

00089

## PAS LECTURE #9

UTILIZATION OF COMPENSATIONS AND  
MODIFICATIONS IN THE 3 DIMENSIONS

In discussing the differences between expressed/suppressed/repressed, the emphasis has been primarily on the negative aspects of repression or the conflict and guilt aspects of suppression, i.e., the anxiety and awareness of suppression. But it is also extremely important to discuss how a person doesn't always have to defend against his initial response state. Many times, he can utilize aspects or discipline certain parts of his initial response state's positive value.

All things equal, an I-individual is going to have more talent in being able to store up, remember, recall, be able to work with abstractions, ideologies, etc. All I-individuals are not ideological, but it is perfectly possible for an I-individual to develop a certain discipline such that he makes an Ic adjustment because he has learned how to utilize or intellectualize or effectively discipline internalized activity. However, every Ic-individual is not automatically an E acting person. Ic doesn't always mean that the individual is very active, outgoing, and extroverted; although many Ic-individuals will be that way, i.e., they are extremely actively engaged in relating because they recognize they have a tendency not to be very aware unless they work at it. They work at being emotive or outgoing because they realize they have to learn this particular kind of behavior.

Any time an individual is Ic, he can perceptualize or he can intellectualize. By, perceptualizing, he moves in the direction of being very overtly aware and relating and responding to things going on around him. He will exploit and use his memory in an effective kind of way and he can

00090

learn things very well. Consequently, an individual who is IcR, in many instances, the fact that he is R and the fact that he is an Ic who is intellectualizing, he has considerable capacity to specifically learn in a very rote way in one sense; but, in another sense, he can learn in a very effective way certain kinds of intellectual material presented to him. This is what is called intellectualization. Consequently, in the IcRc adjustment, the presence of the Rc indicates that the individual may be using a certain amount of his rote learning ability in an effective, responsible, intellectualized kind of way.

In contrast to the overactivity of the Iuc who is actively engaged in avoiding autism by perceptualized commitment, the Icc+ is the kind of individual who is busily engaged in intellectual activities.

The presence of an Ec in the individual's adjustment can indicate a utilization or positive value rather than a negative aspect. All Ec-individual are not totally defensive or emotionally overcontrolled -- engaged in controlling all his emotionality essentially by repression. In the beginning, the I-individual has a certain natural talent to remember, to memorize -- the E-individual does not. The immediate is likely to be more compelling to the E than is the capacity to <sup>be</sup> ideational or be effective in organizing their intellectual productivity. Consequently, an individual may make an Ec+ adjustment by becoming a highly intellectualized individual who is involved in using his intellectualization as a means of keeping him from being E. Obviously, the Ec intellectualizing process is going to be more of a tension producing adjustment than an I-intellectual. The Ec, in order to be an intellectual, is going to have to work at it much harder than will an Ic who is intellectual. Likewise, an Ic who is working at being a perceptualized individual (or being E) is going to have to work much harder at realting than will an E-individual. Therefore, an Ec

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intellectualizing state represents a tension state for the individual and an Ic perceptualizing state represents a tension state for the individual.  
The Ic perceptualizer is a tense extrovert. An Ec+ intellectualizer may be a tense introvert. The significance of this behavior is that the Ec-individual who learns to remember, to memorize is going to be very proud of the fact that he has overcome what is in a sense a weakness for him. Therefore, a dynamic characteristic of an Ec-intellectual may include a certain amount of pedantry and a certain amount of intellectual arrogance. The most intellectually arrogant people are often Ec- individuals who really feel they've accomplished something because they have done so well in overcoming their weakness in relationship to handling their capacity to remember, recall, etc.

All else equal, an E-individual is not likely to remember names of people. An Ec-individual who has worked very hard at it may be better than anyone at remembering peoples' names and may be quite arrogant about his ability.

The Ic-individual, if he becomes an active, socially responsible individual, will be very proud of it; consequently, an Ic-extrovert is likely to be somewhat arrogant, over-confident, very proud of the fact that he has developed so much social, interpersonal skill.

An Ic-individual given the choice of taking a speed-reading course or a Dale Carnegie course on how to win friends and influence people, will likely be attracted to Dale Carnegie course. He is likely to come out of it with a great deal of confidence that I have learned how to relate to people in a much more effective way. The Ec-intellectual is going to be much more attracted to the speed-reading course, and he will come out of it very proud of the fact that he has organized and developed a certain

Ecc

00092

amount of an intellectualizing capacity. This is essentially utilization or displacement in the sense that an E is not a natural intellectual. Therefore, he becomes an intellectual in part because it is a socially effective way to control his tendency to be negative E, and he will be very defensive about his intellectuality in the same way that he would be defensive if he weren't moving in an intellectualized way.

The presence of the "u" in an Ecu adjustment means that the individual is much more concerned about defending against E qualities per se without any particularly effective utilization of it, causing him to be much more defensive and negative in his reaction to the emotional interactions that he has in life. Whereas, an Ecc or Ecc+, the c+ indicates that, in part, the individual is going to work very hard at utilizing his intellectual capacity as a means of keeping people somewhat at a distance.

However, the Icu carries with it an indication that the individual is avoiding, repressing or suppressing all I characteristics by being mainly E -- not intellectual. Whereas an Icc or an Icc+ is exploiting his internalized characteristics in an effective or socially appropriate way.

Every Ec is not an intellectualizer or an introvert, and every Ic is not a perceptualizer or an extrovert. The only thing that you really know is that the individual is not comfortably expressing his initial response state -- there is a defensive quality about the adjustment but the defensive quality can be socially relevant. Most E-individual will make some kind of Ec adjustment and most I-individuals will make some kind of Ic adjustment which means that they can develop some kind of effectiveness in defending too much against their initial response state qualities.

Trouble (in the pathological sense) develops when an individual moves so much in one direction without making any kind of utilization or displacement. Therefore, real repression is the individual who is totally

## Repression

00093

denying his initial response state. ] EXAMPLE: The I-individual who is totally denying that he is I and is moving out as if he were E representing a delusional state. The individual is so sure he is seeing things that sometimes he sees things that are not there. An Ec+ is so sure that he is not seeing things that he really doesn't recognize that he is responding to things going on around him because he is totally repressed. But the average kind of adjustment that an individual is going to make is somewhere in between the extremes.

An R-individual can express (Ru), suppress (Rc), or repress (Rc+) the aspects of the initial response state characteristics. Likewise A-individual can express (Au), suppress (Ac), or repress (Ac+) the A-qualities. In each case the characteristics involved in expression, suppression, or repression may be positive as in utilization. EXAMPLE; An R-individual has much more capacity to learn than he does to understand. Consequently, a characteristic of an Ru is that though the individual will be able to learn a lot of things, he does not really understand everything he has learned or the meaning of what he has learned. Therefore, if he moves in the "c" direction, it indicates some kind of awareness or some kind of recognition of his need to work at understanding as well as learning.

In the Rc state, the individual may have the anxiety of the ambivalence of this middle adjustment -- he is very concerned with trying to get the meaning of things but he's not sure he really understands. Whereas, the Ru is not likely to be disturbed by the understanding or lack of it.

The Iuc+ individual is extremely aware of his tendency to be schizoid and ~~who~~ is very dependent upon the external world to keep him active; consequently, as an Iuc+ he is constantly seeking activities. Likewise,

00094

the Ruc+ individual is very aware that he has to depend upon someone to tell him procedures and behaviors. Therefore, an Ruc+ individual is likely to be very compulsive and very dependent upon external authority to tell him exactly how to behave; and he will learn to behave the way he is supposed to behave but will have very little understanding of the meaning of that particular behavior. There can be a kind of deceptiveness in terms of an Ruc+ individual.

The Iuc+ Ruc+ individual is likely to become quite obsessive-compulsive in the manner in which he relates, responds, behaves. He will learn all the procedures he is supposed to learn because he learns them very well -- but he doesn't understand them. An Iuc+ Ruc+ individual is very dependent upon relating and ~~they are~~ very dependent on the external world to tell <sup>him</sup> ~~them~~ how to relate. Consequently, it is possible for an Iuc+ Ruc+ girl to develop the characteristic of being outgoing, very active, very responsive. She can be taught to smile sweetly at a man when he smiles at her; she can react and respond in a way she thinks is essentially appropriate to what is going on but not really understanding it, thus resulting in someone dealing with her thinking she means something she really doesn't mean. This makes her a teaser. Some people might say, "She knows exactly what she's doing". More often than not, she may be the Ruc who is that way because she really doesn't know what she is doing because she doesn't understand the meaning or the significance of her behavior. If she were Rc: in the Rc- adjustment, she begins to learn or tries to get some understanding of the meaning of her behavior causing a more effective adjustment.

The R-individual is a rote learner, and in recognition that he cannot understand, he has to learn to understand. If he becomes Rc+, a

00095

repressed R, he is convinced he understands everything that is happening, when in reality he may not understand. Consequently, there can be an Rc+ adjustment such that the individual is so completely convinced that he has become a sensitive, aware, understanding person that he has deluded himself; and <sup>is</sup> ~~be~~-in constantly getting into trouble in the world because he is a dogmatic, moralistic individual who is completely convinced he knows what is right because he has learned to know what is right

All Rc+ individuals are not delusional because there can be a utilization such that an Rc+ individual who works at it can really begin to get a kind of understanding. A likely characteristic of an Rc+ individual is an arrogance about his understanding because he has overcome his lack of it.

A characteristic of an R individual going in to psychiatry is that when they start out, they are perfectly will<sup>ing</sup> to say (as an R), "I don't understand anything about people; I want to learn to understand people." Thus starting out with ignorance and putting him through a period of time in which you convince them they get understanding of people, and many a psychiatrist ~~who~~ comes out of his training very proud of the fact that he has overcome his lack of understanding and he may be convinced that he understands better than anyone does. There can be an arrogance in his understanding and there can actually be a lack of sensitivity. He can be a very good psychiatrist, but there can still be aspects of an Rc+ adjustment on the basis of which the individual overestimates the importance of what he has done to overcome something that he was relatively aware of.

A characteristic of an Ru- individual is that he is bewildered, and he knows he's bewildered, and really learns how to relate by having

00008

someone completely providing him with support for his bewilderment.

The Rc individual is ambivalent about his bewilderment and an Rc characteristic is that he is going to need reassurance more than others. The Rc is going to be much more concerned with trying to test out -- "I do understand that, don't I?" or "Tell me if I understood that right." or "I really did all right, didn't I?" That need for reassurance is more likely to occur in the Rc-individual because he is ambivalent and recognizes the need to try to get reassurance; and he will be concerned in getting reassurance from people who know what they're talking about. An Rc-individual is likely to try to find out who the authorities are, and getting the reassurance that the authorities are telling <sup>him</sup> them what is right.

The Rc+ individual is going to be negatively reactive to reassurance; he reacts, "Nobody needs to reassure me anymore, and I'll hit you if you try!" The defensive need in that particular kind of individual to show that he is not bewildered, that he knows what he is doing and that no one can tell him what he can do.

EXAMPLE: An Ec+c Rc+ individual is moving in the direction of some kind of intellectualized activity and learning something in terms of this; and not only learning it, but in a sense, understanding it. If this kind of individual is put in an environment in which he is heavily bombarded with moral dogma--a priest or rabbi - in which there is a well-defined dogma that one can learn, this kind of Ec+ individual, in terms of moral laws, will be very proud of the fact that he knows every one of those laws and he will be completely convinced that he understands the meaning of them. Therefore, he is likely to be literally a very moralistic person -- almost dogmatically; he is logic <sup>type</sup> type compartmented against any assault

00007

upon the structure of his intellectual effectiveness, and his understanding will be very hard to move or change.

Au: expressed; Ac: suppressed; Ac+: repressed. In the expressed state, the Au- individual is quite suggestible to the social demands around him. An Iuc+ Ruc+ Auu would be an extreme tease -- because the individual would effectively pick up cues without really understanding the meaning of the social behavior causing them to be very suggestible to the needs of somebody in the environment without the slightest understanding of what that need was -- a totally suggestible individual. Therefore, an individual who has this particular direction primarily will have to learn (if he is to adapt somewhere along the line) not to be completely suggestible, not to allow himself to get into social, interpersonal situations which he cannot control. One of the ways he can do that is by moving in the direction of suppression (Ac) in which case he will work very hard to get people to accept him on some basis other than his social effectiveness. The Ac individual is likely to be quite defensive when he thinks people are reacting to him impressionistically, and ~~they~~ would like for someone to react to <sup>him</sup> ~~them~~ on the basis of something else. EXAMPLE: The old stereotype pretty little Vassar girl who may be IFA. With this adjustment, they are in danger of being related to on the basis of their A characteristics; but at the same time, they have learned quite well to project effectively the image that they portray -- they look like "cute little girls." But as "cute little girls" they will often have to move in the direction of Ac and say, "I want you to relate to me because of my mind, not my body." And they have to move in the direction of controlling their tendency toward suggestibility by utilizing other aspects of their psychodynamic make-up in order to be effective human beings. In the

00003

extreme, Ac+, the individual has totally reacted against his image characteristics, and there can be extreme hostility in the Ac+ to any kind of suggestibility that goes on around him. In a sense, it is negative suggestibility resulting in hostility, and he may be very concerned with doing things exactly opposite from the way people want <sup>him</sup> them to do things.

EXAMPLE: An A child growing up is the one who will be most effective in appearing to go along with the social demands placed upon him. As they begin to get older, if they are going to make any kind of particular adjustment, the A-child is going to have to make an Ac adult adjustment. And that adjustment is likely to be a total reaction. The unwashed, unkempt, bushy-haired kids in the 60's were more often A's than not, and they were moving in the Ac+ direction -- a total reaction or repression.

The E who is Ac+ is going to have much more awareness of social interpersonal demands and is much more likely to be responsive to them, thus moving in the direction of sullenness. In order to be sullen, there must be something to be sullen about -- it is a reaction, not a non-reaction.

The I who is Ac+ is going to have much more of a generalized tendency in this direction -- an abstract defiance.

An E Ac is likely to become tremendously hostile toward his father -- he reacts or revolts against the oversuggestibility that his father (or his mother) expects; and there will have been an interaction on the basis of which this revolt will take place.

The IA individuals actually have the capacity of making a reaction against society but still respect their parents and behave toward them the same way they had always done. Therefore, when revolt takes place, it can be a generalized kind of revolt, but a revolt within a secure existence. A characteristic of the I is that they are much more likely

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not to rock their security boat.

And to a certain extent there can be, and I know that there are Ac's who remain at home in complete revolt to society without very much emotive reaction against their parents. Their parents are often times likely to get very frustrated with their I Ac child<sup>ny</sup> because they get mad at them, and they get madder and madder at them because they're getting no response from them.

Now if you have an E Ac living at home, it is much more likely to be more combative. The kid is going to be very sullen and he moves in the direction of pretty soon after the sullenness begins to breakdown it moves in terms of some kind of precise hostility directed, and it's unlikely that an E Ac would be able to remain in a regular environment for the same length of time. I've known I Ac's who have made a kind of schizophrenic adjustment on the basis of which they totally depend upon their family for the rest of their lives. Now therefore an I Ac, one of the ways a person can become schizophrenic if he's I, and one of the things he is going to have to do if he becomes schizophrenic is that he has got to become rejecting against the involvement that takes place. Again, one of the characteristics of an I A adjustment and this is hard to explain because it sounds phony, or it sounds as though I'm saying negative things about I. An I A individual grows up with a considerable amount of difficulty because people want to get more involved with them, than they want to get involved in return. Therefore, an I A child often has trouble because people are constantly willing to include them in the group and they have no desire to be included in the group, or are indifferent about being brought into the group. The E A, the thing in terms of that, they'll have much more of a tendency to react and respond in relationship to that. And consequently the E A is likely to move much into

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the direction of being the kind of a person who, ~~he~~ wants to be responded to. And he is more likely to move into the direction of getting into those groups on the basis of the way in which he is responded to, is to him the most satisfying and effective ~~to him~~.

These A qualities can be utilized. Everyone doesn't have to defend against being A, but you have to learn to control it or manage it in some way that is effective. An Auc individual, the presence of that c at the end of it indicates that the individual is controlling in some way pure A, that he is aware of pure A and is a little anxious in the sense that "I've got to work in a way in which I can use my social acceptability, if this is what it is effectively, but without being completely taken in." For example, an Au physician, particularly if he's an I, probably an R, an IRA physician, he is more likely to be Au than he is to be Ac. But he'll be Auc, because one of the things in terms of this, part of the awareness that he has is that "I have to be charming to people. But I have to be very careful that I do not use my charm in inappropriate ways." Therefore, an Auc doctor would be much more concerned if he sensed that you were beginning to respond to it. To make sure that you understood that he was qualified to do what it is that he was going to do, because he would not want you to come to him must because of his bedside manner.

An Auu might be perfectly willing, "If you think I'm a doctor, and you're willing to come and pay me and relate to me and respond to me, I will continu<sup>e</sup> to play the part of a doctor to you as long as I can get away with it."

But the Auc begins to put in terms of that a bit of a caution. As you move into the Ac, there begins to be a bit of awareness or a need in terms of this that an IRAc doctor is not only, he's going to be ambivalent

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about bedside manner, but one of the things that is going to take place in terms of this, he is going to be quite hostile when he sees anyone using A qualities in what he thinks is inappropriate ways. And an Ac+ doctor might actually get to the place in which he would be "To hell with you. If you don't like my personality, forget it. I'm here to fix your leg.", or actually have defensive non-A qualities as it moves in the Ac direction.

Cleo: What is the difference between an Ac+ and a Uuu? They're both protected the same way, aren't they?

John: In an Ac+, this is an individual who is responding and reacting against the response. The minute that you have Uu in terms of that, you're getting down to the place in which there is no particular response. A characteristic of the Uuu would be indifference. Now you see there is no indifference in an Ac+. There is a great deal of need to defend, to act out against the A. The Uuu would be so indifferent, he would kind of stubbornly continue, and again I use the word stubborn and this is a bad word because stubborn implies with it an awareness of what one is doing. A Uuu is a person who is set in his ways and is not particularly vulnerable to any particular attempts to get him to change it, because he doesn't have to defend against it.

Walter: He's much more comfortable?

John: Again comfortable. He is also likely to be a little bit sharper sometimes when he reacts against you because if you are a Uuu and I'm trying to relate to you and you are indifferent to me, that means I'm going to work harder if I'm interested in trying to get you to respond. I'm going to work harder to try to get you to relate on the

00102

basis of which you're going to remain indifferent. What ultimately happens in my dealing with you is that I finally lose my patience or my cool, or put so much pressure on you, that you as a Uuu without any particular guilt or anxiety or awareness or anything can sharply move out and over react. "Leave me alone." The Ac+, the minute you start talking says "Leave me alone." because he starts out "Leave me alone." They're all going to say "leave me alone."

The fact that there is so much going on in this particular one, this is Rc+c+, in beginning to interpret the meaning of these other two, you have to start by saying what this is doing. And this is the most important ingredient. So the interpretation of the whole formula starts out where something is working. There is something really working here. There's not much working here. Whatever the individual is doing, either as an Auu or an Iuc is all being done by being Rc+c+.

Cleo: The Iuc Rc+c+ Auu?

John: Yes as a matter of fact, it is quite common.

Cleo: In what nationality?

John: I've seen it most frequently in very conscientious mothers, who have had a post partum break down. Now the reason for that in terms of this, the Rc+c+ means takes very seriously and is aware of how responsible they're supposed to be for their child. As Auu they do a good job of looking like they're responsible for their child. As Iu's there is still an awareness that I don't care as much for this child the way I ought to. There is something wrong with me. Therefore, they work overhard because they are so aware of the fact that they are not as involved with their child as they should be. And their break down when it

00103

occurs is likely to occur with a lot of "I'm no damn good. I don't love my children." Now if it were the thing as an Iuc Ruc+ Auu mother, this is the one who is likely to abandon her child. Ru, the thing in terms of this, at some particular point as an Ruc+, they go through the motions of looking like they're looking after the child but it depends upon somebody else making sure that they do it. Something comes along that they want to do... Now you see an Iuc Ruc+ Auu mother, if she decides that she wants to go out to a dance, she may be perfectly willing to leave her child in the cradle unattended for a period of time. The Iuc Rc+c mother in terms of this may have a tremendous desire to go to that dance, but she will go out of her way and be tremendously tense and upset and in many instances will never leave the child, because she's afraid if she ever leaves the child, that she won't have the strength to come back to it. And therefore you get in that kind of thing, what can be a breakdown.

Now Rc+ is more common in women than it is in men. And it represents a kind of conscientiousness. Now Iu Rc+ means that the individual realizes that they should be conscientious, but are aware of the fact that they are in danger of not being conscientious. Now you make it Ic Rc+, the individual has developed a sense of responsibility that comes along with it. They have a sense of responsibility to be a good mother. Therefore an Ic Rc+ mother would be conscientious, completely involved in the child. And one of the things that is likely to happen, she may have lost all awareness of the child's needs because she is so busy providing the child's needs for him, in a conscientious way. Therefore an Ic Rc+ mother could be an over protective mother, for the most conscientious reasons.