

Overcoming Self-Doubt & Shame

The Mindfulness Cure for the Narcissism Epidemic

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The Western View of the Self

- Emphasis on separateness vs. connection to family, tribe, nature, etc.
- Healthy (Western) development:
 - Individuated
 - Aware of Boundaries
 - Knowing one's needs
 - Clear identity and sense of self

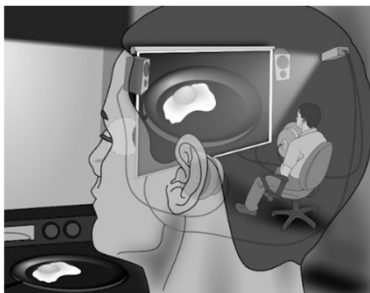
Therapeutic Benefits of Glimpsing *Anatta*

1. Increased affect tolerance
2. Radical acceptance of parts
3. Freedom from self-esteem concerns
4. Deeper connection to others

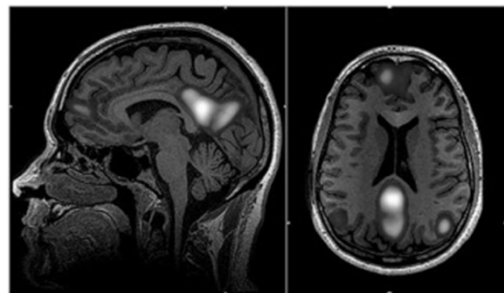
Thinking



Homunculus?



Default Mode Network



Who Am I?

- Two types of self-reference

- Narrative focus (NF)

- Enduring traits
 - Talking to ourselves about ourselves

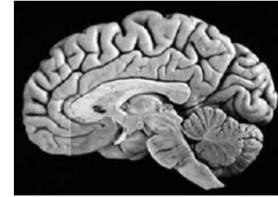
- Experiential focus (EF)

- Moment-to-moment experience
 - The mind-body in action



Medial Prefrontal Cortex (mPFC)

- Links subjective experiences across time
- Holds memory of
 - Self traits
 - Traits of similar others
 - Reflected self-knowledge
 - Future aspirations



1) Affect Tolerance

And I, Sir, Can Be Run Through with a Sword



Selfing & Affect Tolerance

- Not “my,” but “the”

- Anger
 - Sadness
 - Fear
 - Joy
 - Lust

2) Acceptance of Parts

Our Polytheistic Mind



How Was Your Meditation?



- Part trying to attend to the breath
- Part fantasizing about the future
- Part judging myself
- Ask the committee!

Jung's Shadow

- We identify with some parts while rejecting others
- We become defensive when shadow is illuminated



We're all Bozos on this Bus

- Dandelions in a field
- Not a path to perfection, but a path to wholeness
- Boundary of what we can accept in ourselves is the boundary of our freedom

– Zen Patriarch

3) Freedom from Self-Esteem Concerns

Self-Evaluation



What Realms Define Me?

- Skills & Talents
- Accomplishments
- Pedigree or Group Membership
- Moral Standing
- Appearance



Lake Wobegon

Where all the women are strong, all the men are good looking, and all the children are above average.

The Failure of Success

- The pain of I, me, me, mine
- Narcissistic recalibration
- Impossibility of winning consistently

Wrong Wall?



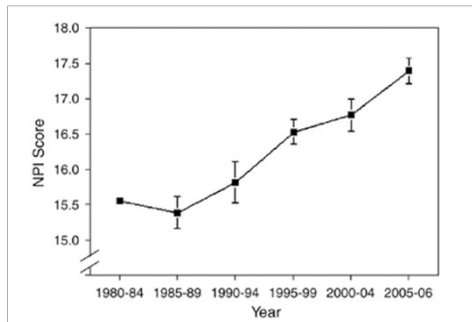
It's Getting Worse



Narcissistic Personality Inventory

- I just want to be reasonably happy
- I want to amount to something in the eyes of the world
- If I ruled the world it would be a better place
- The thought of ruling the world scares the hell out of me
- I am much like everybody else
- I am an extraordinary person
- I always know what I'm doing
- Sometimes I'm not sure of what I'm doing

Egos Inflating Over Time: A Cross-Temporal Meta-Analysis of the Narcissistic Personality Inventory



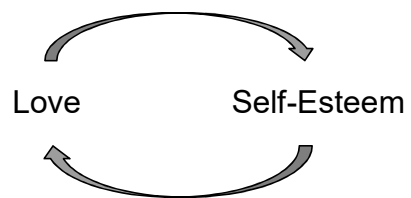
Journal of Personality, Volume 76, Issue 4

Self-Esteem Autobiography



I get my money from Mommy.

4) Connecting to Others



“Do unto others as you would have them do unto you”

It's not just a commandment, but a law of nature.

Judgments



Make a connection, not an impression.

It's About Other People



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Embracing Insignificance

Wat Tham Sua

Tiger Cave Temple

Krabi, Thailand



King of England, 1387



Loving-kindness for the Competition

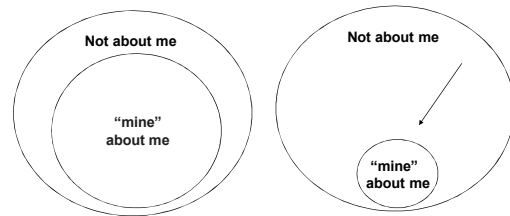


Self-Compassion

- Self-kindness
- Common Humanity
- Mindfulness



Therapeutic Progress



-- Adapted from Engler & Fulton

Why Are You Unhappy?

Because 99.9% of everything you think, and everything you do, is for yourself. And there isn't one.

-- Wei Wu Wei

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About the Presenter

Dr. Ronald D. Siegel is an Assistant Professor of Psychology, part time, at Harvard Medical School, where he has taught for over 35 years. He is a long-time student of mindfulness meditation and serves on the Board of Directors and faculty of the Institute for Meditation and Psychotherapy. He teaches internationally about the application of mindfulness practice in psychotherapy and other fields, and maintains a private clinical practice in Lincoln, Massachusetts.

Dr. Siegel is coeditor of the critically acclaimed text, *Mindfulness and Psychotherapy, 2nd Edition*; author of a comprehensive guide for general audiences, *The Mindfulness Solution: Everyday Practices for Everyday Problems*; coeditor of *Wisdom and Compassion in Psychotherapy*; coauthor of the professional guide *Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy*; coauthor of the self-treatment guide *Back Sense*, which integrates Western and Eastern approaches for treating chronic back pain; and professor for *The Science of Mindfulness: A Research-Based Path to Well-Being* produced by The Great Courses. He is also a regular contributor to other professional publications and is co-director of the annual Harvard Medical School Conference on Meditation and Psychotherapy.

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For recordings of mindfulness practice instructions, including meditations for working with anxiety, depression, relationship issues, addictions, and other difficulties, please visit www.mindfulness-solution.com

For additional recorded meditations, and patient handouts, please visit www.sittingtogether.com

For information about mindfulness and psychotherapy programs, please visit www.meditationandpsychotherapy.org

For information about the *Back Sense* program for treating chronic back pain, please visit www.backsense.org