

PSYCHOSTATICS : DISTINGUISHING THE STATES

LABEL	OPEN Relatedness natural, solid	NEUROTIC Relatedness dam, barrier, wall	OBJECT-NARCISSISTIC Relatedness cocoon, armour, shell, facade	PRIMAL REPRESSION Primary Relatedness hole, void, psychotic core
Metaphor	<i>System of values and goals</i>	<i>Rigid wish system</i>	<i>Rigid relating system</i>	<i>Trauma</i>
Constitution	<i>Evolving understanding</i>	<i>Ego defence</i>	<i>Self-protection</i>	<i>Link with Unrepressed Ucs</i>
Function	<i>Achievement</i>	<i>Minor Inhibitions</i>	<i>Illness and social dysfunction</i>	<i>Emotional growth/catastrophe</i>
Effect	<i>Working on</i>	<i>Working through</i>	<i>Working off</i>	<i>Working out</i>
Psychoanalytic Work	<i>Explanation</i>	<i>Interpretation</i>	<i>Confrontation/Recognition</i>	<i>Reconstruction</i>
Key technique				
Affects	Accepted and used. Buffered if painful.	Avoided if dysphoric. Anxiety, guilt, shame.	All affects rejected or manipulated.	Affects trauma-based and may lead to illness/death.
Focus on feeling	Easy	Difficult at times	Avoided	Feelings are lived
Conflict	Between purposes	Between wishes; or between self and environment.	Between psychic life and death	Absent (incompatible realities coexist.)
Anxiety	Due to recognizable inner and outer realities.	Unmanaged, misattributed, excessive, unrealistic.	Persecutory	Terror
Associations	Free-flowing, spontaneous.	Hesitant, inhibited or blocked.	Produced artificially or compliantly.	Focussed on unremembered traumatic events.
Instinct	Specific and object- related	Infuses feelings and actions generally.	Source of excitement; dehumanizes.	Relates to unmet needs.
Splitting	Leads to discrimination and differentiation	Leads to inner conflict.	Leads to paranoid and confusional states.	Absent (hence disorganization)
Identity	Self-confidence and self-acceptance.	Areas of self-doubt and negative evaluation of self.	No sense of personal core, hence severe self-doubt.	Identity transformation.
Action	Leads to goal achievement.	Avoids anxiety/conflict.	Maintains stereotyped interactions	Used to observe self and develop emotionally.
Interpersonal mutuality	Present, but may not be prominent.	Present, but distorted. Focus on a part relation.	Absent and undesired, hence isolated.	Intense one-way attachment.
Personalization of events	Flexible personalization and impersonalization	Over-personalization	Depersonalization	Intense personalization.
External World	Multiple systems used to understand the world.	Everything is subsumed to the personal system	Impersonal approach to the world.	World not relevant out- side immediate concerns.