



COUNSELING

THE INTERSECTION BETWEEN
HOPE & HOPELESSNESS

IS IT EVER TOO LATE...

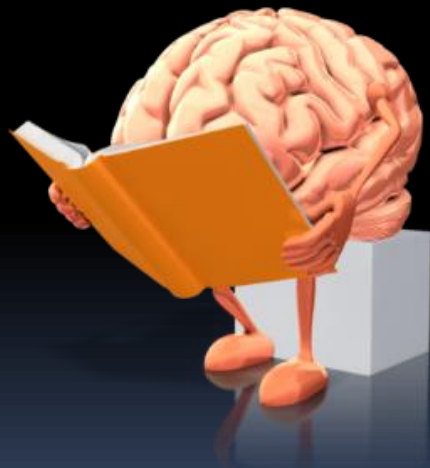
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Counseling - the Intersection Between Hope & Hopelessness

Proverbs 24:5

*A person of knowledge increases his/her
strength.....*

Ecclesiastes 1:18



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*For with much wisdom comes much sorrow; the more
knowledge, the more grief...*

Ecclesiastes 1:18

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Remember if you think you have free rein over things that are naturally beyond your control, or if you attempt to adopt the affairs of others as your own, your pursuits will be thwarted and you will become a frustrated, anxious and fault-finding person."

Epictetus, Stoic Philosopher (In approx. 95 AD.)



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*I, who had thought so well of myself and my abilities,
of my capacity to surmount obstacles, was cornered at
last. Now I was to plunge into the dark, joining that
endless procession of sots who had gone on before.*



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*I thought of my poor wife. No words can tell of the loneliness
and despair, I found in that bitter quagmire of self-pity.
Quicksand stretched around me in all directions. I had met my
match. I had been overwhelmed. Alcohol was my master.*

Big Book, p. 8 lines 1-5, 8-12.



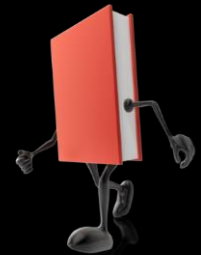


The remorse, horror, and hopelessness of the next morning are unforgettable. The courage to do battle were not there. My brain raced uncontrollably and there was a sense of impending calamity

Big Book, p. 6

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You may have already asked yourself **WHY** it is that all of us became ill from drinking...



Doubtless you are curious to discover

HOW & WHY

in the face of expert opinion to the contrary, we have recovered from a hopeless condition of mind and body

Big Book, pg. 20.

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If you are an alcoholic who wants to get over it,
you may already be asking

“What do I have to do?”

Big Book, p. 20



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He begged the doctor (Dr. Jung) to tell him the whole truth, and he got it.

In the doctor's judgment he was utterly hopeless; he could never regain his position in society and he would have to place himself under lock and key or hire a bodyguard if he expected to live long.

That was the great physician's opinion.



Big Book, p. 26

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Before experiencing hope, does one first encounter utter hopelessness, so overwhelming that one ? if one will survive it and/or live through it?

Is this part of the process from the crisis created and/or encountered and the looming impasse?



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Romans 5:3b – we know that suffering produces perseverance; perseverance produces character; and character produces hopes. 5:4a – And hope does not disappoint us.....

Proverbs 13:12 Hope deferred makes the heart sick, but a longing fulfilled is a tree of life (revives and strengthens).




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The founder of family systems theory, Murray Bowen (1978), distinguished between two kinds of dysfunctional relationships, **ENGULFMENT (fusion)** when the bond is too tight, and **ISOLATION**, when it is too loose.

In engulfed relationships, one or both parties subordinate their own thoughts and feelings to those of the other(s)



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Enmeshed relationships are alienated because at least one of the parties gives up parts of the self in order to be loyal to the other party. The other party is alienated from self, in service to the other. In this kind of relationship, the kinds of negotiations that can be called upon by two independent parties are lost.

Does this reflect the state of an addicted/alcoholic person?



How would you describe the family members?

Does it describe the relationships of the mentally ill?

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The deepest hatred grows out of broken love...

To have to recognize that a deep love was an error, a failure of intuition, so compromises us before ourselves, so splits the security and unity of our self-conception, that we unavoidably make the object of this intolerable feeling pay for it ...

George Simmel. Conflict



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Some persons sense of self is so fragile (vague or tenuous) that any relationship with another (*the world I make with another*) threatens to overwhelm them (*the world that I have with myself, my own world*).

Contact of vulnerability necessary for intimacy becomes a struggle to preserve (safeguard, protect) their own existence and to maintain (continue) their own identity

Laing, Existential Phenomenology

**CAN ONE REALLY FULLY GRASP SOMEONE
ELSE'S EXPERIENCE?**

WHAT DID THE PREVIOUS DESCRIBE?

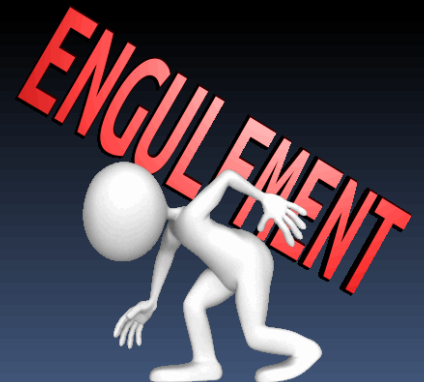


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What experience and response was just described for the person fearing engulfment?

Does the chemically or process addicted person trade one engulfment for another?

Are the outcomes the same?



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The most typical strategy employed by persons fearing engulfment is to isolate themselves totally, to provide themselves with a concealment or shroud of total “aloneness”.

Lang, 1959

Is the “alcoholic/addict, person suffering from mental illness, and/or spouse(s), family members” experiencing ontological insecurity?



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The engulfed *relationship itself* (specifically between the person and the mood altering chemical or process addiction) contributes to an unquenchable vacuum engulfing the chemically dependent person and the family members producing repetitious cycles of chaos, negative consequences, and despair.



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Carl Jung, Existential Theorist....

Personality is in a state of becoming or emerging and in transition of defining his/her own fate.

When one is stagnated developmentally, one is simply existing.

Anxiety results from a sense of dread or being choked out of life.

The central problem in the development of the human personality is ontological insecurity, or the feeling that one is threatened by nonbeing .

Lang, The Divided Self, 1959





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Once upon a time when Jack was little he wanted to be with his mummy all the time and was frightened that she would go away....

Later when he was a little bigger he wanted to be away from his mummy and was frightened that she wanted to be with him all the time....

When he grew up and fell in love with Jill and wanted to be with her all the time and was frightened that she would go away....

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When he was a little older, he did not want to be with Jill all the time...

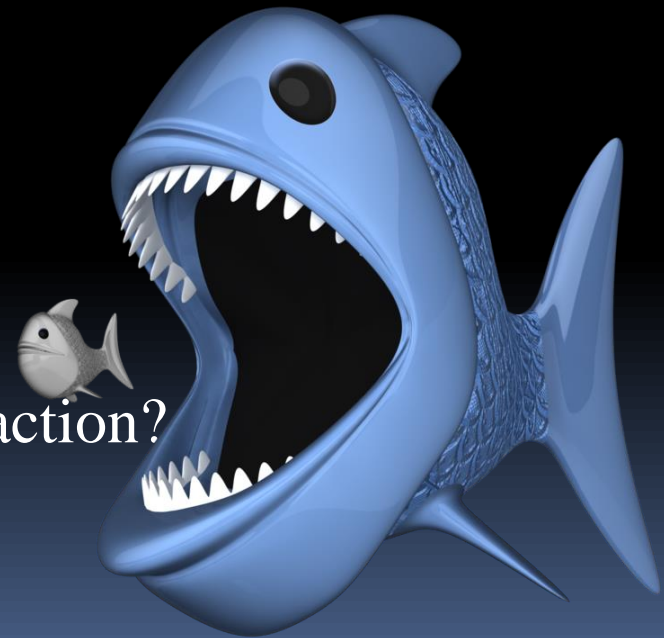
He was frightened that she wanted to be with him all the time.....

Jack feels that Jill is devouring him.

He is overwhelmed by his devouring
fear of being overcome by her
consuming desire for him.....

What is his potential responses?

What is her response and/or action or reaction?



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The engulfed relationship itself (specifically between the person and the mood altering chemical, process addiction, and/or mental illness) contributes to an unquenchable vacuum engulfing the chemically dependent person and the family members producing repetitious cycles of chaos, negative consequences, and despair.



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Within this created alienation (via addiction) personalities beginning with the chemically dependent person and systematically engaging everyone else results in blocked and/or diminished functioning.





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Lang described the experience of the individual sensing that at any moment his/her external world will rush in and “obliterate all identity as a gas will rush in and obliterate a vacuum,” the person encounters *implosion*.



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The ontologically insecure person recognizes the vacuum, the emptiness and may long for the emptiness to be filled but simultaneously dreads and suspects that eventually the emptiness is all that he/she can be.

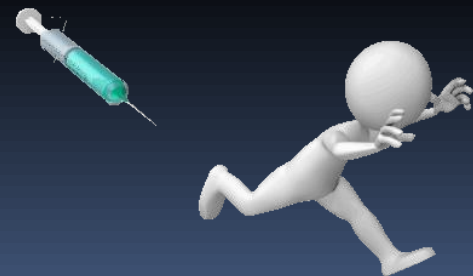


**WHAT ARE SOME OF THE WAYS THE PERSON
COULD GIVE SELF TEMPORARY RECESS FROM
THE INTERNAL VOID?**

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How would this person view a “loving family member who just wants to help?”

How would this person view a therapist that is utilizing “confrontational counseling?”



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Therapist/Client relationship or.....

The/Rapist/Client relationship

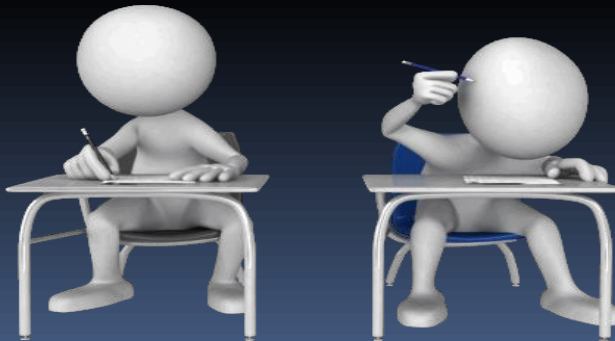
The disordered behavior is the product or outcome of what type of system?

In the closed system the person succumbs to ontological insecurity resulting in massive discrepancies between behavior and experience.



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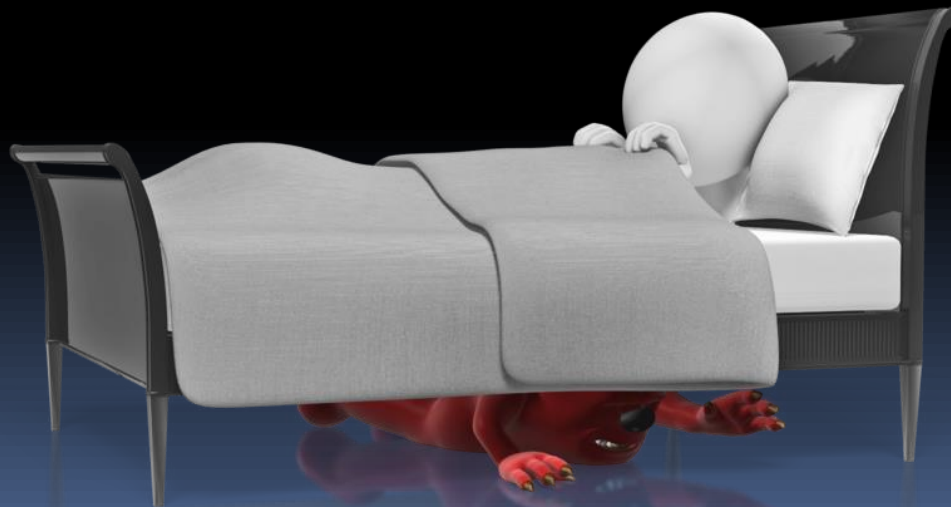
Disordered behavior is the product or results of contradiction with self, the false self or false front affords a false security by which others cannot penetrate. The actions of the person are no longer “self expression”.



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Consequently does this parallel the layers of
neurosis (fixation) described in Gestalt Therapy...

Phoniness, Phobias, Impasses, Implosive, & Explosive



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Removed from the real selves (*Horney, Interpersonal Theorist*), the source of all spontaneous growth toward happiness, health, and spontaneity, the chemically dependent (engulfed) person and family members develop an idealized, projected self/family image.

One learns to live below the masks of **denial and deception to selves and others.**



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In the book, *Hope in the Age of Anxiety*, psychology professors Anthony Scioli and Henry Biller discuss hope from a variety of different perspectives ...

mastery, attachment, survival, & spiritual sub-systems

combining psychology with philosophy, biology, anthropology as well as the literary classics.



Thomas Hobbs, “The vast mass of humanity live lives that are nasty, brutish, and short.”

How are you doing?

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A sense of hopelessness can be created by alienation

A state of estrangement between the self and the objective world or between different parts of the personality.

A state in which the normal sense of personal identity and reality is lost, characterized by feelings that one's actions and speech cannot be controlled.

Alienated individuals believe that they are somehow different.

Moreover, they feel as if they have been cut loose, no longer deemed worthy of love, care, or support. In turn, the alienated tend to close themselves off, fearing further pain and rejection.



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Hopelessness can be experienced by feelings and/or being forsaken.

Forsakenness is a lack of attachment and operating in survival modality

The word “forsaken” refers to an experience of total abandonment that leaves individuals feeling alone in their time of greatest need. Recall Job in the Old Testament, crumpled over and covered with sores, pleading with a seemingly indifferent God.

Forsaken - to leave alone; to abandon

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Hopelessness, despair, despondency, and lacking inspiration or motivation coexist.

Lacking inspiration voids or hinders the process and occurrence of attachment and ultimately mastery.

The uninspired (dull, having little or no intellectual, emotional, or spiritual excitement, enthusiasm, insight, or motivation) arrive needing opportunities for growth and assistance in moving beyond the impasses.

**In what condition does the person arrives at your
counselor, clinician, psychiatrist's door?**



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Hopelessness encompasses powerlessness (deficient of strength and goodness {virtues} or resources, lacking the ability to receive and respond).

Individuals and families need to believe that they possess the resources to live their lives with mastery of situations and circumstances.

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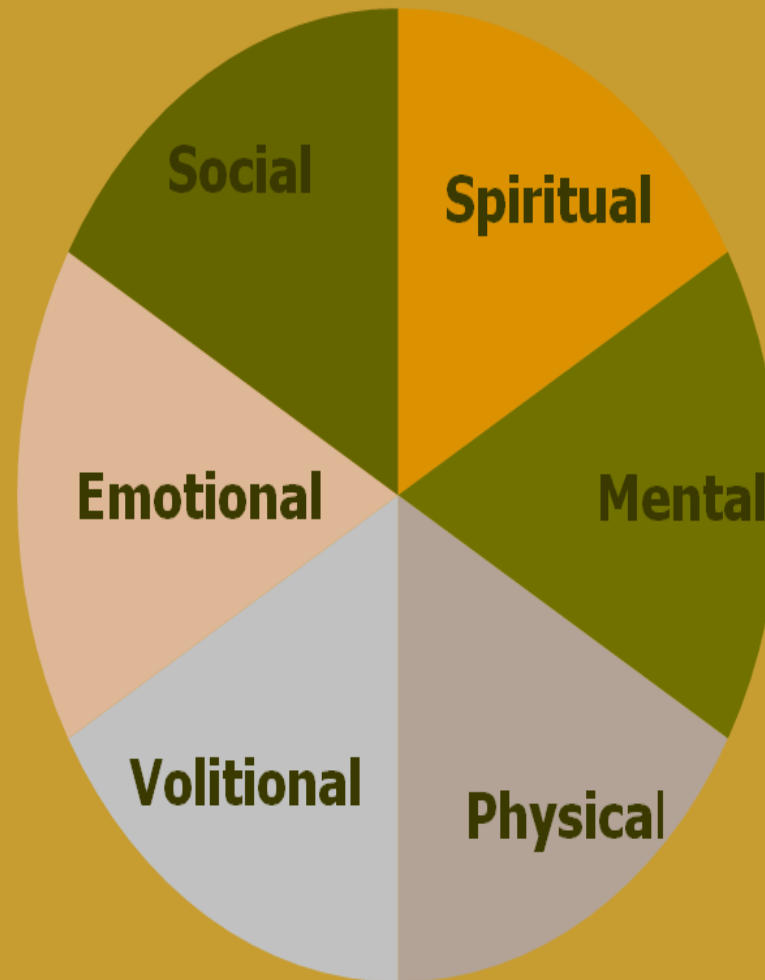
When person(s) feel(s) incapable of navigating one's way toward desired goals, a feeling of powerlessness can transpire and be established.

Feelings of powerlessness lend to an unmanageable life or lives resulting in negative and defeating consequences which confirms the
Powerlessness & Hopelessness.



INTERRELATED POWER WHEEL TO LIFE

BY MCAULIFFE & MCAULIFFE



If you love any living organism enough, It will give up its secrets George Washington Carver

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Social Component Empowers the Person to Function in the Area of Interpersonal and Intrapersonal Relations & Communication

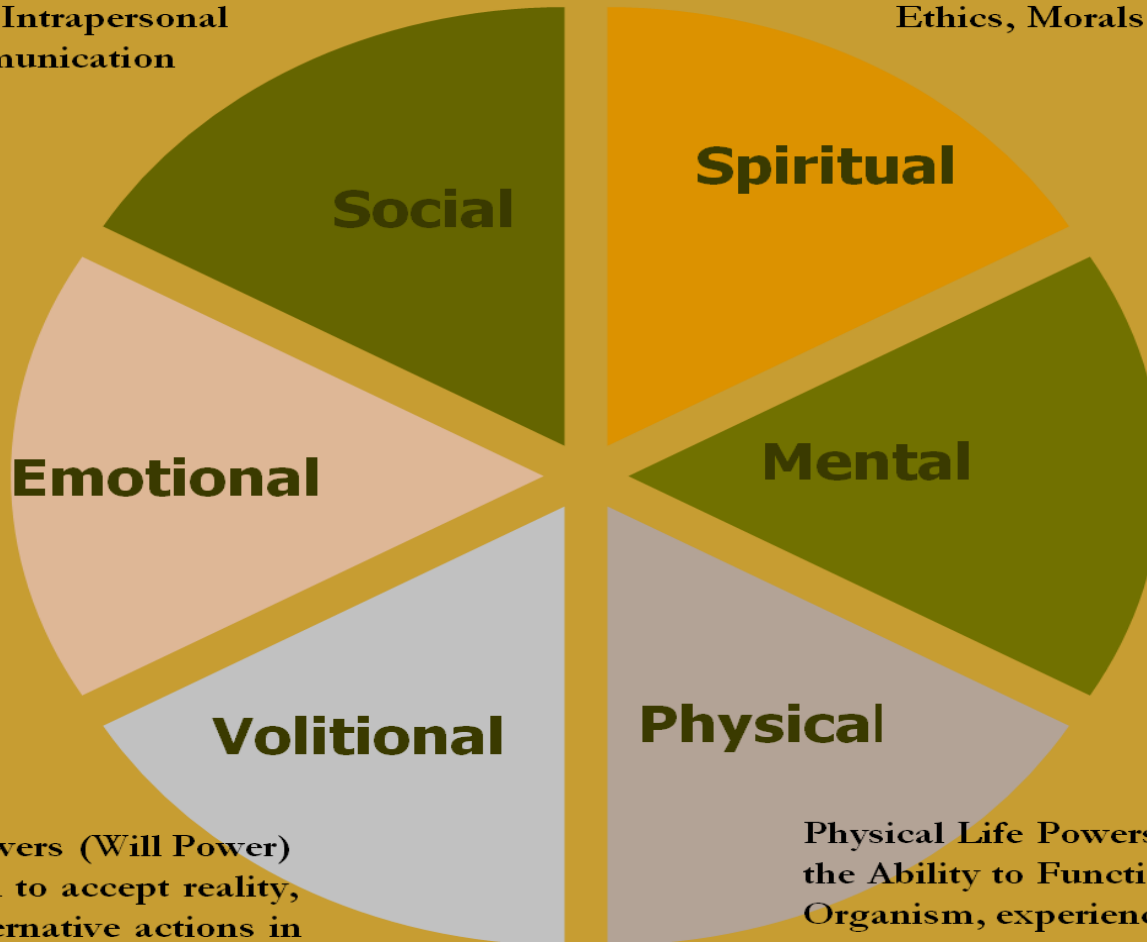
Spiritual Element establishes and maintains one's Values, Goals, Ethics, Morals, and Conduct

Emotional Factor energizes the person to pursue the good and to avoid the evil

Mental Component comprises thoughts, intellect, reasoning, decision making, judgment,

Volitional Life Powers (Will Power) enables the person to accept reality, choose among alternative actions in applying oneself to achieve voluntarily selected objectives

Physical Life Powers Grant a Person the Ability to Function as a Physical Organism, experiencing sensations of pleasure and pain, comfort and discomfort, tension and relaxation, etc.



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The term personality derived from the Latin word “persona” which means “mask”.

Classical theory would relate the personality is a social façade or “mask” to hide the “true self”.



Personality can also be defined as the distinctive style that a person develops in perception, relating, and interacting with self and others.

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Originating from one's personality is one's character – the aspects of one's individual personality revealing the developmental scope of personal integrity combined with commitment to responsible social conduct.



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Persons possessing mature character usually reflect disciplined lives resulting in restraint of self-control instinctual drives, conduct, and/or aggressive or passive tendencies for the betterment of self and others (selflessness).



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An essence of being human is being challenged with various obstacles.

Passive-Dependent personalities habitually and excessively retreat from potential conflicts. They doubt their abilities and are excessively afraid to confront inconsistencies.

Consequently, the passivity contributes to them becoming dependent upon others who many times actually have lesser assets.



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Aggressive personalities are overly prone to combat any potential conflict. The primary objective is not transformation but “winning” at whatever cost to others that is necessary.

They consistently seek to be in control and mastering dominance over others.

They seek power ambitiously, unreservedly, and unscrupulously.
They accept challenges readily and tend to be overly self-reliant or emotionally independent (Simmons, 2010).



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Personalities who are excessively anxious and uncertain about coping in securing their basic needs have been referred to as the neurotics.



They are usually overly guilty as they suffer from too much conscience.

The inner emotional turmoil arises from “conflicts” between the basic instinctual drives and their uneasiness of conscience.

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Character -disordered personalities lack self-restraint. They lack conscience; they are not bothered enough by what they do.



Not being burdened by bad feelings of conscience, they passionately pursue their personal goals while many times indifferent to the rights and needs of others while being at the expense of others.

THEY MAGNIFY BEING THE VICTIMS WHILE VICTIMIZING OTHERS.



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If a person is making himself/herself miserable they are most likely a _____.

If a person is making everyone else miserable they are most likely a _____ - _____.

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Anxiety

Neurotics – Anxiety plays a major role in the development of the personality and fuels the “symptoms” of distress.



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Character Disordered Individuals –

Anxiety plays a minor role in the problems experienced.

They lack sufficient apprehension and anxiety related to their dysfunctional behavior patterns.






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Conscience

Neurotics – possess a well developed, or perhaps even overactive conscience or superego.



Character Disordered Individuals – may have no conscience at all and/or significantly underdeveloped.



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Guilt and Shame

Neurotics - excessive capacity for guilt and shame which increases the anxiety and contributes to more distress.




Character Disordered Individuals – have diminished capacities for experiencing genuine guilt or shame.



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To avoid being hoodwinked or swindled by the character disordered individual ...



Character Disordered Individuals utilize what may appear as defense mechanisms as a power tactic to manipulate others and resist making concessions to societal demands.



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Defense Mechanisms

To avoid bypassing the anxiety of the neurotic individual –

Neurotics – employ defense mechanisms to assist in reducing anxiety and protecting themselves from unbearable emotional pain.

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Basic Personality

Neurotics – Ego-dystonic - impulses, thoughts and behaviors that go against the grain of one's personal beliefs and ideas of who they are.

An affair would go against everything they believed in and would therefore be perceived as distressing and inconsistent with their belief in the type of person they thought they were.



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Character Disorders - Ego syntonic refers to ideas, instincts, behaviors that they would be comfortable and naturally , even if it could be considered ‘wrong’, even though most people would consider the behavior as morally repugnant, to him/her it is acceptable and ‘normal’; therefore he suffers no internal conflict or guilt as a result of his actions.



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SELF ESTEEM

Neurotics : often have damaged or deficient self-esteem.

Character Disordered Individuals most often have inflated self-esteem. Their inflated self-image is not a compensation for underlying feelings of inadequacy.



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THERAPEUTIC APPROACHES

Neurotics - are often hypersensitive to adverse consequences and social rejection.

Therefore, the best therapy approach is

- A) Confrontational therapy
- B) Imposed limitations on their thinking
- C) Insight-Oriented Therapy
- D) Correction

Hint – the root of their problems is often subconscious

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THERAPEUTIC APPROACHES

Character Disordered Persons are undeterred by adverse consequence or societal condemnation.

They possess plenty of insight and awareness and despite it they resist changing attitude, actions, or beliefs. Therapy choices

- A) Person-Centered Therapy
- B) Insight-Oriented Therapy
- C) Confrontation, limitations, and corrections

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This fearfully, irrationally organized environment (interaction of the addicted person and the addicted persons) will develop compulsive, indiscriminate, and unrealistic needs to control oneself and others.



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Therefore, the chemically dependent person (engulfed) and family members' relationship may echo or reflect superficiality while the underlying competition is attempts to resemble some degree of normalcy within the ongoing grieving process.



THE LOSS OF SELF BEGINS WITH THE AVOIDANCE OF SUFFERING

Disappointing Event

Demand for Relief

Pain /
Suffering

(Necessary)

X

Self

Protecting
Modality

= Un-Necessary
Suffering

The Loss of the Individual



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It may seem incredible that these men are to become happy, respected and useful once more. How can they rise out of such misery, bad reputation and hopelessness? The age of miracles is still with us.

Big Book, p. 153



I Corinthians 13:13 *And now these three remain: faith, hope, and love. But the greatest of these is love....*

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If what we have learned and felt and seen means anything at all, it means that all of us, whatever our race, creed, or color are the children of a living Creator with whom we may form a relationship upon simple and understanding terms as soon as we are willing and honest enough to try !

Big Books, p. 18



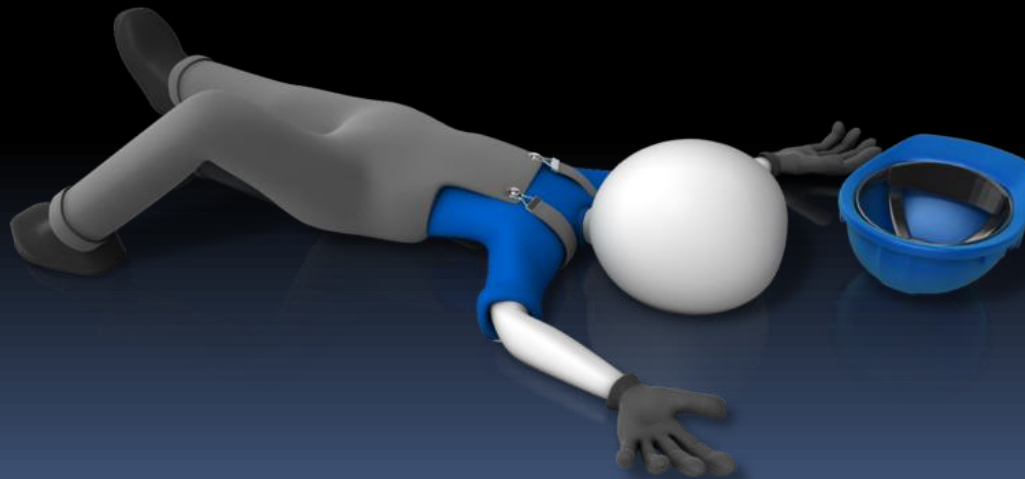
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“If you are [*as seriously alcoholic as we were*], we believe there is no middle-of-the-road solution. We were in a position where life was becoming impossible, and if we had passed into the region from which there is no return through human aid, we had but two alternatives:



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One was to go on to the bitter end, blotting out the consciousness of our intolerable situation as best we could; and the other, to accept spiritual help.





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The great fact is just this, and nothing less: That we have had deep and effective spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows and toward God's universe.



The central fact is that our Creator has entered into our hearts and lives in a way which is indeed miraculous. He has commenced to accomplish those things for us which we could never do by ourselves

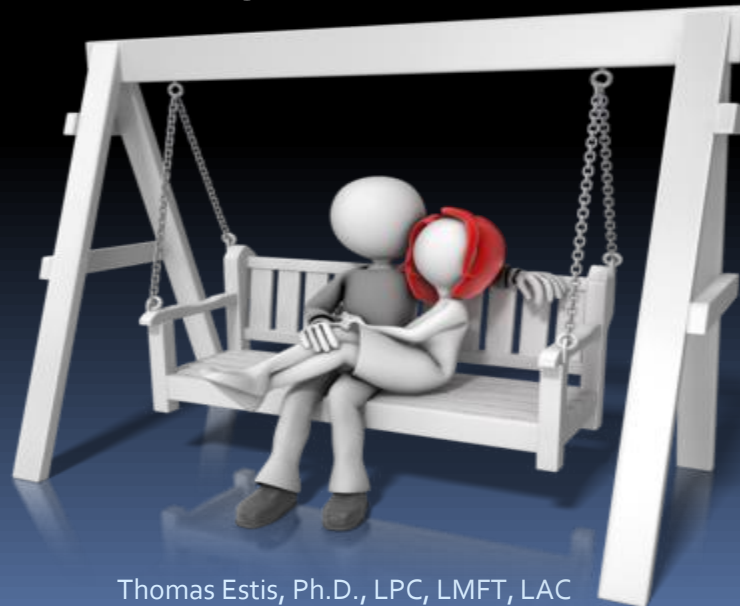
AA p.25

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- The A.A. member has to conform to the principle of recovery. One's life depends upon obedience to spiritual principles. If he/she deviates too far, the penalty is sure and swift; one sickens and dies. At first one goes along because one must, but later he discovers a way of life he/she really wants to live. Moreover, he/she finds one cannot keep this priceless gift unless one gives it away (*Twelve Steps and Twelve Traditions*, 1981, p. 130).

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The Greek moralists conclude that a happy life must give a prominent place to the exercise of virtue, for virtuous traits of character are stable and enduring and are not products of fortune, but of learning or cultivation.



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- Moreover, virtuous traits of character are excellences of the human being in that they are the best exercise of reason, which is the activity characteristic of human beings. In this way, the Greek philosophers claim, virtuous activity completes or perfects human life.





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Happiness requires virtues and hence a happy person possesses virtuous character traits of wisdom, bravery, temperance, and justice.

Virtuous traits of character have two aspects: (a) a behavioral aspect — doing particular kinds of action and (b) a psychological aspect — having the right motives, aims, concerns, and perspective.

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Faith is uniting with.....

Hope is the enduring belief in the attainability of fervent wishes, in spite of the dark urges and rages which mark the beginning of existence...

Love is mutuality of devotion forever subduing the antagonisms inherent in divided function (Erikson, 1964).

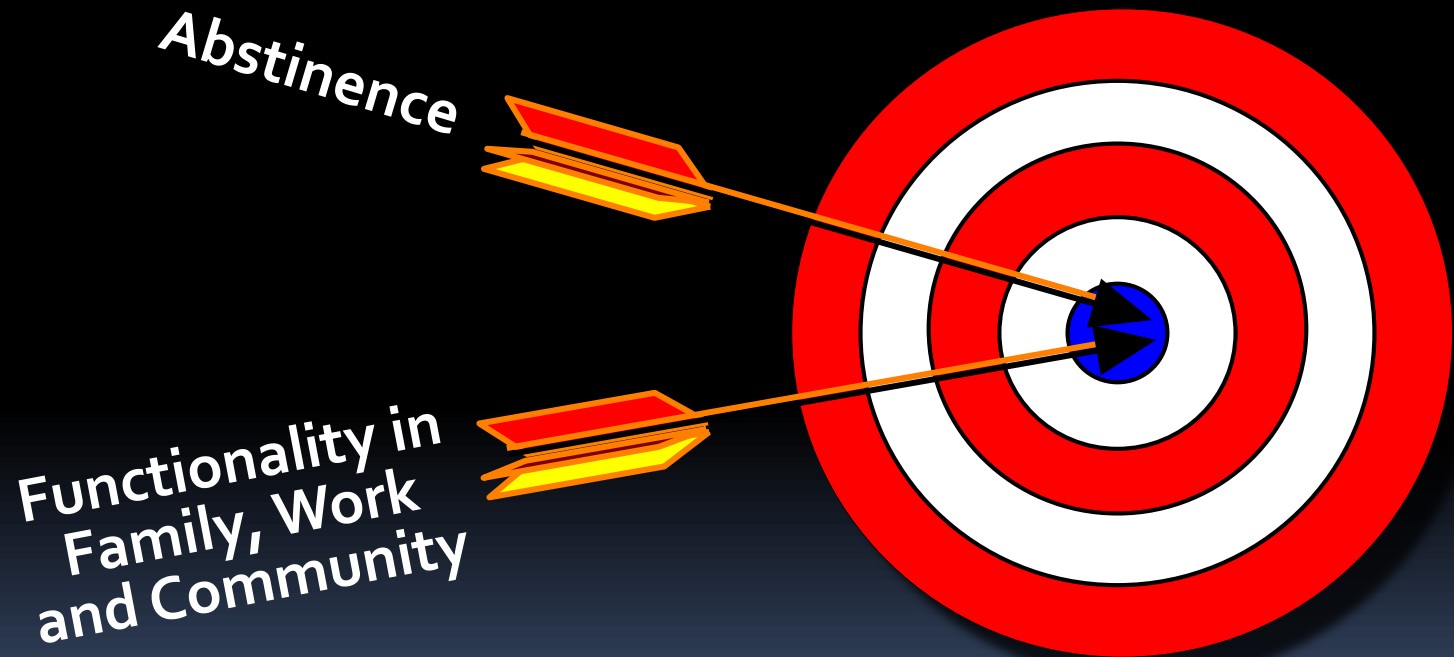
True love cannot be discovered where it does not exist nor can it be hidden where it does exist.

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- The antidote to a troubled heart is TRUST....
- Individuals and/or family members corporately follow the following pattern...
- Tolerate
- Accommodate
- Assimilate



We Need to Keep Our Eye on the Real Target



Questions

