

Transcript

Template 3 – [M]INDSET – Mechanism - Assets

So, let's use template 3b. again to practice relearning the use of mechanisms. This time, instead of using a general attribute, we may use an asset. So, for example an asset or quality, may be intelligence or accomplishments that objectively have been made. So, at level 1, if one is using a supporting mechanism that just for example, acknowledging one's intelligence, or one's accomplishments or believing or owning. So, it's basically saying: "I am..." intelligent or accomplished, "I have..." intelligence and so on. So, the experience would be of basically, the positive experience of owning, of enjoying and so on. And it would be harmonious because it would just be accepting supporting what's you are or what you have.

So now level 2, one cannot support but appose so it could be disbelief. No matter what the facts are or objective one could be, you could disbelieve being intelligent or accomplished, doubt it or belittle it or reduce. Then it's like saying "I am..." not intelligent" or "I am less..." or "I am not so much..." and so and so forth "I have no..." intelligence, no accomplishments, and so and so forth. So this obviously would result in an experience of not enjoying is not a positive experience that would be negative, but also would be internally conflictual because it would be basically fighting against yourself, what you are and what you've done.

So, this is painful and often it is made unconscious and one can move to a Level 3 where you keep all this but add other mechanisms to compensate, and you can again look at the list of compensating mechanisms. So physically, the whole discomfort that may be caused by not feeling accomplished or intelligent may be compensated sometime unhealthy with food, drink, sex, etc. or exercise.

Psychologically you may say that "I am not intelligent, but I don't need too...", so, don't need. Or intelligence is not important, or "I will feel accomplished," I will, "if or when..." I do such and such. Maybe getting another degree or better job. Or you may just say, well, "I am more intelligent than this person." So, you basically bring the blaming or the belittling outside and belittle others. So, saying they are less intelligent than I am, and so and so forth. Or blame others for the reason that you don't feel accomplished, so it's because of them, "They prevented me..." or "because of society...", blame society, so you project outside. So, this way the discomfort is still there, but at some times a bit lessened. Not as strong.

So, you can see that all of this would result in, at level one, for example of an experience that's conducive to happiness, but not very conducive at Level 2 or not at all. And not very conducive neither at Level 3. So being non-conductive.