAL STYLE**

- LONERS
- AVOID CONFLICT
- POOR AT RELATIONSHIPS
- DIFFICULTY WITH EMOTIONS

**FEAR OF UNWORTHINESS**

- SEeks APPRECIATION AND APPROVAL
- LOOKING FOR SOMEONE OR SOMETHING TO MAKE ONE FEEL GOOD ABOUT HIM/HERSELF
- THE NEED TO BE NEEDED (YES PERSON)
- OVERCOMMITTED
- SELF-CRITICAL AND PERFECTIONISTIC

- KEEPS IT ALL UNDER WRAP (STEAM KETTLE)
- NOT OUTWARDLY EMOTIONAL BUT CAN HAVE AN OUTBURST
- MAY LATCH ON TO SOMEONE THEY SEE AS IMPORTANT AND POSSIBLY HELPFUL TO THEM IN THEIR CAREER
- BEATS SELF UP UNMERCIFULLY AS CAN NEVER BE PERFECT
- CAN BE A WORKAHOLIC
<table>
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<tr>
<th>EARLY ATTACHMENT STYLE:</th>
<th>ADULT ATTACHMENT STYLE:</th>
<th>UNCONSCIOUS PROGRAM(S):</th>
<th>SELF-DEFEATING STRESS RESPONSE:</th>
</tr>
</thead>
<tbody>
<tr>
<td>AMBITALENT</td>
<td>PREOCCUPIED</td>
<td>POWER AND CONTROL</td>
<td></td>
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</tbody>
</table>

- Inconsistent and sometimes intrusive parental style
  - Self-critical and insecure
  - Can be impulsive
  - Blaming, erratic, unpredictable and sometimes charming
  - Can be demanding, possessive, insecure, despairate and needy

- Fear of losing safety and control
  - Like an anxiety disorder, if I don’t control something bad will happen
  - Very linear and rational (cannot deal with nonlinear)
  - Triggered by real or perceived insecurity
  - Imaginary fears of losing control
  - Imagine others are criticizing them

- When not feeling in control-
  - Frustrated, angry, despair and insecure
  - May project problems onto others
  - “I know best” attitude
  - Anxious
  - Do not trust
  - Rigid, critical and intolerant
  - Manipulative and conniving
# COMPASSION FATIGUE-EXAMPLE

<table>
<thead>
<tr>
<th>EARLY ATTACHMENT STYLE:</th>
<th>ADULT ATTACHMENT STYLE:</th>
<th>UNCONSCIOUS PROGRAM(S):</th>
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</thead>
<tbody>
<tr>
<td>DISORGANIZED</td>
<td>FEARFUL-AVOIDANT</td>
<td>SECURITY AND SURVIVAL</td>
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</table>

- IGNORED OR DIDN’T SEE CHILD’S NEEDS
- TRAUMATIZING AND FRIGHTENING

- NEGATIVE VIEW OF SELF
- LOW SELF-CONFIDENCE
- NEGATIVE VIEW OF OTHERS
- FEAR OF REJECTION
- DIFFICULTY WITH TRUST
- CONFUSED

- FEAR OF ALONENESS AND DISCONNECTION
- FEAR OF ABANDONMENT
- HAVE DIFFICULTY BEING ALONE AND MAY HAVE AN AFFAIR TO AVOID LONELINESS
- NEGATIVE VIEWPOINT AND SEE THE WORST IN EVERYTHING AND EVERYONE

- LOOKING FOR SOMETHING OR SOMEONE TO MAKE THEM FEEL SECURE IN RELATIONSHIPS AND EMPLOYMENT (MAY IDEALIZE SUPERVISOR)
- “SPLITTING” - INTENSE ANGER AND HOSTILITY UNDER STRESS-
- BORDERLINE TRAITS
- PROJECTION
- IMPULSIVE AND SELF-DESTRUCTIVE
SELF-DEFEATING STRESS RESPONSE

Utilizing the previous three slides as examples and considering my personal profile (my ego’s unconscious program(s), my adult attachment style and my personality reaction type) list and/or describe your personal stress responses that can be self-defeating and lead to compassion fatigue.
SELF-DEFEATING STRESS RESPONSE

CONTINUED....

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________
SUMMARY

• YOUR UNCONSCIOUS SELF-DEFEATING CHARACTERISTICS ARE NOW MANIFESTED IN YOUR CONSCIOUS AWARENESS

• CONGRATULATIONS! YOU NOW HAVE FREEDOM TO CHOOSE YOUR RESPONSES

• WITH ALL YOU HAVE LEARNED ABOUT YOUR SELF, NOW LET’S AMEND YOUR SIMPLE PLAN FOR SELF-CARE (AWARENESS, BALANCE AND CONNECTION)
SUMMARY

MY AWARENESS OF MY POTENTIAL SELF-DEFEATING DYNAMICS CAN BE SUMMARIZED AS follows:

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________
SUMMARY
I WILL INCREASE THE BALANCE IN MY LIFE BY IMPLEMENTING THE FOLLOWING:

1. ______________________________________________________
   ______________________________________________________

2. ______________________________________________________
   ______________________________________________________

3. ______________________________________________________
   ______________________________________________________

4. ______________________________________________________
   ______________________________________________________
SUMMARY
I WILL IMPROVE MY CONNECTION TO LIFE (THIS CAN BE TO PEOPLE, PLACES AND THINGS SUCH AS BEAUTY AND NATURE) BY IMPLEMENTING THE FOLLOWING:

1. ___________________________________________
2. ___________________________________________
3. ___________________________________________
4. ___________________________________________
5. ___________________________________________
People were created to be loved.
Things were created to be used.
The reason why the world is in chaos is because things are being loved and people are being used.
APPENDIX

• APPENDIX ONE
  – COMPASSION FATIGUE SELF-TESTS

• APPENDIX TWO
  – MANAGING NEGATIVE FEELING STATES

• APPENDIX THREE
  – PERFECTIONISM

• APPENDIX FOUR
  – NEUROTICISM
COMPASSION FATIGUE SELF-TESTS

• COMPASSION FATIGUE SELF-TESTS CAN BE FOUND AT THE FOLLOWING SITES:
  – http://www.ptsdsupport.net/compassion_fatigue-selftest.html
MANAGING NEGATIVE FEELING STATES

• **TWO MINUTES OF SILENCE**
  – The auditory cortex has a separate network of neurons that fires when silence begins
  – Two hours of silence per day prompted cell development in the hippocampus
  – Silence helps newly generated cells to differentiate into neurons and integrate into the system
  – Creates a state of “environmental enrichment”
  – Two minutes of silence allows the “default mode”-situated in the prefrontal cortex- to activate
MANAGING NEGATIVE FEELING STATES

• **TWO MINUTES OF SILENCE**
  – The “default mode” gathers and evaluates information. Focused attention curtails this scanning activity.
  – It is observed most closely during the psychological task of reflecting on one’s personality and characteristics (self-reflection).

Gross, DA. “This is Your Brain on Silence.” *Brain in the News*. September 2016, pgs. 5-6.
MANAGING NEGATIVE FEELING STATES

• **DANCE**
  – By yourself put on music that makes you feel like moving
  – Let your body lead
  – When you start to tire gradually slow down
  – Take two minutes in silence to appreciate the changes that have occurred in your brain’s emotional system

• **BREATHING FROM YOUR HEART** (HEARTMATH)
  – Focus on the area of your chest that houses your heart
  – Breath in and out from the heart
MANAGING NEGATIVE FEELING STATES

• BREATHING FROM YOUR HEART (HEARTMATH)
  – The breathes should be a little deeper than usual
    – 5-6 seconds on the in-breath and 5-6 seconds on the out-breath
  – Appreciate the differences in your feeling state
  – APPRECIATION BREATHE
    – 2-3 times per day
  – Bring into your mind something or someone you appreciate
MANAGING NEGATIVE FEELING STATES

• **APPROCIATION BREATHE**
  – Might consider using a nice note or email from a friend that you carry with you
  – Could be a prayer or Bible verse
  – Discern the changes you experience as you read or recall the positive experience

• **BE OF SERVICE**
  – “I’VE LEARNED THAT PEOPLE WILL FORGET WHAT YOU SAID, PEOPLE WILL FORGET WHAT YOU DID, BUT PEOPLE WILL NOT FORGET HOW YOU MAKE THEM FEEL.” Maya Angelou
MANAGING NEGATIVE FEELING STATES

• **BE OF SERVICE**
  – Focus on you environment
  – Remember everything is God
  – Kindly act to be of service to people, places and things
  – Notice how you feelings change as you direct love outward
  – The more you give of yourself the more we are filled with Love (kenosis, the Trinity)
MANAGING NEGATIVE FEELING STATES

• LETTING GO
  – *Letting go is a mechanism of the mind and causes a sense of relief and lightness*
  – *Example:* I was with a friend and we were talking about all of the problems we had to deal with on a work project. We both broke out in laughter. The problems still existed but they were no longer our problems (i.e. some deficit in us)
  – *Technique:* Letting go consciously and frequently at will
  – *NO LONGER THE VICTIM*
MANAGING NEGATIVE FEELING STATES

• WELCOMING PRAYER
  – Become aware of a feeling (sensation) without labeling the sensation, venting, resisting, moralizing and judging
  – Ignore all thoughts as they are just excuses and get us nowhere
  – Let the sensation in and just stay with it
  – Let it run its course without trying to make it different; just let the energy run out
MANAGING NEGATIVE FEELING STATES

• WELCOMING PRAYER

• If stay with anger, hatred, resentments and self-pity...
  – All have secondary gains (*THE VICTIM*)
  – It is our ego-mean, competitive, cheap, mistrusting, vindictive, judgmental, guilty, ashamed, vain (little energy) and resentful
MANAGING NEGATIVE FEELING STATES

• FORGIVENESS
  – Giving up any thought of revenge or harm even when it might be justified
  – Learning to make peace when you didn’t get something you want in life
  – Other ways of dealing with life when you didn’t get something you wanted in life

Adapted from work of Dr. Fred Luskin
MANAGING NEGATIVE FEELING STATES

- FORGIVENESS reduces anger, hurt, depression, and stress and leads to greater feelings of optimism, hope, compassion and self-confidence
  - Forgiveness is not reconciliation. You do not have to rejoin the relationship. It is not the same as justice.
  - We live in a world where people hold on to their grudges
  - The brain has a negative bias
  - We are not taught how to forgive
MANAGING NEGATIVE FEELING STATES

• FORGIVENESS When we do not forgive we give our power away
  – When people cannot forgive they become more hopeless and feel less able to cope with life
  – When we discover there is some power within us that can handle the situation
  – This empowers us emotionally and physically
MANAGING NEGATIVE FEELING STATES

• STEPS TO FORGIVENESS

1. Know exactly how you feel about what happened and be able to articulate what about the situation is not OK. Then tell a trusted couple of people about your experience.

2. Make a commitment to yourself to do what you have to do to feel better. Forgiveness is for you and not for anyone else.
MANAGING NEGATIVE FEELING STATES

3. Forgiveness does not necessarily mean reconciliation or condoning another's actions. What we want is peace.
4. Get the right perspective on what is happening. Recognize that your primary distress is coming from the hurt feelings, thoughts and physical upset you are suffering now, not what hurt or offended you in the past.
5. At the moment you feel upset practice a simple stress management technique to soothe the fight or flight response.
6. Give up expecting things from other people or your life that they do not choose to give you.
MANAGING NEGATIVE FEELING STATES

7. Put your energy into looking for other ways to get your positive goals met than through the experience that hurt you. Instead of replaying your hurt seek out new ways to get what you want.

8. Remember that a life well-lived is your best revenge. Look for the love, beauty and kindness surrounding you. Forgiveness is about personal power.

9. Amend your grievance story to remind you of the heroic choice to forgive.
MEDITATION AND YOGA

—Review focused on three techniques:
  —Zen meditation, a Buddhist spiritual practice that involves the practice of developing mindfulness by meditation, typically focusing on awareness of breathing patterns.
  —Mindfulness-based stress reduction (MBSR), a secular method of using Buddhist mindfulness, combining meditation with elements of yoga and education about stress and coping strategies.
  —Mindfulness-based cognitive therapy (MBCT), which combines MBSR with principles of cognitive therapy (for example, recognizing and disengaging from negative thoughts) to prevent relapse of depression.
MEDITATION AND YOGA

- **MBSR and MBCT** have "broad-spectrum" effects against depression *and anxiety* and can also decrease general psychological distress. Based on the evidence, MBCT can be "strongly recommended" as an addition to conventional treatments (adjunctive treatment) for unipolar depression. Both MBSR and MBCT were effective adjunctive treatments for anxiety.

MANAGING NEGATIVE FEELING STATES

• An hour of meditation training can dramatically reduce both the experience of pain and pain-related brain activation

• About a 40 percent reduction in pain intensity and a 57 percent reduction in pain unpleasantness. Meditation produced a greater reduction in pain than even morphine or other pain-relieving drugs, which typically reduce pain ratings by about 25 percent."
MANAGING NEGATIVE FEELING STATES

• Meditation significantly reduced brain activity in the primary somatosensory cortex, an area that is crucially involved in creating the feeling of where and how intense a painful stimulus is.

• Meditation increased brain activity in areas including the anterior cingulate cortex, anterior insula and the orbitofrontal cortex—areas that shape how the brain builds an experience of pain.

MANAGING NEGATIVE FEELING STATES

• A single, 20-minute session of Hatha yoga significantly improved participants' speed and accuracy on tests of working memory and inhibitory control, two measures of brain function associated with the ability to maintain focus and take in, retain and use new information.

• Yoga postures that included isometric contraction and relaxation of different muscle groups and regulated breathing.

MANAGING NEGATIVE FEELING STATES

• Rehabilitation strategies coupling meditation-like practices with drug and behavior therapies are more helpful than drug-plus-talk therapy alone when helping people overcome addiction

MEDITATION AND YOGA

• Madhav Goyal, M.D., M.P.H., an assistant professor in the Division of General Internal Medicine at the Johns Hopkins University School of Medicine and leader of a study published online Jan. 6 in *JAMA Internal Medicine*. "But in our study, meditation appeared to provide as much relief from some anxiety and depression symptoms as what other studies have found from antidepressants."

• These patients did not typically have full-blown anxiety or depression.
MEDITATION AND YOGA

- They found moderate evidence of improvement in symptoms of anxiety, depression and pain after participants underwent what was typically an eight-week training program in mindfulness meditation. They discovered low evidence of improvement in stress and quality of life. There was not enough information to determine whether other areas could be improved by meditation. In the studies that followed participants for six months, the improvements typically continued.

- They also found no harm came from meditation.

MINDFULNESS AND YOGA

• Mindfulness training, a meditation-based therapy, can improve attention skills in incarcerated youth, paving the way to greater self-control over emotions and actions. It is the first study to show that mindfulness training can be used in combination with cognitive behavioral therapy to protect attentional functioning in high-risk incarcerated youth.

• "Mindfulness meditation can be seen as involving two components: self-regulation of attention and non-judgmental awareness"
MINDFULNESS AND YOGALs

• 267 incarcerated males, ages 16 to 18, over a 4-month period. The researchers found that participation in an intervention that combined cognitive behavioral therapy with mindfulness training (or "CBT/MT"), called Power Source, had a protective effect on youths' attentional capacity.

• The CBT/MT approach responds to the significant childhood psychosocial hardships that most incarcerated youths have experienced, including exposure to violence, poverty, and physical and emotional abuse by caregivers.
MINDFULNESS AND YOGA

• These experiences impair cognitive control processes, such as attention regulation, which is vital for the self-regulation of feelings and actions. The antisocial behavior prevalent among youthful offenders is the result of an ongoing interplay between this psychosocial adversity and deficits in cognitive control processes, particularly attention."

• Improving attention can lead to better self-control

MANAGING NEGATIVE FEELING STATES

• BUDDHIST MEDITATION

– What does neuroimaging enable scientists to understand regarding the three major forms of Buddhist meditation?

– The three forms:
  – FOCUSED ATTENTION
  – MINDFULNESS
  – COMPASSION AND LOVING KINDNESS

MANAGING NEGATIVE FEELING STATES

• Open monitoring meditation as participants to take note of every sight or sound and track internal body sensations and inner self-talk

• Stay aware of what is happening without becoming preoccupied with any single, thought, sensation, etc. (nonreactive awareness)

• As one’s surroundings grows, normal daily irritants become less disruptive and a sense of well-being pervasive
MANAGING NEGATIVE FEELING STATES

• MINDFULNESS
  – Compared with novices, expert meditators were able to diminish anxiety-related areas such as the insular cortex and the amygdala preceding a painful stimulus.
  – Meditation training increases one’s ability to better control and buffer basic physiological responses-inflammation or levels of cortisol-to socially stressful tasks like public speaking.
MANAGING NEGATIVE FEELING STATES

• COMPASSION AND LOVING KINDNESS
  – Being aware of someone else’s needs and experiencing a sincere, compassionate desire to help that person or alleviate the suffering of others
  – Ability to experience the others feelings along with a desire to help someone without concern for personal benefit
MANAGING NEGATIVE FEELING STATES

• COMPASSION AND LOVING KINDNESS
  – The meditator focuses on an unconditional feeling of benevolence and love for others accompanied by a silent repetition of a phrase conveying intent
  – Causes increase in secondary somatosensory and insular cortices known to be involved in empathic responses without becoming overwhelmed emotionally
MANAGING NEGATIVE FEELING STATES

• COMPASSION AND LOVING KINDNESS
  – Activity also in the temporoparietal junction, the superior temporal sulcus and medial prefrontal cortex all of which are activated when we put ourselves into another's place
  – May be helpful in reducing compassion fatigue
  – Compassion and altruistic love are associated with positive emotions and “burnout” is an empathy “fatigue”
MANAGING NEGATIVE FEELING STATES

• MINDFULNESS

When an individual experiences stress, activity in the prefrontal cortex -- responsible for conscious thinking and planning -- decreases, while activity in the amygdala, hypothalamus and anterior cingulate cortex -- regions that quickly activate the body's stress response -- increases. Studies have suggested that mindfulness reverses these patterns during stress; it increases prefrontal activity, which can regulate and turn down the biological stress response.

MANAGING NEGATIVE FEELING STATES

• **OTHER APPROACHES**
  – Grounding
  – Taking a walk in nature
  – Playing with dogs, cats and small children
  – Taking a shower
  – Writing in a journal
  – Listening to certain music such as classical, improvisational jazz, Tibetan Incantations, Gregorian Chant, etc.
  – Physical exercise
PERFECTIONISM

• Three Subtypes
  – *Self-oriented*
  – *Socially prescribed*
  – *Other-oriented*

• Perfectionism can be domain-specific so that some people are perfectionistic only in certain domains of life.
PERFECTIONISM

• **Self-oriented**
  – Self-critical
  – Set exceedingly high standards for themselves and try to meet them
  – The self-oriented perfectionists showed an interest in others. They preferred affiliative humor — jokes that boost positive social feelings — and shy away from mean-spirited wit. Importantly, they lacked callous or uncaring traits and also showed themselves to be less competitive in nature.
PERFECTIONISM

-Socially prescribed

-Self-critical

-Feel the high standards they wish to meet have been set by others; this type of perfectionist believes acceptance by others is conditional upon meeting such standards.

-May be self-destructive as their attempt at flawlessness is likely to mesh with neuroticism, maladaptive coping, and negativity

-Socially-prescribed perfectionists, by contrast, made self-depreciating jokes and ranked low on the scale of self-esteem and self-regard. Additionally, they tended to be unemotional and also a bit antisocial.
PERFECTIONISM

- *Other-oriented*
  - Those who want others to meet impossibly high standards — tend to be narcissistic and antisocial with a mean-spirited sense of humor.
  - They show unique positive relationships with the Dark Triad personality traits (narcissism, Machiavellianism, psychopathy) and unique negative relationships with nurturance, intimacy, and social development goals
  - Become critical when others fail to meet such expectations.
PERFECTIONISM

– *Other-oriented*

– Far more antisocial they enjoyed making jokes at the expense of others and generally displayed callousness. At the same time, they had high self-regard and a sense of superiority, and so found it difficult to fit into a wider social circle.

– A 'dark' form of perfectionism positively associated with narcissistic, antisocial, and uncaring personality characteristics

NEUROTICISM

• One of the BIG FIVE personality traits along with openness to experience, conscientiousness, extraversion and agreeableness

• Tendency to experience negative emotions such as anger, anxiety or depression

• Sometimes called “emotional instability”

• According to Eysenck’s (1967) theory of personality it denotes low tolerance for stress or aversive stimuli
NEUROTICISM

• Likely to interpret ordinary situations as threatening and minor frustrations as hopelessly difficult
• Often in a bad mood
• Connected to a pessimistic approach to work
• Diminishes the capacity to think clearly and make decisions