

3 – PART
**DISILLUSIONMENT
 STATEMENTS**

“YOU HAD SO HOPED ... ;
 BUT YOU ARE BEGINNING TO REALIZE ... ;
 AND IT BREAKS YOUR HEART ... ”

**ADAPTIVE
 TRANSMUTING
 INTERNALIZATIONS**

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MODEL 2 DISILLUSIONMENT STATEMENTS CAN
 ALSO INCLUDE A HIGHLIGHTING OF WHAT
 THE PATIENT “HAD SO HOPED COULD BE”

THEREBY BOTH ACKNOWLEDGING THE
 “HOPE THAT HAD BEEN”
 AND REINFORCING THE REALITY THAT
 THIS HOPE IS “NO LONGER A VIABLE OPTION”

“YOU HAD SO HOPED ... ;
 BUT YOU ARE BEGINNING TO REALIZE ... ;
 AND IT BREAKS YOUR HEART ... ”

“YOU HAD SO HOPED THAT JOSE WOULD BE DIFFERENT;
 BUT YOU ARE BEGINNING TO REALIZE
 THAT HE, LIKE YOUR DAD, REALLY ISN'T AVAILABLE
 IN THE WAY THAT YOU WOULD HAVE WANTED HIM TO BE;
 AND IT IS DEVASTATING.”

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MODEL 2 DISILLUSIONMENT STATEMENTS

“YOU HAD SO HOPED THAT YOUR MOTHER
 WOULD SOMEDAY RELENT AND APOLOGIZE;
 BUT YOU ARE BEGINNING TO REALIZE THAT PROBABLY
 SHE NEVER WILL; AND IT IS DEVASTATING.”

“YOU HAD SO DESPERATELY WANTED THINGS TO WORK OUT;
 BUT YOU ARE COMING TO UNDERSTAND THAT YVONNE IS
 NOT CAPABLE OF BEING IN A COMMITTED RELATIONSHIP;
 AND THE PAIN OF THAT REALIZATION HURTS SO MUCH
 BECAUSE WHEN IT WAS GOOD, IT WAS SO GOOD.”

“YOU HAD SO DESPERATELY HOPED THAT SOMEDAY
 YOUR MOTHER WOULD ACCEPT YOU FOR WHO YOU ARE;
 BUT YOU ARE BEGINNING TO SEE THAT PROBABLY
 SHE WILL NEVER RELENT BECAUSE HER MIND IS MADE UP;
 AND IT BREAKS YOUR HEART.”

“YOU HAD SO HOPED THAT YOUR FATHER WOULD HELP YOU
 OUT FINANCIALLY; BUT YOU ARE BEGINNING TO REALIZE THAT
 HE IS NOT ABOUT TO; AND IT IS INCREDIBLY UPSETTING.”

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MODEL 2 DISILLUSIONMENT STATEMENTS
SPECIFICALLY DESIGNED TO FACILITATE GRIEVING

YOU HAD SO HOPED ...

HERE THE **ILLUSION** TO WHICH THE PATIENT HAD BEEN CLINGING IS BEING HIGHLIGHTED

AND USING THE "PAST PERFECT TENSE" ("HAD HOPED") SUBTLY HIGHLIGHTS THE IDEA THAT THE ILLUSION IS A THING OF THE PAST

BUT YOU ARE BEGINNING TO REALIZE ...
(OR HAVE COME TO REALIZE ...)

HERE THE **REALITY** OF THE PATIENT'S DISILLUSIONMENT IS BEING HIGHLIGHTED

AND IT BREAKS YOUR HEART ...

HERE THE **AFFECTIVE COMPONENT** OF THE PATIENT'S DISILLUSIONMENT IS BEING HIGHLIGHTED

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MODEL 2 DISILLUSIONMENT STATEMENTS

DISILLUSIONMENT STATEMENTS ARE OF COURSE ALSO USED FOR WORKING THROUGH "DISRUPTED POSITIVE TRANSFERENCES" BECAUSE THEY FACILITATE THE PATIENT'S ACCESSING OF HER GRIEF ABOUT THE THERAPIST'S "LACK OF PERFECTION"

FIRST THE THERAPIST HIGHLIGHTS THE PATIENT'S "ILLUSIONS ABOUT THE THERAPIST'S PERFECTION" AND THEN THE THERAPIST RESONATES EMPATHICALLY WITH THE PATIENT'S "EXPERIENCE OF DISILLUSIONMENT" **DISAPPOINTMENT IN THE FACE OF THE THERAPIST'S "IMPERFECTIONS"**

DISILLUSIONMENT STATEMENTS CAN THEREFORE BE USED TO HIGHLIGHT THE DISCREPANCY BETWEEN THE ILLUSION OF THE THERAPIST AS INFALLIBLE AND THE REALITY OF THE THERAPIST AS FALLIBLE

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IN ACTUAL PRACTICE **THE PATIENT'S ILLUSIONS OFTEN INVOLVE "UNREALISTIC EXPECTATIONS" ABOUT EITHER THE TREATMENT OR THE RELATIONSHIP WITH THE THERAPIST**

BY THE SAME TOKEN THE PATIENT'S DISILLUSIONMENT OFTEN INVOLVES UPSET AND OUTRAGE ABOUT THE "LIMITATIONS" INHERENT IN EITHER THE TREATMENT OR THE RELATIONSHIP WITH THE THERAPIST

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MODEL 2 DISILLUSIONMENT STATEMENTS

"YOU WOULD SO HAVE WISHED THAT I COULD KNOW WHAT YOU WERE THINKING WITHOUT YOUR HAVING TO ARTICULATE IT; BUT YOU ARE COMING TO SEE THAT IT DOES NOT ALWAYS WORK THAT WAY; AND THAT MAKES YOU VERY SAD."

"ALTHOUGH YOU KNEW IT WOULD TAKE TIME, YOU HAD HOPED THAT YOU WOULD BE FEELING BETTER AFTER THESE SEVERAL WEEKS OF THERAPY, SO IT REALLY UPSETS YOU THAT YOU STILL FEEL BAD."

"YOU WERE SO HOPING THAT I WOULD NOT MAKE THE SAME KINDS OF MISTAKES THAT EVERYONE ELSE IN YOUR LIFE HAS MADE – SO IT MAKES YOU VERY SAD THAT I TOO HAVE NOW LET YOU DOWN."

"YOU HAD WANTED SO MUCH FOR ME TO BE ABLE TO MAKE IT ALL BETTER, AND IT UPSETS YOU TERRIBLY THAT I DON'T SEEM TO BE ABLE TO MAKE THE PAIN GO AWAY."

"ON SOME LEVEL, YOU KNEW THAT I DIDN'T HAVE ALL THE ANSWERS. EVEN SO, YOU WERE HOPING THAT I MIGHT, WHICH IS WHY IT ANGERS YOU SO MUCH WHEN I DON'T SIMPLY ANSWER YOUR QUESTIONS DIRECTLY."

"YOU HAD SO HOPED THAT WE COULD HAVE A PERSONAL RELATIONSHIP; BUT YOU ARE COMING TO REALIZE, ALBEIT RELUCTANTLY, THAT A THERAPY RELATIONSHIP IS NOT REALLY ABOUT FRIENDSHIP PER SE; AND THAT BREAKS YOUR HEART."

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IN ESSENCE

MODEL 2 DISILLUSIONMENT STATEMENTS CAN HAVE ONE, TWO, OR THREE OF THE FOLLOWING ELEMENTS

A HIGHLIGHTING OF (WHAT HAD BEEN) THE PATIENT'S ILLUSION
HER RELENTLESS HOPE

A HIGHLIGHTING OF THE REALITY OF THE PATIENT'S DISILLUSIONMENT
THE DISILLUSIONING REALITY THAT THE PATIENT IS COMING TO "KNOW" – ALBEIT RELUCTANTLY –

AN EMPATHIC RESONATING WITH THE PAIN OF THE PATIENT'S GRIEF
AS SHE BEGINS TO "FEEL" THE ACTUAL HEARTBREAK

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IF THE EXPERIENCE OF DISILLUSIONING HEARTBREAK
THE STRESSFUL EXPERIENCE OF "GOOD – BECOME – BAD"
CAN BE ADEQUATELY PROCESSED AND INTEGRATED
THAT IS, GRIEVED

THE PATIENT WILL ADAPTIVELY INTERNALIZE THOSE "SELFOBJECT (NURTURING) FUNCTIONS" THAT THE OBJECT HAD BEEN PERFORMING PRIOR TO ITS DISILLUSIONMENT OF HER TRANSMUTING (STRUCTURE – BUILDING) INTERNALIZATIONS

THEREBY FILLING IN DEFICIT AND CONSOLIDATING THE SELF
FROM "SOME HOLES" TO "WHOLESOME" ©
THE THERAPEUTIC ACTION IN MODEL 2

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**THESE STRUCTURE – BUILDING
INTERNALIZATIONS**
WILL ENABLE THE PATIENT
TO PRESERVE INTERNALLY
A PIECE OF
THE ORIGINAL EXPERIENCE
OF EXTERNAL GOODNESS
THUS THEIR ADAPTIVE VALUE

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AND WILL PROMPT THE PATIENT
**TO LET GO OF HER
RELENTLESS PURSUITS**
THE INTENSITY OF WHICH
HAD BEEN FUELED BY
HER IMPAIRED CAPACITY TO BE
A “GOOD PARENT UNTO HERSELF”
THE DEFICIT IN CAPACITY HAVING CREATED
THE NEED FOR EXTERNAL PROVISION
IN OTHER WORDS, THE DEFICIT HAVING CREATED THE NEED

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AT THE END OF THE DAY
MODEL 2 IS ABOUT THE PATIENT'S
CONFRONTING – AND GRIEVING –
THE REALITY OF THE OBJECT'S
LIMITATIONS, SEPARATENESS,
AND IMMUTABILITY AND
– AFTER RELENTING, FORGIVING, INTERNALIZING,
SEPARATING, LETTING GO, AND MOVING ON –
**ARRIVING ULTIMATELY AT A PLACE
OF SERENE ACCEPTANCE**
“IT WAS WHAT IT WAS” / “IT IS WHAT IT IS”
IN THE PROCESS
ALSO MAKING HER PEACE WITH THE
REALITY OF THE LIMITS OF HER POWER
TO FORCE HER OBJECTS TO CHANGE

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