

## **Triphasic Epigenetic Model of Self-Acceptance**

A Roadmap Towards a Healthy Sense of Self

*From negative narcissism\* and shame to self-acceptance and a healthy sense of Self*

<b>Phase I: <u>False Self</u> i.e. <u>ego syntonic with negative self-view</u></b> <i>(unhealthy stance)</i>	<b>Phase II: <u>Syncretic ** Self</u> i.e. <u>ego dystonic with ambivalent self-view</u></b> <i>(healthier stance)</i> [this stage is often achieved via therapy]	<b>Phase III: <u>Authentic Self</u> i.e. <u>ego syntonic with positive self-view</u></b> <i>(healthy and optimum stance)</i>
<p style="text-align: center;">The <b>bad</b> is fused with the Self (introjection of bad):</p> <p style="text-align: center;">“ I am bad. ” “ I am not OK. ”</p> <p style="text-align: center; color: red;"><b>[ ≠ OK ]</b></p> <p style="text-align: center; color: red;"><b>“ I hate my Self ! ”</b> <b>“ I wish to divorce from my Self ! ”</b></p> <p style="text-align: center;"><i>“My water is clouded and I’m OK with it (as it is normal for me).” (“I may not be aware that my water is clouded !”)</i></p>	<p style="text-align: center;">In the process of separating the Self from the (introjected) <b>bad</b>:</p> <p style="text-align: center;">“ I am not always bad. ” “ I know it’s not OK to think I am bad. ”</p> <p style="text-align: center; color: orange;"><b>[ ≠ OK / = OK ]</b></p> <p style="text-align: center; color: orange;"><b>“ I should not hate my Self !? ”</b> <b>“ I want to divorce from the bad !? ”</b></p> <p style="text-align: center;"><i>“I’m aware that I perceive my water as being clouded and I know it is not so [I just don’t feel it yet deep inside me].”</i></p>	<p style="text-align: center;">The bad is replaced by the <b>good</b> in the Self (introjection of good):</p> <p style="text-align: center;">“ I am good. ” “ I am OK. ”</p> <p style="text-align: center; color: green;"><b>[ = OK ]</b></p> <p style="text-align: center; color: green;"><b>“ I love my Self ! ”</b> <b>“ I’m married to (i.e. connected to or one with) my Self ! ”</b></p> <p style="text-align: center;"><i>“My water is clear: I know it and I feel it, and I want to [and will !] keep it that way !”</i></p>
◀ Absence of Self Relational Object Permanency ▶		◀ Self Relational Object Permanency ▶

\* “Negative narcissism” is also known as “negative self-concept”, “defectiveness/shame schema”, “hyper self-criticalness”, “self-loathing.”

\*\* “Syncretism: the attempted reconciliation or union of different or opposing principles, practices, or parties”. [www.dictionary.com](http://www.dictionary.com)