

WORKING MODELS

Our experience-based theories or beliefs of what we can expect from the world



RULES OF LIVING

A set of rules about our beliefs regarding life and living in the World with Self and Others.



CREATION OF WORKING MODELS

Others rules of living



Create our own working models



Which have those internalized rules of living



Which then maintain our working models

In Response to Conditional Love

• GOOD SELF

• BAD SELF

• FALSE SELF

• TRUE SELF



• "Good" Self: Acceptable to Others

• "Bad" Self: Unacceptable to Others

• The "Good" Self + "Bad" Self
= False Self

IMAGE OF FALSE SELF



If relationships are the problem....



...then relationships are the cure.



Edward Trembley

2 Rules for Helpers

- The most important task of a person in a helping relationship is to provide corrective experiences.
- The worst thing a person in a "helping" capacity can do is to replicate past injuries.

Under all Entitlement Disorders

—Over OR Under—
Is the Lesson that

"I DO NOT MATTER"

Treatment

Underentitlement

- Identify the rules of living (also can assume them).
- Look for the buried True Self and “call it out.”
- Encourage breaking the rules of living in the world.
- Consider and treat the child as a person who matters.

Treatment

Overentitlement-- a 2-layer process

- *Identify the overentitled rules of living (how do they try to make you feel?).*
- *Keep good boundaries, including your inner, emotional boundaries (e.g., don't buy how they try to make you feel)*
- *Reflect on their distancing presentation; try to get under it to the underentitlement.*
- *Then treat the real problem—their underentitlement.*





"I was a child
Playing hide and seek with you,
And you caught me hiding
In the silliest saddest places...
Behind old grudges
Under a ton of disappointments,
Tangled in guilt
Smothered in shame
Choking on sobs that nobody
heard.
You found me
And whispered my name
And said 'Your it!'
And I believe you meant it"

-J.D. Teague-
