

Triphasic Epigenetic SIMPLIFIED 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

<p>Phase I: <u>False Self</u> (ego syntonic stance with negative self-view) ► unhealthy position ◄</p>	<p>Phase II: <u>Syncretic** Self</u> (ego dystonic stance with ambivalent self-view) ► healthier position ◄</p> <p>Note: This stage is often achieved via therapy. It is also the longest and most difficult one.</p>	<p>Phase III: <u>Authentic Self</u> (ego syntonic stance with positive self-view) ► healthy and optimum position ◄</p>
<p>○ ≠ OK ● I am bad / I am not OK... ○ ...and it's normal for me.</p> <p>"I hate my Self!" "I wish to divorce from my Self!"</p> <p>I don't like myself / I don't feel good about myself ... and it's normal for me (even though I am NOT happy).</p>	<p>○ ≠ OK / = OK ● I am not always bad / I know it's not OK to think I am bad. ○</p> <p>"I should not hate my Self!?" "I want to divorce from the bad!?"</p> <p>I'm aware that I perceive myself as being bad or not OK however I know it is not so! I just don't feel yet deep inside me that I am a good person.</p>	<p>○ = OK ○ I am good! ○ I am OK!</p> <p>"I love my Self!" "I'm married to (i.e. connected to or one/in harmony with) my Self!"</p> <p>I know I am a good person: I feel it and I want to –and will– keep it that way!</p>
<p>◄ Absence of Self Relational Object Permanency ►</p>		<p>◄ Self Relational Object Permanency ►</p>

* "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