



# Signs of The True & False Self

## True Self | False Self

### Within Self

Masculine	Unmasculine
Adequate, on par	Inferior, inadequate
Secure, confident, capable	Insecure, unconfident, incapable
Experiencing authentic emotions	Emotionally dead or over-emotional
Vitalized	Depressed
At home in body	Body is object
Physical confidence	Anxious clumsiness
Empowered, autonomous	Controlled and manipulated by others
Accept imperfections	Perfectionistic
Active, decisive	Passive, tentative
Creative	Stagnant

### With Others

Attached	Detached
Outgoing	Withdrawn
Spontaneous	Over-controlled
Forgiving, accepting	Retaliatory, Resentful
Genuine, authentic	False, role playing
Seek out others	Avoidant
Animated	Frozen
Aware of others	Constricted awareness
Assertive, expressive	Nonassertive, inhibited
Mature in relationships	Immature in relationships
Respectful of others' power	Resentful of others in power
Trusting	Distrustful
Empowered	A Victim
Integritous; open	Double life; secretive
Rapport with opposite gender	Misunderstanding of opposite gender
See other men as like self	Pulled by mystique of other men
<b>No Homosexuality</b>	<b>Homosexuality</b>

Most patients will passively resist comparing their feelings and behavior to a diagram. It seems somehow demeaning to impose a blueprint over their personal lives. Everyone prefers to believe his personality is so unique, so exceptional that it can never be reduced to a simplistic schema. Only by repeatedly seeing how his own confused and disordered inner life so *predictably* conforms to the diagram, does the client come to admit that the diagram is worthwhile.

### TRUE SELF-FALSE SELF

The diagram is horizontally divided between two basic levels, the True Self and the False Self (for definition of True Self and False Self, see page attached). The Felt Shift from the True Self to the False Self occurs through two basic triggers or “releasers.”

### TWO BASIC CATEGORIES OF TRIGGERS OR “RELEASERS”

Triggers or “releasers” which “shift” the man from the TRUE SELF to FALSE SELF are:

- (1) ATTITUDE TOWARD LIFE.
- (2) RELATIONSHIP WITH A SIGNIFICANT PERSON.

ATTITUDE TOWARD LIFE includes three felt experience: “weak,” “inadequate” or “out-of-control.”\*

RELATIONSHIP A WITH SIGNIFICANT PERSON includes three felt experiences: “hurt,” “rejected” or “disappointed.”\* For most men with a homosexual problem the significant person is most often a salient man.\*\* The only other general exception is the married man’s wife.

### TWO WAYS INTO THE BLACK HOLE

The man with a homosexual problem is inclined to go into an inferiority complex, which we call the BLACK HOLE. He enters the BLACK HOLE through the two triggers or releasers—both of which hurt his sense of self, specifically his **Masculine** sense of self.

### THE BLACK HOLE

The Black Hole is a concept utilized in Reparative Therapy to describe a set of particular felt experiences, that from early boyhood, he has been susceptible to.\*\*\* The feelings and affective tone of the BLACK HOLE are described as depressed, weak, “blah,” dead, self-pitying, overwhelmed, helpless, hopeless, etc. (see attached diagram). There is the pervasive sense of being emotionally stuck. The Black Hole is characterized by an ABSENCE OF EMOTION since emotion means to “emote” or “move.”\*\*\*\*

OUT OF THE BLACK HOLE There are only two ways out of the Black Hole:

- (1) THE UNHEALTHY WAY:

The easiest and most immediate way out of the Black Hole is to engage in homosexual behavior. HOMOSEXUAL ENACTMENT is the quick fix. It offers an immediate solution to the discomfort of the Black Hole and the absence of emotion. It offers the false promise of feeling alive and vital through the illusion of connecting with the lost masculine. The **TRANSITION** from the PRE-ENACTMENT PHASE to the HOMOSEXUAL ENACTMENT PHASE occurs when (1) the idea to homosexually enact is accompanied by (2) the smallest behavioral reinforcement to that idea. Rationalization often facilitates the Transition. If the idea to enact is NOT accompanied by a behavioral reinforcement, the transition will NOT occur. The HOMOSEXUAL ENACTMENT PHASE contains intense emotion—namely, sexual excitement but little self-awareness.

The TRANSITION is the HOMOSEXUAL MOMENT, and this marks the beginning of the SEXUALLY ADDICTIVE CYCLE. It marks the first emotions felt since entering the Black Hole. Some men have described the intensity of the feeling as a “a zap,” “a spark,” “a thrill,” “a genital surge,” “an adrenaline rush.” Whatever it is called, its intensity is aided by the previous “blah” and deadness of the Black Hole. The physiological (VISCERAL) dimension to the Transition accounts for its addictive character.

### **THE SEXUALLY ADDICTIVE CYCLE**

Each client has his unique addictive cycle that may include porn shops, internet, masturbation, sexual contacts and sex chat lines. The unique trait of the sexual addiction cycle is that, because of its visceral dimension, once begun, it must be brought to orgasmic completion.

Completion of the sexually addictive cycle inevitably leads to THE THREE R's: Regret, Remorse and Repentance. Within a religious context or without it, this is a personal ordeal of self-recrimination and reconciliation leading slowly back to the True Self.

### **(2)THE HEALTHY WAY OUT**

The only other way out of the Black Hole and restoration to the True Self is through AUTHENTIC CONTACT with the SALIENT MAN. This process is very difficult since it requires the client to do exactly what he does not feel like doing. Those feelings and moods particular to the Black Hole inhibit and negate the ego strength necessary to initiate Authentic Contact.

Three steps for Authentic Contact with a Salient Man for the Felt Shift out of Black Hole to True Self are:

- #1: for client to fully express moods and feelings of the Black Hole in the moment (including desires to homosexually enact) to the Salient Man
- #2: for Salient Man to completely hear and accept client's experiences. To affirm the client in the moment.
- #3: for client to fully receive the affirmation then,

attend to and express to the Salient Man the Felt Shift.

If the three steps are completed the client will experience a RESTORATIVE Felt Shift to the True Self.

#### FOOTNOTES:

\* I have found these six feeling words to be the most often used by clients. But individual clients may find their words that best fit their experience. The therapist can help the client identify and recall his own words.

\*\*Salient man is a man who is perceived by the client as possessing two traits; strength and benevolence. He is generally a heterosexual man or at least a respected man advanced in his own healing.

\*\*\*The Black Hole as well as triggers and releasers are adapted to Reparative Therapy from Jung's concept of the complex. The complex is defined by Jung as "a cluster of thoughts and feelings held together through the principle of association."

\*\*\*\*Reparative Therapy makes the distinction between EMOTIONS which "emote" and "move" the person versus FEELINGS which are non-motivational.

\*\*\*\*\*The man with a homosexual problem often spends his life in the black hole, beginning in early boyhood. Family dynamics (specifically, ignored and/or intimidated by father and manipulated by mother), his true feelings were not affirmed, not listened to, often causing him to abandon his authentic needs. He surrendered his dynamic, expressive True Self for approval and attention from mother. The "Good Little Boy" is a False Self caricature which lacked vitality, assertion and masculinity.