

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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