

Applied Development

Become the Expert on You



Marc Storr has a professional and academic background in Counselling, Personal Development, Applied Psychology, Research, and social care.

To learn more please visit
www.applieddevelopment.co.uk

Notes from sessions 1 & 2 of 8 sessions.

Susan contacted Applied Development for help with getting what she wanted in a way she was comfortable with, and gaining more control over her emotional expression.

We both agreed the work that needed to be done and agreed an initial 6 sessions. A further 2 sessions were used as review sessions where Susan explored her progress and identified further goals that she wanted to pursue herself.

A 6-month follow up email showed that Susan was happy with the outcomes of her work with Applied Development.

Session 1: 10/07/2018

Info about the Parent, Adult, Child ego structure.

Parent – Info learned from others about how to live our lives and respond to things
E.g. nobody swears in the office

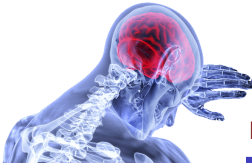
Adult – Information processing ability that allows us to solve our current challenges
E.g. the phone rings, we answer it

Child – Info that we have learned ourselves
E.g. if I break something I hide it

It is called Parent because we usually get this type of info from our parents or those in a pseudo-parental role such as teachers, police officers, etc. It is called Child because it relates to info that we have figured out for ourselves and this usually starts in early childhood. It is called Adult because the ability to access and organise info is a mature skill with the notion of a mature skill being represented as an adult capacity.

However, the reality is that we can fill our Parent and Child ego states at any time throughout life and it is therefore best to consider Parent as representing info from others and Child as representing things we've figured out ourselves.

Parent and Child ego states are necessary and allow us to quickly respond in life based on what worked last time. This way we don't always have to treat each situation in life as a new experience and figure out what to do – imagine how long it would take for even simple tasks like making a coffee or walking up some stairs. The problem is that we are highly unlikely to experience exactly the same situation over and over again, so our previous ways of responding may not be fully appropriate to the current situation.



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The key is to ensure that the Parent and Child info is always under the control of the Adult (like the CEO of a company). This way, our info processing Adult can tailor our responses to the here-and-now situation rather than us just repeating exactly the same thinking, feeling and behaviour we did last time. This should result in a response that is quick but also adapted to reality. Parent and Child info should be like a library of info that our Adult accesses rather than a base from which we operate.

The P and C ego states can be further split into particular ways that the P and C info is used. Bear in mind that this only relates when we are using Parent and Child ego states as a base of operation, i.e., when we are not in Adult. When we are in Adult, we are just being Adult.

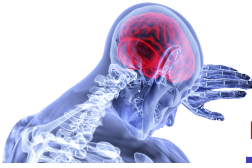
Controlling Parent – Controlling Parent info concentrates on telling ourselves what to do and practically guiding our behaviour in a proscriptive way

Nurturing Parent – Nurturing Parent info concentrates on making ourselves feel better and giving a big warm hug

Adult – Same as always

Rebellious Child – Rebellious Child info concentrates on expressing our Child selves the way we want to regardless of convention

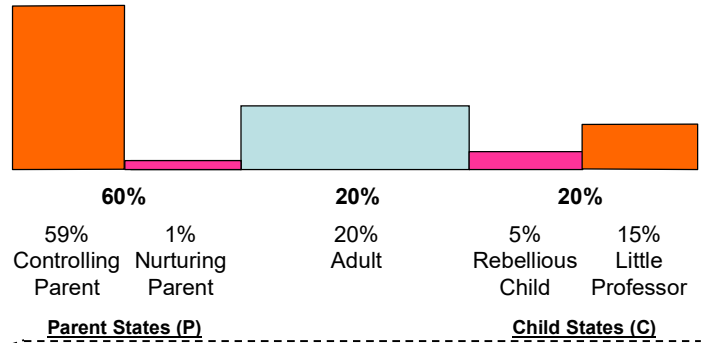
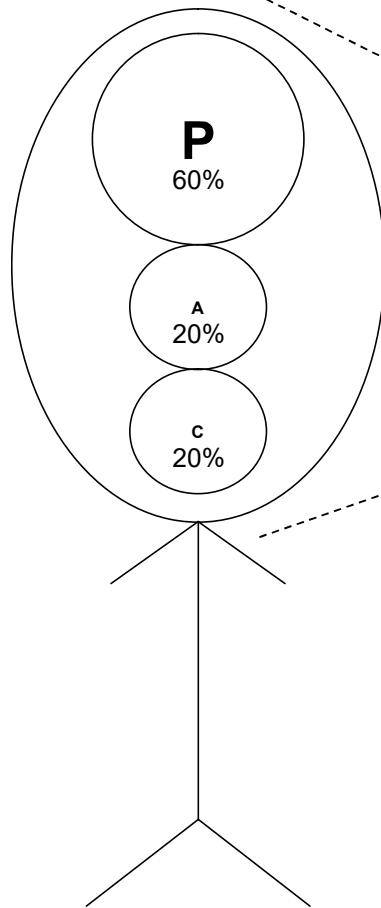
Little Professor – Little Professor info helps us to get what we want by moulding our Child thinking, feeling and behaviour in a way that fits in with others and our surroundings.



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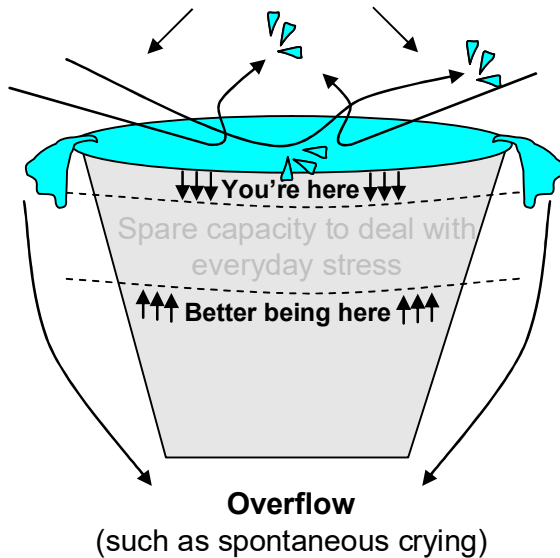
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Here's how we represented you

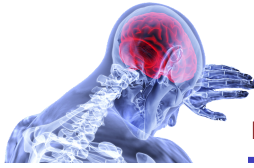


(We'll work on the back of your t-shirt in session 4)

New stress
(the smallest thing now feels like a big deal)



The space where 'filtering' takes place



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What you wanted – ‘the contract’

- You wanted to get back to your old self

Which involves

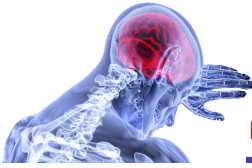
- Being more open about your feelings
- Being in more control over how and when you cry
- Feeling more ‘stable’

We will refine this and make it SMARTer in the next session.

S – specific, M – measurable, A – agreed, R – realistic, T – time limited.

Initial suggestions (homework if you like) to be discussed at the next session.

- Complete the charts on A & B. Charts are useful because, although they take time to complete, there is a constructive quality to putting things down in black and white and it also helps to clarify and objectify the issues.
 - A is a form of diary that will act as a baseline (or pre-intervention measure because I know you like your research terms)
 - B looks at where you feel you are and where you want to be (to help challenge any cognitive bias).
- Set aside some worry time every day – compress all of your ‘worry’ into this space. When you find yourself worrying at other times, remind yourself that you will ‘worry’ during your worry time. Make it 20mins at least, 1 hour max and make sure you won’t be disturbed. This will really work if used in conjunction with the One technique below as it is about taking active control over your thought processes.
- Make a positive list – you’ve already started this and make sure you have at least 10 points. In addition, every time you think something negative about yourself, make a mental note of the opposite (i.e. a positive thought about yourself) and write it down. For example, if you think “I am sooo stupid”, write down “I am intelligent and resourceful”. Again, this takes time, but it helps to counter-condition the automatic thinking that characterises negative thought patterns.
- Use the ‘One’ technique we discussed – at least 20mins once a day (better in the morning). Again, like charts, this is something that takes time, but it is designed to help you manage your thought processes which will help.
 - Get yourself somewhere quiet
 - Sit comfortably
 - Breath in and out normally
 - Say ‘one’ when you breath out



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- Don't try to stop thinking – if you have any thoughts, let them come and go without giving them any attention.
- Have a great house move and live well.



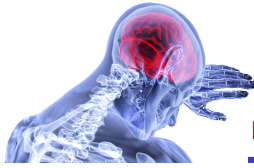
A

1	2	3	4	5	6	7	8	9	10
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1	2	3	4	5	6	7	8	9	10
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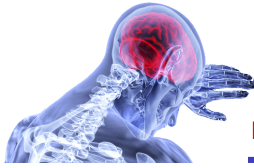
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4. Give yourself a break. You've been through some tough times and you need some nurturing parent – from the inside out.



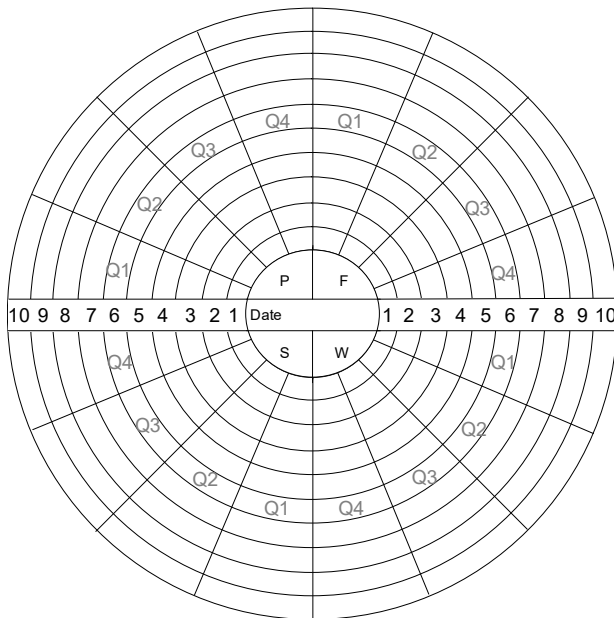
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Where you are

P = Personal F – Family W – Work S - Social



Monthly life chart

Give an answer for the following questions from 1-10 and mark them on the chart above

Q1. Are you existing or living?

1 means only just existing, 10 means really living

Q2. Are you sad or happy?

1 means very sad, 10 means very happy

Q3. Are you unsuccessful or successful?

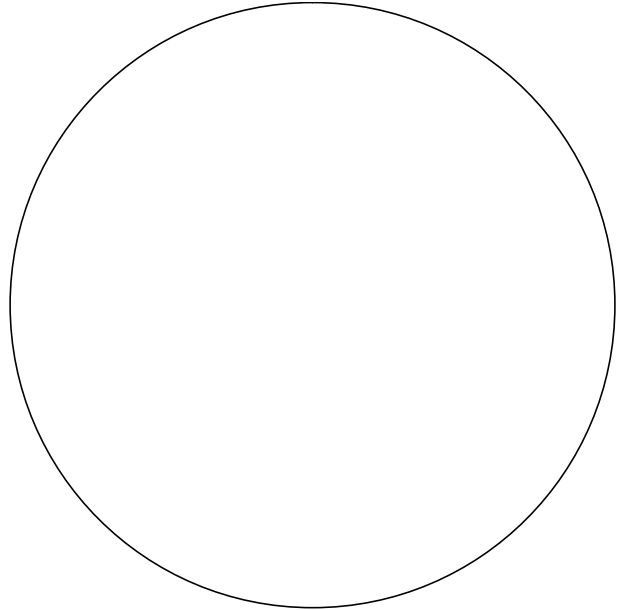
1 means very unsuccessful, 10 means very successful

Q4. Is life going slow or going fast?

1 means very slow, 10 means very fast

Which areas of your life are you going to improve

.....
.....
.....

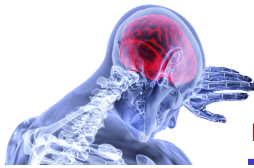


Daily life chart

Split the average 16 hour day according to what you do during the day – put in the task and how long you spend on it.

Don't think of any day in particular – make it a composite day.

Don't spend too much time on this – it should take around 10 mins to complete.

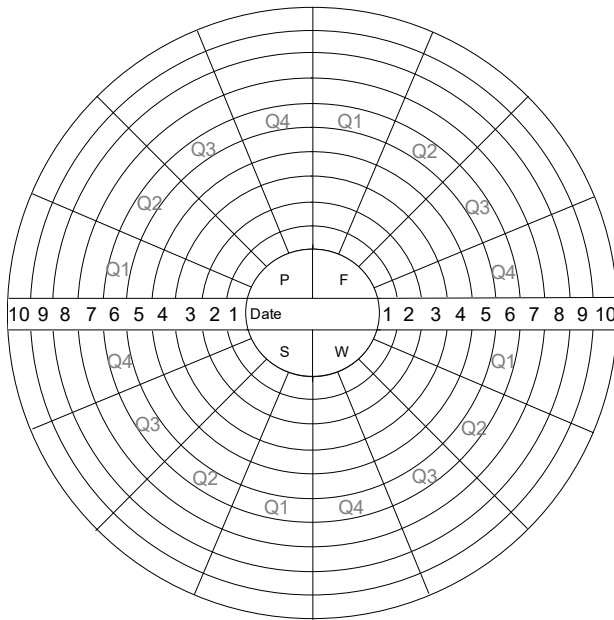


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Where you want to be



Monthly life chart

Give an answer for the following questions from 1-10 and mark them on the chart above

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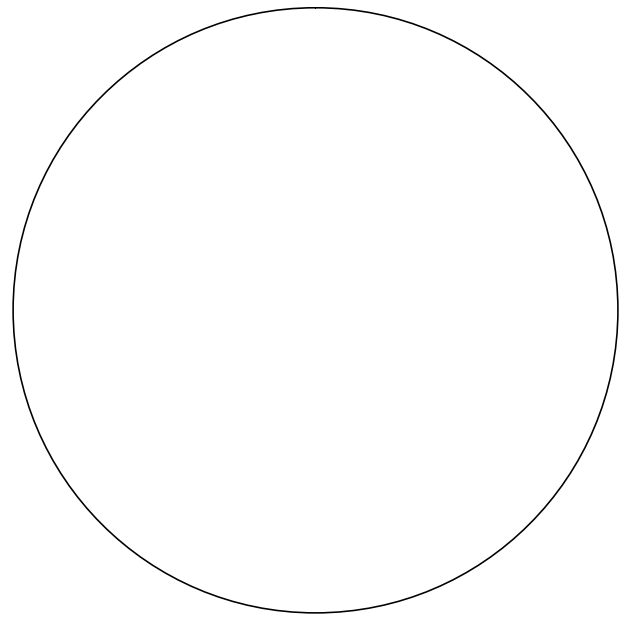
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Which areas of your life are you going to improve

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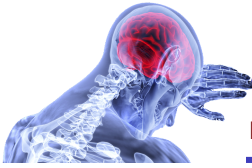


Daily life chart

Split the average 16 hour day according to what you **want to** do during the day – put in the task and how long you **want** spend on it. Make sure you build in some **real ME** time and **do something** you enjoy without feeling guilty about it.

Don't think of any day in particular – make it a composite day.

Don't spend too much time on this – it



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Session 2 – 15/07/2018

Let's focus on the positives first

- You have found a great job which is an area you wanted to work in
- You have started getting regular exercise
- You may be promoted very soon
- You have planned your wedding

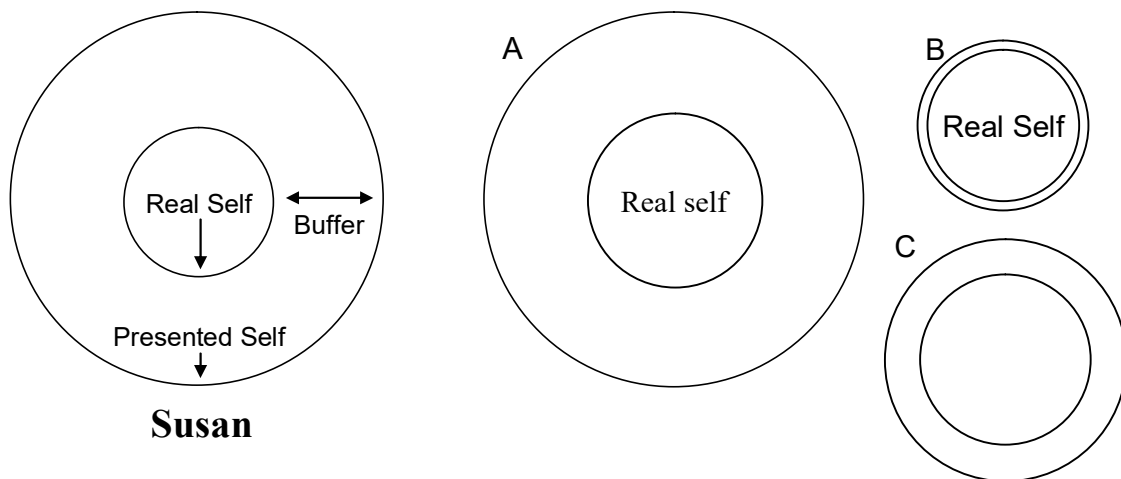
These are the things that are going to help you feel better and more able to enjoy the moment. Don't play it down, you've done a lot and are in a good place – you deserve it.

General themes

Is what you want what you get

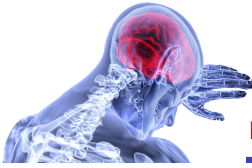
We discussed the Real Self and how we Present our Self. The Real Self can be described in many ways – who we want to be, who we think we are, etc. The way we present our Self can also be described in similar ways – what we actually do, who others think we are, etc.

The distance between Real Self and Presented Self is usually described as the amount of incongruence - the bigger the distance between Real Self and Presented self, the bigger the incongruence. The distance is like a buffer between the Real Self and the outside world – for you, too big a buffer can lead to a disconnection from life (A – life can't get through) whereas a buffer that is too small can lead to a lack of protective control (B – life gets through too easily).



Things we discussed that it would be helpful to think about

- Pop quiz: Who would you rather be A, B or C?
- How big is your buffer – is this the same in all situations?
- Do your actions always represent what you want?
- With great power comes great responsibility (Shakespeare perhaps, maybe Tennyson or Wordsworth, nope...Spiderman...it's not always deep philosophical concepts espoused by literary giants). The power to make sure



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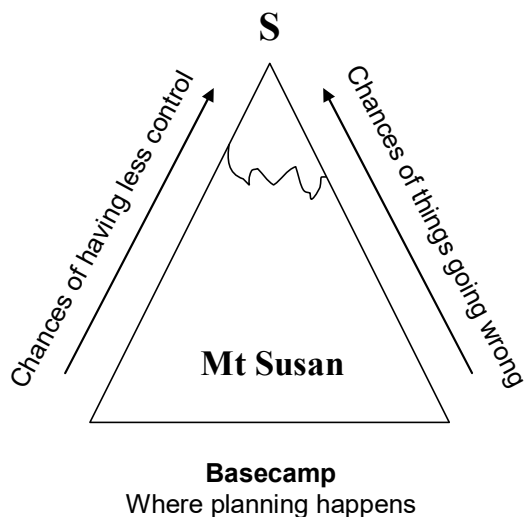
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we get what we want lies in our hands, but we need to be responsible enough to understand and accept the consequences of our behaviour on others.

- Know thyself (Ancient wisdom this time). Better still know what you want by remembering to regularly ask yourself what you want.

Living on the edge

You sometimes live life in the fast-lane, but don't always find it enjoyable. We discussed how a part of you wants that 'edgy' experience and the thrill associated with unplanned 'mindblowing' (your word) experiences (such as race days), but also that you want to enjoy these experiences in a recreational way rather than a general way of living life.



Life in the fast-lane

- = Distracts you from problems in life
- = Bigger chance of things going wrong
- = Low control

Race days are great, but not without a tuned car or a crash helmet.

What's all the Racket about?

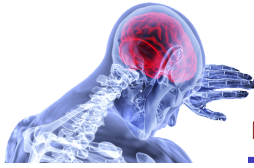
You regularly feel guilty about putting yourself first. We discussed that this may be a Racket Feeling – a feeling that cons you into feeling safe like a protection racket. This feeling of safety possibly comes from trying to avoid any conflict involved in putting yourself first.

Things to think about

- How many times does this Racket occur – guilt masking the original emotion?
- What happens to the healthy process of feeling the original emotion?
- What purpose does the guilt serve?

Personal responsibility for looking after others...

This is tied into the guilt Racket and we discussed how you make sure others are ok before you (like your birthday meal), often to the detriment of what you want to do or how you feel. One thing about Racket Feelings is that the emotion eventually comes out somewhere else. This is usually in a way that is uncontrolled and therefore difficult to understand – your feeling that you cannot control when you cry may be the emotions 'leaking out' when you least expect them. We also discussed whether we can be responsible for 'making' (your word) others feel ok.



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Things to think about

- Can you control the feelings of others?
- Are you responsible for how people react to things?
- Are you getting what you want from life?...bear in mind that sometimes we want to please others (eg, buying a good gift for someone), but the underlying feeling should be one of pleasure in doing so, not feeling less anxious.

Themes that weave their way through the themes above.

Rejection

A recurring theme where we discuss the risks associated putting your Real Self out there so that what you want is congruent with what you actually do. This could be asking friends to your wedding, asking for help, or just letting someone know how you really feel.

We discussed how leaving things to the last minute can pre-empt rejection and provide handy excuses that will help us feel better (they didn't have time to come or help me) or justify our feelings (because they didn't have time, they don't want to help).

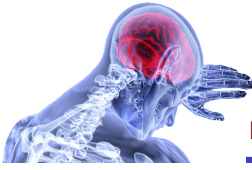
Things to think about

- If you only put yourself out there once a week and you get a knock-back that's 100% failure every week; whereas, if you put yourself out there 5 times and get 2 knock-backs that's a 60% success rate. That's positive re-evaluation for you.
- Isn't rejection a part of everyday life? It keeps us from being over-sensitive.
- Fundamental Attribution Error (don't you just love psychological terms): We have a tendency to attribute someone's behaviour to their personal beliefs rather than the situation they're in (eg, "someone doesn't want to go out because they don't like me anymore"...rather than "they've broken their ankle and can't walk up a mountain". Think about the last time you were behind a slow-moving car – did you actually think about possible reasons they were going slow like an engine problem, or did you just get frustrated at their snail-like pace?

Communication

We discussed how you don't always let people know how you feel and maybe don't get what you want as a result (e.g., the front door/banging affair). There are liberal amounts of reward and punishment when we communicate from our Real Self but very little frustration. On the other hand, when we don't communicate from our Real Self, we are mainly engaged in damage limitation and our frustration goes through the roof.

Get what you want out of life by knowing what you want and going for it. You won't always succeed but that's because it's impossible to always succeed – we need to lose to know what winning looks like.



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Things to think about when you

- Compromise is essentially not getting exactly what you want, which can work sometimes, but should it be a way of life? *Life* should not be a compromise!
- Does everybody have to like everything you say all of the time? Impossible!
- It's ok to ask for help isn't it?
- It's ok to ask for what you want isn't it?