

INTERNAL SADOMASOCHISM

**THE MASOCHISTIC DEFENSE
OF RELENTLESS SELF – INDULGENCE**

**THE SADISTIC DEFENSE
OF RELENTLESS SELF – DESTRUCTIVENESS**

1

**THE RELENTLESS PATIENT
WHO HAS A LIBIDINAL
RELENTLESSLY HOPEFUL
AND AN AGGRESSIVE
RELENTLESSLY OUTRAGED
ATTACHMENT TO THE “BAD OBJECT”
MAY WELL ALSO
HAVE A LIBIDINAL
RELENTLESSLY SELF – INDULGENT
AND AN AGGRESSIVE
RELENTLESSLY SELF – DESTRUCTIVE
ATTACHMENT TO THE “BAD SELF”**

2

**FOR EXAMPLE, CONSIDER A PATIENT WITH A
SEEMINGLY INTRACTABLE EATING DISORDER
ONE THAT COMPELS HER SOMETIMES TO BINGE
THEREBY AFFORDING LIBIDINAL RELEASE AND SATISFACTION
AND SOMETIMES TO STARVE HERSELF
THEREBY AFFORDING AGGRESSIVE RELEASE AND SATISFACTION
THE VICIOUSLY SELF – SABOTAGING
CYCLE MIGHT THEN GO AS FOLLOWS
THE CALORIE – RESTRICTING PATIENT, FEELING DEPRIVED,
BECOMES RESENTFUL AND THEN FEELS ENTITLED TO GRATIFY
HERSELF BY INDULGING IN COMPULSIVE EATING,
WHICH THEN MAKES HER FEEL GUILTY AND PROMPTS HER
TO PUNISH HERSELF BY SEVERELY RESTRICTING
HER CALORIC INTAKE ONCE AGAIN,
WHICH THEN MAKES HER FEEL DEPRIVED, ANGRY,
AND ENTITLED TO INDULGE IN YET ANOTHER EATING BINGE,
AND SO ON AND SO FORTH
CYCLES OF DEPRIVATION, ANGER,
SELF – INDULGENCE, GUILT, SELF – PUNISHMENT**

3

SADOMASOCHISM CAN THEREFORE BE PLAYED OUT
 RELATIONALLY
 IN THE FORM OF ALTERNATING CYCLES OF
 RELENTLESS HOPE AND RELENTLESS OUTRAGE
 IN RELATION TO THE "BAD OBJECT"
 THE MASOCHISTIC DEFENSE
 OF RELENTLESS HOPE
 AND THE SADISTIC DEFENSE
 OF RELENTLESS OUTRAGE
 AND / OR INTERNALLY
 IN THE FORM OF ALTERNATING CYCLES OF
 SELF - INDULGENCE AND SELF - DESTRUCTIVENESS
 IN RELATION TO THE "BAD SELF"
 THE MASOCHISTIC DEFENSE
 OF RELENTLESS SELF - INDULGENCE
 AND THE SADISTIC DEFENSE
 OF RELENTLESS SELF - DESTRUCTIVENESS

4

IN EITHER CASE
 WHETHER THE SADOMASOCHISM
 IS PLAYED OUT
 RELATIONALLY OR INTERNALLY
 THE NET RESULT
 OF THE PATIENT'S
 AMBIVALENT ATTACHMENT
 TO THE "BAD OBJECT"
 AND HER
 AMBIVALENT ATTACHMENT
 TO THE "BAD SELF"
 WILL BE UNRELENTING
 SELF - SABOTAGE

5

WHEN SADOMASOCHISM IS
 PLAYED OUT RELATIONALLY
 THE PATIENT MUST ULTIMATELY CONFRONT
 - AND GRIEVE -
 THE REALITY OF THE OBJECT'S LIMITATIONS
 AND ARRIVE AT A PLACE OF
 SERENE ACCEPTANCE OF
 THE OBJECT'S FLAWS, IMPERFECTIONS,
 AND INADEQUACIES
 BUT WHEN SADOMASOCHISM IS
 PLAYED OUT INTERNALLY
 THE PATIENT MUST ULTIMATELY CONFRONT
 - AND GRIEVE -
 THE REALITY OF HER OWN LIMITATIONS
 AND ARRIVE AT A PLACE OF
 HUMBLE ACCEPTANCE OF
 HER OWN FLAWS, IMPERFECTIONS,
 AND INADEQUACIES

6
