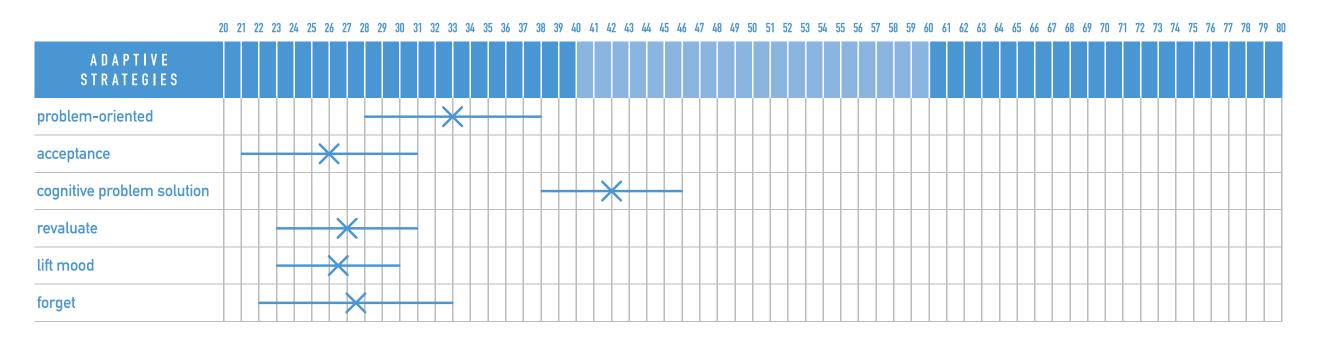
# **PALINDROMICS** $^{\textcircled{R}}$ **— A NEW NARCISSTIC CBT TECHNIQUE**

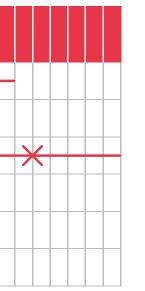
Thinking from different perspectives or speculating to avoid negative aspects seems necessary for the narcissistic personality, but at the same time demoralises. Why? Disappointment arises in the perception that others think and act differently from oneself. Rejection of the dominant other results from the need for control over relationships, combined with the equivalence of self-deprecation. Ego-reference comes reactively, high expectation increases psychomotor inner tension, inhibiting individual agency in reality. Life takes place in its own cognitive world. The main characteristics are reduced self-esteem, overthinking with a tendency to extremes and the experience of mortification. The resulting lack of strength with excessive use of resources followed by a lack of discipline strengthen the fear of failure. Free will is increasingly restricted due to excessive adaptation to social dynamics. Extreme reactive-cognitive changes, e.g. quick decision to act with already altered emotional prioritisation, increase the risk of error with subsequent thought circles of self-uncertainty. The narcissistic ego sacrifice (minimum self-esteem) is absorbed into the rhythmic sovereignty of the compensating group representation (maximum other-esteem). Maladaptive strategies build up on non-self-esteem. This leads to a restriction in the perception and acceptance of the individual competence of others - an inward-reinforcing contradictory cycle with a "feeling of emptiness". The diagnostic differentiation takes place from post-traumatic stress disorder and natural narcissistic symptoms without disorder character.

### FEEL-E excerpt: typical example of narcissistic T-value profile with extremely low adaptive and very high maladaptive strategie





M A L A D A P T I V E S T R A T E G I E S															
retreat													_	X	
self-deprecation												$\leftarrow$			
give up															
perseveration												$\mathbf{X}$			
catastrophise															
blaming others										$\rightarrow$					



## DR. MED. SIMONE HAJEK-GLÖCKNER – KVSA, GERMANY **Psychiatric Psychotherapy**



The cognitive average for assessing personal performance and situational risks is lost in narcissistic development. Thus, a narcissistic continuum is formed:

- Sacrificial phase (tasks are fulfilled with excessive adaptation)
- **II.** *Mirroring phase (competences of surrounding persons are used for yourself)*
- III. Staging phase (limited ability to compensate as a sign of lack of individual capacity *for development)*

In the narcissistic personality, emotional and mind-related extremes are part of a maladaptive holistic stability under corresponding physical counter-adaptation. In the psychotherapeutically-prioritised, mind-related order an individual destabilisation of a previously "stable" person is precisely contained. It is therefore important to create a new permanent counterbalance for adaptive stability, e.g. physical compensation through short-term extreme stresses. The Palindromics® approach is composed of a content intro and completing formal part in which the mind is given the choice of simultaneously endorsing of preferred conception and yet still convey a singular context. This intentionally ambiguous approach is possible due to different the varied use of language as well as in the change of perspective as a counter-global representation of a certain content for the individual acceptance of the appropriate detail. An emotional contradiction of oppositeness and equivalence that would only be actively resolved by 1:1 action in present recognition. Palindromics<sup>®</sup> provides a therapeutic approach for phase I+II, to bridge the more narcissistic misunderstandings. This two-sided approach enables an optimisation of emotional ability to act through acceptance and relativisation of expectations. The cognitive average between introversion and extroversion is the key to adaptive stability.

"Again and again & Ich stoppe meine Gedanken in der Handlung." "I can insist on my values & I remain a valuable person." "Don't control & j'ai confiance en mes compétences." "I don't understand why & in harmony I feel it." "I'm really proud of myself & J'oublie les doutes." "Realise the present situation & ich bin perfekt im Handlungsfluss."