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## PAS LECTURE #8

## EXPRESSED/SUPPRESSED/REPRESSED (cont'd)

Iuc, Iuc+, Euc, Euc+, Ic+, Ec+

The lower case letter "u" which follows the capital letter indicating the initial response state essentially means "unmodified, unchanged, uncompensated," etc.; it indicates the most primitive manifestation of the initial response state. Therefore, the I individual who is implosive, internalized, etc., if he makes an Iu adjustment, is very much aware of his tendency to be internalized. Consequently, an Iu adult will have schizoid characteristics -- that is, the kind of individual who remains relatively non-responsive. However, a schizoid individual can be intensely emotional and intensely uncomfortable; and that emotionality is so internalized (as it moves more in the Iu direction, it becomes harder for the individual to be overt in his feelings) that in the extreme schizophrenic state the individual has become so totally emotionally internalized that he cannot respond to anything but his internalized emotional state (which is also a way of defining an autistic state).

Iu means "expressed" I-tendency (or unmodified) which implies that the individual is very much aware of how he is. Consequently, an Iu individual is schizoid, knows he is schizoid, and his ultimate adjustment depends upon him consciously attempting to do something about it. Because there remains in the Iu a tendency to become so internalized and move in the direction of not being extremely responsive, if he decides to do something about his tendency, he will be the most active in his attempts. He knows that he has a tendency to withdraw and therefore becomes very active in the way in which he seeks external support to keep him active. Consequently, the final modification, "c+," in the Iuc+

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adjustment is going to result in the individual being schizoid, dynamically but very un-schizoid in his behavior -- at least most of the time. He is going to be the most E-ish looking person. The individual has got to be extremely active because he very disturbed and very manic because the tendency of the individual who is Iu to lose contact is so frightening for him that anytime he moves into a situation in which the pull is in the direction of withdrawal, he is going to become extremely active in order to compensate against it. Consequently, extreme pressure in relation to a Iuc+ individual when something is extremely discouraging or depressing for them will result in the individual becoming overactive as a means of compensating for his move in the direction of depression, which in the Iu individual is manifested as apathy or the internalized emotional state which is very frightening for him. It is not surprising that in many Iuc adjustments becoming very overactive when placed under a tremendous amount of pressure, one of the things that precede a serious schizophrenic break in an Iuc individual is going to be characterized by a fugue state -- a tremendous attempt on the part of an individual to be overactive, but because he is becoming so autistic, his overactivity begins to lose a certain amount of its appropriateness ( he goes berserk in his attempt to avoid withdrawal. ) Consequently, an Iuc overactivity is likely to be referred to as an apathetic, depressive, withdrawal state.

On the other hand, the "c+" in the Euc+ adjustment means that the individual is very aware of his tendency to be overresponsive and overreactive; consequently, he has to control his tendency to be responsive because he's afraid his responsiveness will get out of control. The sequence of events in terms of an Euc+ individual is that he becomes very tense, very tight, very withdrawn because he is trying to prevent some

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kind of overreaction from taking place -- but whereas the Iuc overreaction is implosive, the Euc overreaction is explosive. Consequently, it's not surprising that an Euc going through an extreme stress period is going to move to the point in which he is completely non-responsive and non-reactive, and when he has a breakdown, his reactivity is going to be manifested by a tendency to be extremely overt, overactive, and over-responsive.

A schizoid-affective disorder would be an individual who <sup>showed</sup> ~~should~~ affective signs on a schizophrenic base, which in many cases is an Iuc who is showing a great deal of affect as a means of defending against his schizoid withdrawal. There is also such a thing as an affective-schizoid behavior; that is, an individual is going to be involved in not showing affect, but once he becomes ill, there will be a great deal of affect and manic-depressive behavior which is manifested.

Alcohol, as an inhibitor and depressant is going to move the individual in the direction of his initial response state. For an Euc individual who is in the process of taking alcohol, the initial effect is that he will become less responsive, less reactive, more comfortable in his feeling that he is controlling his tendency to relate too much. The initial effects of alcohol on the Iuc is likely to make him overreactive, over-responsive because he is moving in the direction of withdrawal. After a considerable amount of alcohol, the drunkenness of the Euc is going to be manifested by overreactivity -- he will move from a non-responsive person to one who is overresponsive -- explosive; whereas, the Iuc moves from an overactive person to one who is implosive when drunk -- i.e., he loses a certain contact because he is withdrawing. Thus, the Iuc is the opposite of what he appears; and if you get to know him well enough over a

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long period of time, you'll recognize that the individual is different than he appears. The Euc will also appear to be opposite from what he is -- which is also recognizable after you get to know him.

The Ic+ individual has defended very strongly in a repressed way against his initial response state. Consequently, a characteristic of the Ic+ individual is that he is an overactive person; and the more pressure toward withdrawal he's placed under, the more likely he is to defend against any movement toward his I-tendencies. Consequently, this kind of person would be so repressed because of his Ic+ adjustment that he would have lost all awareness or all consciousness of his initial response state. In a repressed Ic+ individual who has successfully lost awareness of and has defended against his initial response state, the residual of the Ic+ adjustment is going to be the unconscious in the classical Freudian sense -- that is, ideational autistic activities which take place behind the facade of the repressed Ic+ adjustment. And the extreme internal tension that has developed as a result of the repressed state is internalized -- it is a refusal to be aware of and to respond to internalized activity causing a great deal of the internalized autistic activity which is symbolically attributed the classical Freudian unconscious. The dreams of an Ic+ individual may be an expression of his internalized repression.

The Ec+ individual has moved strongly in repressing and defending against being overreactive and overresponsive. As it exists in the Ec+ individual, the unconscious is not clearly defined although there are bits and pieces of the Ec+ unconscious in the Freudian sense; it is more likely for an Ec+ to have a "tic" as an unconscious manifestation of his defense against his E - activity -- that is, some type of muscular, overt,

pseudo schizophrenic

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external behavior-oriented kind of way in which that individual is maintaining a repressed adjustment in his face to the environment.

An Ec+ individual is capable of becoming schizophrenic, but he is a "defensive schizophrenic", at one time called a "pseudo-schizophrenic." However, this is a misnomer because they are not false -- they are indeed schizophrenic. But they are "pseudoschizophrenic" in the sense that they are schizophrenic in order to avoid overresponsiveness. They have moved such that the extreme tension they have developed causes them to refuse to respond.

What is the difference between a delusion (as it exists in an Ic+ individual) and an illusion (as it exists in an Ec+ individual)? As the Ic+ individual begins to defend against and refuses to respond to his internalized activity, he may begin to project that internalized activity on the basis of which he begins to think that there are things going on around him that are not really going on; and he reacts to them as though they were really there (outside) when he is really reacting to things going on inside him. Therefore, they're highly individualized; and it is difficult to determine what is causing the individual to respond in the way that he does -- it is inappropriate; it is unreal because it "makes no sense", and it makes no "sense" unless you're the person experiencing it, and that's a delusion.

An illusion, as it occurs in terms of this, is when the individual is refusing to react to something going on around him; but he responds in an internalized way based upon something that is happening in his environment -- this is what is called illusional. EXAMPLE: An individual might get the idea that there is a burning cross on their window. To an Ec+ schizophrenic, it would not be a burning cross unless that window were designed in such a way that there was a resemblance to a cross that

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the individual was reacting to; but as he refuses to react to it in a realistic way, he moves such that he distorts what is happening around him as though it were not happening outside himself, but inside. Consequently, a characteristic of the (Ec+) pseudoschizophrenic developed from his illusional/delusional structure, is likely to be much more personalized. An Ec+ schizophrenic is more likely to have the feeling that his brain is rotting, or that he's lost his stomach, or being certain that there are worms in his bowel movements -- all are the attempts of the Ec+ individual to personalize the experiences that are happening to him in some kind of way which is distorted.

The Ic+ individual who is schizophrenic is not likely to personalize things -- he's not worried about his dream life, or his stomach running away -- he's much more likely to say that someone is bombarding him with poison light or the evil eye, or that people are looking at him in a way which is making him weird. An I-schizophrenic is much more likely to hear voices than an E-schizophrenic. The I-schizophrenic is likely to interpret the sounds in his head as though they are voices. Whereas, the E-schizophrenic is going to interpret sounds and voices that he does hear as saying things that they really are not saying; but he has to have the external experience. The Ec-schizophrenic characteristic will often be that he thinks someone on the radio is talking to him; an I-schizophrenic doesn't even need the radio to help him.

The extreme as a schizophrenic is the Ec+ individual or the Ic+ individual in which there is a strong repression taking place; a repression which is so definitely sick that it is very difficult to ever precipitate an unmodified or simple kind of initial response state that you can with an Iuc.

The Ic - individual placed under alcohol moves him further and further

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into his initial response state causing all of his defensive mechanisms into play. Consequently, he is not like the Iuc individual who withdraws eventually under the onslaught of the alcohol. The Ic+ under the effect of alcohol begins to inappropriately and ineffectively continue to relate in what is almost a delusional state.

An Iuc-individual who is getting drunk will be so out of contact that he will not attempt to drive. The Icc when he is drunk will be so defended against withdrawal that he will persevere in whatever way he can within his defensive structure. Consequently, when an Ic is driving that car, he is sure that he is aware of what is going on around him. Because he's defended against any kind of withdrawal and he's not really aware of what's going on around him, results in the Ic-individual being the kind of person who drives after he's drunk or goes the wrong way down a one-way street without being aware of it.

As the Ecc-individual becomes drunk, he moves such that he becomes more withdrawn. It is very difficult to get him to relate, and when you do, he is likely to do so in a highly explosive protective way. Ec-drunks may not be as much of a danger when driving a car, but he can be a real danger in certain kinds of intense emotional types of relationships. An Ec+-drunk placed under tremendous pressure to respond will do so by a negative response which is likely to be in the form of hostility.

The I-individual is likely to be effective in a social situation because he has a capacity, an awareness, an ability to relate to everyone as though he's not really compelled to relate to anyone. Consequently, an I-individual has the capacity in a social group to engage in "small talk," mainly because he has moved such that he can respond to and react to everyone because he's not really relating to anyone in the sense that

- ① cocktail party types  
 ② "suppressed"

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the E-individual relates. The E-individual cannot understand the I-individual (and vice versa) because the E-individual is likely to relate to one person to the exclusion of everyone else; and his problem is that if he finds someone interesting to relate to, he has less capacity to be able to relate to everyone.

An E-tendency in party behavior is that they will often have a tendency to dominate because in their domination, they want to take charge -- to make sure they are relating to everyone. An E-individual would like to talk to everyone in the room or go off with one person to talk. Therefore, the E-individual often has a lot of trouble moving around and relating to a lot of different people; the E-individual also gets into problems in a social situation in which he becomes so engrossed with someone that he is likely to create hostility among other people (particularly his wife or her husband) because of his tendency to become so involved with someone that he begins to lose awareness of anyone else, thus creating a certain amount of jealousy in terms of this.

The Iu+ or Eu+ is the extreme "expressed" adjustment of the initial response state; the Ic+ or Ec+ is the extreme "repressed" adjustment of the initial response state. Between these two extreme adjustments is the "suppressed" group -- expressed/suppressed/repressed. Most people make the suppressed adjustment and there begins to be a lot of ambivalence in interpretation.

The difference between anxiety and conflict: An individual who is Iuc+ is anxious about being Iu. The Ic+ is anxious in a very defensive way preventing him from ever being Iu. To a certain extent there is not a lot of conflict involved in either one of these adjustments. The Ic+ is sure that he'll never be I, and the Iu+ is afraid he might be and each



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is taking certain specific action. But in the middle--in the suppressed area with respect to conflict -- where the individual has an awareness of the need for adaptation, if the individual is Ic (instead of Ic+ or Iu), the Ic indicates that the individual has developed an awareness and a certain discipline on the basis of which they will avoid the maladjusted direction. The Icc-individual is not going to be nearly as active as the Iuc because he doesn't need to be; he has more control on the basis of which he will be active -- he will learn where to be appropriately active. He will not be as defensively active as the Ic+c. The Ic, as a "suppressed" adjustment, will begin to move such that he feels conflict -- sometimes he has enough discipline not to be autistic but has a strong pull to be autistic on the basis of which he can compensate against it but doesn't necessarily have to over-compensate for it except in certain kinds of stress. Consequently, an Icc or Ecc adjustment is moving -- part of the time he's "u" (unmodified) and part of the time, "c" (compensated). Sometimes he's active; sometimes, passive. He modifies somewhere in between in a normal adjustment state, and he is likely to feel a certain amount of guilt if he doesn't control himself as well as he thinks he should.

An Iuc is guilty about being Iu, and can be bland if he withdraws. (The drunk Iu withdraws when he can no longer handle the effects of the alcohol.) Whereas, the Icc (whether overactive or underactive), any time his control breaks down, is likely to result in a considerable amount of self-shame -- the individual feels shame because of his inability to maintain his suppressed state.

It's very hard to make a repressed person feel shame. The expressed person shows guilt easily; in many instances, his guilt is an enabling factor for him. EXAMPLE: The Iuc is guilty about being schizoid, therefore

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he is actively engaged in not being schizoid which in many instances makes him an appropriate individual.

The ambivalent or conflict group in the center will vascillate in terms of guilt and shame. The Ic has a certain amount of control to keep from doing something; therefore, if he doesn't do something he's supposed to do, it is partially a breakdown in his discipline structure. An Iu and Eu are self-undisciplined; and the mere fact that they're self-undisciplined means that there is a tremendous amount of reliance on procedures techniques, methods, external factors to be sure to help maintain self-discipline. An Euc may develop the externalized self-discipline of having a catechism that he can learn. And any time he moves such that his self-undiscipline will not take over, he will use some kind of an obsessive act to avoid precipitating his lack of discipline. Consequently, an Euc+ adjustment is going to carry with it a certain amount of obsessiveness because the individual is going to use internalized ideational kinds of activity to try to control his tendency to be overreactive or over responsive. Consequently, the exercise of the Euc is likely to be reading or some kind of obsessive act which keeps him from being overresponsive.

The Iuc is likely to take a more compulsive direction such as calisthenics. An Iuc is going to be extremely thankful that there are things like calisthenics, and he may be compulsive about doing calisthenics because this keeps him from being autistic by keeping him on the go. However, the Ic+ individual doesn't need to do calisthenics because he has developed an overall compulsive style of behavior which is his defensive structure -- he refuses to respond, i.e., he is totally self-disciplined.

In the Ec+ individual, the discipline is always directed toward the initial response state because that is what, in most instances, is going to

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cause the greatest adjustment problem for the individual. Anyone is going to have to modify from what his initial response state is, so the Ec+ is a reaction formation -- he's reacted totally against it.

In between, there are all kinds of ways the individual will make adaptations which range from the complete dependence upon external activities an in the Iuc+ (in the extreme) to the Icc who will be able to develop a mettle -- part of the time he can do calisthenics in the morning and he can be quite concerned that it is necessary to keep oneself in shape by yoga, etc., but it is not quite the same compulsion. The Ic+ is going to be on the go all the time; the Ec+ is barely going to be on the go at all. The Ec and the Ic will vary somewhere in between. Being on the go -- there must be things built into their life style which helps keep them on the go in the particular periods of time in which they are likely to be moving into their apathetic state. Tell an Icc individual that he's getting depressed and to get busy, do something, be on the go because an Icc can often avoid his move toward apathy by being active. Tell an Ecc that he needs to be on the go and it will exacerlate his depression. To a certain extent the Ecc has to "get off by myself somewhere." Whereas the Euc would be terrified to ever get out too far -- he wants to insure that he's always alone so that he won't have to react; the Iuc says, "Never leave me alone because I'll lose contact." In between, which is a better adjustment, the Ecc is every so often in a period of stress, going to have to withdraw as a means of trying to recover the control that is necessary for him to continue in his adjustment. The Icc withdrawal is being on the go. The Icc-individual in close contact with the Ecc-individual and both becoming depressed, the Icc is going to do the opposite of the Ecc in order to avoid their depression. Though they're

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both equally depressed and are equally upset, but the means by which they gain control are in totally opposite directions and tend to create a great number of problems. The Ecc is inclined to want some kind of relationship with his boss; he is pulled by his E-tendency in the direction of getting involved with the boss. His compensatory reaction is not to allow himself to get very involved. Part of the Ec adjustment is not to allow his feelings for his boss to interfere with his effectiveness.

The Icc-individual is going to be much more interested in the security aspects, the status; ordinarily they are not as interested in the boss as in whether the boss can provide the security that he needs. He is likely to be able to establish quite a good relationship with the boss because he is not as threatened by this relationship. The Icc will be friendly with the boss in a positive way; the Ecc will not necessarily be unfriendly with the boss but it will be in a negative way.

The Ecc-individual in a work situation in which the boss seems to be not paying enough attention to him, not giving him the reassurance he needs, not giving him enough support is likely to be under considerable pressure because the boss is not giving him the support he requires -- causing him, perhaps, to want to leave the organization. This is a one-to-one relationship.

The Icc is much more likely not to be reacting against the boss except as the boss is not providing him with the kind of security he thinks is required in the job. And as he begins to move into a stress situation in relationship to this, begins to be much more concerned. The Ecc is likely to leave because he doesn't like his boss; the Icc (under stress) is likely to feel that if the boss isn't providing as the institutions says he should, then get another boss.

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The Ecc can become extremely hostile toward the boss. The Icc can be angry but is not likely to develop the same kind of hostility. In an organization with well-defined rules and regulations, if pressure is exerted on an Icc and Ecc working in the same office with the same boss and things are not going well, the Ecc is likely to move more in the direction of disliking the boss and wanting to leave. The Icc is likely to feel that the boss is not living up to the organization's needs and if he points out, "you promised this," or "you said...", and if the organization supports the boss, the Icc is not going to hate the boss nearly as much as he hates the organization for supporting the boss and not living up to its responsibilities.