

# MIND CHANGERS

## *Little Self to Big Self*

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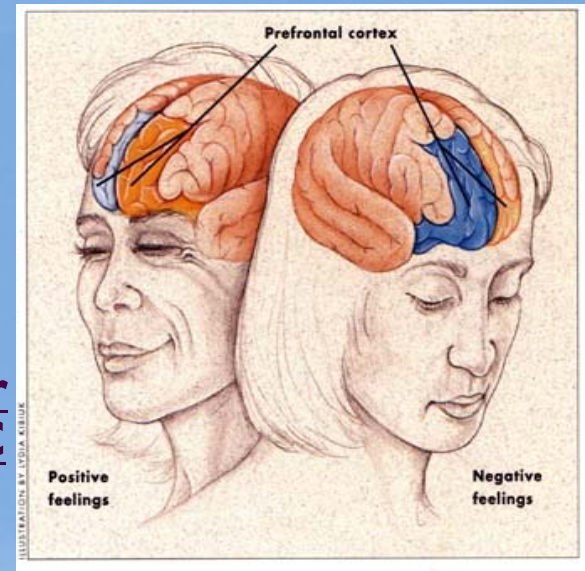
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**KOLS**



# Default Mode Brain

- ▣ Supports individual and species survival at most basic level
- ▣ ***Behavioral drivers*** include:
  - ▣ SUBCONSCIOUS NEURAL CONTENT
  - ▣ MEMORY
  - ▣ EMOTIONS
  - ▣ REWARD CIRCUITRY
  - ▣ RISK CIRCUITRY

# Default Mode Brain

- ▣ “Here and Now”
- ▣ Sensory stimuli elicit
  - ▣ ENGAGEMENT
  - ▣ AVOIDANCE
  - ▣ INDIFFERENCE



# Engagement or Avoidance

- Sensory data internalized
- Brain edits data according to:
  - EXPECTATIONS (past experience)
  - USING INTERNAL CONTENT TO FILL “GAPS” AND RESOLVE DISCREPANCIES
- Feature Detectors, internal states and cognitive and emotional processes define “meaning”

# Feature Detectors

- Temporal Lobe (“What”)
  - Object identification
- Parietal Lobe (“Where”)
  - Spatial information
- Limbic, Dorsolateral Prefrontal and Orbitofrontal Circuits (“If”)
  - Engagement or Avoidance
- Dorsolateral Prefrontal (“How”)
  - Novel situations requiring problem solving



# Feature Detectors

- Trauma survivors may lack adequate feature detectors
- They may not have representations for empathy, love and/or happiness
- Such words could have little or no meaning and elicit no corresponding body states.
- Incredibly lonely-life passes them by

# Misattuned Primary Caregiver

- Lack of “resonance”
- Triggers dysregulated states
- Not able to repair these states
  - States become traits
  - Defenses are embedded in evolving personality
  - Potential Personality Disorders
    - Borderline Personality Disorder



# Maladaptive Brain Development

- Especially secondary to “relational trauma”
  - *Severe Affective Dysregulation*
    - Loss of emotional self-regulation
    - Expressed as loss of ability to regulate the Intensity and Duration of affect

# Client Comes Into Treatment

- ▣ Hopeless
- ▣ Shame
- ▣ Guilt
- ▣ Fear (Anger)
- ▣ Full of Grief
- ▣ Desire

# Hopeless

- ▣ Cannot help themselves
  - ▣ Apathy
- ▣ No hope-no need to try (to make contact)
  - ▣ Anhedonic and/or depressed
    - ▣ Reduced monoamines

# Hopeless

- ▣ Treatment
  - ▣ Need energy from outside
    - ▣ Love and carefrontation
      - ▣ Gender differences
    - ▣ Therapeutic relationship
    - ▣ Become the client's orbitofrontal cortex

# SHAME

- ▣ Secondary to early life experiences such as neglect or physical, emotional and sexual abuse
- ▣ SHAME, as Freud said, causes neurosis
- ▣ Related to banishment, close to death
- ▣ Some compensate with self-critical perfectionism and rigidity
  - ▣ May unconsciously project shame on others

# SHAME

- Despair with helplessness and hopelessness
- With energy may come out of despair suicidal (depression)
- SHAME as a reflection of self-hatred
  - Example-May turn outward as rage.

# SHAME

- Death may be attractive
  - End of suffering
  - Act of revenge
  - Acting-out of self-pity
- May feel abandoned by God and feeling helpless results in depression
- Ego's basic illusion is that it is God
- When illusion is broken-"Oh God how I have suffered for Thee."

# SHAME

- Central nucleus of amygdala (fear circuit) has a high density of mu opiate receptors
  - Endorphins inhibit amygdala
- Amygdala is a part of system of social evaluation, interpersonal vigilance and shame
- Heroin (cocaine) experienced positively by those with abuse histories and self-esteem problems
  - “Connected”



# SHAME-“I AM BAD”

- ▣ Visceral (physiological) experience
- ▣ Develops prior to ability to verbalize
- ▣ Experience of being “shunned” from “connectedness”
- ▣ Negatively impacts development of affective regulation and attachment circuitry
- ▣ Parasympathetic NS

# SHAME

- ▣ Find criticism, rejection and abandonment in every situation
- ▣ Life full of anxiety, depression, exhaustion and self-critical perfectionism

# SHAME

- ▣ Treatment
  - ▣ Grief Work and Affirmations
    - ▣ Narratives
      - “It’s not what happened to you but how you make sense of it.”
    - ▣ Behavioral Exposure

# Guilt-“I DID SOMETHING BAD”


- Comes later and is language based and less visceral than shame
- Related to unacceptable behavior
- Consequence of the memory of regretted past
- Equates former self that “was’ with current self that “is”
- Feelings of loss (youth, money, etc.)

# Excessive Guilt And Remorse

- Form of narcissism
- Allows “self” to be exaggerated, blown up, the hero of tragedy
- Feeds the EGO
- The EGO blames and is a defective compass
- Error is inflated instead of being relinquished to a Higher Power

# The EGO

- ▣ Hate is the Ego's “juice” (pay off)
- ▣ It loves suffering a perceived wrong, being the martyr, being misunderstood-the endless victim
- ▣ Stockpiles grievances and is full of self-pity
  - ▣ Pay off is “center stage” and sympathy
- ▣ Must choose forgiveness over hate
- ▣ True self is immune to falsehood



***“Reluctance to forgive is a consequence not only of the ego ‘juice’ of perceived injustice but also the illusion that others do not ‘deserve’ it. In reality, it is the forgiver not the forgiven who benefits the most.”***

(Hawkins, David. Transformations, Veritas Publishing, pg 55.)

# Treatment Of Guilt

- Guilt as opposed to lack thereof (ASPD)
- Humility-admitting one's errors
  - “My guilt stems from pride and I should not have made that mistake”
- We did the best we could with what we had at the time given the circumstances
  - Recontextualization
- What did we learn from the experience?
- Confession, moral inventory, forgiveness, renewal, rededication of our lives (no secrets)



# Treatment Of Guilt

- ▣ To transcend
  - ▣ Change context
    - ▣ Who you were
    - ▣ Who you are now
    - ▣ Who you will become if you stay the path
  - ▣ See as part of learning and development & therefore unavoidable maybe even critical
  - ▣ Make amends
  - ▣ Self-forgiveness, humility and acceptance of limits

# Taking A Moral Inventory

- First understand one's conscience and how it works
- Conscience should act benignly in the process
  - Self-blame will increase guilt and shame
- Defects are intrinsic to the ego which does not have the capacity to know the truth
- Accept one's limitations in the service of humility

# Treatment Of Guilt

- ▣ Good deeds, selfless service and service work
- ▣ Dealing with unrealistic expectations
- ▣ Understanding the difficulty inherent in the human condition

# Fear (Anger)

- Worry, panic, anxiety and/or anger
- Projections into the future
  - “How will I change People, Places and Things?”
  - “What’s in it for me?”
  - “Without alcohol and drugs my life has no meaning?”
- Locus of control still external

# Treatment Of Fear (Anger)

- ▣ Want energy but not feeling
- ▣ Disassemble
  - ▣ Physical symptoms
    - ▣ Can you handle them?
  - ▣ Emotional symptoms
    - ▣ Can you handle them?
- ▣ Not experiencing fear just a bunch of symptoms
- ▣ “Fear is not you, it is just a symptom

# Treatment Of Fear (Anger)

- ▣ “You are bigger than your fears.”
- ▣ “Your fear and anger give people control over you”
- ▣ Vertical Integration of the brain
- ▣ “When you lose the fear of fear the world cannot control you!”

# Living In The Moment

- ▣ **Past**
  - ▣ *Guilt*
- ▣ **Present**
  - ▣ *Spiritually “connected”*
- ▣ **Future**
  - ▣ *Fear*

# Living In The Moment

- ▣ Courage
- ▣ Acceptance
- ▣ Development of Self
  - ▣ Aligning with the ***Inner Self*** by attraction to the ***Outer Self***



# Acceptance

- ▣ Completes task of taking back one's Power
- ▣ Nothing “out there” can bring happiness
- ▣ Happiness is found within-”emotional calm”
- ▣ Forgiveness

# Acceptance

- ▣ More positive view of world
- ▣ Development of a sense of humor
- ▣ Allows movement from *small self* to ***Big Self***

# SELF

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- ▣ Small self

- ▣ Vulnerable to flattery

- ▣ Aligns with weak or negative attractor patterns

- ▣ BIG SELF

- ▣ Humble and grateful

- ▣ Aligns with strong attractor energy

# Road From Small Self To BIG SELF

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Internal ladder to success

What you “have” that counts

Status, wealth and belongings

What one “does” that counts

Position and activities

“What” one has become secondary to life experiences that counts

Charismatic presence

# Road From small self To BIG SELF

- ▣ Sense of self is identified as consciousness itself (Enlightenment)
- ▣ “Oneness”
- ▣ A condition of infinite Power (vs. Force), infinite compassion, infinite gentleness and infinite love
- ▣ “Higher Power”
- ▣ Elimination of self as finite