

A - B - C - D MODEL OF ADULT EGO FUNCTIONING

What legitimate soul need are you attempting to meet with a defensive strategy/tactic?

External

Internal

A

-

B

-

C

-

D

**Activating
Event**

**Belief
Intellect**

**Consequence
Emotion**

**Defense
(Protective
Strategies)**

Usually something another person does/ does not do to meet a **need** that activates memorized beliefs, feelings and defensive reactions

Interpretation of what this means about me and/or you (lens through which world is viewed due to socialization)

Fear/shame/hurt helplessness anger

Power Over/Control of Perpetrator/Victim Aggressive/Passive Fight/ Flight

I saw that no thought was true. Before the thought there was nothing. With the thought, there's an effect; sadness, for example, or fear or anger. The whole world is an effect of believing our thoughts. Byron Katie

Underlying beliefs (B) leading to feelings (C) are a matrix laid in the young child before there is any awareness and are therefore unexamined. They are formulated in the precognition of a child when its needs are not met and are usually along the lines of being wrong, bad, defective, not good enough, worthless and unlovable and that they are to blame for their needs not being met. The beliefs and feelings leading to the defensive behaviors are often unconscious and constitute "the shadow." Until they are brought to the light of awareness they continue to compel behaviors that in adulthood are maladaptive and destructive, even though they were protective in childhood. This is why it is so difficult to stop behaviors without insight - it is an act of will and can be maintained at great cost and effort but brings about no lasting change or growth in the psyche. **Defensive behaviors originating in the fear and shame of unmet childhood needs constitute an enormous range and variety of human behavior from primitive to sophisticated forms** - some culturally common ones range from altruism and good works, to high achievement, perfectionism - to addictions, compulsions, obsessions, denial, repression, dissociation, to relationship issues of caretaking, enabling, advising, fixing, rescuing and helping to the more aggressive acts of blaming, projection, attacking, rationalizing, justifying, minimizing, abuse of all kind, all -isms, war, genocide, and environmental destruction.

"Know Thyself, and "the Truth will set you free," sum up the work of introspection, self examination and coming to know the truth about oneself as lovable and of infinite worth - then one's behavior becomes consistent with this knowing leading to a creative, fulfilling and meaningful life.

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