Hysos - Unit 8 (ENG)

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00:02: Hello, and welcome to Unit 8 of the Sense of Self Help Course. And this unit is called "Help, mother. I sense myself disappearing if I don't succeed in making you happy." And what's actually meant here is that you feel you lose your right to exist when you're being criticized again by that particular person on whose approval you depend to "Feel-good-about-yourself". But what actually is going on that you're not really involved with your real self in this story. I hope you realize that by now, because what you are fearing to lose is not your self, not your Sense of Self, but your Substitute Sense of Self. But that's exactly why it's so anxiety-provoking, because when you already have no Sense of Self, losing your Substitute Sense of Self makes you kind of empty inside, you don't have anything to hang on to in yourself anymore. It is as if you even have to miss out on that artificial spine that kept you going in the world. And what's worse, the person who should be able to help you with this, your parent or your caregiver, is the cause of the problem. So, he or she can't help you now, you're on your own in your future to figure out what has happened in the past that... Or maybe not happened, that has such a debilitating effect on the development of your Sense of Self.

01:39: In this video, we will discuss the following points. We first will look back at Lesson 7, that was about your involuntary identification with your parent by means of the concept, Enmeshment, and the ever-present built-in reminder of their norms and values in yourself by the Virtual Internalized Parental Voice. Then we will discuss the new concept of this Lesson 8 which is Substitute Sense of Self, it's the most important subject of the whole method. Then we'll talk about Annihilation. What is it? How is it experienced? And what are the consequences of the Fear for Annihilation?

So the previous lesson was about two concepts, Internalized Parental Voice and ERnmeshment, that both describe a type of relationship that you can have with your parents in which you're actually confused about whether your opinions and tastes are actually yours or your parents', and you just copied them. It could be, namely, that, over time, you have internalized the criteria that you had to meet to get your parent's approval, and that is how your Internalized Parental Voice came about. And therefore, it doesn't get any better if you move away from them, to live on your own, because your parents' voice already has embedded itself in your system, and that way, secured for itself a permanent place within you.

About the Substitute Sense of Self now.

03:33: During the course, you already have able to form yourself an idea of this concept. We just haven't put a label on it yet. It is that artificial way, unhealthy way, of relating to yourself by means of a "Feel-good-about-self" state, that you have to earn by getting approval from that very specific person in your life with whom you might still have unfinished business. A Healthy Sense of Self instead is a healthy way of relating to yourself because it's based in the present, in reality, and it is based on your real self. In addition to this by-product of "Feel-good-about-self", that you get when you are dependent on a Substitute Sense of Self, you get another one, anger and rage. Why is that? Because you experience getting that Feel-good state, that Substitute Sense of Self, as extremely urgent, so, you are constantly working on it. In fact, it's actually the only thing that matters when you're in such a condition. But like for everybody, life always throws hindrances on your paths, and these hindrances are experienced not for what they are in reality but for what they represent to you.

04:58: They are life-threatening events to your Substitute Sense of Self, so, that's how you experience them. And so, they provoke enormous angry reactions. The more dependent you are on getting approval, the angrier, because the more anxious you are, then the angrier you become if your goals are being thwarted. Know that on top of that, the efforts you make to gain a Substitute Sense of Self, "Feeling-good-about- yourself", have nothing to do with your real self or your own life. On the contrary, all these efforts, they distract you and bring you even further away from yourself because you are not at the center of your own existence, because the person whose approval you want is. If you depend on a Substitute Sense of Self, you might want to be in control of everything around you and everybody else. Because you depend on getting that approval for your Substitute Sense of Self, you simply can't afford to go with the flow.

06:12: To everyone else around you, it seems like you're self-centered. But essentially, you're just terrified that you will not be able to gain a Substitute Sense of Self. This is a very complex problem, and it can go on across the generations if you do not intercept it, which is what you're doing right now. But if this applies to you, I do hope that this course will inspire you and get you enough ideas to be able to detach yourself from an addiction to approval, which might function as a Substitute Sense of Self. I hope that the knowledge that you acquire here will help you to restore your Sense of Self because that's the answer to this problem. And with that, shift your Motivation from Indirect to Direct, and let go of your Hidden Goal, and replace that by a goal of your own choice so you will be in charge of yourself.

07:18: What do we mean when we speak about Annihilation? In the Sense of Self Method,

Annihilation is not really something to do with physical death or the fear of dying; it is more a way to express the terror you can experience of not making a difference to anybody in the world, of not having any impact on anybody else, of not being seen and heard, having the unearthly feeling that although you're alive, you do not seem to matter. That means that each time you're not able to live up to the requirements of your Hidden Agenda's in your Ego- References, you anticipate feeling that you are not going to have a "Feel-good-about-yourself" that serves as a Substitute Sense of Self. So each time, you dread in you that you're being wiped out, that you will be invisible to people, that you will be not good enough to connect with others, that you will be only a shadow in the world, and treated like non-existent. And a Substitute Sense of Self ends all that fear. And therefore, it is called, relatively, a "good" feeling.

08:36: So how is a sense of Annihilation experienced? It certainly is not a pleasant experience, and it occurs mostly in groups, not so much when you are alone. For example, in groups when you never get a chance to speak, or you're never looked at or even acknowledged, you are never chosen for activities, and even though you try so hard to get people's attention, you feel deeply defeated because you don't seem to even be noticed. It's like you don't seem to get a foot in the door of life. So what are the consequences of the Fear of Annihilation? Well, if it is eliminated by gaining a Substitute Sense of Self, then you can imagine that gaining that Substitute Sense of Self becomes a matter of life and death. And that then explains the gigantic emotions that come up when that Substitute Sense of Self is being put in jeopardy. What then happens is the Fear of Annihilation flares up and is so strong that you can get out of your mind. And for your environment, they have no idea what's going on in you. Getting out of that vicious cycle is crucial, of course. But in order to be able to do that, you have to first know of the existence of that loop, and that's what you're

learning right now. I wish you a productive process with the content of Unit Eight of the Sense of Self Help course.

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