

Triphasic Epigenetic Model of Self-Acceptance

A Roadmap Towards a Healthy Sense of Self

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

"He who blames others has a long way to go on his journey, he who blames himself is halfway there. He who blames no one has arrived." – Chinese proverb

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