

# Learning to let go of yourself in order to improve your self

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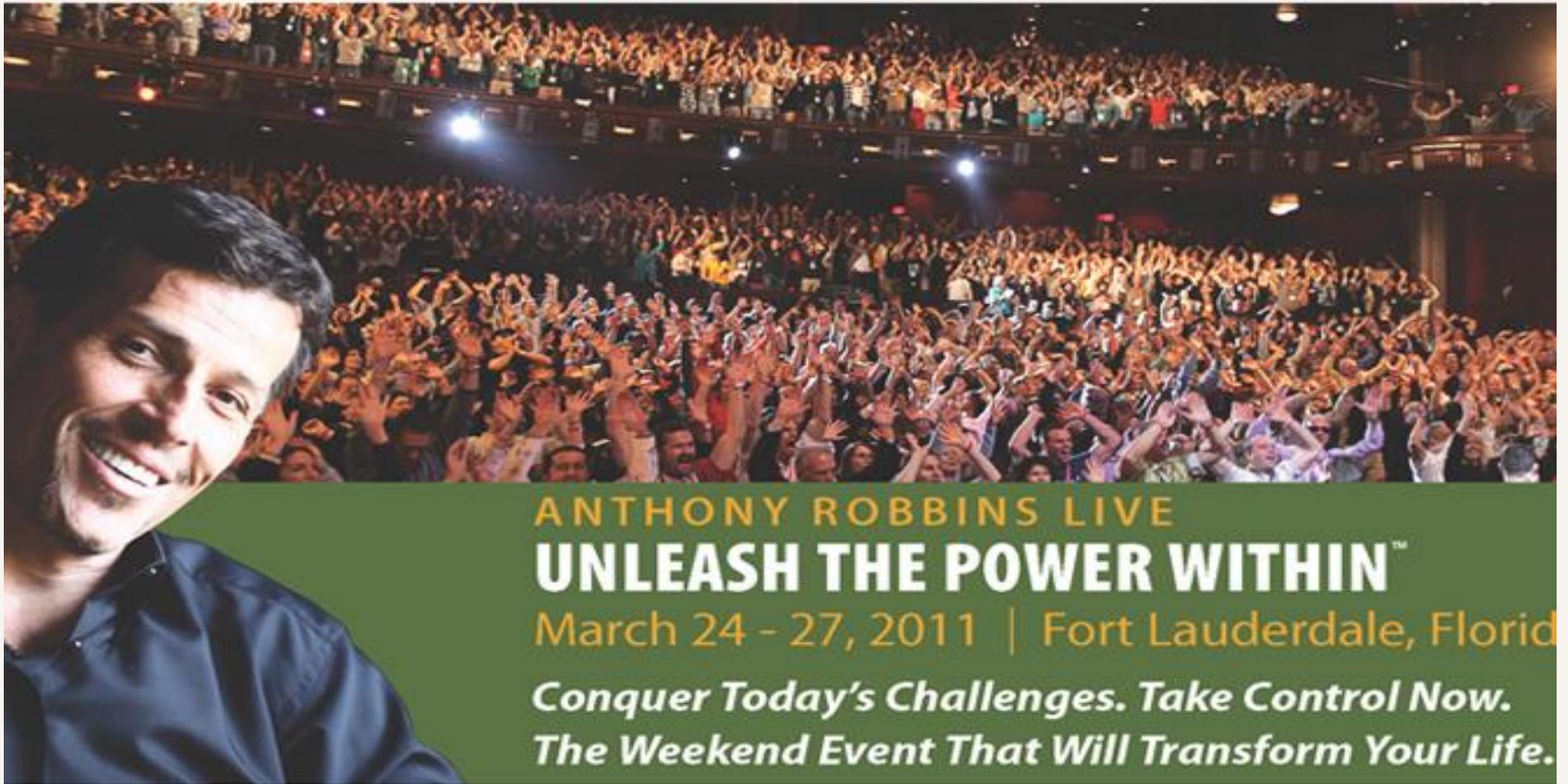




# A few statistics

- ❖ Up to 38% of people in a workplace reported experiencing **bullying** (McAvoy & Murtagh, 2003),
- ❖ 50 percent of people have betrayed someone in their current **social network** (Jones & Burdette, 1994).
- ❖ Employee theft is pervasive and causes one in 3 business failures. 43% of people who steal do so out of vindictiveness or the desire to get even (Furnham & Taylor, 2004).

# Unleash the narcissist within?

A promotional image for an event. On the left, a close-up of Anthony Robbins smiling. The background is a large, energetic crowd at a night event with many hands raised. A green banner at the bottom contains the event details.

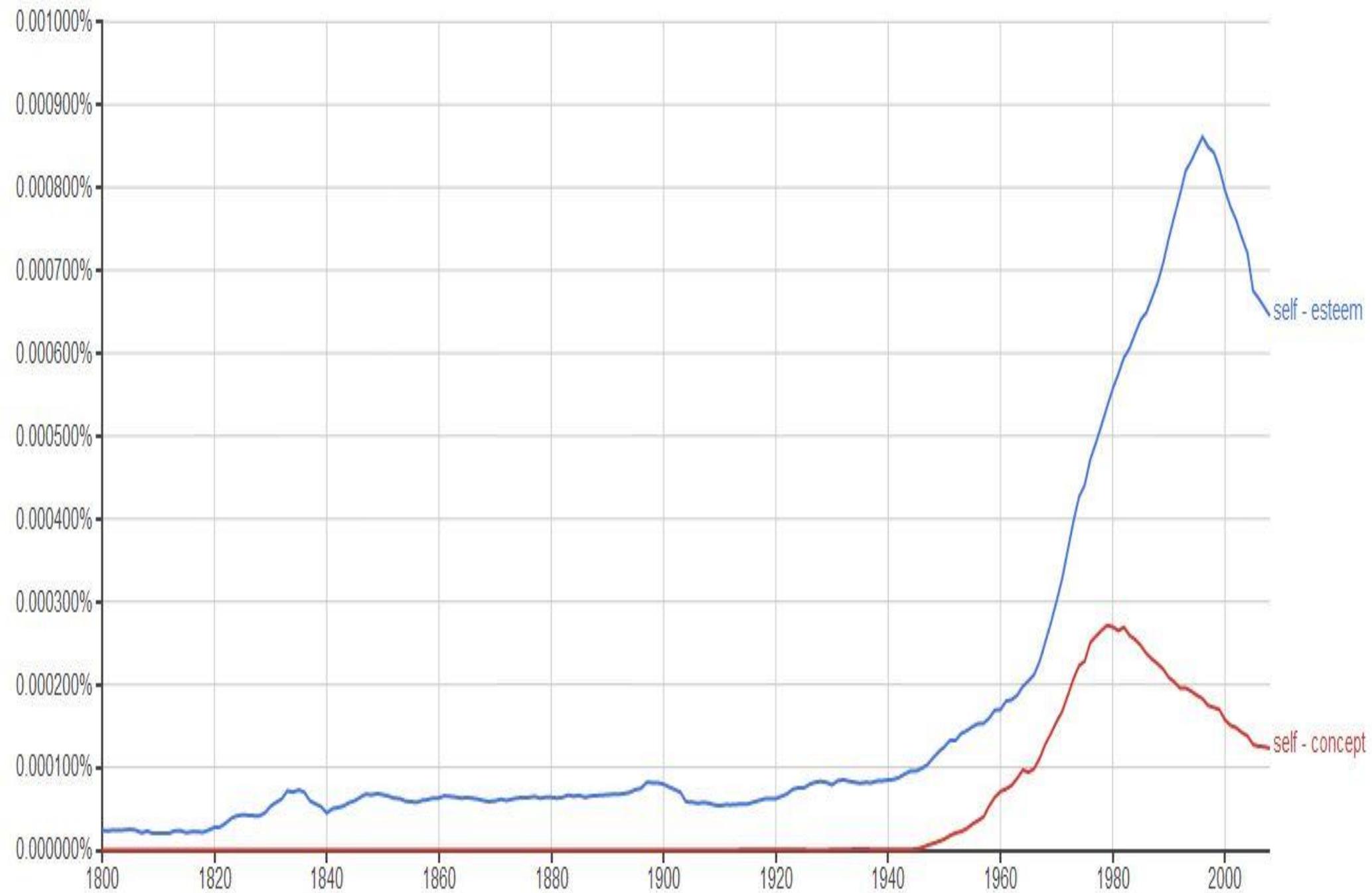
**ANTHONY ROBBINS LIVE**  
**UNLEASH THE POWER WITHIN™**  
March 24 - 27, 2011 | Fort Lauderdale, Florida  
*Conquer Today's Challenges. Take Control Now.  
The Weekend Event That Will Transform Your Life.*

# The key to success: Defeating your inner demons?

- ❖ There are *empowering* states, such as confidence, love, inner strength, joy, and ecstasy--and there are *paralyzing* states, such as confusion, depression, fear, anxiety, sadness, and frustration
- ❖ "the difference between those who fail to achieve their goals in life and those who succeed is the difference between those who cannot put themselves in a supportive state and those who can consistently put themselves in a state that supports them in their achievements."
- ❖ If you really want to be successful, Robbins says, you need to learn how to direct and manage your states at will

# Upsides of narcissism

- ❖ Greater seeking of power
- ❖ More confident, dominant and proud. More likely to be seen as a leader
- ❖ Can be visionary and transformational
- ❖ Make things happen, get people working for them, and can take risks that pay off



Narcissistic personality disorder increased by 194% (1960-2005)



Magazine and Newspaper articles about self-esteem increased by 4,540%: (1987-2007)





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<http://blakinc.tripod.com>

# Downsides of narcissism

- ❖ Excessive focus on securing admiration of others
- ❖ High hostility and aggression when admiration not forthcoming
- ❖ Rejection and defensiveness following negative feedback
- ❖ Engage in higher levels of counterproductive work behavior (insult someone; purposely do work incorrectly; stole)
- ❖ Reduced information exchange and poorer group performance
- ❖ Poor social-connectedness

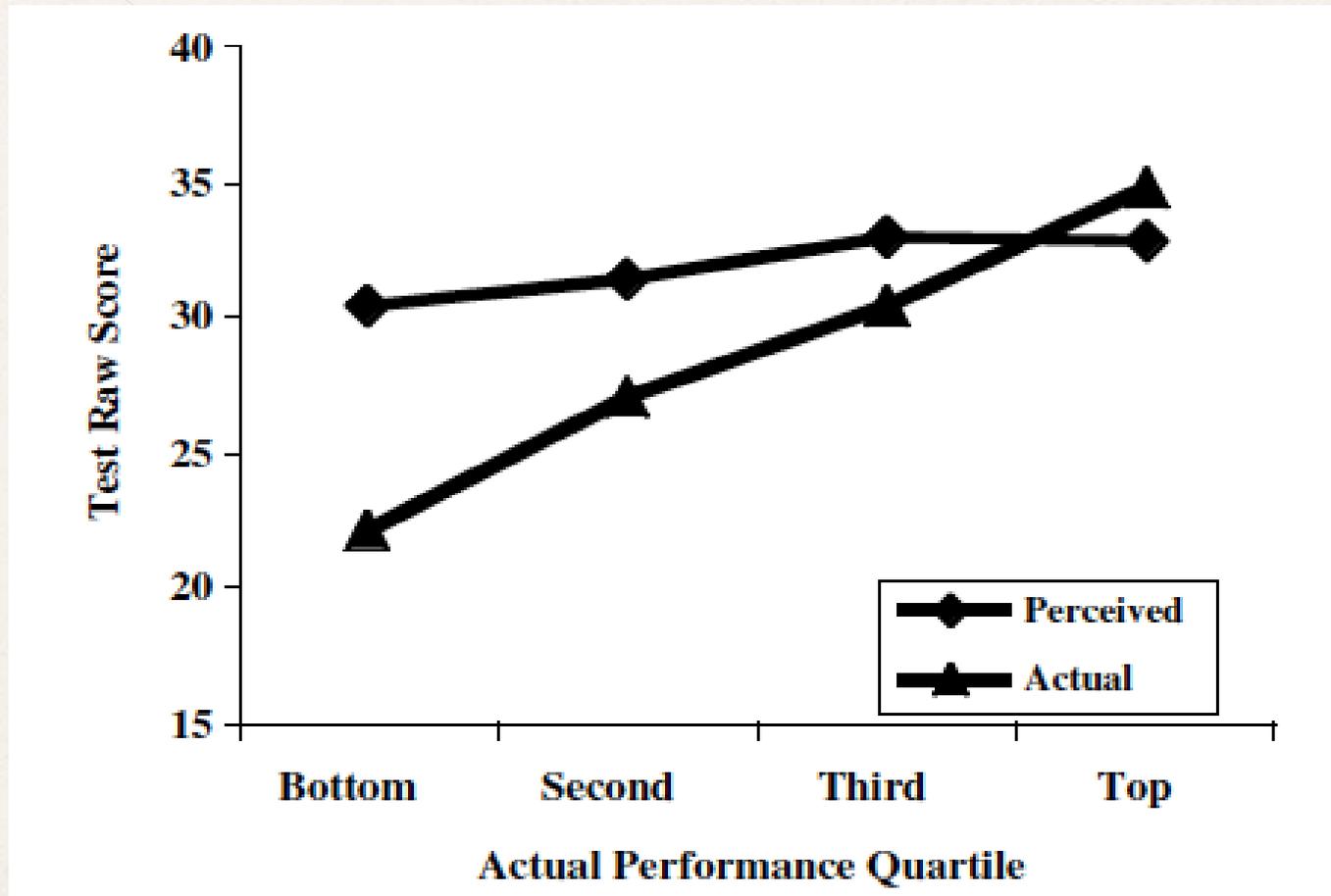




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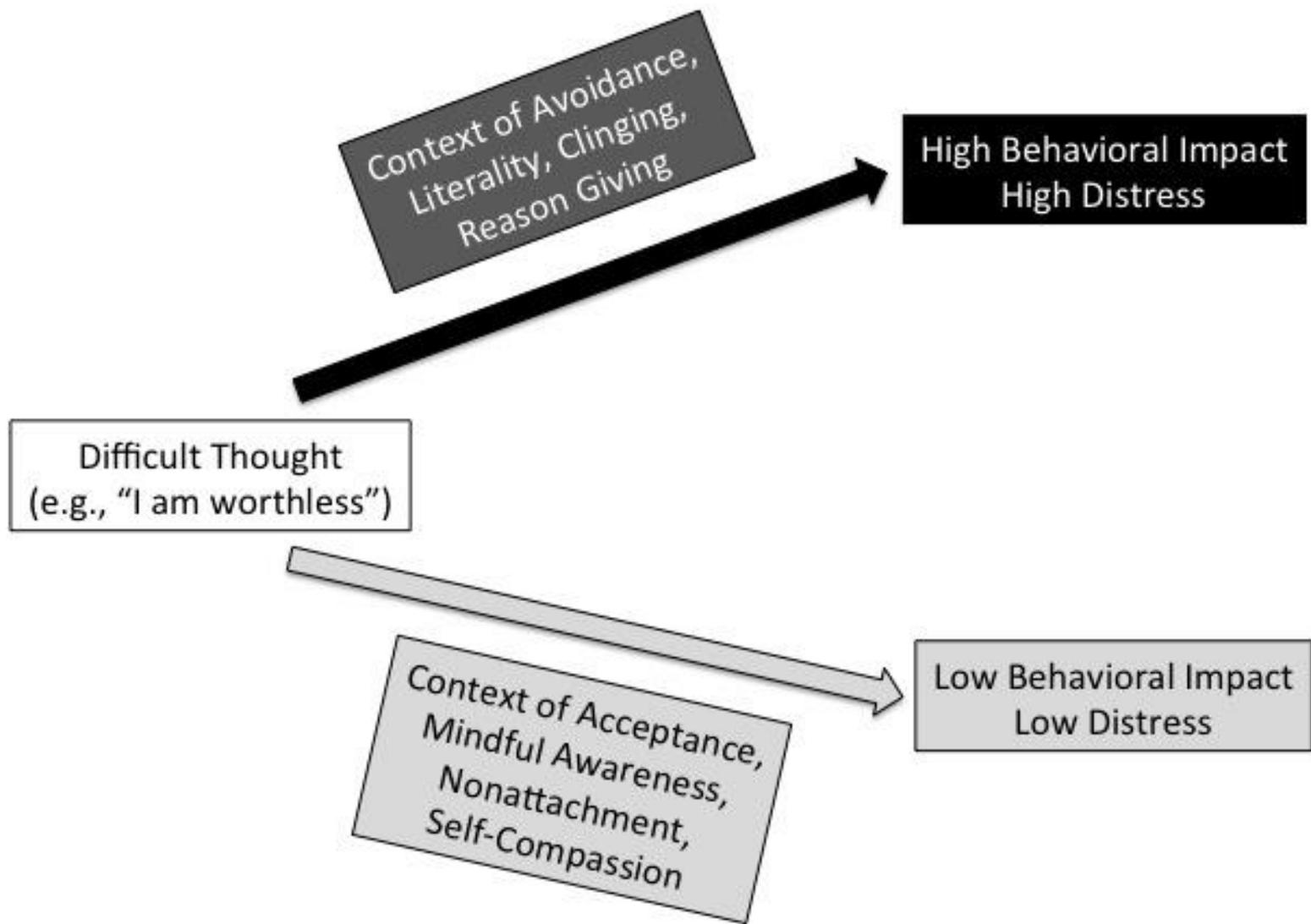
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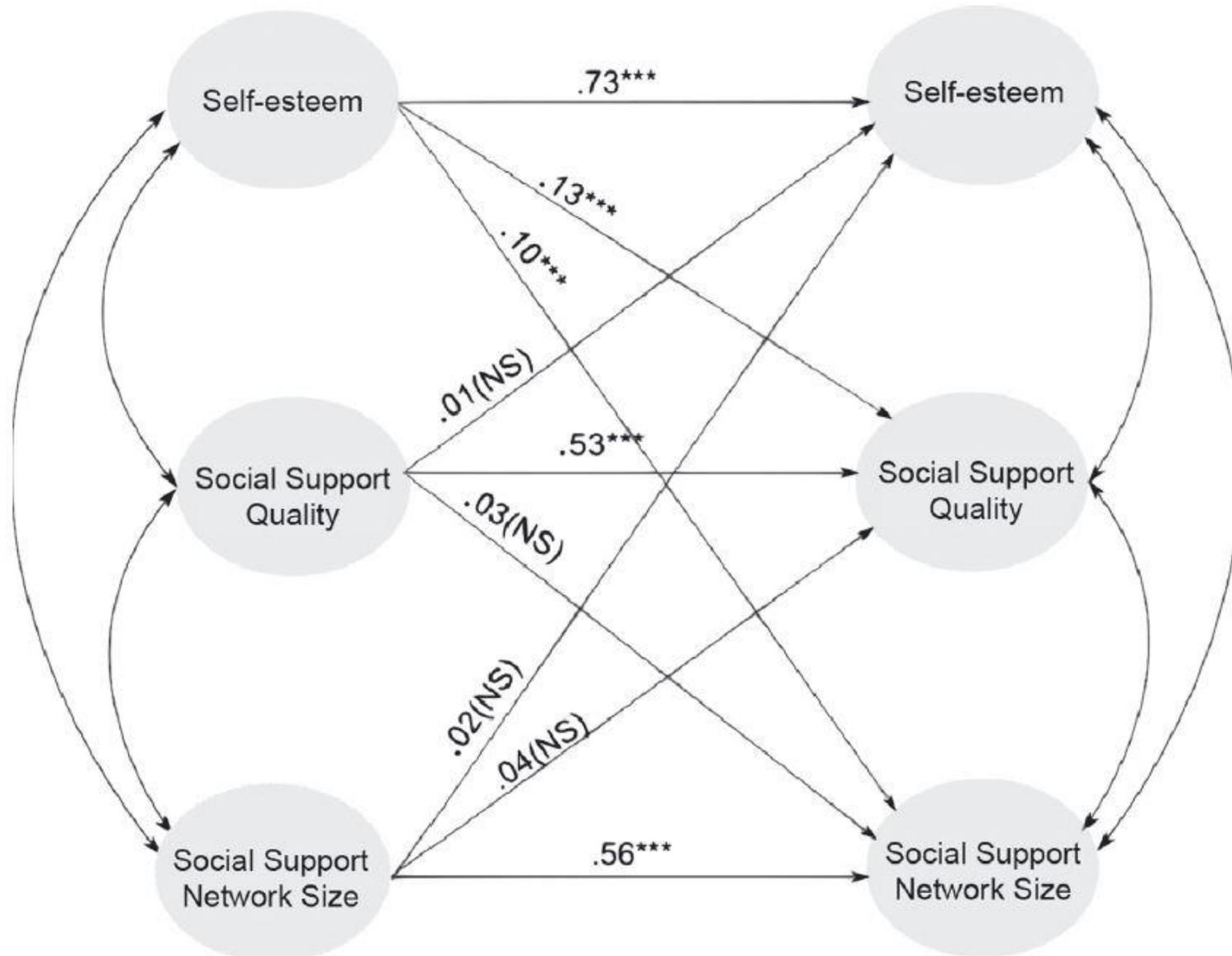
# Is narcissism the norm?



# Possible derivations from “Self-esteem is essential to success”

- ❖ If you don't have self-esteem, you can't succeed
- ❖ Self-esteem is a valuable thing. Therefore it can be stolen from you or “hurt.”
- ❖ We need to be on constant guard to protect self esteem
- ❖ IF someone does something that lowers our self-esteem, that person is doing something wrong (given self-esteem is valuable and necessary for success). That person should be punished
- ❖ We should not allow negative experience to “hurt” our self-esteem or influence it in any way





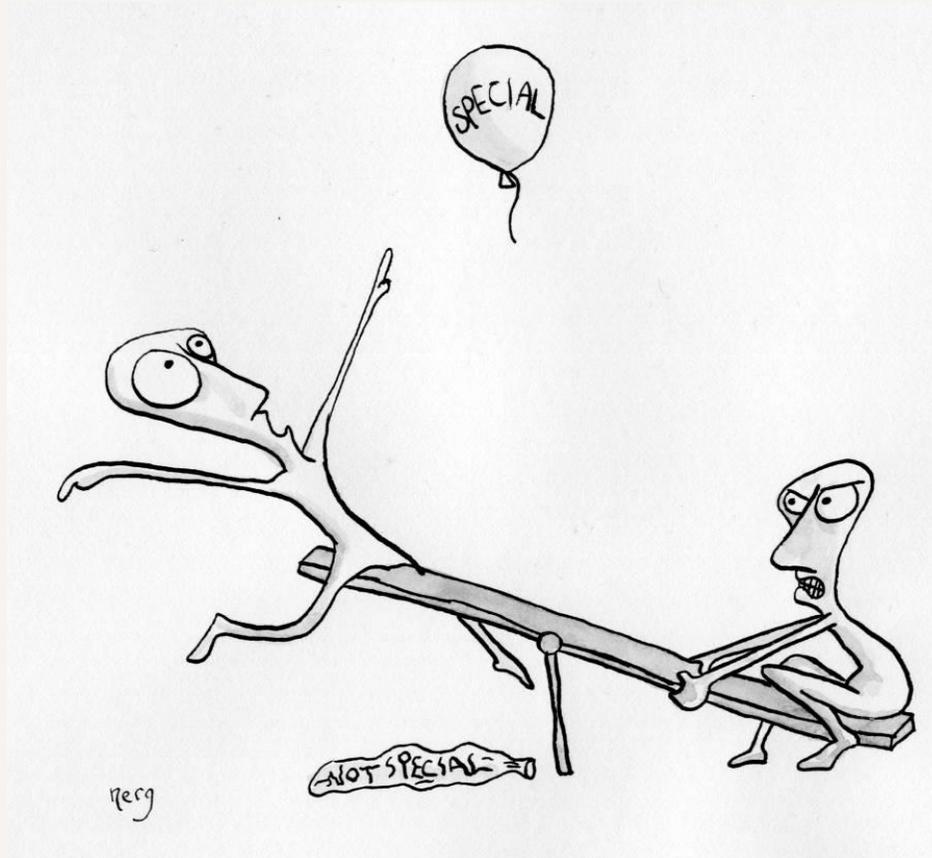
Marshall, Parker, Heaven, & Ciarrochi, 2013, Child development

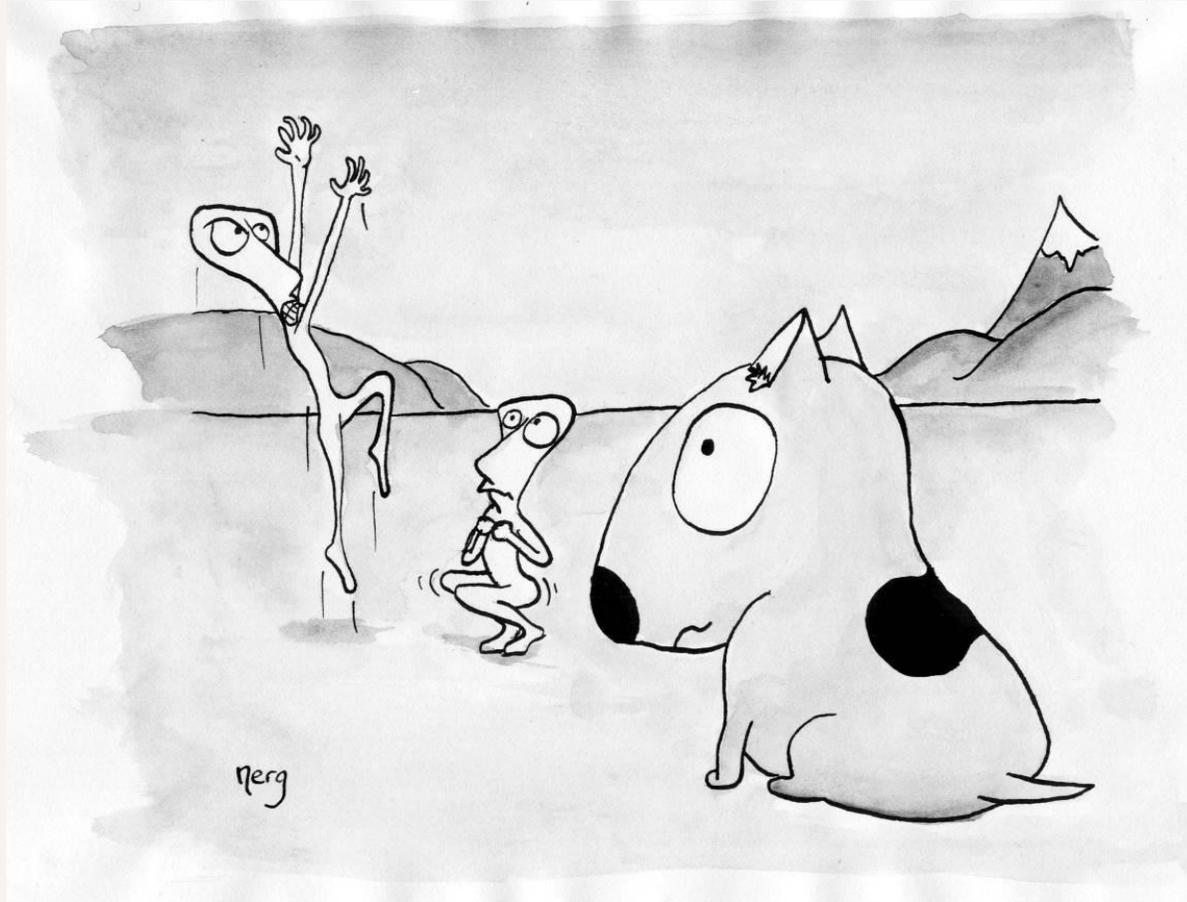
# Self-esteem

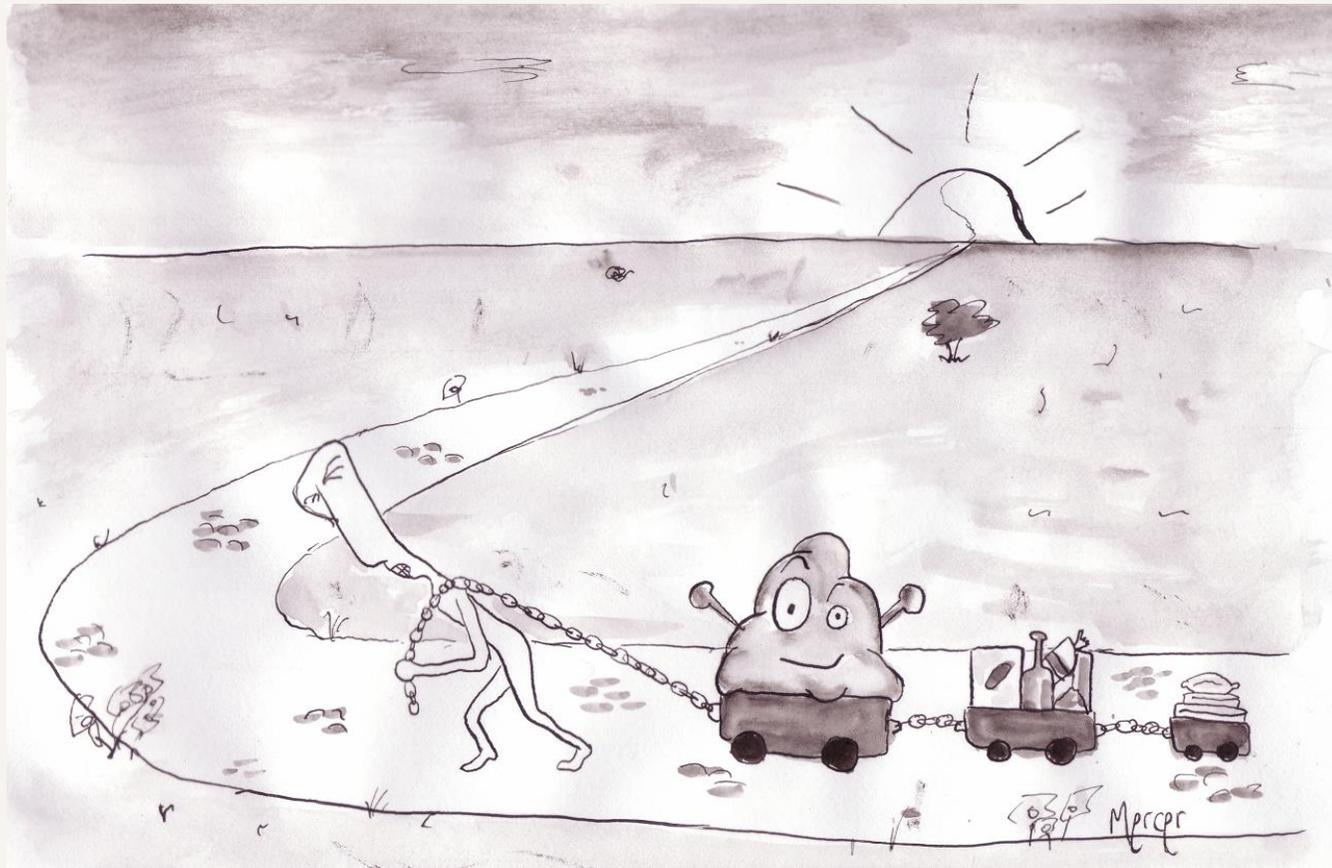
1. Set up situations where a young person can experience success or mastery.
2. Help young people identify role models that successfully live by values rather than talent.
3. Be encouraging and stand in as the 'believer' for a young person, especially in relation to social worth
4. Discourage relating failure experiences and feelings to self

# **THE FLEXIBLE SELF 1: LETTING GO OF BAGGAGE AND EXPANDING YOUR LIFE**

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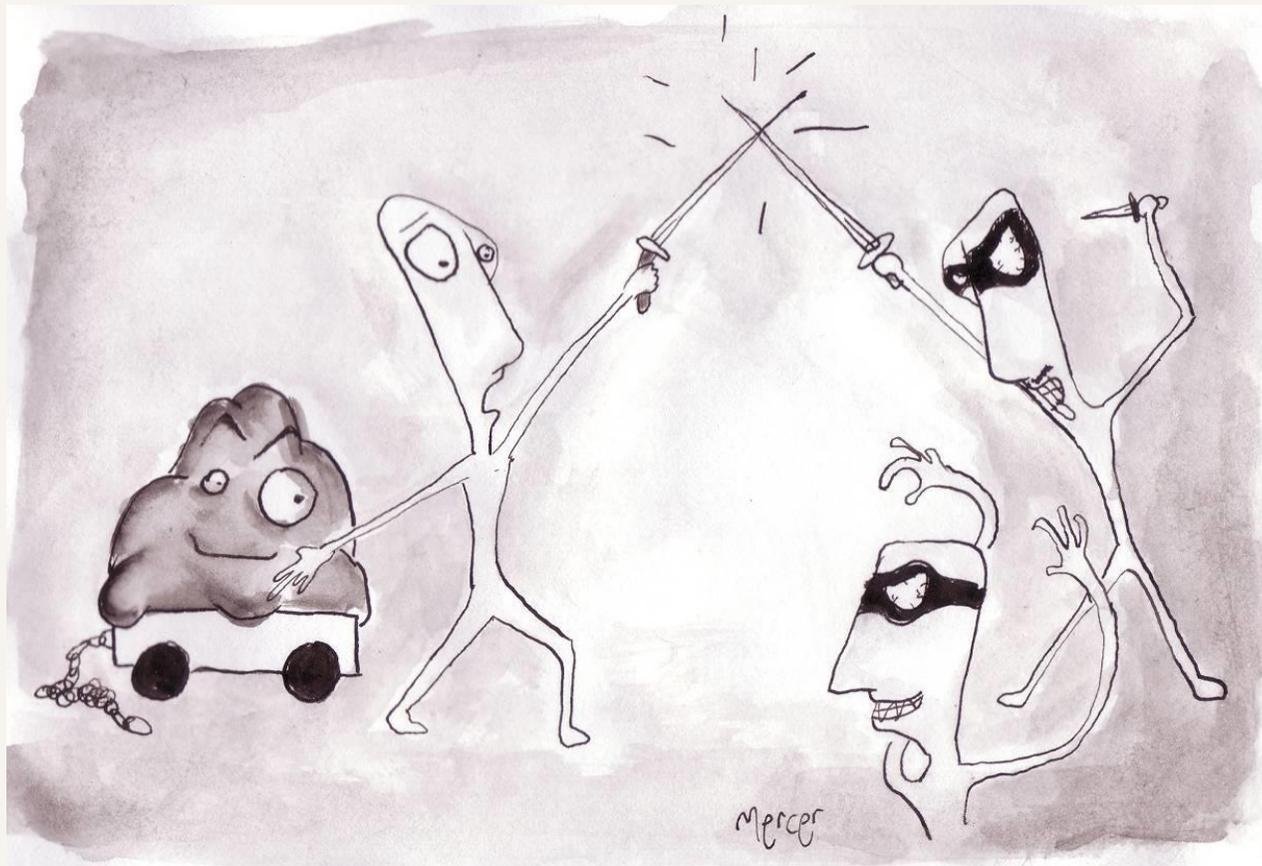




Caring for our ego can take a lot of energy. We care for it by searching for evidence and convincing others that we are important and special.

So much work!. How much further would we go if we didn't **always** have feel important, special, and powerful

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We often believe our ego is in danger. So much time and energy can be spent trying to protect it or keep it safe.

If you did not have to , would you be more free to take risks in pursuit of your valued direction?

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Now  
that is a  
very, very,  
bad cup.

20th Century  
Porcelain  
Cup

# What is your mindset?

1	2	3	4	5	6
Strongly agree	Agree	Mostly Agree	Mostly disagree	Disagree	Strongly Disagree

- Everyone is a certain kind of person and there is not much that can be done to really change that.
- You can learn new things, but you can't really change your basic intelligence
- A person's moral character is something very basic about them and it can't be changed very much

**THE FLEXIBLE SELF 2: USING SELF-  
COMPASSION INSTEAD OF SELF-CRITICISM  
TO MOTIVATE YOURSELF**

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# Self-compassion

- ❖ Recognize that you, and all humans, will mess up or fail to live up to your standards again and again
- ❖ Recognize that when you mess up, your human mind will beat you up
- ❖ Value acting kindly toward your self
- ❖ When you feel you have messed up, experiment with using kindness to recommit to your values

# Porges' View of the ANS

## The metaphor of safety

