

Life guidance for our time

Lecture series for increased life
mastery and enjoyment of life

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Session 5:

Living with, and at best, getting
rid of personality challenges



Heart Room Self-development School

hjerterommet.no

Each of the ego patterns have their personality challenges

- **Existentially insecure – Mental variant**
Seeks freedom from responsibility, instead of taking responsibility for one's own life and for the community.
➔ Flight pattern
- **Existentially insecure – Emotional variant**
Excessive need for attention, instead of being loved for who one is.
➔ Hysteria pattern
- **Malnourished**
Seeks mental contact, instead of emotional contact and physical contact.
➔ Pattern of being unrealistic
- **Strong-willed**
Pushing one's own will through, instead of mutual listening, caring and cooperation.
➔ Fighting pattern
- **Submissive**
Seeking to have a nice and cozy time, even if one's own needs are not met.
➔ Yielding pattern/Submissive pattern
- **Over-achieving**
Over-responsibility for plans and matters, at the expense of the emotional.
➔ Over-overachievement pattern

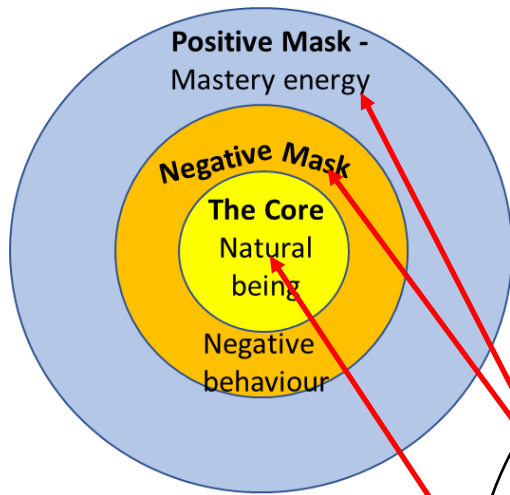
What I am about to present is within the tradition of cognitive behavioral therapy

An important goal of **cognitive behavioral therapy** is to break self-reinforcing vicious cycles of thoughts, feelings, and actions that maintain mental health problems, including through **assistance with self-help**.

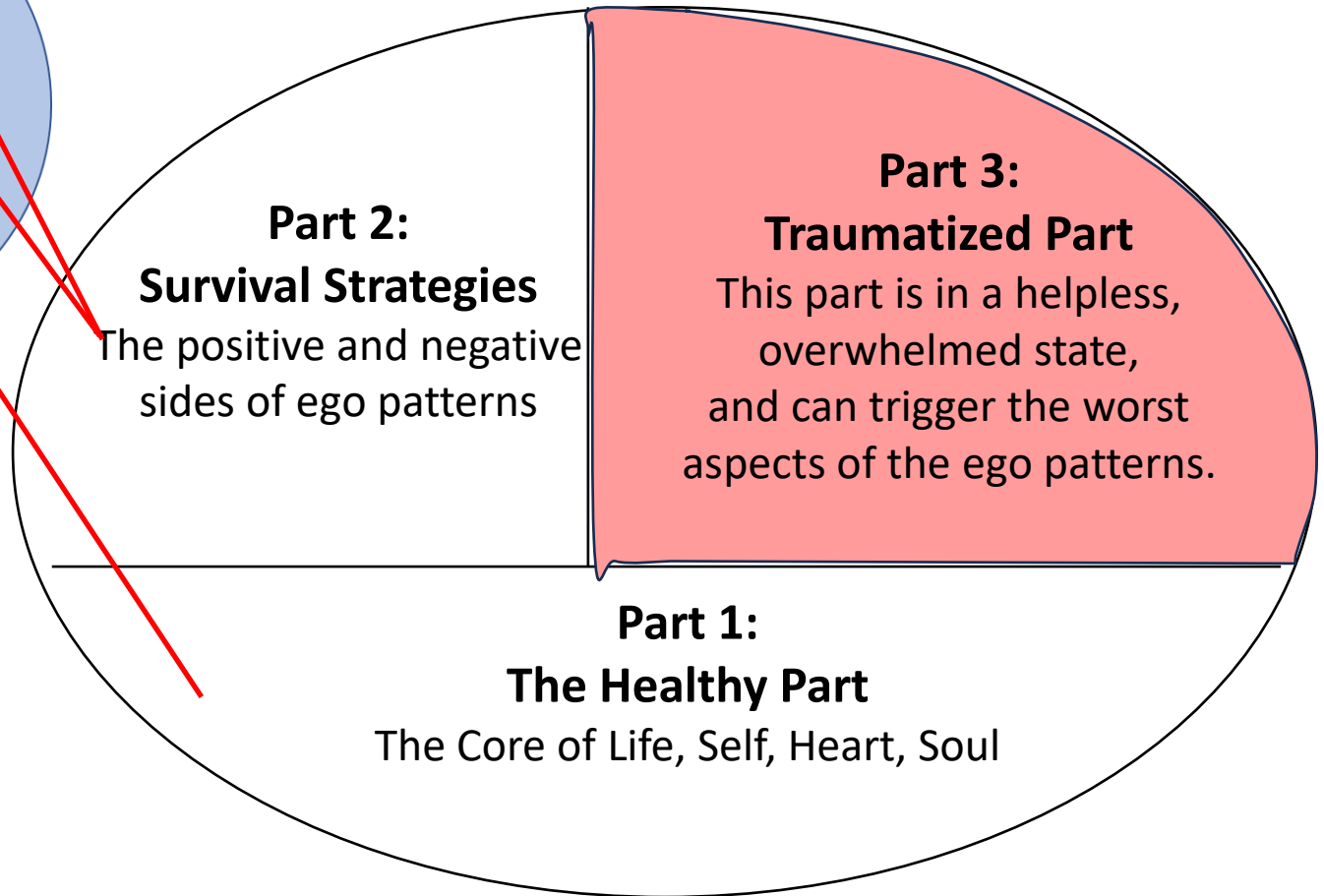
What we are going to look at now is about becoming aware of problematic patterns, and with the power of thought and will, being able to break out of these patterns. The goal is to think, feel, and act more appropriately in the same situations that trigger the patterns.

What we are going to go through now is help for self-help, similar to what you do in [cognitive behavioral therapy](#), and especially in the direction [Schema therapy](#).

Prof. Dr. Franz Ruppert's model of the human psyche



All the other lectures
than this one, are
based on Psychiatrist
John Pierrako's model
of the human psyche





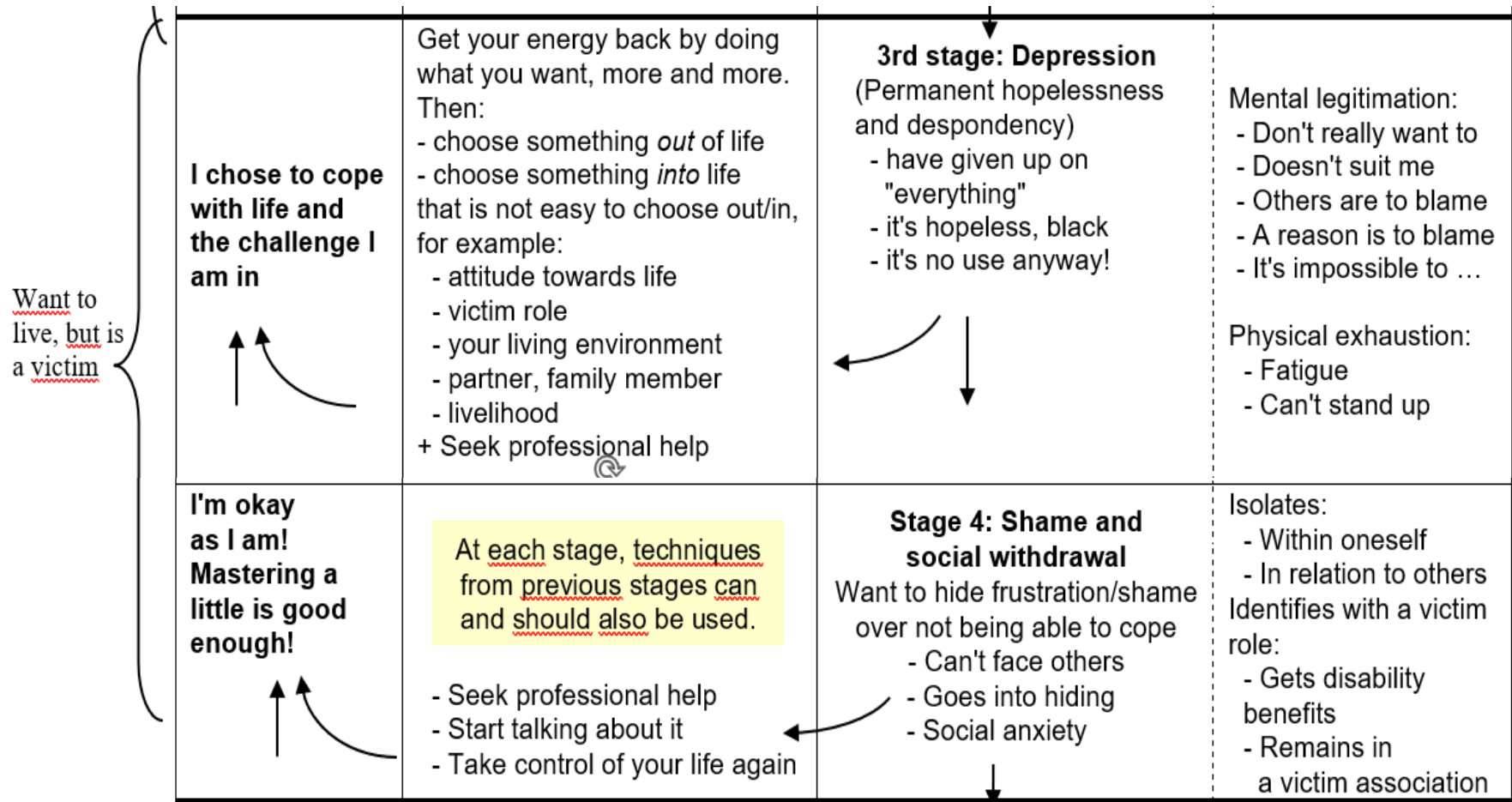
Existentially insecure – Mental variant

Flight pattern and coping with it

The trigger is always the same for each pattern

Coping attitudes	The road back to mastery	Not coping and typical signs	
I am alive and thriving!	Mastering life Has good self-confidence and self-esteem. Does what one can to cope with life's challenges. Thrives with oneself and life.	Trigger (unconscious): "This is getting too much to deal with!" - A single event - The sum of it all	
I cope with life	- Breathe again - Stand on your feet (master) - Move your body - Talk about it - Ask for help - Fight to cope with the challenge	Stage 1: Action Paralysis - Stops breathing - Can't do anything - Stays stuck	- Empty of mind - "It's still" - Sitting frozen - Cold, freezing - Shock reaction - anxiety, fear
I cope with life more and more!	- Reduce stress: goals, demands, ambitions - Rebuild self-confidence: do something you can and enjoy - Train coping skills: - take one thing at a time - take the easiest thing first	2nd stage: Despair (Permanent paralysis of action) Negative thinking: - I can't handle it - I can't do it - it won't work, etc.	- Physical legitimization: - dizziness - sleepiness - nausea - headache - not appetite - can't cope

Flight pattern and coping with it



Getting out of negative energy that won't let go

1. **Put into words** that you are overcome by fear/ distrust/ negativity/ anger/ blame. For example, worry, distrust, anger, condemnation, lack of courage, despair, overachievement, etc. That is, all forms of emotions that are deeply rooted in fear and distrust.

2. **Stop and take a time-out**

Stopp deg selv i å fortsette å handle ut fra frykten eller en av dens mange avledninger.

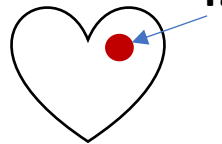
3. **Witness the fear/negativity and engage in self-observation and self-reflection**

Let the fear/negativity take over your mind and engage in self-observation and reflection.

- What are you really feeling? What do you feel like doing? Why?
- Behind fear/negativity/anger there is often an unmet need. Put words to this need. This way you can find out what is causing it and what need you really have. You can also talk to others about it.

4. **When fear calms down, think and act with positive motivation (testing)**

Contact that place in your heart that is filled with kindness, compassion, and forgiveness toward yourself and others, so that you can come into positive energy. Then you devise a way to communicate and act that best meets the need.



The wisdom behind the method is: What you give energy to, grows in the psyche. What you do not give energy to, diminishes. By witnessing the fear and simply reflecting on it, you do not give energy to the fear.

Flight pattern and coping with it

Want to escape life and all the problems and challenges that come with it

Choosing to end one's life

I want to live! I want to master! 	- Call SOS hotline - Seek professional help - Choose to want to live/cope	Stage 5 and worse: Do not wish to live Identified with the despair 	- Losing important things (job, relationship, etc.) - Getting sick - Experiencing accidents
I want to live! 	- Choose to want to live anyway! - Call SOS hotline instead - Seek professional help	Suicide attempt, drug addiction, etc. (Call to loved ones) Want to tell others that you have given up 	- Failed suicide - Escape into drug addiction, etc. - Involuntary hospitalization
		Suicide Has given up on life	



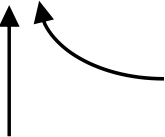
Roo

Existentially insecure – Emotional variant

Hysteria pattern and coping with it

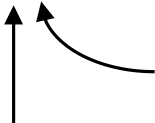
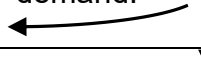
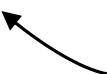
Coping Attitudes	Way Back to Coping	Lack of Coping	Typical Expressions
 I am able to see several sides of an issue	Mastering life  Feeling seen and heard; thriving with self and others	Others do not meet you → Unconscious trigger: “You must listen or I feel unloved / without worth” ↓	
 I have mental control over myself	Calm down and avoid having a will on behalf of others.	Step 1: Emosjonaality ↓	Others MUST listen and take your needs into account.
	Mental control: - Do not say or do anything - Wait until calm and common sense return	Step 2: Loose your mind Says/does unwise things ↓	- Demand becomes a cry for help - Cannot tolerate not getting one's way

Hysteria pattern and coping with it

I stay calm and do nothing 	- Stop yourself in time - Apologize - Ask others to “press delete button” about what happened.	Step 3: Hysteria - Says and does things that destroy things and relationships - Screaming, rage, slamming doors, marching out 	- Throws/breaks things - Says hurtful things - Leaves to put others in a difficult position
I make amends 	- Now it may be too late - Try to repair damage	Step 4.: EXIT 	- Exit job, relation, education, etc.

Existentially insecure – Emotional variant

Narcissistic tendencies and coping with it

I choose to believe others can love me as I am 	The only way out of this on your own is to realize that you have narcissistic tendencies. Then you must seek professional help. This will include getting in touch with your own low/negative self-esteem and getting in touch with your own soul/heart/core.	1st stage: Narcissistic tendencies - Must have attention constantly/all the time. - Focus on external facade. - Family members are made allies against the external, "hostile" world - Hysteria/anger or icy rejection when others "fail" and do not do as you demand. 	It has become too emotionally demanding to be present in the feeling of not being loved. Makes sure to be "loved", i.e. to receive constant attention. Has learned to control and exploit others through a suitable amount of emotionality.
I want to be healthy; I seek help 	Seek professional help. It is still uncertain/controversial whether it is at all possible to treat narcissism. Psychopathy and narcissism have many similarities. The big difference is that while the psychopath does not need other people at all and finds his strength through this, the narcissist is completely dependent on the attention of others and has his weakness through this.	2nd stage: Narcissistic Personality Disorder - Completely dependent on the attention of others to feel like you are something - Other people are just means to satisfy your own needs. - Outer facade counts for everything! - Either you are with me, or you are against me and then you are thrown out into the freezing cold. 	No sense of self and really no identity of their own. Creates an identity/role in a way that works to get attention and capture others who can be exploited.



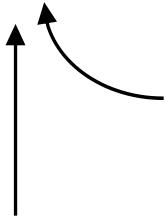
Eeyore

Malnourished Pattern of loosing touch with reality and coping with it

Healing Attitudes	Way Back to Real Life	The Reality Distortion Trigger (unconscious):	and Its Deeper Cause
I master life and my own emotions. →	Masters life. Has good touch with realities. Thinks, feels, and acts realistically. 😊 — — →	"I can't bear to feel and experience this!" ↓	
I acknowledge over-optimism and over-pessimism. I choose to face and live in reality. ↑ ↗	<i>If positive trigger:</i> Focus on something else. Watch a movie? Read? Do practical work? Do something that makes life attractive. Friends? Go for a walk with very slow steps? <i>If negative trigger:</i> Feel the sorrow and pain and cry it out. Talk to others about it. Write down what you feel.	Step 1: Over-optimism and over-pessimism <i>If positive trigger:</i> Overidealizes. Places too much hope in something in the future. <i>If negative trigger:</i> Thinks too negatively and rigidly. Doesn't see the possibility of gradual improvement. ↙ ↓	<i>If positive trigger:</i> Begins to live in a dream world to reduce unbearable feelings and longing. <i>If negative trigger:</i> Reduces unbearable <i>feelings</i> by starting to believe that the negative is realistic.

Pattern of loosing touch with reality and coping with it

I acknowledge that reality distortion occurs. I actively use others to correct my perception of reality.



If positive trigger:

Talk to others. Listen to their judgment and let your own be corrected. Wait. Don't act (manically). Walk very slowly to get grounded.

If negative trigger:

Do something you know you master to regain self-confidence. Be with others who accept you as you are to strengthen self-worth. Ask them to assess the situation, give advice, and consider it seriously.

Step 2: More serious loss of touch with reality

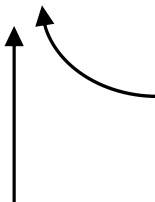
If positive trigger: Can't wait to realize the dream. Loses grounding. Thinks, says, and does things others find strange and unrealistic.

If negative trigger: Gives up hope that the negative can change or be better handled. Despair and depression.



It has become too emotionally demanding to remain in a tension field:
Positive tension: Longing, e.g., infatuation, life dream. Desperately tries to believe the dream is realistic.
Negative tension: Pain, sorrow over something unwanted. Cutting out hope removes the tension, replaced by depression. See flight pattern.

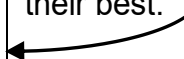
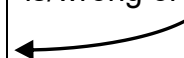
Pattern of loosing touch with reality and coping with it

I allow myself to be guided back to reality. I process emotions with appropriate techniques. 	Get semi- or fully professional help and trust it. Therapy for increased body and grounding contact. Learn to tolerate positive tension without becoming dependent on its realization. Face and feel the pain/grief/loss/. When you are in a normal state learn the signs of being in the different states to self-correct it.	Step 3: Reality distortion <i>If positive trigger:</i> Manic, hyperactive. Unrealistic projects or love. Easily clashes with others. Must have things on own terms. Overconsumption. <i>If negative trigger:</i> Feels others don't see or understand what one is going through. Starts cutting contacts. Social withdrawal. 	<i>Positive trigger:</i> Feels dependent on the dream coming true. Manic clinging to the illusion. Others are wrong. <i>Negative trigger:</i> Tries to remove sorrow and pain by withdrawing so others don't remind them. This worsens the problem due to less reality correction, increased loneliness, and not talking about the pain.
The escape from reality overrides everything else. I choose to live in reality and master myself and my own emotions. 	Contact professional help before it goes too far. Possibly accept hospitalization if it has gone too far and lasted too long. Possibly reduce emotions with prescribed medication. Gradual tapering as recovery progresses.	Step 4: Mental illness <i>Positive trigger:</i> Lives in a dream world as if it were reality. Life spins out of control. Hyperactive. <i>Negative trigger:</i> Hysteria. Paranoia. Possibly physical escape from everything. 	Total escape from physical reality and the world to get away from the tension field. The escape from unbearable feelings has taken control of the psyche, and correction mechanisms are sidelined as a survival mechanism.



Tigger

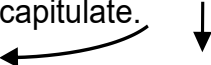
Strong-willed: Fighting pattern and coping with it

Peaceful Attitudes	The Way Back to Peaceful Dialogue	The Conflict and	Its Psychological Cause
I try to create dialogue and cooperation! 	 Peaceful dialogue and cooperation. Trust in the good in others, that they mean well and do their best. Acceptance of external conditions.	Trigger (unconscious): Fear that others do not consider you and a feeling of powerlessness. 	The problem has started: Feels that something outside one's control and influence may threaten one's needs and interests.
I have the courage to stand on my own feet without demanding from others! 	Choose to listen and understand: Choose the courage to stand on your own without demanding from others. Listen for and try to understand the other's feelings and needs. Choose calm dialogue, possibly first a time-out.	Step 1: Mistrust Has lost trust that others will consider your needs and that they are doing their best. 	Mistrust (often unconscious). No acceptance. Ready to fight. Focuses on self-interest instead of everyone's needs / holistic solution.
I choose to accept others as they are! 	Choose to respect boundaries. Pull my energy back to myself. Let others be free to think, feel and do what they do. Try to create dialogue again.	Step 2: Quarrel War of words: Tries to convince the other that one is right and that the other is/wrong or doing wrong. 	Dialogue is dead: Leaning forward / staring. Speaking louder / longer. Arms crossed. Not listening / interrupting. One-sidedness, exaggeration.

Fighting pattern and coping with it

I choose to be calm and objective! 	Choose to behave civilly: Calm down through self-control. Take a break, go for a walk. Start listening, asking. Try to see both sides of the issue. Possibly choose legal resolution.	Step 3: Cockfight. Psychological war: Must have one's way, puff oneself up and try to blow out others psychologically. 	The fire is truly lit: Emotionality Lower brains has taken control. Anger and yelling. Or hysterical outburst. Or rejection / sabotage. Condemnation, blaming.
I choose to be constructive instead of destructive! 	Choose to be constructive: I choose to give others the right to have their needs met too. From this basis, I seek a constructive solution. Request peace talks and seek improvement through cooperation.	Step 4: Alliance building. Build up own power through alliances and weaken / harm the opponent's power; psychologically, physically, socially and/or economically. 	Want to win or hurt: Constructive fight or destructive war? Hot or cold war? Open or hidden? Attack and defense. Seek alliance partners. Speak negatively about the other party.

Fighting pattern and coping with it

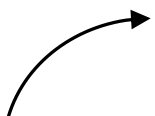
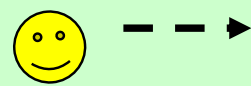
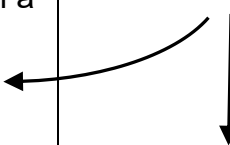
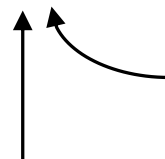
I accept being powerless 	Accept not getting one's way: I realize that both lose. I accept not getting my way. I accept that both needs and wills must be considered.	Step 5: Threatens with the worst. Scares and threatens with the worst to make the opponent give in and capitulate. 	Must win, no matter what! Some only want to scare by threatening with the worst, others threaten and intend to carry it out.
I choose not to take revenge, stop teaching others a lesson and seek a truce 	Choose to stop the spiral of violence and seek a truce: I stop taking justice into my own hands. I call for professional help for peace mediation. I go to therapy to process hurt and rage. I de-escalate violence and seek a truce.	Step 6: Full war, revenge and lessons! Emotions take over. Cold or hot rage leads to irrational actions. The 'only solution' is to eliminate or permanently harm what one cannot accept and live with. 	Both have actually lost: Violence: physical / psychological / economic. Want the opponent to suffer equally. Teach the other a lesson. Is furious and hurt. The opponent must be crushed, no matter the cost! No ethics / self-control.



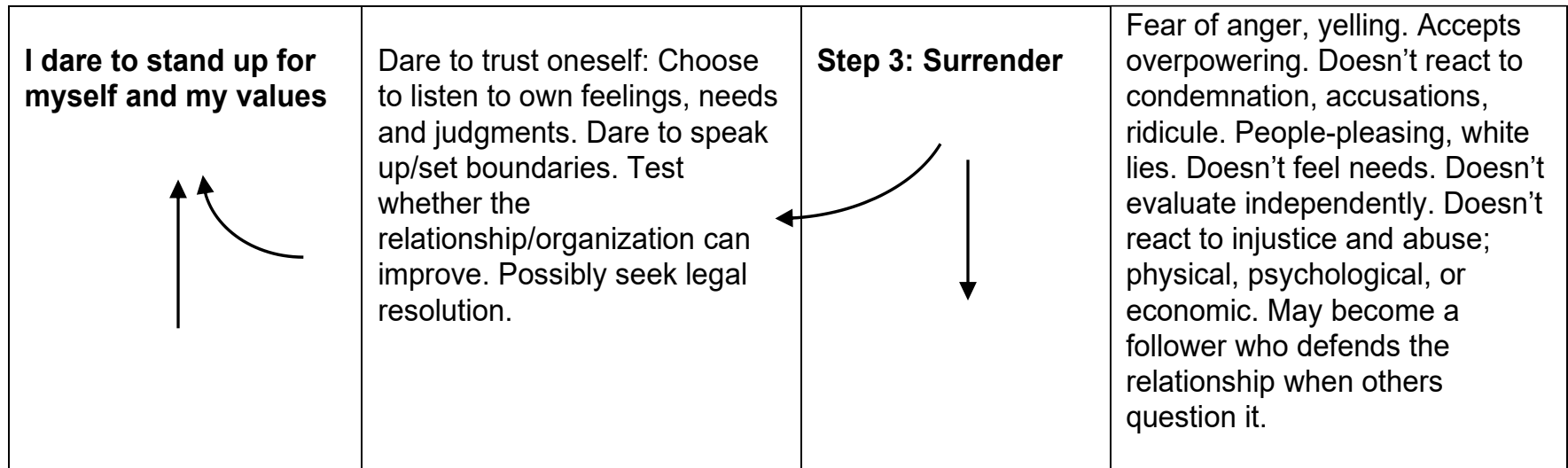
Winnie The Pooh

Submissive:

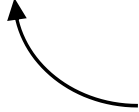
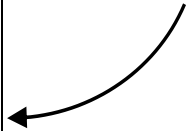
The Submissive pattern and coping with it

Self-Caring Attitudes	The Way Back to Equal Cooperation	Submission and	Its Characteristics
I create equality and good cooperation 	 Equal dialogue, care and development. Both parties have equal power and influence over the present and future.	Trigger: (Unconscious) Fear of negative reactions when asserting one's own opinions and will. 	Feels safe and good to lean on others. Doesn't notice slipping into an unbalanced relationship or cooperation.
I dare to say what I feel and think 	Create dialogue: Speak up in a factual, respectful and democratic way.	Step 1: Adaptation 	Feels good/pleasant and: Doesn't recognize that one suppresses own deeper needs, desires and values. Let others take the initiative. Others increasingly dominate the relationship/cooperation.
I create equality and cooperation 	Choose to create equality. Ask emotional people to calm down and behave civilly. Choose to leave the interaction if this is not respected. Try to create equal dialogue and cooperation. Possibly use a moderator and speaking list.	Step 2: Submission 	Let things pass (OK). Doesn't trust own judgment. Doesn't accept advice or warnings from others. Avoids conflict. Doesn't react to anger and yelling. Gives in, submits and lets it happen to maintain peace and comfort.

The submissive pattern and coping with it

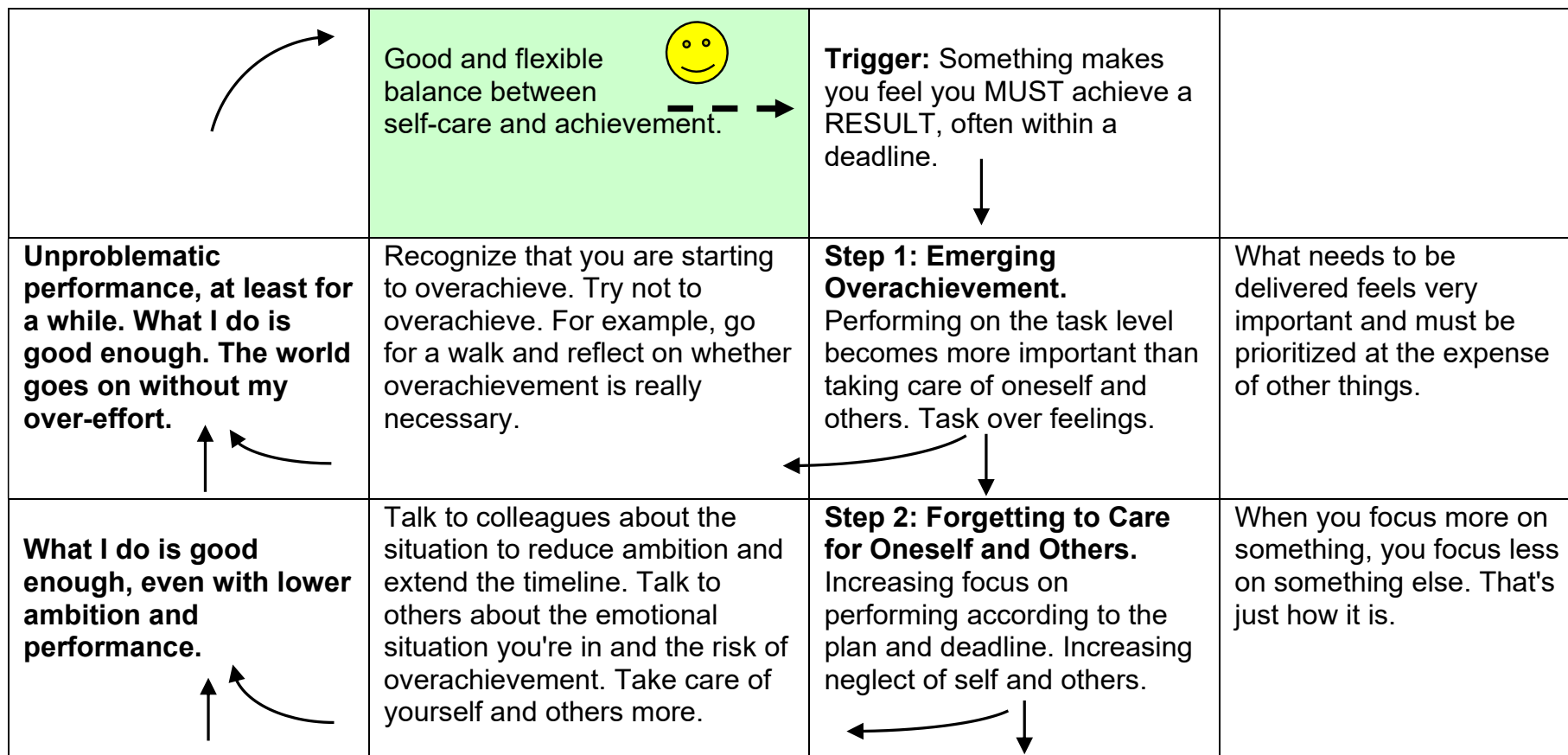


The submissive pattern and coping with it

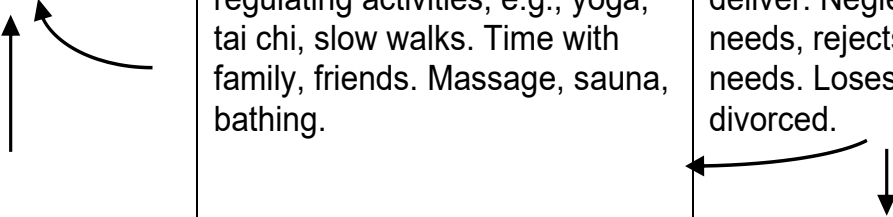
I rise to self-respect! 	Choose a life with self-respect and self-care: Assess whether fight or flight is most appropriate. Flee? Go to police, crisis center, etc.? Establish own livelihood to escape financial dependence? Seek therapy/coaching. Seek professional help!	Step 4: Submissiveness 	Fear of punishment dominates. Terrified and subdued. Accepts a life of humiliation, oppression and violence. Total submissiveness. A follower who hides what's happening from others due to shame and guilt. Possibly crawling and ingratiating behavior. May assist the abuser in abusing others as well.
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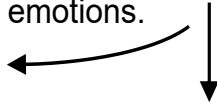
Over-achieving: The overachievement pattern and coping with it



The overachievement pattern and coping with it

I need to take better care of myself, even if something 'goes down the drain' and I need personal development. 	Recognize and learn that these characteristics are warning signs that things have gone too far. Schedule time for self-care. Accept that 'some things go down the drain'. Down-regulating activities, e.g., yoga, tai chi, slow walks. Time with family, friends. Massage, sauna, bathing.	Step 3: Inflexibility and Demanding Attitude. Compulsive focus on plan, deadline, performance. Gets angry when things don't go as planned or others don't deliver. Neglects personal needs, rejects others and their needs. Loses friends. Gets divorced.	So much has been invested in overachievement that reducing ambition or quitting would feel like a major defeat. Demands on self and others increase to succeed. Social costs of one-sided focus increase.
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The overachievement pattern and coping with it

I choose to prioritize self-care	If the signs weren't seen earlier, they must be acknowledged now. Seek help from wise friends or coaching/therapy to break the pattern.	Step 4: Overload and Signs of Exhaustion. Forgets. Can't remember. Misplaces things. Looks tired and pale. Not receptive to advice, correction or emotions. 	Overachievement has led to loss of emotional contact and becoming cold, hard and rigid. The mind fails due to overload and stress. Joy is gone. The body's last energy reserves are depleted.
I choose to enter a self-development process 	Seek professional help in the form of coaching/therapy. To regain energy, it may be necessary to: Learn to have value without overachievement/over-responsibility. Be open to a new life situation with less performance pressure.	Step 5: Burnout. Physical collapse and sick leave finally provide an excuse not to overachieve. 	The driver was taking over-responsibility and not feeling good enough unless goals were met. Burnout gives freedom for self-care without losing face.

If a pattern is permanently at its worst, it leads to mental illness

- **Existentially insecure – Mental variant**
Seeks freedom → Flight pattern → **Schizophrenia, autism spectrum**
- **Existentially insecure – Emotional variant**
Excessive need for attention → Hysteria pattern → **Narcissism**
- **Malnourished**
Lives in the mental world → Pattern of being unrealistic → **Bipolar**
- **Strong-willed**
Pushing one's own will through → Fighting pattern → **Psychopathy / -tendencies**
- **Submissive**
Avoids conflict → Submissive pattern → **Masochism**
- **Over-achieving**
Over-responsibility → Over-overachievement pattern → **Morbid rigidity, burnt out**

You leave inappropriate patterns behind through self-observation, self-reflection and testing

1. Self-observation

How did I function today? How did I function in that conversation? How did I function in that company, at that meeting, in that situation? You can also ask others what they think of you and what you did.

2. Self-reflection

Why did I do what I did? Was it fear? Was it mistrust? What did I really want to achieve? What was my need in that situation? What ego pattern was I operating in? What step on the developmental ladder was I operating on? Why did the other person(s) react the way they did?

3. Experimentation

What could I have done that would be functioning at 3rd, 4th or 5th step on the development ladder?

Think of one or more good reactions and courses of action. How and when can I put this into practice? Try it out.

**+ therapy
and coaching?**

Ego patterns are also resources

The overachieving ego pattern is the resource you use to:

- Get out of a flight pattern
- Get out of a hysteria pattern

The strong-willed and overachieving ego patterns are the resources you use to:

- Get out of a surrendering pattern

The surrendering and overachieving ego patterns are the resources you use to:

- Get out of a fight pattern

The overachieving ego pattern is the resource you use to:

- develop yourself; reflect on yourself, make wise choices, stay focused and practice and practice what you want to develop.

Coping when other people's personalities and behaviors become a challenge for you

Two keys:

1. Being in the tolerance window

To be calm, balanced, constructive and objective.

The way we are when we:

- do not get emotional to get our way
- do not give up and let relationships or something in ourselves die.

In other words: **Being on the 3rd step of the development ladder.**

2. The power lies in the consequences

If you want to change behavior in others, you first use words, e.g. "giraffe language."

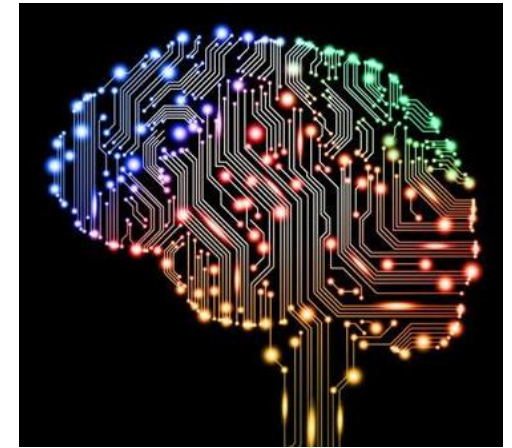
- If it has become "intolerable", the power lies not in the words, but in the consequences.

Giraffe language

1. Facts
2. Feelings
3. Needs
4. Request

Self-development is like making a new path in the forest.

What we do in practice is creating new, well-functioning brain pathways and letting old, inappropriate brain pathways weaken and die out.



- ➔ **First you have to figure out where the new path is going to go**
= Finding a good way of being or a good alternative to the undesirable, e.g. always being in the tolerance window.
- ➔ **Then you have to make the path and step and step to make it a path**
= Practicing and practicing being in the tolerance window and practicing the care star.
- ➔ **Then the old path slowly grows back because you don't use it**
= you no longer fall into the old pattern and become emotional.
- ➔ **.... And finally the new path has become easy to walk**
= the new and better has become automated, being in the tolerance window.

Free course: Life guidance for our time
hjerterommet.no/livsveiledning/

Books and compendiums

Available as pdf-files in Norwegian, which you can use webtools to translate to your language

**Breaking the Code of Life -
A Path to Good Lives,
Partnerships and Society**
A5 – 260 pages

**Book 2: Leaving
Inappropriate Ego
Patterns Behind**
A4 – 116 pages

**Book 3: Leaving Low
Energy Behind**
A4 – 98 pages



Å knekke livets kode Bok 2

Å legge uhensiktsmessige
egomønstre bak seg

Per Hjalmar Svae

Dette heftet følger opp boken:

Å knekke livets kode - Veien til det gode liv, samliv og samfunn
I dette heftet får du veiledning om hvordan du i praksis kan utvikle din personlighet slik at du i økende grad fungerer som et selvstendig, velfungerende individ på tredje trinn i utviklingsstigen, og unngå «å falle lavt ned» (trinn 2 og 1) i utviklingsstigen, som du lærer om i Bok 1 og som blir kort repetert i dette heftet.



Hjerterommet forlag og kursvirksomhet

Hjerterommet.no

Å knekke livets kode Bok 3

Å være i livsenergi og
leve fra hjertet og sjelen

Per Hjalmar Svae

Dette heftet følger opp bøkene *Å knekke livets kode - Bok 1 og 2*. Hefet veileder deg i hvordan du i praksis kan utvikle deg slik at du i økende grad evner å være i livsenergi – i stedet for i egomønstrene – og i stadig større grad leve fra hjertet og sjelen – i stedet for fra egoet.

Manus høsten 2022