

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

Phase I: <u>False Self</u> i.e. ego syntonic with negative self-view - unhealthy stance	Phase II: <u>Syncretic** Self</u> i.e. ego dystonic with ambivalent self-view - healthier stance Note: This stage is often achieved via therapy.	Phase III: <u>Authentic Self</u> i.e. ego syntonic with positive self-view - healthy and optimum stance
The bad is fused with the Self (introjection of bad): <p style="text-align: center;">“I am bad.” “I am not OK.”</p> <p style="text-align: center; color: red;">≠ OK</p> <p style="text-align: center; color: red;">“I hate my Self!” “I wish to divorce from my Self!”</p> <p>“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!”)</p>	In the process of separating the Self from the (introjected) bad : <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;">≠ OK / = OK</p> <p style="text-align: center; color: orange;">“I should not hate my Self!?” “I want to divorce from the bad!?”</p> <p>“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].”</p>	The bad is replaced by the good in the Self (introjection of good): <p style="text-align: center;">“I am good.” “I am OK.”</p> <p style="text-align: center; color: green;">= OK</p> <p style="text-align: center; color: green;">“I love my Self!” “I’m married to (i.e. connected to or one with) my Self!”</p> <p>“My water is clear: I know it and I feel it, and I want to [and will!] keep it that way!”</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