

Overcoming Self-Doubt & Shame

The Mindfulness Cure for the Narcissism Epidemic

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Self-Evaluation



What Realms Define Me?

- Skills & Talents
- Accomplishments
- Pedigree or Group Membership
- Moral Standing
- Appearance



Lake Wobegon

*Where all the women are strong, all the
men are good looking, and all the
children are above average.*

The Failure of Success

- The pain of I, me, me, mine
- Narcissistic recalibration
- Impossibility of winning consistently

Wrong Wall?



Suffering in Isolation

- If we're not happy, it's our fault
 - Failure to buy the right consumer product
 - Inherent weakness
- Psychiatric diagnostic system can exacerbate problem
 - Only sick people experience pain

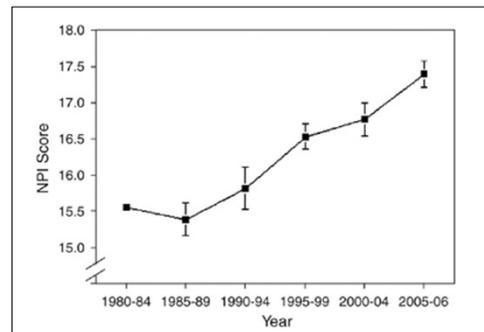
It's Getting Worse



Narcissistic Personality Inventory

- I just want to be reasonably happy
- I want to amount to something in the eyes of the world
- If I ruled the world it would be a better place
- The thought of ruling the world scares the hell out of me
- I am much like everybody else
- I am an extraordinary person
- I always know what I'm doing
- Sometimes I'm not sure of what I'm doing

Egos Inflating Over Time: A Cross-Temporal Meta-Analysis of the Narcissistic Personality Inventory



Journal of Personality, Volume 76, Issue 4

Three Marks of Existence

- Anicca (impermanence)
- Dukkha (unsatisfactoriness)
- Anatta (no enduring, separate self)



Anatta

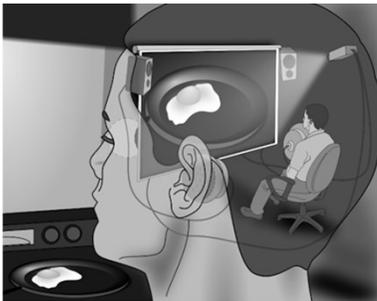
Therapeutic Benefits of Glimpsing *Anatta*

1. Increased affect tolerance
2. Radical acceptance of parts
3. Freedom from self-esteem concerns
4. Deeper connection to others

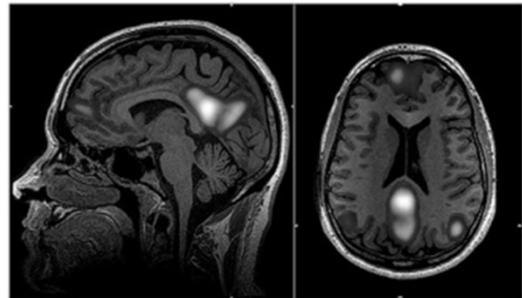
Thinking



Homunculus?



Default Mode Network



Who Am I?

• Two types of self-reference

- Narrative focus (NF)
 - Enduring traits
 - Talking to ourselves about ourselves
- Experiential focus (EF)
 - Moment-to-moment experience
 - The mind-body in action



Medial Prefrontal Cortex (mPFC)

- Links subjective experiences across time
- Holds memory of
 - Self traits
 - Traits of similar others
 - Reflected self-knowledge
 - Future aspirations



No one Home

- Continuous flow of moment-to-moment experience
 - New "self" born and dies each moment
- Not even a stable witness
 - Just impersonal experience unfolding



Copernicus of the Mind

- Identity is recreated moment by moment
- Continuity of self is illusory
- Like frames of a movie



A human being is part of the whole called by us universe ... We experience ourselves, our thoughts and feelings as something separate

from the rest. A kind of optical delusion of consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from the prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty. The true value of a human being is determined by the measure and the sense in which they have obtained liberation from the self.

1) Affect Tolerance

And I, Sir, Can Be Run Through with a Sword



Selfing & Affect Tolerance

- Not "my," but "the"
 - Anger
 - Sadness
 - Fear
 - Joy
 - Lust

2) Acceptance of Parts

Our Polytheistic Mind



How Was Your Meditation?



- Part trying to attend to the breath
- Part fantasizing about the future
- Part judging myself
- Ask the committee!

Jung's Shadow

- We identify with some parts while rejecting others
- We become defensive when shadow is illuminated



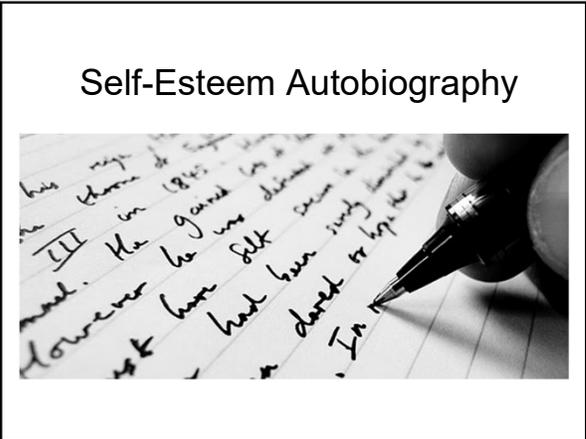
We're all Bozos on this Bus

- Dandelions in a field
- Not a path to perfection, but a path to wholeness
- Boundary of what we can accept in ourselves is the boundary of our freedom

– Zen Patriarch

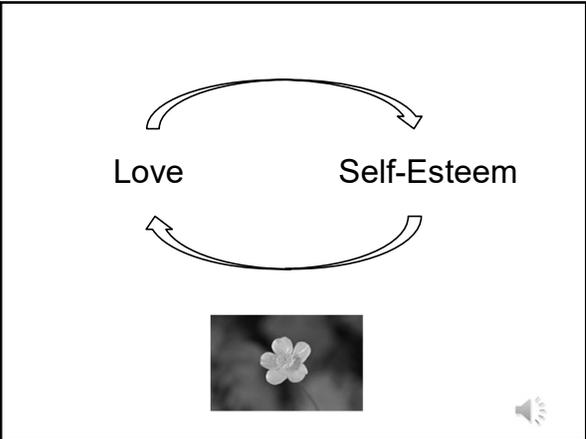
3) Freedom from Self-Esteem Concerns

He's just an ordinary kid.
-- Barry Magid (*Ordinary Mind*)



I get my money from Mommy.

4) Connecting to Others



“Do unto others as you would have them do unto you”

It's not just a commandment, but a law of nature.

Judgments



Make a connection, not an impression.

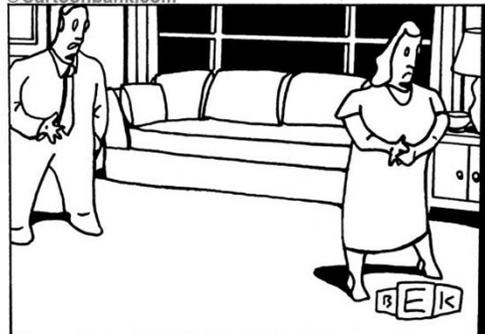
It's About Other People



Service



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“Of course I care about how you imagined I thought you perceived I wanted you to feel.”

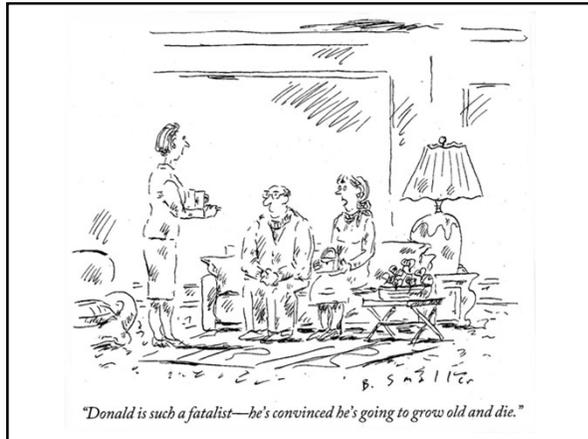
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Embracing Insignificance



Poor
Prognosis



Wat Tham Sua

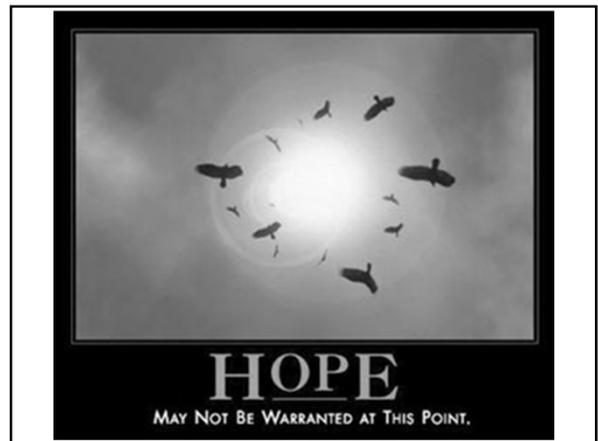
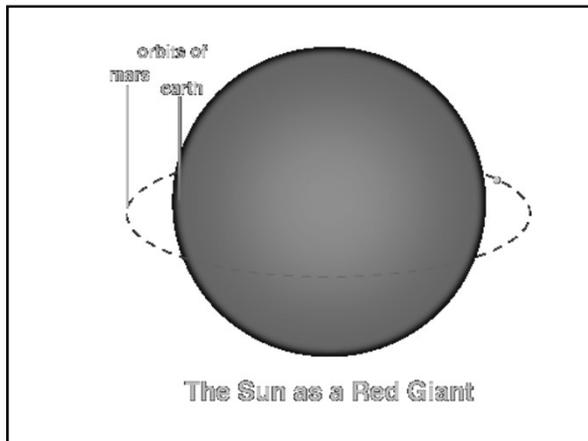
Tiger Cave Temple

Krabi, Thailand



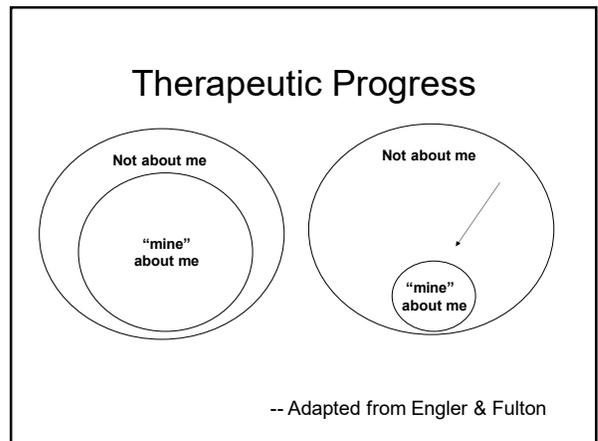
King of England, 1387





Implications for Treatment

- Psychotherapy can help us move beyond self-esteem
 - Embrace ordinariness and insignificance
 - Foster connection, acceptance, and psychological flexibility

Why Are You Unhappy?

Because 99.9% of everything you think, and everything you do, is for yourself. And there isn't one.

-- Wei Wu Wei

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