

PAS LECTURE #7

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EXPRESSED, SUPRESSED, REPRESSED ADJUSTMENTS

This lecture will consider the levels of change, the levels of compensation, the levels of control that the individual can make to his initial response state.

The primary characteristic of the I initial response state is acting-in: i.e., the person is much more inclined to internalize a great deal of of his feelings and his behavior, etc. resulting in the individual being essentially passive because he does not appear to be reacting or responding to the external observer. In a sense, the I-individual must learn to show feelings (which does not mean that the individual does not have feelings -- just that he doesn't show them). Everyone has feelings, but the important thing is that the tendency towards internalization of the I-individual means that the stronger the feelings that he has, the less responsive he is likely to be. In his initial response state, this looks as though he has no feelings at all. And in a socially-oriented society, he's going to be put under a considerable amount of pressure to show feelings. Consequently, the primary pressure on the I-individual in his maturation period is not only to show feelings, but to show appropriate feelings.

A general characteristic of this is that if everything works out well, a primary "plus" for the I-individual is that, as an adult (if he has complete control of his feelings) in stressful times in his life, he will often be more appropriate and more effective in not allowing his feelings to interfere with his effectiveness in his relationships with people.

Because he has had to learn to show feelings, an I-individual in a

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healthy state is often able to maintain those feelings quite appropriately while under a considerable amount of stress.

In contrast, the E-individual tends to act-out. With regard to the emotionality related to this acting-out, he either has to learn to show feelings appropriately or he has to learn not to show feelings at all. The primary pressure is likely to be not to show feelings at all, or, if he learns to show them appropriately, when he is in a state of stress, he's going to be less effective in the way in which he shows these feelings. A negative aspect of an E-individual as an adult is that his feelings are likely to have more impact on his general social effectiveness.

In some instances, an individual can be made to feel so guilty about his initial response state that he moves in the direction of not showing feelings if he's an I, and not having the kind of feelings that show on the outside (in terms of an I) that he can, by some mechanism, move to the extreme extent of repressing his initial response state.

An individual can react to his initial response state characteristics in what can be described as 3 categories: 1) an individual can express his initial response state; or 2) he can suppress his initial response state; or 3) he can repress his initial response state.

- 1) In relation to "expression," the individual is not able to control, through independent activity or through any kind of self-discipline or anything that moves him in that direction, the individual remains very much like his initial response state. He is aware that he is very much like his initial response state and therefore begins to be extremely dependent upon some kind of external help in not being totally expressive.

Example: An individual is I and he remains Iu (indicating that the initial response state is still expressed, is still felt, and that the

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individual is still aware of it) which means that the individual is very much aware of the fact that he tends to internalize, that he tends to act-in.

An individual can be so guilty about his initial response state that he "represses" it.

The individual can be "ashamed" of his initial response state -- the shame is likely to result in the individual moving in the direction of consciously doing something about it.

An expressed individual (i.e. no compensations to the initial response state -- e.g., Iu or Iuu or Au or Ruu -- in any part of the formula I-E, R-F, U-A) indicates that to some degree the individual is aware of it; and to a large degree, unless he has some shame about it (i.e. some anxiety that he should not be that way) the individual will remain in a completely passive, internalized emotional state.

In PAS terms, if the Iu individual makes an Iuu adjustment, it means that the I is "expressed" (Iu) and uncontrolled (Iuu).

Therefore, an Iuu individual tends to be actively autistic without very much control of that tendency.

If he is Iuc, it indicates some kind of control, some kind of awareness, some kind of a "felt" need to move in the direction of doing something about being too passive or too internalized. Consequently, an Iuc+ means that the individual is very actively engaged in not being passive. The individual is very aware of his tendency to be passive and withdrawn, and therefore is very dependent upon some form of external support in relation to trying to keep the individual very active. He's going to avoid getting into situations which, in one form or another, do not

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help him control his tendency to be withdrawn that is, by putting him under strong pressure to relate. An Iuc+ individual is likely to be very much interested in a party; he is likely to be very much interested in a party; he is likely to be one of the most active people at a party, because the party is a structured relationship on the basis of which they are being provided with a structure that keeps them in a state of being active. They're (Iuc+) also likely to be people who will be very interested in having somebody around all the time, because it helps them discipline or control their tendency to be relatively passive. An Iuc+ individual is likely to suffer from insomnia; because the process of becoming all alone in getting ready to go to sleep moves him in the direction of isolation which is very disturbing to him causing him to have a considerable need to stay awake. An Iuc+ insomniac will be a person who dreads going to bed; and, as they go to bed and begin to move in a frightening autistic direction in which they are very aware of their tendency, the only way they can combat it is by getting up and wandering around. Consequently, an Iuc+ insomniac is likely to wander the streets at night or go find a bar to sit in or go find somebody to relate to because they need that kind of external support to keep from expressing too completely their initial response state characteristics.

- 2) The presence of Ic in the PAS formula means that the individual has "suppressed" his I-activities and has begun to discipline them.

The negative aspects of the I-expressed state (Iu) is that the

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individual left in an expressed state is going to move in the direction of autism, that is, he is not using his ideational activity in any particular productive way. Obviously, one of the ways an individual can move in the direction of handling his particular tendency toward autism is to learn to discipline, organize, or use his ideational state. Consequently, one of the ways that an I-individual can move in the direction of handling internalization is to move in the direction of utilizing his ideational activity in what is socially appropriate ways. EXAMPLE: An Iu child who is autistic is likely to be punished. An Iu child who is passive but demonstrates that he is learning to do complex arithmetic problems is allowed to remain relatively passive because he is intellectualizing in what is essentially a socially appropriate way.

Thus, in PAS terms, "suppressed and disciplined" means that the individual is using his ideational activity in relatively effective ways.

- 3) "Repression" is likely to occur when the individual denies, refuses to act, or refuses to respond in anything except the overt, acting-out kind of way. Repression means that the individual is not necessarily disciplining his ideational activity. He has developed a technique or method by which he is completely controlling his I-tendency (by self-control). He doesn't have a need for external discipline.

An individual who is Icu, the "u" at the end means that the individual is probably not utilizing his ideational activity at all; he is moving in a direction in which he is totally inhibiting any tendency toward autism but is not really effectively using it. Therefore, in an Icu, there is a kind of a "blocking" which takes place. In the extreme state, Ic+u+, the I-tendency is strongly repressed and totally unutilized in any particularly

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kind of effective way and resulting in the dynamic state known as the (catatonic state), on the basis of which the individual can't respond very effectively to anything going on around him and neither can he move in any kind of autistic internalized withdrawal -- he is just plain and simply frozen in the state of repressing his I-tendency without working out any particular kind of utilization. Consequently, as an individual moves in the Ic direction, there has to be some kind of control, some kind of utilization, some kind of effective awareness on the basis of which he uses his suppression or repression. EXAMPLE: An Icc+ individual (unlike the Iuc+ who is very dependent upon social activity and is very extroverted in his behavior because he needs the support in order to keep from moving in the direction of autism) is likely moving in the direction in which he is heavily utilizing his intellectualization. Therefore, an Icc+ in the PAS formula indicates a person who is highly intellectually oriented as opposed to the Iuc+ who is highly socially oriented. The Icc+ is likely to use certain kinds of obsessive intellectual activities as an independent means of supporting his suppression of his initial response state. He not only suppresses, he utilizes it eventually in an intellectualizing kind of way.

Eu represents the "expressed" E tendency -- which means that the individual is very much inclined to be dependent, to act-out, to be very aware of the environment around him. An Euu is the extreme "expressed E" which is a manic adjustment (as opposed to the extreme "expressed I", Iuu, which is a schizoid, autistic adjustment), or a manic-depressive adjustment on the basis of which he is relatively uncontrolled in the sense that he acts-out, relates, responds, reacts, overreacts to all the stimuli in the environment in which he lives.

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However, in the Euc, the presence of the "c" indicates that the individual is aware of his tendency to be emotionally dependent, over-reactive, overresponsive, and the "c" represents a certain kind of control which can be maintained relatively effectively. The individual has a certain amount of shame or anxiety about his tendency to be Eu and on this basis, he begins to work out a certain amount of control.

In an Euc+, the presence of the "c+" means that the individual tends to overcontrol. In contrast to the Iuc+ who is very socially active and socially responsive to avoid being autistic, the Euc+ is going to be extremely involved in trying to engage in any activity they can in order to be non-responsive, non-relating, etc. Therefore, an Euc+ individual is going to be extremely protective in his relationships in order to avoid showing any particular kind of feeling because if he is showing feeling, he is likely to be out of control. Therefore, he is going to be obsessive -- that is, he is going to find some kind of method or means of cutting out his awareness of the things going on around him -- and he will become a relatively passive individual.

In the Ec adjustment, there begins to be some kind of control on the basis of which the individual has developed some kind of discipline or some kind of control of the manner in which he handles his tendency to act-out -- he is suppressing his emotionality by moving in the direction of emotions control. The difference between an Ic individual and an Ec individual is that the Ic individual can often socially relate very effectively with very little tension -- mainly because their tension is likely to occur when they're under particular pressure to withdraw; whereas, the Ec individual is almost always going to have an overt characteristic of being overcontrolled. The very process he has to use to

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suppress his E tendency -- because it is an externally obvious thing he has to do -- he has to move in the direction of doing something in order to keep from being too expressive. Consequently, an Ec characteristic is likely to be a kind of tension state in relationship with the environment around him; and if he makes an Ec+ adjustment, that tension state is going to be very intense and the individual is likely to be very unaware of it. Consequently, an Ec+ adjustment always carries with it a characteristic defensiveness of the individual. A highly defensive person is characteristic of the Ec+ repression.

If the individual is Ec+u, the presence of the "u" indicates that there is no particular utilization or discipline or effective use of his emotionality and intensity; hence, the adjustment is highly inhibited (in the same way the Icu is inhibited in a way which takes the form of non-responsiveness). The Ecu inhibition takes the form of generalized hostility -- the individual refuses to react to anything going on around him. "Refusing to react" is a different state than not being aware of what to react to. EXAMPLE: An Ic individual is often capable of working in a room and being effective in a room in which there is a lot of noise because he has a capacity to be able to effectively discipline himself to do what he has to do without being distracted by the noise in the room. If he's really interested in what he's doing, he's likely to be unaware of the noise. On the other hand, an Ec individual in a noisy room may move in the direction of defending against the noise, but he never has the complete capacity to be able to cut out that noise; consequently, he may end a day of working in a noisy room by being terribly fatigued even tho he has disciplined himself to be able to work in that room -- but he is still fatigued because he is very aware despite the fact

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that he has defended against the various distractions around him. EXAMPLE:
 An Ec individual and an Ic individual in a hotel room (in a big city) on the 2nd floor with all of the street noises audible -- at the beginning, the Ic may be very aware of the noise and may adapt to it by just pulling the blinds -- in a sense, just saying "to hell with that noise." The Ec is likely to move in the direction on the basis of which he says "I'm not going to pay attention to that noise"; then when the noise distracts him, he gets very angry at the hotel manager and demands another room because "this noise is driving me wild." This doesn't mean that I individuals are not distractible; but, in general terms and depending upon circumstances and the adaptation that takes place, the Ec+ individual may move to the point where he says "absolutely nothing bothers me" -- they have repressed their E tendencies. But they have repressed it in such a way that they are not aware of the fact that they're still responding -- which is what "repression" means primarily.

In an E individual in the process of growing up, much of the tension state that he has had to develop has been to move him in the direction of developing a muscular tension to keep him from responding to the various things around him, thus moving him in the direction in which he begins to be extremely tense. And tension is likely to be the first stage in his attempt to attain discipline. One of the things that is likely to happen, in terms of this, when the E-child goes to sleep (and the process of going to sleep has a tendency to represent muscular relaxation overall) is that the E-child is likely to wet the bed. During the day he is so tense and responsive and reactive to things that he's not particularly aware of the need to go to the toilet; and if he does, it still represents a kind of a tension state and he doesn't get complete relaxation. Consequently, when he does get complete relaxation, wetting the bed is likely to

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On the other hand, the I-individual is going to be much more sensitive and much more aware of his own bodily feelings, his own bodily reactions. The I-individual is much more likely to have a considerable problem, not of wetting the bed but of wetting himself; because every time he has a feeling, he doesn't have the capacity not to respond to it. He has to move in the direction of learning not to wet his pants; whereas the E-individual does not have nearly as much need to wet (as a response to feelings). Consequently, bedwetting is more likely to occur in an E; and long periods of toilet training problems is more likely to occur in an I.

In the Iu individual, distraction is often important to keep him effective. One of the characteristics of an Iuc individual is that the minute they go home, or walk in their house, they'll turn on the radio or T.V.; and it will be extremely important while they're alone in that house to have something going on because that distraction is essential to keep them effectively doing whatever it is they're supposed to do.

On the other hand, an Euc individual, the minute they go in a room, he will turn off the radio or T.V. because if he listens to that radio, it's going to pull him away from what he's supposed to do.

An I-child will often study better with the T.V. on -- not because he's watching the television but because the television represents a constant in the environment which keeps him alert.

An E-individual often cannot study well with the T.V. on -- mainly because anything interesting on the television begins to pull him in
 ion of reacting to the television. So, any time they have
 they want to work hard on, they will turn the television off.
 Individuals, in general, are going to be much more inclined to

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think about anything that represents a distraction or a temptation -- the more an individual moves in an Ec direction, the more likely he is to react against a tempting object.

An Ec individual, seeing a girl in a short skirt, is likely to be offended by this because there is a tendency to respond accompanied by a denial of the fact that it is a good thing to respond in that particular way. Therefore, the Ec individual is going to be inclined to be very hostile to any kind of a distracting item that is going to pull them away from what they consider to be their best adjustment.

An Ic individual may learn over a period of time that a girl should not wear short skirts; but they may have to remember every so often that they're supposed to do this because they don't really react in the same way that the E does -- it doesn't represent the same kind of threat, it doesn't recognize the same kind of distraction or disturbance.

An I-girl can wear a bikini because she is comfortable wearing it. She doesn't really get disturbed over the fact that anyone is looking at her until the person who is looking at her makes himself so objectionable that she gets mad at anyone who reacts to the fact that she is in a bikini.

An E-girl wearing a bikini is going to have to work at defending herself because she is going to be aware that everybody is looking at her all the time; and she is likely to be overresponsive and overreactive to the fact that she is being looked at.

An Ec individual can become aggressively engaged in denying the fact that people are looking at them. Some individual wearing short skirts are almost defiant at flaunting themselves, taking the attitude of "I don't care whether you look at me!" This is the defense of the Ec who is very

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aware of the reaction she is causing, and she is reacting against the reaction in a defensive kind of way.

An Ic individual may become very bewildered and is constantly asking "Is it all right for me to wear this short dress?" She will be aware that they might think her dress is too short, and her reaction is not a defense against the reaction of people, but defense against her own lack of awareness of other people's reactions.

A negative aspect of some I adjustments is that they have to learn to respond and are not particularly reactive to the various things happening in the environment. Consequently, depending on the milieu in which they live, they can be taught certain things that are all right to do and are necessary to do, and be very effective. EXAMPLE: An I girl doesn't like to take her clothes off in public any more than a E-girl does -- as in a strip-tease dance. The average E-girl, if she ever becomes a strip-tease dancer, is going to have to develop a defensive reaction such that she defies you to react to her. Whereas, the I-strip-teaser often can perform (in spite of the fact that she hates it) because she is getting good money for it. She can perform and make everybody think that it's not bothering her a bit because she has the capacity to "pull the blinds" and do what she has to do (especially if she's IA).

If an individual is IA, he can often be trained to do something effectively that he doesn't like to do. But it will be very hard to train an E-individual to do something effectively that he doesn't want to do. There are certain differences, dynamically, in the way the individual appears to others. An E-individual usually is incapable of learning to do something in a way in which no one knows that they don't like to do it.

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An E-girl learning to do a strip-tease can indicate that she really doesn't like to do it but is being a good sport about it, and she can often be very effective. She has an element about her such that you not only react to her, you have a tendency both to feel sorry for her and to admire her.

It's going to be very hard to pick this up (in the social, inter-personal behavior) of an IA individual because they will be able to indicate and behave as though they are not being bothered. One of the problems of the IA individual (especially IFA) is that they constantly need to be in such good social control themselves that people are totally taken by surprise when they find out that the individual is distressed about something because they are often likely to be able to hold their disappointment about things. An IFA girl may learn the social protocol that deals with having dates; she may be a popular girl, and she may gain a certain amount of satisfaction about having a lot of dates. She may learn to appear to have a good time with someone she really doesn't like. But the person she's relating to is likely to think that she likes him. Consequently, the man is likely to get a tremendous rejection when he goes too far in his attempts to relate. She may say, "I never liked you at all; I thought you knew that!" Yet, there was no way he could possibly know.

In general terms regarding body movement and body behavior, the I individual usually has to develop contact mechanisms -- in the sense of an I individual making a speech from a podium is likely to hold on tightly to that podium. Because what he is doing by holding on tightly is maintaining a contact factor.

The E-individual is likely to have to cut out contact. When he has a number of things to do, he doesn't want any kind of distractibility. If

Rocking
movement

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he has distractibility, he's going to take some kind of action in order to close it out. In general, an E-individual, when he wants to think about something important, he'll take off his glasses and close his eyes; but an I-individual would almost never close his eyes unless he doesn't want to hear what you have to say. An I-individual is likely to "pull the blinds" (by closing his eyes) in order to block out something; but when he begins to move out of it if something interests him, he may say, "Now, what was that you said?"

An E-individual is likely to doodle as a means to keep his distractibility down; therefore, doodling in an E is an indication of boredom or a tendency to be distracted. He uses the doodling as means of sitting still. An I-individual is likely to stop doodling when he's bored, thus when he's no longer interested, he can just pull the blinds, pull back, and say, "What did you say?" But if he's interested, the doodling of an I-individual is much more often going to involve a perseverated doodle -- he'll make a star over and over. What he is doing is paying attention. JF.K. was an I-doodler. Stalin's doodles are E-doodles -- he uses a great deal of movement in attempts to make himself be quiet and to listen.

The general characteristic of an E because of the tendency to act-out, is that they have a tendency to wiggle. Almost every E will use some sort of mechanism to keep themselves quiet. An E-individual is likely to bite his nails, wiggle his foot, or suck the top button on his shirt -- all are ways of being active while still being quiet.

Distractibility is different from nervousness. Nervousness in an I-individual might result in a considerable amount of body movement in trying to keep attentive; therefore, the I'child is likely to develop a rocking movement -- because they might lose touch with what's going on

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unless they keep moving. They will have to develop some kind of nervous mechanism that is effective for them.

One of the most effective mechanisms used by many I-individuals is tapping or drumming. When he is interested, he will be busily engaged in tapping. Because he is an I, there would be a considerable amount of extreme awareness. But if he isn't interested, he will pull the blinds and say "What do you mean"? or, "I don't understand that." etc.