



The ME-OTHER “Dialectical Tension”: An Existential-Developmental Understanding of Human Dilemmas & Tensions

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HELLENIC ASSOCIATION FOR EXISTENTIAL PSYCHOLOGY

“The DNA of the Soul”

Appendix

OLD AGE
(65 & up)

WHOLENESS
INTEGRITY
VIRTUE OF WISDOM
SELF-ACTUALIZATION

DEATH

Last separation

DESPAIR
UNHAPPY, BITTER
UNFULFILLED

MIDDLE AGE
(40's - 60's)

UNIVERSAL ETHICAL
ORIENTATION
AESTHETIC NEEDS
GENERATIVITY
VIRTUE OF CARE
COGNITIVE NEEDS

STAGNATION

EGOCENTRISM

EARLY
ADULTHOOD
(20's - 40's)

SPIRITUALITY
SEARCH FOR MEANING
SELF-ESTEEM
INTIMACY
VIRTUE OF LOVE
COMMITMENTS

MEANINGLESSNESS

ISOLATION
- Intrapsychic
- Interpersonal
- Existential

ADOLESCENCE
(13 - 19/21)

FORMAL OPERATIONAL
ABSTRACT THINKING
IDENTITY
VIRTUE OF FIDELITY
GENITAL
BELONGINGNESS

EXISTENTIALISM:
DEVELOPMENT OF
RESPONSIBILITY
ROLE CONFUSION
LOW INDIVIDUATION

LATENCY
(6 - 12/13)

LATENCY STAGE
SOCIAL SKILLS
INDUSTRY
VIRTUE OF SKILL
CONCRETE OPERATIONAL

INFERIORITY

LOW SELF-ESTEEM

EARLY
CHILDHOOD
(3 - 5/6)

PHALLIC STAGE
SUPERECHO
INITIATIVE
VIRTUE OF PURPOSE

POOR RESOLUTION OF
OEDIPUS COMPLEX
GUILT

TODDLERHOOD
(2 - 3)

PRE-OPERATIONAL
REPRESENTATIONAL
THINKING - LANGUAGE
AUTONOMY
VIRTUE OF WILL
ANAL STAGE
SELF-CONTROL

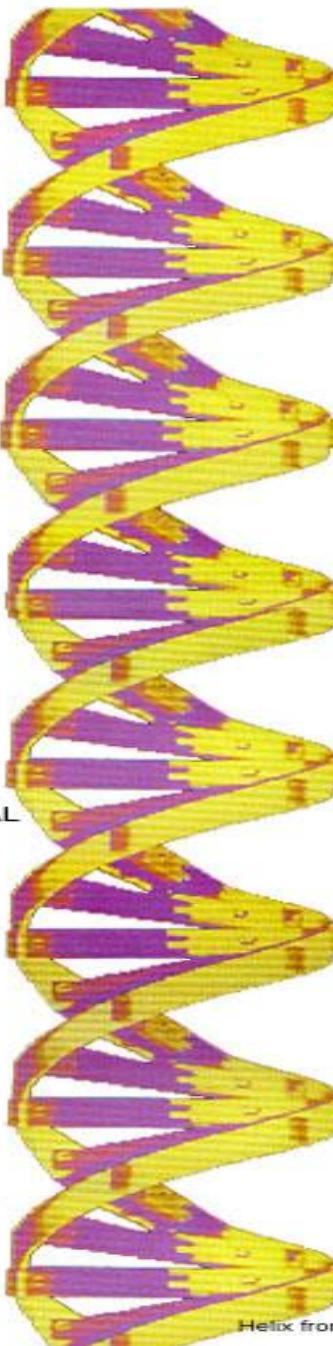
SHAME & DOUBT
FEAR
POOR SELF-CONTROL
LOW INDIVIDUATION

INFANCY
(0 - 1)

SENSORIMOTOR STAGE
OBJECT CONSTANCY
ORAL STAGE
TRUST
VIRTUE OF HOPE
SECURE ATTACHMENT

MISTRUST
PESSIMISM
INSECURE ATTACHMENT

BIRTH
First separation





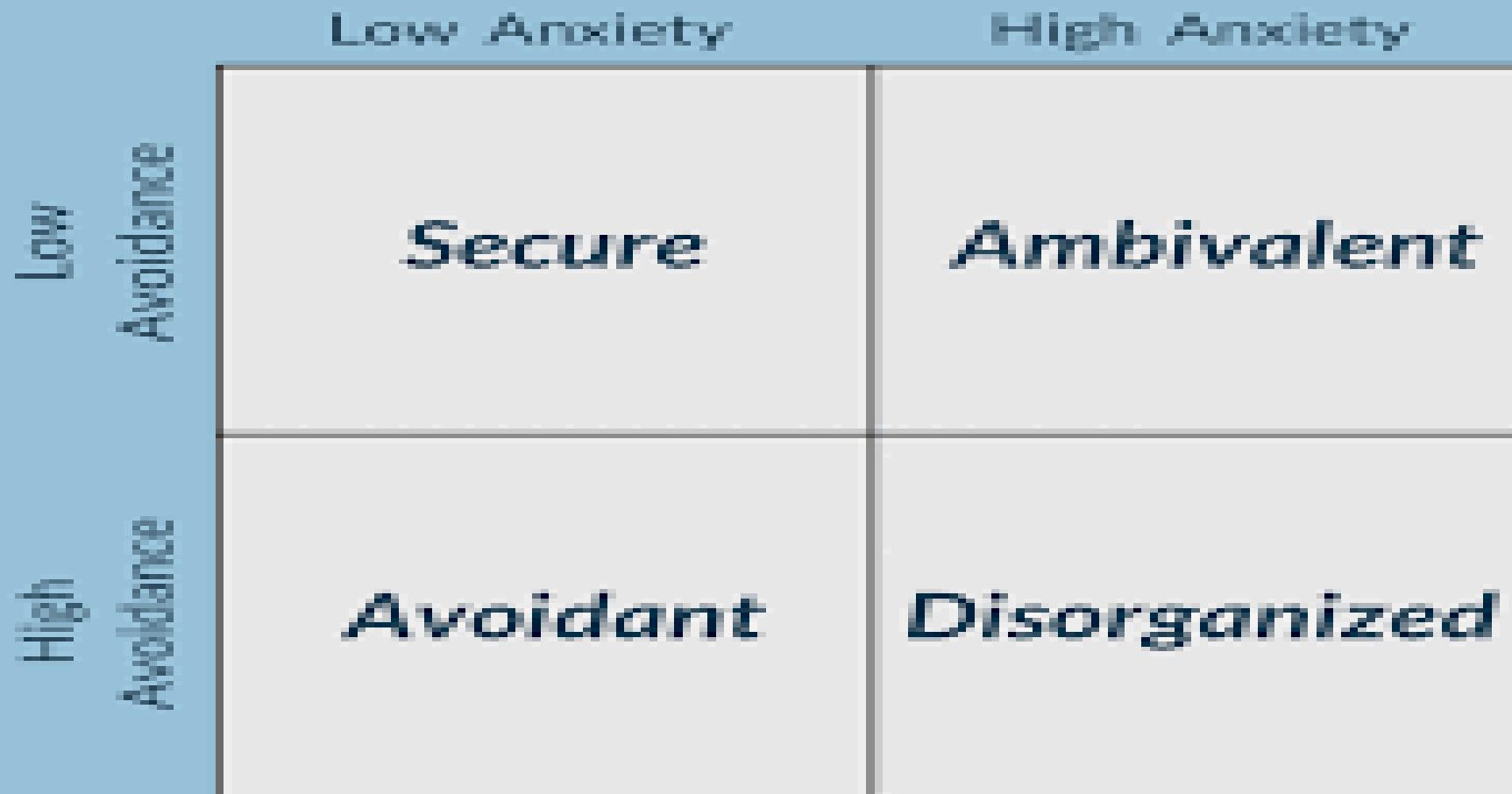


ATTACHMENT THEORY—John Bowlby (1907-1990)

The importance
of the **ME-OTHER**
connection



Attachment Theory Grid



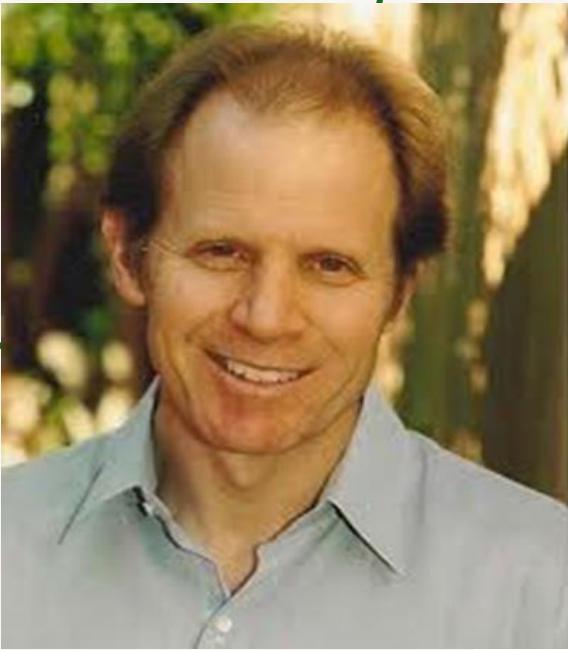
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Adult Attachment

by Bartholomew & Horvath





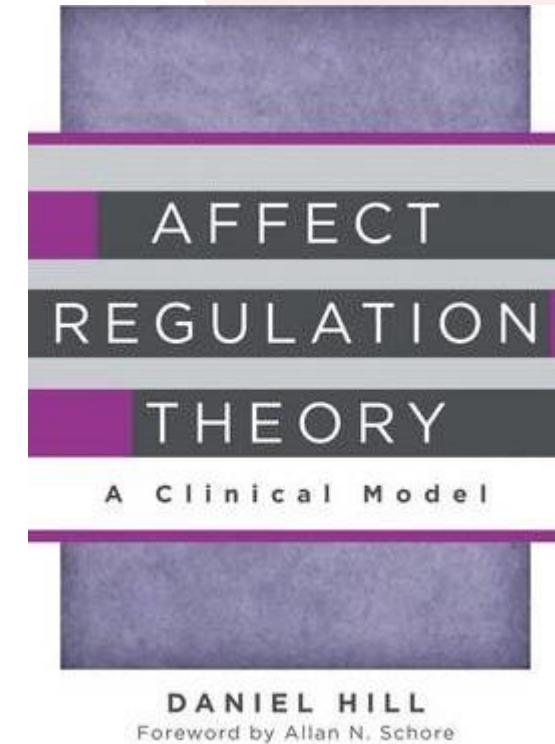
Daniel Siegel: “Developing mind: Toward a neurobiology of interpersonal experience”

“The early emotional regulation, established via mother-infant synchrony, contributes to the organization and integration of neural networks and the eventual development of self-regulation in the child”.

AFFECT REGULATION THEORY

Daniel Hill

- ✓ Affect is at the core of our being, a measure of our heart. It excites us and deflates us, connects and distances our relations with others. **When affect is regulated we are at our best.**
- ✓ *Attachment patterns* are related to affect regulation and self-state regulation. They affect both brain functioning and Autonomic Nervous System'
- ✓ Regulated affect states occur when we feel safe.



DEVELOPMENTAL TRAUMA

- **ATTACHMENT**

A SECURE ATTACHMENT can help create feelings of trust and safety and provide with affective self-regulation instead of INSECURITY & DISREGULATION

- **SEPARATION**

The ability to LET GO can help with feelings of autonomy, self-efficiency and self-mastery instead of TOXIC SHAME & DOUBT

AUTONOMY BEGINS IN THE FAMILY.

TODDLERHOOD & TERRIBLE TWO'S:

Second major separation—development of speech and movement allows for greater independence. How will mother handle this separation and growing autonomy?

- ✓ Toxic shame
- ✓ Doubt & Fear
- ✓ Training of will power







SHAME, GUILT & FEAR

- **Shame** is an emotion about the self that is internalized before the ability to distinguish between one's behavior and self and thus can be toxic for **one's self-esteem**. (“Toxic Shame”)
- **Guilt** is an emotion more closely related to unacceptable behaviors, is more complex and language based with less visceral reactions.
- **Fear** is an emotion induced by a perceived threat that causes a “fight-or-flight”(or freeze) response. It is related to feelings of uncertainty and insecurity, feeling “small” and mistrustful. A basic **survival mechanism**.

The way we view our SELF

The way we view OTHERS

MODEL OF OTHER (Avoidance)

Negative
(High)

Positive
(Low)

MODEL OF SELF (Dependence)

Positive
(Low)

Negative
(High)

Secure

Preoccupied

Dismissive

Fearful

THE CREATION OF OUR WORLDVIEW

The way we are and function in the world, the way we behave and treat ourself and other beings in the world



**“AUTHENTIC HISTORICALNESS”:
MAKING OUR HISTORY OUR OWN.
AN EXISTENTIAL-DEVELOPMENTAL
UNDERSTANDING
OF HUMAN DILEMMAS & PSYCHOTHERAPY.**

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LIVING IN THE HERE & NOW:
Embracing our roots
Creating our future



3rd WORLD CONGRESS OF
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ΕΛΛΗΝΙΚΗ ΕΤΑΙΡΕΙΑ ΥΠΑΡΞΙΑΚΗΣ ΨΥΧΟΛΟΓΙΑΣ

“Primary Dialectical Tensions”

Basic developmental themes that together with existential issues & concerns we see a dialectic between such antithetical forces as:

- ✓ Need for stability and continuity with change and impermanence
- ✓ Separateness and individuation with need of and desire for connection with others;
- ✓ Efficiency and confidence with insecurity and diffidence.

These paradoxical dilemmas are integral to being human and are constantly re-negotiated throughout our life.

EXISTENTIAL DILEMMAS

- ME—OTHER
- FREEDOM—SECURITY
- SELF WORTH & EFFICIENCY—SELF DOUBT & DIFFIDENCE

LIVING IN THE HERE & NOW:
Embracing our roots
Creating our future

THE ME-OTHER “DIALECTICAL TENSION”

- HOW DO WE NEGOTIATE OUR BOUNDARIES
- WHAT IS THE DEGREE OF FREEDOM ALLOWED (RESPECT FOR INDIVIDUALITY & UNIQUENESS OF THE OTHER)}
- HOW DO WE SOLVE OUR DIFFERENCES

6/7/2024





HOW DO WE BUILD BRIDGES & WHAT KIND OF BRIDGES DO WE BUILD?

Thank you for your attention. www.egeorganda.com

