

MODEL 1
 CONFLICT STATEMENTS
BUT

MODEL 2
 DISILLUSIONMENT STATEMENTS
AND

1

I AM HERE REMINDED OF
 THE NEW YORKER CARTOON
 IN WHICH A GENTLEMAN,
 SEATED IN A RESTAURANT BY THE
 NAME OF THE DISILLUSIONMENT CAFÉ,
 IS AWAITING THE ARRIVAL OF HIS ORDER

THE WAITER RETURNS TO
 HIS TABLE AND ANNOUNCES,
 "YOUR ORDER IS NOT READY,
 AND NOR WILL IT EVER BE."

2

AT THE END OF THE DAY
 MODEL 2 IS ABOUT GRIEVING
 THE LOSS OF ILLUSIONS
 ABOUT THE OBJECTS
 OF OUR DESIRE
 WHETHER PAST AND / OR PRESENT
 AND EVOLVING TO A PLACE
 OF SERENE ACCEPTANCE
 OF THEIR LIMITATIONS,
 SEPARATENESS, AND IMMUTABILITY

SUCH THAT WE CAN TRULY
 - AND NONDEFENSIVELY - SAY
 "IT WAS WHAT IT WAS"
 "IT IS WHAT IT IS"

3

AS AN EMPATHIC SELFOBJECT
 RESONATING WITH THE PATIENT'S
 MOMENT – TO – MOMENT EXPERIENCE

THE MODEL 2 THERAPIST
 MIGHT OFFER A GRIEVING PATIENT ANY OF THE FOLLOWING

“I WONDER IF IT BREAKS YOUR HEART ...”
 “IT SOUNDS AS IF IT BREAKS YOUR HEART ...”
 “IT SEEMS AS IF IT BREAKS YOUR HEART ...”
 “IT MUST BREAK YOUR HEART ...”

BUT PERHAPS IT WOULD BE MORE EFFECTIVE WERE
 THE THERAPIST SIMPLY TO ELIMINATE THE EXTRA
 VERBIAGE AND CUT TO THE CHASE WITH

“IT BREAKS YOUR HEART ...”

4

SO HOW DO WE HELP THE PATIENT GRIEVE?
MODEL 2 DISILLUSIONMENT STATEMENTS
 ARE DESIGNED TO FACILITATE THE GRIEVING
 OF A PATIENT WHO, REFUSING TO MOURN,
 HAS BEEN CLINGING TO ILLUSIONS
 ABOUT THE OBJECTS OF HER DESIRE

“OPTIMALLY STRESSFUL”
DISILLUSIONMENT STATEMENTS BOTH
CHALLENGE
 BY SPEAKING TO THE DISILLUSIONING REALITY THAT
 THE PATIENT IS GRADUALLY COMING (WITH HER HEAD) TO KNOW
AND SUPPORT
 BY RESONATING EMPATHICALLY WITH
 THE PATIENT'S EXPERIENCE (WITH HER HEART) OF DEVASTATION

“YOU ARE BEGINNING TO REALIZE THAT ... ,
 AND IT BREAKS YOUR HEART ...”

5

AS DESCRIBED EARLIER
MODEL 1 CONFLICT STATEMENTS
 HAVE THE FOLLOWING FORMAT

“YOU KNOW THAT ... ,
 BUT (MADE ANXIOUS BY THAT KNOWING)
 YOU FIND YOURSELF (DEFENSIVELY REACTING) ...”

BY CONTRAST
MODEL 2 DISILLUSIONMENT STATEMENTS
 HAVE THE FOLLOWING FORMAT

“YOU ARE BEGINNING TO REALIZE THAT ... ,
 AND (IN THE FACE OF THAT KNOWING)
 IT BREAKS YOUR HEART (ADAPTIVELY RESPONDING) ...”

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IN OTHER WORDS

MODEL 1 CONFLICT STATEMENTS
 - IN AN EFFORT TO ENHANCE AWARENESS -
HIGHLIGHT THE PATIENT'S
NEED TO DEFEND
 (AND THEREFORE USE "BUT")

MODEL 2 DISILLUSIONMENT STATEMENTS
 - IN AN EFFORT TO FACILITATE GRIEVING -
SUPPORT THE PATIENT'S
CAPACITY TO ADAPT
 (AND THEREFORE USE "AND")

7

MODEL 1 CONFLICT STATEMENT
 "YOU KNOW THAT TONY WILL ALWAYS PUT HIS DAUGHTER BEFORE YOU, BUT YOU CONTINUE TO HOPE THAT HE MIGHT EVENTUALLY CHANGE."

MODEL 2 DISILLUSIONMENT STATEMENT
 "YOU ARE BEGINNING TO REALIZE THAT TONY WILL ALWAYS PUT HIS DAUGHTER BEFORE YOU, AND IT BREAKS YOUR HEART."

MODEL 1 CONFLICT STATEMENT
 "YOU KNOW THAT YOUR FATHER WILL NEVER REALLY UNDERSTAND YOU, BUT YOU ARE NOT ABOUT TO GIVE UP HOPE THAT SOMEDAY HE MIGHT."

MODEL 2 DISILLUSIONMENT STATEMENT
 "YOU ARE REALIZING THAT YOUR FATHER WILL NEVER REALLY UNDERSTAND YOU, AND THE PAIN OF THAT REALIZATION - AND THE ANGER - GO SO DEEP."

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