Triphasic Epigenetic Model of Emotional Autonomy

A Roadmap for Healthy Self-Esteem

FROM maladapted relational dependence and counter dependance TO optimal relational autonomy (i.e. happiness)

Phase I: Emotional Co-Dependence	Phase II: Emotional Para-Autonomy	Phase III: Emotional autonomy	Phase II: Emotional Para-Autonomy	Phase I: Emotional Counter-Dependence
Incomplete or maladapted position	*Midway position* **Note:** This phase is often achieved through therapy.	*Healthy and optimal position*	*Midway position* **Note:** This phase is often achieved through therapy.	*Incomplete or maladapted position*
Generally focused on others.	Starts gradually to focus on Self.	Centered on self/other (balance)	Starts gradually to focus on Other.	Generally focused on Self.
Often has marked difficulty in taking care of Self (i.e. needs, thoughts and actions are focused on others, and are to the detriment of Self and others).	In the process of taking better care of Self (and needs, thoughts, actions are more self-centered and less at the expense of Self and others).	Takes care of oneself/other (in terms of needs, thoughts, actions which are now centered on self/other and no longer at the expense of self or others).	In the process of taking better care of the Other (and needs, thoughts, actions are more other-centered and less at the expense of the Other and Self).	Often has marked difficulty in taking care of the Other (i.e. needs, thoughts, actions are focused on Self, and are to the detriment of Other and Oneself).
Has difficulty "tolerating" or enjoying oneself when alone or by oneSelf.	Begins to "tolerate" and enjoy being alone or by oneSelf.	Enjoys own presence and takes pleasure when alone or by oneself, or with the other.	Begins to "tolerate" and enjoy being with the Other and Self.	Has difficulty "tolerating" or enjoying Oneself when with the Other and/or by oneSelf.
Has difficulty tolerating or accepting the "difference" (i.e. other's values, beliefs, desires, opinions, preferences, etc.)	Has greater ease to accept that others are OK despite their differences (i.e. values, desires, beliefs, tastes, opinions, etc.)	Accepts self and others even during conflicts and differences of beliefs, opinions, values, tastes, preferences, desires, etc.	Has greater ease to accept that Self & Other are OK despite their differences (i.e. values, desires, beliefs, tastes, opinions, etc.)	Has difficulty tolerating or accepting the "difference" (i.e. Other's values, beliefs, desires, opinions, preferences, etc.)
≠ OK * ≠ OK	+/- OK * +/- OK	= OK ** = OK	+/- OK * +/- OK	≠ OK * ≠ OK
One's own happiness is greatly dependent on the actions/emotions/ thoughts/states of mind of others.	One's happiness is less dependent on others, and more focused on one's own thoughts, desires, actions, etc.	One's own happiness is based on one's own desires, needs, emotions, thoughts, actions, moods, state of mind, etc.	One's happiness is less dependent on Self, and more inclusive of the Other's thoughts, emotions, desires, actions, etc.	One's happiness is greatly dependent on own actions/ emotions /thoughts/states of mind (often at the expense of the Other).
"If the other is angry with me, I will be seriously affected."	*"If the other is angry with me, I will be affected, but I will manage."*	*"If the other is angry with me, I remain centered and present to myself and to them."*	*"If the Other is angry with me, I will be affected, but I will manage."*	*"If the other is angry with me, I will be seriously affected but won't show it or express my internal experience to the Other."*
"I'm not enough; I (believe that I) really need others in order to be happy."	*"I don't need to rely on others as much in order to be happy."*	*"I'm enough to feel good about myself and appreciate the presence of others."*	*"I don't need to rely on Self as much in order to be happy."*	*"I'm self-sufficient and don't need the Other in order to be happy."*
◀ * *Absence of Relational Self Object Permanency* ▶		**Permanence of Relational Self Object**	◀ * *Absence of Relational Self Object Permanency* ▶	