Hysos - Unit 9 (ENG)

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00:00: Hello, and welcome to Unit 9 of the Sense of Self Help Course. And this unit is called "A portrait of a Substitute Sense of Self-Oriented life." If your existence is entirely dominated to you trying to get a Substitute Sense of Self or hanging onto one, you're living under a horrible curse that you wouldn't wish on anybody. It means that you are witnessing how the joy of life you're born with is slowly but surely extinguished as you turn from a potential free human being into a slave.

00:44: Until quite recently, this type of heritage that would come with your upbringing was something that was a fact of life, you just had to accept it. But recent neurological research has pointed out that what you learned as a child, and even the conclusions you drew in your younger years, can be very well overwritten by newer, more positive concepts. This insight is just starting to grow. And a program like this may be very well one of the very first signs in this new positive direction. But now that re-programming of yourself or your subconscious mind lies wide open, it's up to you to decide whether you want to make the effort to do the work that's necessary to follow this path, or are satisfied with the cards that you have been dealt. If you choose to do the work, we hope that this course has met your expectations, and that you will continue on the road of restoring your Sense of Self, with the next course on undoing the addiction to approval.

02:00: In this video, we will discuss the following points. We will look back at Unit 8, where we spoke about Fear of Annihilation and the Substitute Sense of Self. Then I will discuss with you the new concept of this final lesson, the Substitute Sense of Self-Oriented System. And then I will paint you a portrait of a life of a person who is addicted to the Substitute Sense of Self, followed by a few words on the Substitute Sense of Self-Oriented Goal. And that will bring us to the conclusion of this

course.

02:37: Unit 8 was about the ultimate culprit that lies at the root of the dependency on a Substitute Sense of Self, the Fear of Annihilation. We saw how the early experience of lacking the acknowledgement of your caregiver of you as your own person makes you feel invisible. The dread of experiencing that again, and your effort to avoid that situation, leads to a Lack of Sense of Self. Because you're actually focused on your caregiver, not on yourself. And strong emotions come up when you're not able to gain that Substitute Sense of Self, and great anxiety comes up if reaching that Substitute Sense of Self is put in jeopardy or thwarted. Now, about a Substitute Sense of Self-Oriented System, that is a bit of a mouthful and it's a complicated topic. In my book, I compare it to a sort of soup, because just like soup, it has all kind of ingredients to it that, on their own, are not recognizable anymore, but they work together to determine the taste, or the character, of the system.

03:51: Substitute Sense of Self-Oriented System, therefore, is comprised of all the aspects in you as a person that could function potentially and be of help in conquering and gaining that Substitute Sense of Self. In short, it comprises you as the totality of the person you have become under the influence of your compulsive need for approval. Now, you may think that there's something that you could fall back on, that you could fall back on your authentic self, but unfortunately, you have to discover that your authentic self has never been at the center of your existence, so, you haven't been able to develop a sense of it. So, there's nothing to fall back on. You can't switch off your substitute sense of self, fall back on your authentic self. You have to go through this unclear situation and start building a Sense of Yourself from scratch, as a new thing. There's nothing that you can remember from the past that would help you with it.

05:06: For you to get a more visual understanding of what it is to live with a Substitute Sense of Self, I will paint you a picture of a person who was dependent on it. It is based on the life of a good friend of mine, who, in her early 40s, and mother of a son and a daughter, would frequently confide in me and asked me to help her navigate her difficulties. Because of her problems, her marriage was in danger of breaking down, because her husband wasn't able any longer to see her, lying awake night after night, and then become so violently angry that nothing and nobody was spared, only to, immediately after, squirm and blame herself for her behavior, and pulling her own hair out in despair. Often, she would cry and accuse herself of being a burden to others. "Why do I have this problem?", she wondered. "Why can't I just be myself? Why can't I be the person I feel deep down inside I am?"

06:16: She would complain of having more sleepless nights than anybody could imagine. She says, "I don't understand it. I don't even think of something. I'm not even worried about anything, and my mind is blank, yet I don't sleep. And then if I finally fall asleep, I wake up after a few hours, or even after a few minutes, and then I stay awake until dawn, and then finally I fall asleep." That was because, subconsciously, she was worried to let go of the substitute sense of self that she would have earned the day before, or worried about getting the one the next day, getting a new one, right? And the fear not to be able to function due to the lack of sleep would only aggravate her subconscious stress and make her stay awake even longer.

07:15: But one thing my friend and I had noticed over time that during such nights, she wasn't really there for herself. It was as if she wasn't really in touch with her own being. So, establishing

that connection, or re-establishing that connection, that was the thing that would finally make her fall asleep. In groups, she would feel invisible, where she would crave to be the one in the spotlight. Her overall state was actually one of anger, and she would be infuriated when she would see her ego reference being thwarted on the verge of reaching it. More than once, she admitted that she felt an impulse to do something horrible to herself or even to someone close to her, something that she would have deeply regretted later. And then when she would have reached the other end of the tunnel and overcome that outburst of rage, she would feel totally depleted in energy and motivation to do anything. She would feel like Sisyphus, whose rock has rolled down the hill for the umpteenth time, and who knew that he would have to start pushing it back up all over again.

08:39: She realized that she caused a lot of upheaval in her family and that also she wasn't able to raise her children the way she would have loved to. Therefore, she would have wanted so desperately to change and be in control of her emotions, but she was unable to do so because she wasn't really present to herself.

And this is what her husband, who had a Healthy Sense of Self, would think of it. He wouldn't understand what was wrong with her. He said he told her many times that she would not always have to take the blame if things didn't turn out perfectly. He was under the impression that she didn't know or accept that life can be difficult sometimes, and that there are good and bad moments. But he had noticed one thing, that there was one thing that really mattered to her, and that was what her mother thought of her.

09:37: It also seemed to him that everything had to revolve around her. He didn't think she would

do that on purpose, but he, as a partner, had a real hard time to do the right thing for her, for their family, for the kids, because every time he wanted to contribute something positive, it seemed she had no reaction at all. She had no response. But yet she was terrified that he would run out on her. Her capricious behavior was incomprehensible to him, and he had no idea what to do to her tantrums when something pretty insignificant didn't go following the plan. And the kids also didn't have any idea how to react to it. Sometimes, they would take on the blame, or other times, they would lock themselves in their rooms and let the storm pass. At the same time, he also saw that she was working really hard to make things run smoothly, as smoothly as possible, but the moment something would go wrong, boom, life would stop, and hours of communication, conversation, would be needed to straighten things out. And then, when things would go well, then she would lie awake all night long again.

11:04: So you see what a life that is geared towards a Substitute Sense of Self can look like. It is full of stress and turmoil. But the moment you understand that this is all about the need to "Feel-good-about-yourself", because that functions as a Substitute Sense of Self, you're in a position that you can make a lasting change. You can find inner peace, you can sleep better, and that also helps you to restore your connections with other people, and deal with life's stressors in a much better way.

11:44: Now, about a Substitute Sense of Self-Oriented Goal, that is actually the same as the Hidden Goal. We prefer to speak of the Hidden Goal when we refer to the emotional content of the concept, meaning, the need to get that sense of safety that every child should be able to rely on by means of the parents being involved with them and acknowledge them as their own being. When we speak of

the Substitute Sense of Self-Oriented Goal, we're talking about the same thing, but more from a technical point of view, that because of the Lack of Sense of Self, there's a sort of an emptiness in the person. And with that emptiness, you cannot function. So that needs to being filled in and it's being filled in by the Substitute Sense of Self. That's also why your whole body is actually aiming at gaining that Substitute Sense of Self because without it, you can't function.

12:50: To conclude this Sense of Self Help course, I would like to say the following: If you are a person with a Lack of Sense of Self, and your existence is about getting to "Feel-good-about-yourself" because it serves as a Substitute Sense of Self, you are actually sort of disabled, even though you don't see it from the outside, because you are not in a position to give shape to your life like everybody has a right to. You could even consider yourself a victim of child abuse, if it were not for the abuser being totally oblivious of his or her role in this process. Our parents did the best they could, and they were the products of their parents who, in turn, where the products of their parents. It's the privilege of our time that we reflect more on ourselves and that we can deal with topics like education much more consciously. And it's becoming more and more common practice to do the work, to replace our negative self images by more positive ones.

14:04: Let me end by congratulating you on completing this course. It's a big deal. It's a big achievement. And it ties in with my hope that by working on ourselves together, we can make this world a better place. Each one of us in our own way have a healthy sense of self.

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