Division of the Mind

Parental Ambivalence
Parents both love and hate themselves and extend both reactions to their productions, i.e., their children.

Parental Nurturance
Parental Rejection, Neglect Hostility
Parental Nurturance

Self-System
Unique make-up of the individual; harmonious identification and incorporation of parent’s positive attitudes and traits; and the effect of experience and education on the maturing self-system.
Personal Goals

**Needs**
- Food
- Thirst
- Sex
- Safety

**Wants**
- Affiliation
- Achievement
- Activity

**Meaning**
- Love
- Compassion for Others
- Generosity

 affection

 for Others

 Generosity
Personal Conscience

- Moral Principles
- Ethical Behavior
- Integrity
Parental Rejection, Neglect, Hostility
Other Factors: accidents, illnesses, death anxiety

Anti-Self System
The Fantasy Bond (core defense) is a self-parenting process made up of two elements: the helpless, needy child, and the self-punishing, self-nurturing parent. Either aspect may be extended to relationships. The degree of defense is proportional to the amount of damage sustained while growing up.
<table>
<thead>
<tr>
<th>Voice Process</th>
<th>Behaviors</th>
<th>Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>3. Suicidal injunctions – suicidal ideation</td>
<td>Actions that jeopardize, such as carelessness with one’s body, physical attacks on the self, and actual suicide</td>
<td>Parents’ covert and overt aggression (identification with the aggressor).</td>
</tr>
</tbody>
</table>
# Anti–Self System

## Self- Soothing Voice Process

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<th><strong>Voice Process</strong></th>
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<tr>
<td>1a) Aggrandizing thoughts toward self.</td>
<td>Verbal build up toward self.</td>
<td>Parental build up</td>
</tr>
<tr>
<td>1b) Suspicious paranoid thoughts towards others.</td>
<td>Alienation from others, destructive behavior towards others.</td>
<td>Parental attitudes, child abuse, experienced victimization.</td>
</tr>
<tr>
<td>3. Overtly Violent thoughts</td>
<td>Aggressive actions, actual violence.</td>
<td>Parental neglect, parents’ overt aggression (identification with the aggressor).</td>
</tr>
</tbody>
</table>