

Triphasic Epigenetic Model of Emotional Autonomy

A Roadmap for Healthy Self-Esteem

From maladapted relational dependence to optimal relational autonomy (i.e. happiness)

Phase I: Emotional dependence <i>Incomplete or maladapted position</i>	Phase II: Emotional para-autonomy <i>Midway position</i> Note: This step is often achieved through therapy.	Phase III: Emotional autonomy <i>Healthy and optimal position</i>
<p>Generally focused on others.</p> <p>Often has marked difficulty in taking care of oneself (i.e. needs, thoughts, actions are focused on others, and are to the detriment of oneself and others).</p> <p>Has difficulty "tolerating" or enjoying oneself when alone or by oneself.</p> <p>Has difficulty tolerating or accepting the "difference" (i.e. other's values, beliefs, desires, opinions, preferences, etc.)</p> <p style="text-align: center; color: red; font-weight: bold;">≠ OK * ≠ OK</p> <p>One's own happiness is greatly dependent on the actions/emotions/thoughts/states of mind of others.</p> <p style="text-align: center;"><i>"If the other is angry with me, I will be seriously affected."</i></p> <p style="text-align: center;"><i>"I really need others in order to be happy."</i></p>	<p>Starts gradually to focus on self.</p> <p>In the process of taking better care of oneself (and needs, thoughts, actions that are more self-centered and less at the expense of oneself and others).</p> <p>Begins to "tolerate" and enjoy being alone or by oneself.</p> <p>Has greater ease to accept that others are OK despite their differences (i.e. values, desires, tastes, opinions, etc.)</p> <p style="text-align: center; color: orange; font-weight: bold;">+/- OK * +/- OK</p> <p>One's happiness is less dependent on others, and more focused on one's own thoughts, desires, actions, etc.</p> <p style="text-align: center;"><i>"If the other is angry with me, I will be affected, but I will manage."</i></p> <p style="text-align: center;"><i>"I don't need others as much to be happy."</i></p>	<p>Centered on Self.</p> <p>Takes care of oneself (and one's needs, thoughts, actions which are now centered on oneself and no longer at the expense of oneself or others).</p> <p>Enjoys own presence and takes pleasure when alone or by oneself.</p> <p>Accepts oneself and others even during conflicts and differences of beliefs, opinions, values, tastes, etc.</p> <p style="text-align: center; color: green; font-weight: bold;">= OK ** = OK</p> <p>One's own happiness is based on one's own desires, needs, emotions, thoughts, actions, moods, etc.</p> <p style="text-align: center;"><i>"If the other is angry with me, I remain centered and present to them."</i></p> <p style="text-align: center;"><i>"I'm enough to feel good about myself and appreciate the presence of others."</i></p>
◀ * Absence of Relational Self Object Permanency ▶		◀ **Permanence of Relational Self Object ▶