

MODEL 1
CONFLICT
STATEMENTS

AND THE CREATION OF
COGNITIVE AND AFFECTIVE DISSONANCE
BETWEEN THE "PAIN" AND THE "GAIN"

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MODEL 1

CLASSICAL PSYCHOANALYSTS TEND
 TO FOCUS ON INTERNAL CONFLICT
 BETWEEN ANXIETY – PROVOKING ID DRIVES
 AND ANXIETY – ASSUAGING EGO DEFENSES

BUT I HAVE FOUND IT TO BE A LITTLE MORE
 CLINICALLY USEFUL TO CONCEPTUALIZE
 THIS DRIVE – DEFENSE CONFLICT
 AS ONE THAT EXISTS BETWEEN

ANXIETY – PROVOKING BUT
ULTIMATELY EMPOWERING FORCES
 PRESSING "YES"

AND ANXIETY – ASSUAGING
(DEFENSIVE) COUNTERFORCES
 INSISTING "NO"

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MODEL 1 CONFLICT STATEMENTS

"OPTIMALLY STRESSFUL" CONFLICT STATEMENTS
 ALTERNATELY CHALLENGE AND THEN SUPPORT

THEY FIRST CHALLENGE BY
 SPEAKING TO THE PATIENT'S
"ADAPTIVE CAPACITY TO KNOW"
 AN ANXIETY – PROVOKING REALITY

AND THEN
 WITH COMPASSION AND NEVER JUDGMENT
 SUPPORT BY RESONATING
 EMPATHICALLY WITH THE PATIENT'S
"DEFENSIVE NEED TO AVOID KNOWING"
 THAT DISCOMFITING TRUTH

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BE IT AN ANXIETY – PROVOKING TRUTH ABOUT
 HER INTERNAL OR RELATIONAL DYNAMICS,
 THE PRICE SHE PAYS FOR
 MAINTAINING HER DEFENSES,
 OR THE THERAPEUTIC WORK
 SHE HAS YET TO DO

THE PATIENT DOES INDEED KNOW
 “BUT” WOULD RATHER NOT

AND THEREFORE
 – MADE ANXIOUS –
 SHE DEFENDS

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MODEL 1 CONFLICT STATEMENTS

STRATEGICALLY DESIGNED TO GENERATE
 DESTABILIZING TENSION WITHIN THE PATIENT
 BETWEEN HER KNOWLEDGE OF
 ANXIETY – PROVOKING BUT AWARENESS – ENHANCING,
 GROWTH – PROMOTING, AND
 ULTIMATELY EMPOWERING REALITIES

AND THE DEFENSES SHE MOBILIZES
 IN ORDER TO EASE THAT ANXIETY

THEIR FORMAT
 “YOU KNOW THAT ... , BUT YOU FIND YOURSELF ... ”

FIRST THE THERAPIST CHALLENGES
 BY HIGHLIGHTING AN ANXIETY – PROVOKING REALITY

AND THEN SHE SUPPORTS
 BY RESONATING EMPATHICALLY WITH
 THE ANXIETY – ASSUAGING DEFENSE

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MODEL 1 CONFLICT STATEMENTS

“YOU KNOW THAT ... , BUT YOU FIND YOURSELF ... ”

THE THERAPIST FIRST CHALLENGES BY SPEAKING
 DIRECTLY TO THE PATIENT’S OBSERVING EGO AND
 ADAPTIVE CAPACITY TO KNOW SOME PAINFUL TRUTH
 WHICH WILL INCREASE THE PATIENT’S ANXIETY

BUT THEN SUPPORTS BY RESONATING EMPATHICALLY
 WITH THE PATIENT’S EXPERIENCING EGO AND
 DEFENSIVE NEED TO DENY SUCH KNOWING
 WHICH WILL DECREASE THE PATIENT’S ANXIETY

THE PATIENT DOES INDEED KNOW
 “BUT” WOULD RATHER NOT

AND THEREFORE – MADE ANXIOUS – SHE DEFENDS
 AND “FINDS HERSELF” THINKING, FEELING, OR DOING WHATEVER
 SHE MUST IN ORDER TO PRESERVE THE STATUS QUO OF THINGS

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**ANXIETY – PROVOKING BUT ULTIMATELY
AWARENESS – ENHANCING INTERVENTIONS**

FIRST THE REALITY
WHAT THE PATIENT REALLY DOES KNOW
AND THEN THE DEFENSE / THE RESISTANCE
WHAT IS FUELING IT

“YOU KNOW THAT ULTIMATELY YOU’LL NEED TO LET JOSE GO
BECAUSE HE, LIKE YOUR DAD, REALLY ISN’T AVAILABLE IN THE WAY
THAT YOU WOULD HAVE WANTED HIM TO BE; BUT, FOR NOW,
ALL YOU CAN THINK ABOUT IS HOW DESPERATELY YOU WANT TO BE
WITH HIM AND HOW HORRIBLE IT WOULD BE TO LOSE HIM.”

“YOU KNOW THAT EVENTUALLY YOU’LL NEED TO MAKE YOUR
PEACE WITH THE REALITY OF JUST HOW LIMITED YOUR MOTHER IS;
BUT YOUR FEAR IS THAT WERE YOU EVER TO LET YOURSELF
REALLY FEEL THE PAIN OF THAT, YOU WOULD NEVER RECOVER.”

“YOU KNOW THAT SOMEDAY YOU’LL HAVE TO LET SOMEBODY IN
IF YOU’RE EVER TO HAVE A MEANINGFUL RELATIONSHIP; BUT,
IN THE MOMENT, THE THOUGHT OF MAKING YOURSELF THAT
VULNERABLE IS SIMPLY INTOLERABLE. THERE’S NO WAY YOU’RE
WILLING TO RUN THE RISK OF BEING HURT EVER AGAIN.”

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**JUST AS WITH THE EVER – EVOLVING
SANDPILE MODEL OF CHAOS THEORY**

**SO TOO THE MODEL 1 “INTERPRETIVE”
THERAPIST WILL BE GENERATING ITERATIVE
CYCLES OF DISRUPTION AND REPAIR**

BY WAY OF STRATEGICALLY DESIGNED
CONFLICT STATEMENTS THAT ALTERNATELY
CHALLENGE AND THEN SUPPORT

**THEREBY PROVIDING BOTH
IMPETUS AND OPPORTUNITY
FOR THE MODEL 1 “RESISTANT” PATIENT
TO EVOLVE INCREMENTALLY
FROM “DEFENSIVE RESISTANCE”
TO EVER – HIGHER LEVELS
OF “ADAPTIVE AWARENESS”**

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**ONGOING CHALLENGE AND THEN SUPPORT WITH
“OPTIMALLY STRESSFUL” CONFLICT STATEMENTS
DESIGNED TO FACILITATE THE DEVELOPMENT OF “DUAL AWARENESS”**

**ANXIETY – PROVOKING, THEN ANXIETY – ASSUAGING
COGNITIVE, THEN AFFECTIVE
HEAD, THEN HEART**

**KNOWLEDGE, THEN EXPERIENCE
OBJECTIVE, THEN SUBJECTIVE
OBSERVING EGO, THEN EXPERIENCING EGO
ADULT, THEN CHILD
RATIONAL, THEN IRRATIONAL
RESPONSE, THEN REACTION
LEFT BRAIN, THEN RIGHT BRAIN
ADAPTIVE CAPACITY, THEN DEFENSIVE NEED
ADAPTATION, THEN DEFENSE**

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MODEL 1 CONFLICT STATEMENTS

"YOU KNOW THAT ULTIMATELY YOU WILL NEED TO CONFRONT – AND GRIEVE – THE REALITY THAT TOM IS NOT AVAILABLE IN THE WAYS THAT YOU WOULD HAVE WANTED HIM TO BE AND THAT UNTIL YOU MAKE YOUR PEACE WITH THAT PAINFUL REALITY YOU WILL CONTINUE TO BE MISERABLE; BUT, IN THE MOMENT, ALL YOU CAN THINK ABOUT IS HOW ANGRY YOU ARE THAT HE DOESN'T TELL YOU MORE OFTEN THAT HE LOVES YOU."

"YOU KNOW THAT YOU WON'T FEEL TRULY FULFILLED UNTIL YOU ARE ABLE TO GET YOUR THESIS COMPLETED; BUT YOU CONTINUE TO STRUGGLE, FEARING THAT WHATEVER YOU MIGHT WRITE JUST WOULDN'T BE GOOD ENOUGH OR CAPTURE WELL ENOUGH THE ESSENCE OF WHAT YOU ARE TRYING TO SAY."

"YOU KNOW THAT IF YOUR RELATIONSHIP WITH ELANA IS TO SURVIVE, YOU WILL NEED TO TAKE AT LEAST SOME RESPONSIBILITY FOR THE PART YOU ARE PLAYING IN THE INCREDIBLY ABUSIVE FIGHTS THAT YOU AND SHE ARE HAVING; BUT YOU TELL YOURSELF THAT IT ISN'T REALLY YOUR FAULT BECAUSE IF SHE WEREN'T SO PROVOCATIVE, THEN YOU WOULDN'T HAVE TO BE SO VINDICTIVE!"

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BY CALLING THE PATIENT'S ATTENTION TO THE CONFLICT THAT EXISTS WITHIN HER BETWEEN THE "OBJECTIVE REALITY" THAT SHE "KNOWS" WITH HER HEAD AND THE "SUBJECTIVE EXPERIENCE" THAT SHE "FEELS" WITH HER HEART

MODEL 1 CONFLICT STATEMENTS

CAN BE STRATEGICALLY FORMULATED TO PRECIPITATE (DEFENSIVE) DISRUPTION IN ORDER TO TRIGGER (ADAPTIVE) REPAIR

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MODEL 1 CONFLICT STATEMENTS

"YOU KNOW THAT EVENTUALLY YOU'LL NEED TO FACE THE REALITY THAT YOUR MOTHER WAS NEVER REALLY THERE FOR YOU AND THAT YOU WON'T GET BETTER UNTIL YOU LET GO OF YOUR HOPE THAT MAYBE SOMEDAY YOU'LL BE ABLE TO MAKE HER CHANGE; BUT YOU'RE NOT QUITE YET READY TO DEAL WITH ALL THE PAIN AROUND THAT BECAUSE YOU ARE AFRAID THAT YOU MIGHT NEVER SURVIVE THE HEARTBREAK AND DESPAIR YOU WOULD FEEL WERE YOU TO FACE THAT DEVASTATING REALITY."

"YOU KNOW THAT YOUR NEED FOR YOUR CHILDREN TO UNDERSTAND YOUR PERSPECTIVE MIGHT BE A BIT UNREALISTIC; BUT YOU TELL YOURSELF THAT YOU HAVE A RIGHT TO THEIR RESPECT – AND THEIR FORGIVENESS."

"YOU'RE COMING TO UNDERSTAND THAT YOUR ANGER CAN PUT PEOPLE OFF; BUT YOU TELL YOURSELF THAT YOU HAVE A RIGHT TO BE AS ANGRY AS YOU WANT BECAUSE OF HOW MUCH YOU HAVE SUFFERED OVER THE YEARS."

"YOU KNOW THAT IF YOU ARE EVER TO GET ON WITH YOUR LIFE, YOU'LL HAVE TO LET GO OF YOUR CONVICTION THAT YOUR CHILDHOOD SCARRED YOU FOREVER; BUT IT'S HARD NOT TO FEEL LIKE DAMAGED GOODS WHEN YOU GREW UP IN A HORRIBLY ABUSIVE HOUSEHOLD WITH A MEAN AND NASTY MOTHER WHO WAS ALWAYS CALLING YOU A LOSER."

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AT THE END OF THE DAY
IN ORDER TO INCREASE THE PATIENT'S AWARENESS OF
HER AMBIVALENT ATTACHMENT TO HER DYSFUNCTION

THE MODEL 1 "INTERPRETIVE" THERAPIST
FIRST CHALLENGES BY HIGHLIGHTING
WHAT THE PATIENT IS COMING TO UNDERSTAND
AS THE PRICE SHE PAYS
FOR CLINGING TO HER DYSFUNCTION
A "PRICE PAID" THAT FUELS
HER AGGRESSIVE CATHESIS OF THE DEFENSE

AND THEN SUPPORTS BY RESONATING EMPATHICALLY
WITH WHAT THE THERAPIST IS COMING TO
UNDERSTAND AS THE INVESTMENT THE PATIENT HAS
IN HOLDING ON TO HER DYSFUNCTION EVEN SO
AN "INVESTMENT IN" THAT FUELS
HER LIBIDINAL CATHESIS OF THE DEFENSE

BACK AND FORTH – BACK AND FORTH
IN AN EFFORT TO MAKE THE AMBIVALENTLY HELD DEFENSE
LESS EGO – SYNTONIC AND MORE EGO – DYSTONIC ¹³

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