

Delphi: Self Assessment



Led by	Reflection Freenote
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INTRODUCTION

Our topic today is **Self-Awareness and Safari for the Unconscious**.

We have all heard about the unconscious but most of us really act and think as though this applies more to others than to ourselves.

In truth, large (the major) portions of our day-to-day behaviors are caused by, or strongly associated with factors that we are not consciously aware of, and tend not to think about. On the most simple (and least spooky) basis, we are all “creatures of habit”.

This simple truism, which most of us would take for granted is rarely given as much weight in understanding our behavior as it deserves. Because my habits are not transparent to me. I really don’t know what they are. We don’t have a little virtual file, (like on SL) that lists all the scripts we are running. They are entirely subconscious. I can potentially be aware of them, if I reflect upon my own behavior, but mostly we don’t do this.

Most of applied behavioral modification is about collecting data (called self-monitoring) about your own behavior. That is, keeping of journal of specific behaviors of interest. The journal routinely includes, when and where something happened, and what happened immediately before and after.

So if I have problems let's say, getting angry, I could potentially learn about the habits associated with the problem, by keeping an anger journal, that included each instance of anger I was aware of and the events surrounding it.

This way I could fairly easily see the patterns of times, places, triggers, and even thoughts which defined this pattern of behavioral response for me.

Of course we already “know” why we get angry, somebody else is doing something stupid that they shouldn’t. That might even occasionally be true. But mostly if I get angry a lot, for most people, this is really a habit of response which I have, that manifests itself in response to things that the majority of other people don’t. Likewise with many if not most of my personal behaviors which are challenging.

Another, pretty mundane element of subconscious determination of self has to do with the moment to moment fluctuations in our neuroendocrine system which underlie the basic functions of our central nervous system.

The simplest element of this is the constant fluctuation of our fight/flight chemistries (e.g. Adrenaline) which have profound effects on our thought, feelings, and behavior.

A simple way of tracking these changes is to monitor your finger skin temperature, which fluctuates throughout the day as a function of how much adrenaline you are pumping into your blood stream. This in turn is effected by your perceptions of stress, demand, and danger.

A simple indoor/outdoor thermometer with an external wired probe allows for the very specific and accurate measurement of this, and there is an orb at Delphi which will give you instructions about how to do this.



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When we are highly stressed, sometimes we are aware of it. And sometimes we are not. Even our stream of consciousness, which is there all the time, to potentially be observed, is something which we usually don't observe. We don't observe it because it is there all the time, and a lot of what goes on there is either unpleasant or unflattering for us to think about.

These stress responses, however interact very powerfully with our habit formations and we tend to be most robotic and compulsively habit driven when we are under stress and pumping lots of adrenaline.

Of course we have all heard that dreams are the royal road to the unconscious, and indeed this is true.

There is an Orb at Delphi that takes you through the basics of dream interpretation, but this remains a very challenging art, but is often fascinating and often very informative (and not infrequently disturbing).

Finally, there are those genuinely spooky dynamics of subconscious self which Freud talked about. And these really do exist also. So for example, many of us, "just happen" to toddle into Second Life for "no particular reason", just right at about midlife, and just to look around ;-)) Hmmm, and then what happens? All sorts of opportunities for acting out mid-life crises is what!!!! Hahahahahaha. Ok, so that is way too spooky to get into!!!!

But it will suffice to say, that one's life in SL is a manifestation of the subconscious also, but much more simplified and rapid than our organic lives, and much more reflective of the unconscious because it is less constrained by RL necessities.

So writing an autobiography of your SL experience would also be an exploration into the unconscious which could be interpreted in much the same way as you would a dream :))

So what do you think about the unconscious and self-awareness?

- ≈ Can you really know yourself if you don't go on safari to find out about the unconscious dimensions of your nature?
- ≈ Is this something which we actively avoid doing?
- ≈ Is it sorta spooky?
- ≈ Any idea why?

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DISCUSSION:

- [16:40] Emota Lovett: what are the demographics in relation to the types of people that use SL, I mean Age Gender etc.. do you know, Reflection?
- [16:41] Marvin Macbain: I used to oppose the idea of a unconscious. I said, ok, so it's in there, but it isn't *me*.
- [16:41] Reflection Freenote: I don't Emota, although I bet it would significantly vary as a function of sim, group, etc.
- [16:41] Reflection Freenote: yes, Marvin, I think we do actively reject it as a rule
- [16:41] Industria Dowler: I personally find it hard to reject it.
- [16:42] Emota Lovett: wait I thought unconscious motives didn't really surface and it was only subconscious motives that are used in things like personality and conscious behaviour
- [16:42] Marvin Macbain: Well at that point I had a dualistic view of the self and as far as "I" was concerned, "I" was the person who was "speaking"...
- [16:42] Reflection Freenote: Industria, do you mean the concept, or your own personal unconscious nature
- [16:42] Onasander Belavidorico: My animal spirit representation is a duck, because deep down inside, it is my base- the word duck comes up often in automatic writings often- nothing is a better representation of a INTJ that a duck, for it is the most philosophical of creatures- only one that in one hour can be expected to think one land, think in the air, on the water, and think under water. (ps. I have not met my mid age era, so no concept of this midlife crisis)
- [16:42] Industria Dowler: Both.
- [16:42] Thoth Jantzen: /me, as an INTJ, would object.....
- [16:43] Reflection Freenote: Emota, the distinction between unconscious and subconscious is a murky one for our purposes here, so we are talking bout all of those processes about which we do not have clear perception
- [16:43] Marvin Macbain: Thoth does not look very ducky.
- [16:43] Onasander Belavidorico: Thoth, our spirit animal is a duck, accept it
- [16:43] Emota Lovett: ahh I see reflection thank you for the clarity
- [16:43] Reflection Freenote: yes, Marvin, about being dualistic, I think our culture is very dualistic, except it even tends to reject the conscious elements of psychological being
- [16:43] Alaya Kumaki: my view of unconscious is mere of an unborn act. Still merging than something.. separate, rather preceding as a seed in the mind ground..
- [16:44] Onasander Belavidorico: I don't know how to get in touch with my unconscious outside of learning what my overall behavior is
- [16:44] Thoth Jantzen thinks INTJs know there's no such thing as spirit animals, but doesn't debate it and continues to listen. ;o)
- [16:44] Emota Lovett: I'm an INFJ
- [16:44] Reflection Freenote: cool Onasander, my spirit animal is the sloth, although I will not flesh that out for everyone as you are ;-))
- [16:44] Emota Lovett: lol
- [16:44] Marvin Macbain: afaik I'm an ENTP
- [16:45] Emota Lovett: I find it spooky that sometimes we find things out about ourselves that have seemed to be there all along yet they only surface at a certain time into our awareness
- [16:45] Industria Dowler: I don't remember my type. It's been awhile. :)
- [16:45] Marvin Macbain: Well Ref, I'm wondering about the relation between spooky and non spooky
- [16:45] Reflection Freenote: yes, Onasander I think being objective about one's own behavior is an outstanding method (although very few people pursue this seriously)
- [16:45] Onasander Belavidorico: I was a member of psychological testing sites for years- mostly Jungian and mbti - never heard of this unconscious aspect, I really am stumped

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- [16:45] Marvin Macbain: I don't think people find spooky the idea they can be "stressed" or in a bad mood... or have adrenaline
- [16:46] Thoth Jantzen: Marvin, I think the relationship is all in our heads. ;o)
- [16:46] Alaya Kumaki: and what if what is called unconscious is, subjective, and cannot be apprehended with objectivity.. as your faces is.. ..you can see it from afar
- [16:46] Marvin Macbain: but I think when you get into dreams, and complexes, and archetypes it gets spooky
- [16:46] Reflection Freenote: interesting Emota, and I think that is very true:)) WE have so much untapped potentiality that we nothing about (and much of it we might not be pleased with of course)
- [16:47] Emota Lovett: or we know about it but becoming aware of it means taking more responsibility ... ??
- [16:47] Marvin Macbain: in other words when the unconscious is said to hold "content" as opposed to merely being "the state of your mental machine", it becomes spooky...
- [16:47] Onasander Belavidorico: archetypes are subconscious, not unconscious- what are we trying to do here with the unconscious?
- [16:47] Reflection Freenote: right Marvin, I think stress is so ubiquitous, that we are not defensive about it
- [16:47] Alaya Kumaki: but u never see it when you stand there, only from afar, in a mirror or on a picture
- [16:48] Reflection Freenote: well Marvin, I think it gets spooky whenever we are dealing with personal emotional conflicts of significance, and most of us have a fair number of those
- [16:48] Onasander Belavidorico: Are we trying to play with a equivalent of chakras? Something unconscious that can still be meddled with? Or with something completely out of our scope that is reflective of emerging attitudes, like antacid makes me grumpy?
- [16:48] Reflection Freenote: Emota, maybe becoming aware, or more aware, allows us to be more accepting of elements of ourselves we are uncomfortable with so that they can be more fluidly integrated into our self-concept
- [16:48] Industria Dowler: I think it's only spooky when dealing with things I don't want to, at least for me.
- [16:49] Emota Lovett: as long as acceptance of those things doesn't clash with our ideals of our self
- [16:49] Industria Dowler: Otherwise, I'm not sure why it would be spooky for me.
- [16:49] Marvin Macbain: Well we can go quite far in learning about ourselves, even regarding "unconscious" stuff, without getting into anything spooky
- [16:49] Reflection Freenote: Onasander, what we are talking about here includes the latter, and as we mentioned above such ubiquitous things as our habit formations
- [16:50] Marvin Macbain: Myself, I have been concentrating on being aware of my emotional state.
- [16:50] Reflection Freenote: but Onasander, I don't know enough about chakras to relate to that part of your question. does it have to do with ducks;-))?
- [16:50] Emota Lovett: I can imagine that some operations of the self aren't in awareness because they're too difficult to integrate into the self concept so it's better to have little or no awareness of them and I believe that happens at an 'unconscious' level
- [16:50] Marvin Macbain: But I don't have any weird thoughts cascading in on myself as a result, at least not for the most part
- [16:50] Yanne Proudfoot gasps and laughs
- [16:50] Alaya Kumaki: can we really get into it??. If its un emerging stuff..
- [16:50] Marvin Macbain: quackras, maybe
- [16:50] Reflection Freenote: yes Industria, I think that is where it gets spooky, or where aspects of my behavior are at variance with my self-concept
- [16:51] Reflection Freenote: yes Marvin, there are huge amounts we can learn without the need to go deep
- [16:51] Marsilio Gagliano: does the self-concept belong to the conscious or unconscious part of ourselves?
- [16:51] Onasander Belavidorico: So say, a choice in diet effecting consciousness then via unconscious reactions to the food and having a subjective a priori concept of what the diet will result in, then the actual experience effecting consciousness - that can lead to a conflict centered around the same object- each held in the conscious and unconscious- with the sub conscious trying to mediate?

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- [16:51] Reflection Freenote: yes Emota, I think you are right about things that are too difficult to integrate
- [16:52] Emota Lovett: I think we have to be careful when exploring our unconscious.. I think it is possible to get to know the self via 'safari' but I think a lot of that can be inferred by our behaviour. But we shouldn't be quick to reason our or find reasons for our behaviour to swiftly.. our conclusions may be wrong about our intentions.
- [16:53] Reflection Freenote: Marsilio, I think the self-concept tends to be conscious, which is different than say the "ego" which is not entirely
- [16:53] Industria Dowler: How does the unconscious relate to the id?
- [16:53] Reflection Freenote: Onasander, you got me about that one, maybe a specific example would help?
- [16:54] Alaya Kumaki: self concept = ego in the info assimilated
- [16:55] Marsilio Gagliano: so the self-concept is what we think about ourselves and is usually flattering, and the unconscious is what we try not to think of ourselves and is spooky and unflattering?
- [16:55] Reflection Freenote: yes, Emota, it is an exploration into the deep unknown, although I think that people who question themselves actively, usually get closer to reality than those who don't, even though there will be many mistakes
- [16:55] Emota Lovett: I can imagine getting to know the self is helpful in learning about the weaknesses, strengths and operations but I wonder if it is always a 'good' thing.
- [16:56] Reflection Freenote: Industria, I tend to think of the id, as our primal mid-brain functions, and the power associated with those drives is something which we are usually not aware of, I think. In other words, much of the "id" is unconscious, I think
- [16:56] Ungo Azambuja: it's hard for me to imagine representing myself to myself in a unified concept
- [16:57] Industria Dowler: Ok, that was my interpretation...that they aren't the same but related.
- [16:57] Alaya Kumaki: this is the double plane that objectivity create if you look at what you called yourself....
- [16:57] Ungo Azambuja: In Freud, the id more or less creates the unconscious by having thoughts and drives the self needs to repress
- [16:57] Reflection Freenote: yes, Marsilio, I would say that self-concept is that group of habits of self-reflection which I have. They may not be very positive though. The unconscious is all the rest of our brain function that is not about those habits of self-reflection and observation
- [16:57] Alaya Kumaki: we cannot touch that as if it was a separated object
- [16:58] Onasander Belavidorico: Say - I am hypothetically overweight, and have low self esteem, and think for whatever reason, I want to eat tuna sandwiches exclusively - and fantasize before going shopping for the first time for tuna I will be lean and fit someday, and life will be great, and people will smile at me, etc. I start to eat the tuna - I tell myself this as I eat it. I sit up half the night every night on the toilet- because unbeknown to me, I am allergic to tuna and it is running amuck with my system - my body says illness, my mind is saying beach - it is the meeting of the conscious and the conscious, with the subconscious not playing a role- this is a scenario in which I can imagine a possible flatform for the meeting of a consciousness- where a problem does de facto exist, but it unknown to the individual with it
- [16:58] Marsilio Gagliano: would there be less need to suppress such desire in, let's say, contemporary north American culture than Victorian English culture?
- [16:58] Reflection Freenote: Emota, my general belief, is that being progressively more accurate about ourselves is useful in the world, on the other hand, we don't have defense mechanisms for no reason, so I acknowledge your point. I think that when we have to not see something, however, we generally won't
- [16:59] Emota Lovett: could you please define your ideas about when we 'have' to not see something
- [17:00] Emota Lovett: if we explore the unconscious and open up those pathways that we generally don't look into wouldn't we be seeing the things that we 'had' to not see or 'have to not see
- [17:00] Reflection Freenote: thank you Onasander that is a very clear example. Yes, I can imagine that unknown physical problems could affect us and our inner conflicts in the way you are suggesting

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[17:00] Alaya Kumaki: unconscious is so intrinsic.. how can one, look to it, from the outside,, as if you look to what is describe of it , from another one ,, as if you look to your face , through the description of another person in front of you, as if you can see the picture from afar.. ..nah impossible..

[17:01] Emota Lovett: if we become aware of those processes aren't they then integrated into the conscious self rather than remaining mysterious or 'undiscovered'

[17:01] Alaya Kumaki: its you each instant, now, and the next minute

[17:01] Onasander Belavidorico: So- should the tuna guy turn Jedi and just sense out the issue? Does he become Sherlock Holmes or a doctor and figure out what the issue is? What is the goal of the tuna man - for any man, at any given point in their life?

[17:01] Reflection Freenote: yes, Marsilio, and thing there is a huge difference in modern culture as compared to Victorian culture, and our unconsciously mediated psychiatric ailments have changed dramatically as a result. So for example, we don't get very many frank conversion disorders anymore. Hysterical blindness and paralysis is extremely rare

[17:01] Yanne Proudfoot: Is that the same as being in denial to abuse, and then discovering it as you get older and more prepared to deal with it?

[17:02] Emota Lovett: I sort of agree with you there Alaya, it's what I mean by looking at it and 'making' a reason of it based on our outside self... :)

[17:02] Marsilio Gagliano: instead we get anxiety and depression?

[17:02] Reflection Freenote: Emota, we have to not see something, when our stability is so poor that to acknowledge something would create severe depression, for example

[17:02] Ungo Azambuja: on the other hand, we likely still repress plenty, Ref--merely different stuff

[17:02] Thoth Jantzen: well, the way we, and any other object/entity, I think can relate to itself is via relating to its 'current' state and previous ones...and the current one constantly changing to a previous one....

[17:02] Ungo Azambuja: and narcissism, Marsilio

[17:03] Emota Lovett: so discovery of the self doesn't mean exposing ourselves to the things our minds are trying to protect us from - is that what your saying reflection?

[17:03] Reflection Freenote: Onasander, I would opt for a bit of the Sherlock alternative

[17:03] Thoth Jantzen: ...hence we get the continuity needed to identity a 'self' consistent with experience/memory/perception.

[17:03] Marsilio Gagliano: narcissism as a psychological disorder rather than a moral failing?

[17:03] Alaya Kumaki: are we referring to the unborn next what i manifest the next minute, or , to "what I have repress for so long" when we uses unconscious

[17:03] Onasander Belavidorico: I was hoping for Jedi

[17:03] Reflection Freenote: yes, Yanne about early abuse

[17:04] Reflection Freenote: right Marsilio, acting out of the unconscious in other and essentially more transparent ways

[17:04] Alaya Kumaki: we all act out of what has no form, before,,

[17:04] Marsilio Gagliano: what would be an example of that sort of narcissism

[17:04] Thoth Jantzen: it is like riding the crest of a wave, in a sense.

[17:04] Alaya Kumaki: but did we take from what we have repress as well,

[17:04] Reflection Freenote: yes, Ungo, we still repress a huge amount, the fact that it is less than a 100 years ago, doesn't mean it isn't still a major portion of our psyche

[17:05] Ungo Azambuja: the Freudian notion of unconscious as the self hiding things from itself probably doesn't account for all that's unconscious in our selves. The processing of language, according to the best exerts, is mostly unconscious, for ex.

[17:05] Reflection Freenote: yes Emota, about discovery of self, although the wisdom of the body tends to take care of this for us. Most people are not going to stumble on things they really don't want to or are unprepared for

[17:06] Reflection Freenote: yes Marsilio, narcissism is a brittle defense mechanism (although they can be real pains in the ass)

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- [17:06] Industria Dowler: Sort of like all those background programs running on a computer, Ungo.
- [17:06] Ungo Azambuja: right, Indy
- [17:06] Industria Dowler: They aren't necessarily necessary to be conscious of.
- [17:06] Ungo Azambuja: and yes, clinicians say narcissism the disorder is on the rise
- [17:06] Industria Dowler: But they are important to function.
- [17:07] Ungo Azambuja: exactly, but then, some of the other stuff we do as rote habit, unaware, we might be able to find in ourselves, and profit from the finding
- [17:07] Reflection Freenote: yes Ungo, the definition of unconscious here is much broader than the Freudian one, including also the behaviorists notions (who would also say that we are not aware of why we do things) as well as the physiological underpinnings
- [17:07] Marsilio Gagliano: So narcissism could be 'cured' by removing the veil from certain sorts of things in the unconscious?
- [17:08] Ungo Azambuja: Freud would say so; it's well above my pay grade
- [17:08] Onasander Belavidorico: why are we trying to cure Narcissism?
- [17:08] Marsilio Gagliano: Do psychologists know the sorts of repressed things that lead to narcissism as opposed to, let's say, eating disorders?
- [17:09] Ungo Azambuja: all joking aside, narcissism is considered a difficult malady to heal by all sorts of psych-ans, as I read it
- [17:09] Marsilio Gagliano: what are its symptoms?
- [17:09] Emota Lovett: one is that criticism is a threat to the self
- [17:10] Onasander Belavidorico: why is narcissism bad?
- [17:10] Ungo Azambuja: exterme need for others to support and praise--
- [17:10] Reflection Freenote: my personal belief is that very brittle defense mechanisms like narcissism, are likely to have a strong genetic and physiological substrate. Sort of like not having an ear for music, or having perfect pitch. Narcissists, just don't perceive themselves with any degree of transparency. Other personality disorders seem to be similar in that there is some specific neurologic incapacity that drives the brittleness of the response
- [17:10] Ungo Azambuja: avoidance of situations that might threaten self-image
- [17:10] Onasander Belavidorico: Not if the self image is well founded
- [17:10] Industria Dowler: Narcissists don't always have the best relationships with others. It's not always easy or possible for others to live with them, for example.
- [17:11] Ungo Azambuja: why then, Ref, would such an ailment increase?
- [17:11] Reflection Freenote: well, Onasander, this is certainly true of both ducks and sloths, no doubt
- [17:11] Marvin Macbain: and Thoths?
- [17:11] Onasander Belavidorico: I see no harm in narcissism; but you have to back it up; it's the silver rule
- [17:12] Industria Dowler: There is a potential for emotional abuse to people they are involved in.
- [17:12] Marsilio Gagliano: very few people take criticism well - you mean you have to be wonderful enough to warrant being a narcissist? :)
- [17:12] Emota Lovett: I'm not sure that narcissism is compatible with a 'healthy self image'
- [17:12] Reflection Freenote: Ungo, I think it increases because culture is less punishing of those responses, and so allows the genetic predisposition to express itself more frequently, just as is the case for diabetes for example
- [17:12] Marsilio Gagliano: narcissism is common?
- [17:12] Onasander Belavidorico: The narcissist should get a submissive mate, that is all
- [17:12] Industria Dowler: That doesn't sound healthy.
- [17:12] Emota Lovett: that sounds like an unhealthy relationship Onasander
- [17:12] Ungo Azambuja: never thought of it that way, Ref
- [17:12] Onasander Belavidorico: unless they got some weird libido history
- [17:12] Emota Lovett: more like a destructive one
- [17:12] Marsilio Gagliano: it does

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- [17:13] Industria Dowler agrees with Emota.
- [17:13] Onasander Belavidorico: I am just going off of Jungian libido relationships; INTJs tend to get submissives
- [17:13] Reflection Freenote: there is indication that narcissism is increasing in frequency, I believe. At the same time we should not mistake narcissism for a healthy and positive self-concept which is something completely different
- [17:13] Marsilio Gagliano: what is an INTJ?
- [17:13] Ungo Azambuja: there's a code here going over my head--INTJ?
- [17:13] Emota Lovett: Intuitive Thinking Judging - the mastermind in Myers Briggs personality types
- [17:14] Marvin Macbain: What would be the best way of distinguishing positive self-concept from narcissism, Ref?
- [17:14] Alaya Kumaki: I would give to the narcissist a dominant mate, to make its desire, become frustration, to see what was really frustrated , from deeper ^^
- [17:14] Marsilio Gagliano: oh ok
- [17:14] Alaya Kumaki: homeo therapy
- [17:14] Emota Lovett: I'm not sure the relationship between two dominants would last especially if one of them is narcissistic. Always needing to defend the self
- [17:15] Reflection Freenote: Marvin, someone with a positive self-concept is positive with other people. They are not defensive or demeaning to others. Narcissists serve their very fragile sense of self-worth, by putting others down, controlling, and generally being a royal pain the ass
- [17:15] Emota Lovett: well said Reflection
- [17:15] Marvin Macbain: Is "dominant" / "submissive" a psychological concept, or one that is echoed by other psychological terms?
- [17:16] Emota Lovett: in gestalt theory it's commonly known as top dog under dog
- [17:16] Marsilio Gagliano: so I know someone who reacts negatively to perceived criticism but is critical of others most of the time, that person would be a narcissist
- [17:16] Emota Lovett: but that can also be used to explain two conflicting sides of the self
- [17:16] Reflection Freenote: sure, there are lots of dimensions of dominance and submissiveness in various areas of psychology, although these are really different than say narcissism.
- [17:17] Onasander Belavidorico: there is a guy on the net at www.similarminds.com named C_Beck- he has a bunch of literature of the various types and their sexual leanings for mates and approach to sexual relations; only remember the stuff for my type
- [17:17] Emota Lovett: wouldn't there be more factors than just about how they deal with criticism
- [17:17] Marsilio Gagliano: like?
- [17:17] Emota Lovett: I think narcissism is more intense than just 'I can't handle criticism and I criticise others'
- [17:17] Marsilio Gagliano: ok
- [17:17] Marvin Macbain: Well I am not sure that sexual predilections in terms of d/s necessarily correspond with what happens in a non-sexual situation.
- [17:17] Emota Lovett: please note I said 'I think' Marsilio
- [17:17] Reflection Freenote: Marsilio, being critical of others in itself would not be enough, typically, it would need to be tied to an inflated and grandiose sense of self importance
- [17:18] Emota Lovett: that's code for 'someone please confirm or disconfirm ;)
- [17:18] Alaya Kumaki: yes all narcissist aren't all cruel, and sadistic, some are just egotistic, a little more, some can realise an other than themselves
- [17:18] Onasander Belavidorico: Narcissist can grow like any other, the origins for something might be a disorder, but can round itself out over time
- [17:18] Emota Lovett: with any label you don't have to fit ALL the criteria just most of it
- [17:18] Marsilio Gagliano: so if on many occasion I feel relatively worthless, I can at least take comfort in the fact that I do not suffer from narcissism?

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- [17:19] Industria Dowler: Haha!
- [17:19] Emota Lovett: Alaya - was that you pushing your unconscious motives back down after they tried to surface :) ;) (joke)
- [17:19] Marvin Macbain: Do narcissists suffer from narcissism, or merely everyone around them?
- [17:19] Alaya Kumaki: anyhow, narcissism.. Always looked themselves in the mirror, is it the legend :P ^^
- [17:19] Onasander Belavidorico: yes Marsilio, and hold tight to that belief, and grow a new self esteem oriented to the concept of me, me, me from it
- [17:19] Reflection Freenote: we should also note that we may, many of us, have narcissistic traits (sloths for example are known for this), but that is not being a narcissist. In general to qualify for that sort of diagnosis the adjustment needs to be extreme and profoundly interfere with happiness in living and personal relationships
- [17:19] Emota Lovett: yes narcissist was a guy that fell into the land of the mirror
- [17:19] Marsilio Gagliano: me as in you the duck?
- [17:20] Industria Dowler: I sometimes wonder if society helps nurse narcissistic personalities. There is a lot of "me, me, me" in marketing for example.
- [17:20] Reflection Freenote: yes Marvin, narcissists, are typically very unhappy people
- [17:20] Emota Lovett: oh god yes Industria I agree with you there... mostly in western societies (individualistic cultures) rather than collectivist culture who identify themselves through others
- [17:20] Alaya Kumaki: can a narcissist really enjoy a submissive person...if this submissive person, don't give a look and adore this person, but only look the floor ...
- [17:21] Emota Lovett: well a submissive would 'enjoy' the control
- [17:21] Marvin Macbain: Narcissists are not good at accounting for the needs of others.
- [17:21] Emota Lovett: as in being controlled or maybe I'm wrong there; maybe a submissive is someone who just won't stand up for themselves
- [17:21] Marvin Macbain: Even a "submissive" will not be happy with someone who appears not to care about them.
- [17:21] Ungo Azambuja: obviously narcissism has touched a chord here. A fair synopsis of narcissistic personality disorder can be found here: <http://www.healthyplace.com/personality-disorders/malignant-self-love/narcissistic-personality-disorder-npd-definition/menu-id-1471/>
- [17:21] Emota Lovett: can narcissists care about others... I think they could.
- [17:21] Reflection Freenote: yes Industria, culture is moving toward empowering the individual, and I think a side-effect of that, is an increase in maladjustment of that sort (although narcissism is still really rare), for example, I only know one true narcissist in my whole experience in SL:))
- [17:22] Reflection Freenote: thanks Ungo for the link:))
- [17:22] Marvin Macbain: I am interested in hearing more about your ideas on SL, Ref. Have you encountered many people who have had significant experiences here in terms of knowing their unconscious?
- [17:23] Onasander Belavidorico: Narcissist can still be good parents and lovers (hence I recommended the submissive for them)- they can function in the work place, and it can in time give real life, reactive to the environment growth for them to build their personality upon as time goes by- it can be a source for intestinal fortitude and loyalty if they view themselves in a certain light and hold to certain bias of 'this is I, this is what I care for
- [17:24] Alaya Kumaki: well the submissive may like it, but the narcissist , want to be adore, the reflection in the mirror count
- [17:24] Reflection Freenote: yes, Marvin, I think SL is a type of enormously powerful psychodrama, in which people are able to act out their issues quite rapidly by RL standards, often with very positive effects (although often with chaotic effects in RL also)
- [17:24] Alaya Kumaki: and other are the mirror
- [17:24] Marsilio Gagliano: looks like I'm not a narcissist
- [17:24] Onasander Belavidorico: p.s.= I am not a narcissist, just like to play one at times
- [17:24] Ungo Azambuja: not even close, Marsilio

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[17:24] Reflection Freenote: that's a safe bet Marsilio:))

[17:24] Marsilio Gagliano: I don't think so

[17:25] Reflection Freenote: got it duck-man:))

[17:25] Marvin Macbain: Ref, what are the enabling elements? Virtual environment (variety of "builds")? Diversity of people to encounter? Role-playing?

[17:25] Emota Lovett: Due to the imagination reflection I find some people in SI feel emotions about situations rather more intensely than real life

[17:25] Marsilio Gagliano: so it must be some other disorder that is screwing me up

[17:25] Alaya Kumaki: SL permit to play those role, I think it can make something out of it if one look about that.. instead to just act it out.. blindly

[17:25] Industria Dowler agrees with Emota. I've noticed that quite often.

[17:26] Reflection Freenote: Marvin, it is the lack of RL strictures, necessities, and the speed with which people can adopt novel behaviors and test them out in a broad diversity of settings, I think (oh yes and anonymity;-)) that helps:))

[17:26] Emota Lovett: People get quite attached to elements of fantasy - which I think is ok as long as it isn't unstable.

[17:26] Onasander Belavidorico: you hit it on the nail Marsilio

[17:26] Reflection Freenote: yes, Emota, people put themselves in situations they would never be able to or even consider in RL, I think which is part of it

[17:27] Alaya Kumaki: ok, I have a new proverb-- created by myself, don't laugh .. it goes like that:: tell me what RP your doing in SL, and I will tell you who you are..^^

[17:27] Emota Lovett: I guess there are some things that happen in real life that we can never undo, yet we come in here and continue to act it out in fantasy which is not really coping with it

[17:27] Industria Dowler: So does that mean if I'm not roleplaying...I'm myself? Haha!

[17:27] Marvin Macbain: Well Alaya, for me, this is the RP I'm doing in SL, if it's RP :)

[17:27] Emota Lovett: which is also unstable - not reliable and can lead to further problems

[17:27] Industria Dowler nods at Emota.

[17:27] Marsilio Gagliano: this is the extent of my role playing too

[17:28] Reflection Freenote: that is a good one Alaya :)) of course we even get to choose our form and avatar here which is also probably revealing of the unconscious

[17:28] Onasander Belavidorico: Alaya, I play a robed duck in SL, who am I in RL?

[17:28] Emota Lovett: *starts looking at everyone's avatars* :P

[17:29] Alaya Kumaki: if we decided to project ourselves into it, Reflection, I use to create avatar as if I working in a Walt Disney studio, I made a tons of crazy one, .. ok...I'm silly as well

[17:29] Emota Lovett: haha

[17:29] Marsilio Gagliano: I wouldn't mind having hair like my avi

[17:29] Emota Lovett: I'm not sure our avatars can sum up our unconscious. I frequently change mine

[17:29] Industria Dowler looks at herself and realizes she's not wearing shoes. O_O

[17:29] Emota Lovett: I'm sure my unconscious is fairly stable :P

[17:29] Reflection Freenote: well sure Alaya, that's the conscious part:)))

[17:29] Marvin Macbain: Except my avatar is pretty much low-investment and random.

[17:29] Emota Lovett: lol@industria ... does that denote a liking of feet?

[17:30] Alaya Kumaki: lol no shoes is a very unconscious part...

[17:30] Industria Dowler: No, it means my feet are cold. XD

[17:30] Emota Lovett: bahaha

[17:30] Reflection Freenote: so, Emota, you don't stick with one avatar? tsk, tsk

[17:30] Alaya Kumaki: ahaha

[17:30] Yanne Proudfoot: I have many avatars, depending on my mood.

[17:30] Emota Lovett: lol reflection.....yes maybe I have multiple personalities

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- [17:30] Onasander Belavidorico: avatar has little to do with consciousness, many are just lazy, some are too conscious of their motivations and don't care to follow the natural expectations of what their mind wants to play out, especially this lot who generally possess a higher introspective understanding of who they are
- [17:30] Emota Lovett: well there Yanne your avatar is a reflection of your current 'conscious' mood... that's not unconscious
- [17:30] Alaya Kumaki: but it can be related to RL work, as 3d creator, ..as what I came to do here
- [17:31] Reflection Freenote: well, that is even more rare than narcissism Emota, so we'll give you a pass on that one :))
- [17:31] Emota Lovett: LOL reflection; can you imagine a counsellor with multiple personalities... one day you'd get 'gestalt' next time CBT' next time Freudian
- [17:31] Reflection Freenote: this is the end of our appointed hour, and I thank you all for your most insightful observations and comments. Please feel free to continue as you would like and have a great week!!!!
- [17:31] Onasander Belavidorico: never heard of CBT
- [17:32] Industria Dowler: I've met a lot of people with DID in SL. Never met anyone with it (that I was aware of) in RL. Do you think they really have it and I just stumbled upon a bubble?
- [17:32] Emota Lovett: seriously Onasander?
- [17:32] Marvin Macbain: cognitive behavioral
- [17:32] Reflection Freenote: sure, Emota, that's the way I do it. I'm the perfect placebo; I can morph into the next therapy du jour ;-))
- [17:32] Emota Lovett: LOL
- [17:32] Onasander Belavidorico: wait; maybe; psychology is a hobby for me
- [17:32] Emota Lovett: I think I'm going to integrate my 'selves' right now.. put all my avatars on at once :)
joke
- [17:32] Marvin Macbain: what's DID?
- [17:33] Marsilio Gagliano: the past tense of DO
- [17:33] Yanne Proudfoot watches with interest
- [17:33] Marvin Macbain: something identity disorder?
- [17:33] Industria Dowler: Dissociative Identity Disorder.
- [17:33] Marsilio Gagliano: Duck Identity Disorder
- [17:33] Industria Dowler: Haha!
- [17:33] Marvin Macbain: Is that the same as multiple personalities?
- [17:33] Onasander Belavidorico: well Marsilio, keep on working on your narcissism, if you fail, remember Alaya is a dom and will help you in your lifestyle choice if you fail
- [17:33] Marsilio Gagliano: afflicts people who think they are ducks
- [17:34] Industria Dowler: I guess the term replaced "multiple personalities".
- [17:34] Marvin Macbain: ok
- [17:34] Ungo Azambuja: a good SL friend of mine says she dissociates
- [17:34] Emota Lovett: isn't there a new TV show coming out with an Australian actor
- [17:34] Reflection Freenote: Industria, I think that SL, can make reality testing more difficult for people who have problems with that, so dissociative issues will more likely come out in this environment
- [17:34] Emota Lovett: who has multiple personalities
- [17:34] Yanne Proudfoot: Reflection, multiple personalities are pretty rare, correct?
- [17:34] Emota Lovett: tony collett I think
- [17:34] Alaya Kumaki giggles Emota, I always thought that a good therapist know all those therapy, before to decide which one will be the next step that will help the client
- [17:34] Marvin Macbain: Industria, maybe people are more likely to talk about DID in SL.
- [17:34] Ungo Azambuja: possibly people admit DID in SL where they wouldn't in RL?
- [17:34] Industria Dowler: I see, Ref.

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- [17:34] Onasander Belavidorico: No one expects a duck - a billion crazy avatars of every shape and size on SL- a duck stops the collective mind of man in their tracks and they all say - WTF, a duck
- [17:35] Emota Lovett: :) eclectic is good Alaya
- [17:35] Industria Dowler: I think that's part of it, too, Marvin.
- [17:35] Emota Lovett: but CBT based on empirical thinking tends to be the main focus of therapists
- [17:35] Reflection Freenote: yes Yanne about true multiple personality, but dissociative disorders are not that rare
- [17:35] Alaya Kumaki: Ona is fantasizing me as a dom.. mm that tells a lot
- [17:35] Ungo Azambuja: that's just what I said
- [17:35] Yanne Proudfoot: I have dealt with so many here that has called themselves so, as justification for having multi gendered avatars
- [17:35] Marvin Macbain: What happens with dissociative disorder, short of another personality?
- [17:35] Ungo Azambuja: (WTF, a duck)
- [17:36] Onasander Belavidorico: you got that french accent too Alaya, tells a lot
- [17:36] Alaya Kumaki: I have also a man avatar he is so sexy
- [17:36] Emota Lovett: bahaha Alaya
- [17:36] Marvin Macbain: sexier than Marvin?
- [17:36] Alaya Kumaki: look
- [17:36] Industria Dowler: If I wear a male avatar I'm just me in a man's body. XD
- [17:36] Emota Lovett: ROFL
- [17:36] Alaya Kumaki: I made it , my second one
- [17:36] Emota Lovett: nice
- [17:37] Yanne Proudfoot: haha too cute
- [17:37] Emota Lovett: looks like a mix between Robin Williams and Mr Squiggle
- [17:37] Onasander Belavidorico: been thinking of getting a chick avatar
- [17:37] Alaya Kumaki: I baptize him Popeye wet shirt
- [17:37] Marvin Macbain: Duck chick?
- [17:37] Reflection Freenote: dissociative disorder, really just means that a persons "ego" or integrating function is not always stable, and they can have periods of thought, feeling and behavior which they don't clearly feel are part of themselves
- [17:37] Marvin Macbain: they're called ducklings
- [17:37] Onasander Belavidorico: no, chicken chick
- [17:37] Ungo Azambuja: wouldn't that be a duckling avatar?