

# **SUMMARY: Schizoid Personality Adaptations**

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## **What is a Schizoid Personality Adaptation?**

A series of creative adjustments to the dilemma of believing that true intimacy with others is inherently unsafe.

- Their childhood has left them with the sense that negotiation with others is not possible.
- Their ego boundaries tend to be very porous. Lower functioning Schizoid clients may literally feel as if someone else is invading them and taking them over in some way, without in any way becoming psychotic. Metaphor: the movie “Invasion of the Body Snatchers.”
- They engage in a variety of defenses that are designed to keep others at a safe distance, such as only having long distance relationships, having a rich fantasy life instead of an actual relationship, and choosing careers that allow them to control their own space,
- On a very deep level, these clients believe that in a relationship one of the couple has to do whatever the other person wants or else leave.
- They use “dissociation” from their body as a major defense.
- And, as is true for all clients who have personality disorders, they lack whole object relations and do not have object constancy.

**Main Interpersonal Goal:** To find a safe way to be in a relationship without simply living as an object to be used by the other person.

### **Major fears:**

1. Other people will enslave them, appropriate what is theirs, or use them as tools if they are allowed to get close enough.
2. Their distancing defenses will lead to them becoming totally isolated from other human beings, in a void without any connection to anybody, and they will not be able to reconnect.

### **Hallmarks:**

- Distancing defenses
- Striving to maintain their independence in order not to have to rely on anyone else
- Dissociation from their own body
- Depersonalization: a temporary lack of identity with the self
- When feels unsafe, experiences an invisible wall between them and others. When this happens, they emotionally shut down.
- Often feels robotic and detached (loss of affect) while appearing to function well
- An underlying sense of existential despair and aloneness: that their life is inherently meaningless, their situation is hopeless, and they are somehow dead and lifeless.

## **LYRICS: Schizoid**

**Master/Dehumanized Slave Relationship**

### **“I’m Your Puppet”**

**James and Bobby Purify**

**[www.lyricstime.com](http://www.lyricstime.com)**

**Pull the string and I'll wink at you, I'm your puppet**

**I'll do funny things if you want me to; I'm your puppet**

**Mm. I'm yours to have and to hold**

**Darling, you've got full control of your puppet**

**Pull them little strings and I'll kiss your lips, I'm your puppet**

**Snap your fingers and I'll turn you some flips, I'm your puppet**

**Mm, your every wish is my command**

**All you got to do is wiggle your little hand**

**I'm your puppet, I'm your puppet**

**I'm just a toy, just a funny boy**

**That makes you laugh when you're blue**

**I'll be wonderful, do just what I'm told**

**I'll do anything for you**

**I'm your puppet, I'm your puppet**

**Just pull them little strings and I'll sing you a song, I'm your puppet**

**Make me do right or make me do wrong, I'm your puppet.**

**Mm, treat me good and I'll do anything**

**I'm just a puppet and you hold my string, I'm your puppet**

**Your walking, talking, kissing, loving puppet**

**I'm hanging on a string, I'll do anything, love you 'n' kiss ya**

**SUMMARY**  
**Narcissistic Personality Adaptations**  
**(Commonly called Narcissistic Personality Disorder)**

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*Empathy teaches empathy*

**What is a Narcissistic Personality Adaptation (NPA)?**

NPA begins as a creative adaptation by a child with a particular temperament to a particular family situation that then leaves the person in adulthood unable to self-soothe and regulate his or her own self-esteem. People with NPA come to rely on external factors to manage their emotions and maintain a positive sense of their own self-worth.

- They use others as mirrors and try to surround themselves with people who will reflect back to them only positive images of themselves.
- They form relationships with people, organizations, and objects that they associate with high status.
- They avoid situations and people that do not support their sense of being unique, special and perfect.
- They often work long hours to get concrete symbols of success, such as prestigious titles, money, and public recognition, because recognition bolsters their feelings of self-worth.
- They have little or no emotional empathy and focus primarily on whatever serves their needs and agenda.

Because their emotional stability and self-esteem are so dependent on external factors that they cannot totally control, people with NPA tend to be emotionally unstable and do not have a stable and integrated sense of self.

**3 Basic Types of Narcissistic Adaptations:**

**Exhibitionistic Narcissist:** Openly seeks admiration and status.

**Closet Narcissist:** Afraid of the spotlight, seeks indirect means to feel special (Also called Vulnerable, Fragile, or Covert NPD).

**Malignant Narcissist:** Sadistic. Wants to be feared. Can be overt or covert. Supports their self-esteem by devaluing other people and destroying what they value.

**Main Focus of Therapy:** Self-esteem issues, lack of whole object relations and object constancy, shame, problems with self-soothing, anger management, self-hating depressions, relationship issues.

**The Narcissistic Interpersonal Gestalt (IG)** = The way clients with NPA tend to organize their interpersonal field: what repeatedly becomes figure out of the many interpersonal possibilities, and what becomes ground. They tend to focus on interpersonal cues that:

- Enhance their sense of being special, admired and perfect.
- Indicate status.
- Give them the sense that they are perfectly understood and totally right.
- Stimulate their fear of being exposed as less than perfect.
- Are experienced as critical of them.

**The “Good Narcissistic IG”:** *I am perfect, special, unique, and you are my admiring and totally attentive audience.*

**The “Bad Narcissistic IG:** *I am worthless, defective, and ashamed and you see this and only have contempt for me. I deserve your contempt.*

### **Shame-Based Self-Hating Depressions:**

When these clients are unable to maintain their defensive, grandiose sense of being special and perfect, they are prone to slipping into shame-based self-hating depressions. Their two main defenses against these shame-based depressions are to:

1. **Become grandiose:** Insist that they are perfect, special, unique and better than anyone else.
2. **Devalue others:** Become enraged and critical and try to publicly humiliate and devalue anyone or anything that is interrupting their defensive sense of being special.

Most of the bad behaviors that make people dislike clients with NPA are actually attempts to shore up their highly unstable self-esteem.

### **Main Goals in Life:**

**Exhibitionistic Narcissist:** Seeks to be the “best,” attain high status, and be seen by all as being special, unique, perfect, and entitled to special treatment.

**Closet Narcissist:** Find ways to feel special without any significant risk. They are afraid that being directly in the spotlight will expose their flaws. A favorite method is to idealize someone or something and feel special and unique by association.

**Malignant Narcissist:** Wants to be feared and to make other people feel worthless and ashamed.

**Quick Diagnostic Tip for Narcissism--**Look for the **3 S's: Shame, Sensitivity,** and a preoccupation with **Status.**

**Common Issues:**

- Easily offended and shamed which makes them exquisitely sensitive to anything that they perceive as criticism
- Limited ability to self-regulate, self-soothe and maintain their own self-esteem; so uses others as “self-objects” to help regulate themselves
- Pre-occupied with status and rising in the status hierarchy
- Very competitive and continually comparing themselves to others
- Extremely self-centered
- Little or no emotional empathy
- Assumes “one-mindedness” (that others think exactly the way they do)
- Suffers from transient “self-hating depressions”
- Driven to prove their worth
- Difficulty sustaining loving and intimate relationships
- Unrealistic expectations of others
- Relates to self and others and as either all-good or all-bad (Splitting)

## **LYRICS: Exhibitionistic Narcissist**

### **"My Way"**

[www.azlyrics.com](http://www.azlyrics.com)

**And now, the end is here  
And so I face the final curtain  
My friend, I'll say it clear  
I'll state my case, of which I'm certain  
I've lived a life that's full  
I traveled each and ev'ry highway  
And more, much more than this, I did it my way**

**Regrets, I've had a few  
But then again, too few to mention  
I did what I had to do and saw it through without exemption  
I planned each charted course, each careful step along the byway  
And more, much more than this, I did it my way**

**Yes, there were times, I'm sure you knew  
When I bit off more than I could chew  
But through it all, when there was doubt  
I ate it up and spit it out  
I faced it all and I stood tall and did it my way**

**I've loved, I've laughed and cried  
I've had my fill, my share of losing  
And now, as tears subside, I find it all so amusing  
To think I did all that  
And may I say, not in a shy way,  
"Oh, no, oh, no, not me, I did it my way"**

**For what is a man, what has he got?  
If not himself, then he has naught  
To say the things he truly feels and not the words of one who kneels  
The record shows I took the blows and did it my way!**

**Yes, it was my way**

# **SUMMARY: Borderline Personality Adaptations**

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## **What is a Borderline Personality Adaptation?**

A creative adaptation in which clients repeatedly attempt to get other adults to reparent them in the hopes of:

- Satisfying their unmet childhood needs for love, nurturance and permission to separate and individuate
- Relieving their intense fears of abandonment and/or engulfment
- Healing past traumas or abuse

The re-parenting wishes may be clearly enacted or appear in a more disguised form, such as in a romantic or sexual relationship.

Many report feeling as if they are children in adult bodies who cannot function at an adult level. As a result, they experience life as a series of emergencies.

**Main Goal in Life:** To find someone to give them love and nurturing, who will also do all of the hard parts of adult life.

**Hallmarks:** Inappropriate and impulsive actions (or inaction) whenever they feel unpleasant emotions. Clients with BPA commonly have these problems:

- Inability to regulate and contain emotion appropriately
- Difficulty self-activating
- Lack appropriate tools for self-support
- Inadequate self-care, especially when it involves seeing doctors or dentists or planning for the future
- Unrealistic expectations of others
- Relates to others and self as either all-good or all-bad (Splitting)
- Forms intense dyadic relationships based on attempts to get nurturing, caretaking and love without adequate and realistic assessment

**BPA Interpersonal Gestalt (IG) =** What repeatedly becomes figural for these clients in relationships:

- Interpersonal cues that relate to their unmet needs for love, nurturing, and caretaking
- Interpersonal cues that relate to their fears of abandonment and/or engulfment

## **Difficult Times:**

- Whenever they are required to self-activate, structure their own time and lives, and act independently
- When a relationship ends and they feel abandoned



## **Lyrics: Borderline**

**"As Long as You Love Me" by The Backstreet Boys**  
([www.songlyrics.com](http://www.songlyrics.com))

**Although loneliness has always been a friend of mine  
I'm leavin' my life in your hands  
People say I'm crazy and that I am blind  
Risking it all in a glance**

**And how you got me blind is still a mystery  
I can't get you out of my head  
Don't care what is written in your history  
As long as you're here with me**

**I don't care who you are, where you're from, what you did  
As long as you love me  
Who you are, where you're from, don't care what you did  
As long as you love me**

**Every little thing that you have said and done  
Feels like it's deep within me  
Doesn't really matter if you're on the run  
It seems like we're meant to be**

### **Chorus:**

**I don't care who you are  
(Who you are)  
Where you're from  
(Where you're from)  
Don't care what you did as long as you love me  
(Yeah)  
As long as you love me  
As long as you love me**

**I've tried to hide it so that no one knows  
But I guess it shows when you look into my eyes  
What you did and where you're comin' from  
(I don't care)  
As long as long as you love me**

(Repeat Full Chorus 2 times)

**Who you are  
As long as you love me  
What you did  
(I don't care)  
As long as you love me**