



Self-Deception

Bruce A. Berger, PhD

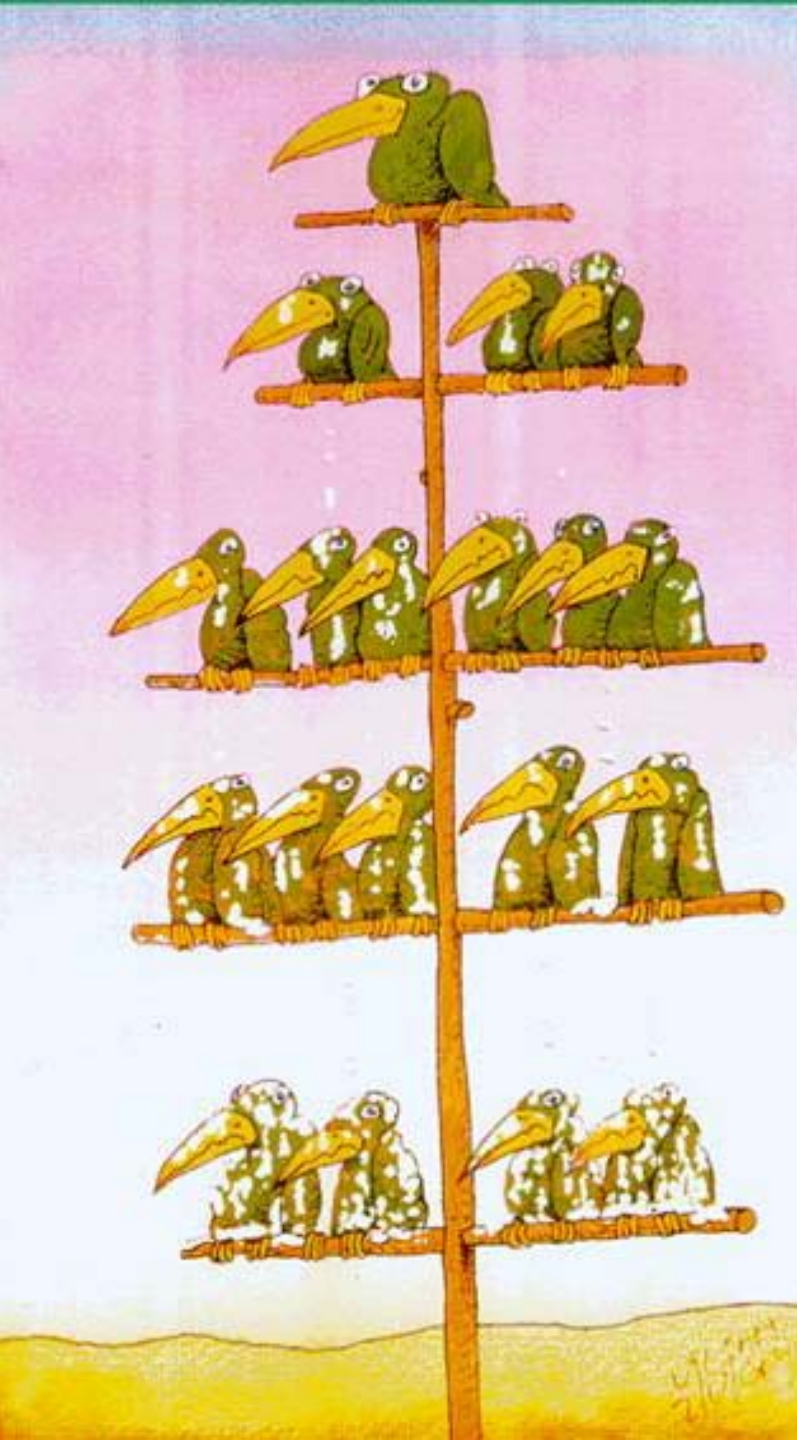
Professor and Head

Pharmacy Care Systems

128 Miller Hall

Auburn University, AL 36849-5506

bergeba@auburn.edu



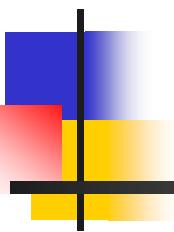
Are you a victim?

Freud – important

question – “When

are people NOT

people?”



*Why is it that oftentimes patients who present themselves for therapy define the problems they have as being caused by someone or something else and if they are challenged to see that the problem is really within them...how they act, react or respond...they become defensive and **blind** to the truth?*



Martin Buber

- **Great philosopher**
- **I, Thou**
- **There is no “I”...we are an “I” in relationship to someone else**
- **All that we have learned...our language, what we know, has been in relationship to/and impossible without another person**
- **There is something deeper than behavior that others can sense – something that undercuts even what appears to be “correct” behavior or responses**



Two Ways of Being

- Responsive way (I, You)
 - Seeing people as people
 - I am responsive to their concerns, fears, etc.
- Resistant way (I, It)
 - People are objects
 - I am resistant to their reality
 - If I see others at all, they are less important, less relevant, less real
 - I am deceived about their reality
- There is no "I" – we are always in relationship
- Way of being is much deeper than outward behavior



The Resistant Way (I, It)

- People are objects
 - Obstacles
 - Vehicles
 - Irrelevant
- People respond to how I am *being* when I do something...not what I do itself



A Common Question

- Does the Responsive Way mean “soft” and doing everything for people all the time and does the Resistant Way mean hard and never doing anything for anybody? - *Student in office*



Self-Betrayal

- **Self-betrayal** is what happens whenever I have a problem and don't know it OR whenever I do something contrary to what I feel I should do for another – contrary to what I know to be right – *but how do we know?*

Examples: baby crying, car on road

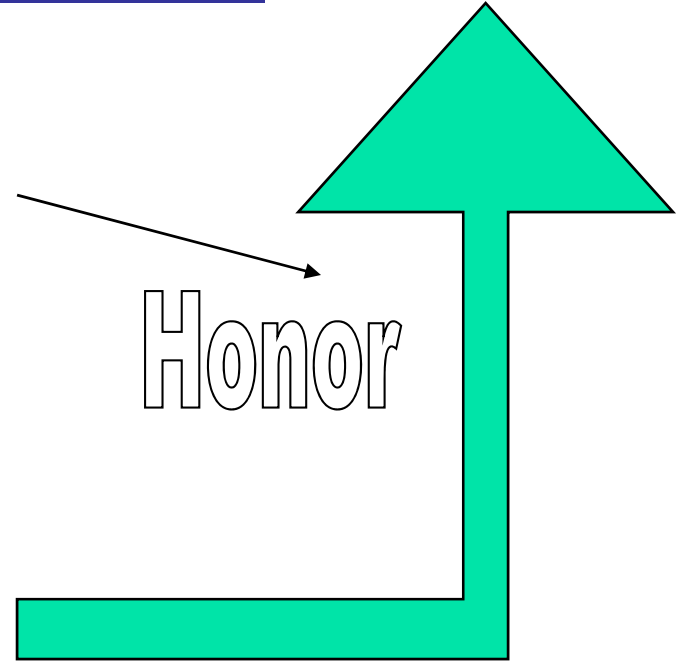
Sense: _____

Choice

Betray

Honor

How I started to see myself	How I started to see the other
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In self-betrayal, I feel...



Self-Betrayal

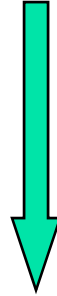
- **Sense:** is it different before and after self-betrayal?
- **Choice:**
 - Honor – see person in car as a person – the act doesn't change – how I treat the other does.
Note: I can honk my horn and see person as a person
 - Betray – I can NOT honk my horn and not see person as a person – self- righteous



WE GO IN THE BOX (I,It)

- **Self-justifying images of self**
 - Deserves respect
 - Deserves appreciation
 - Is important
 - Is better
 - Smarter, etc.
- **Distorted images of other**
 - Horribalize
 - Exaggerate
 - Overly sensitive
- **We can carry our boxes with us – where did we get them? What are they?**

Self-Betrayal



Self-deception



Blindness to the Truth

WHAT HAPPENS WHEN I BETRAY MY SENSE OF WHAT I SHOULD DO?



**Self-Justification
Judgment
Blaming
Anger**



Adam and Eve

The Self-Betrayal Story



Offense-taking emotions

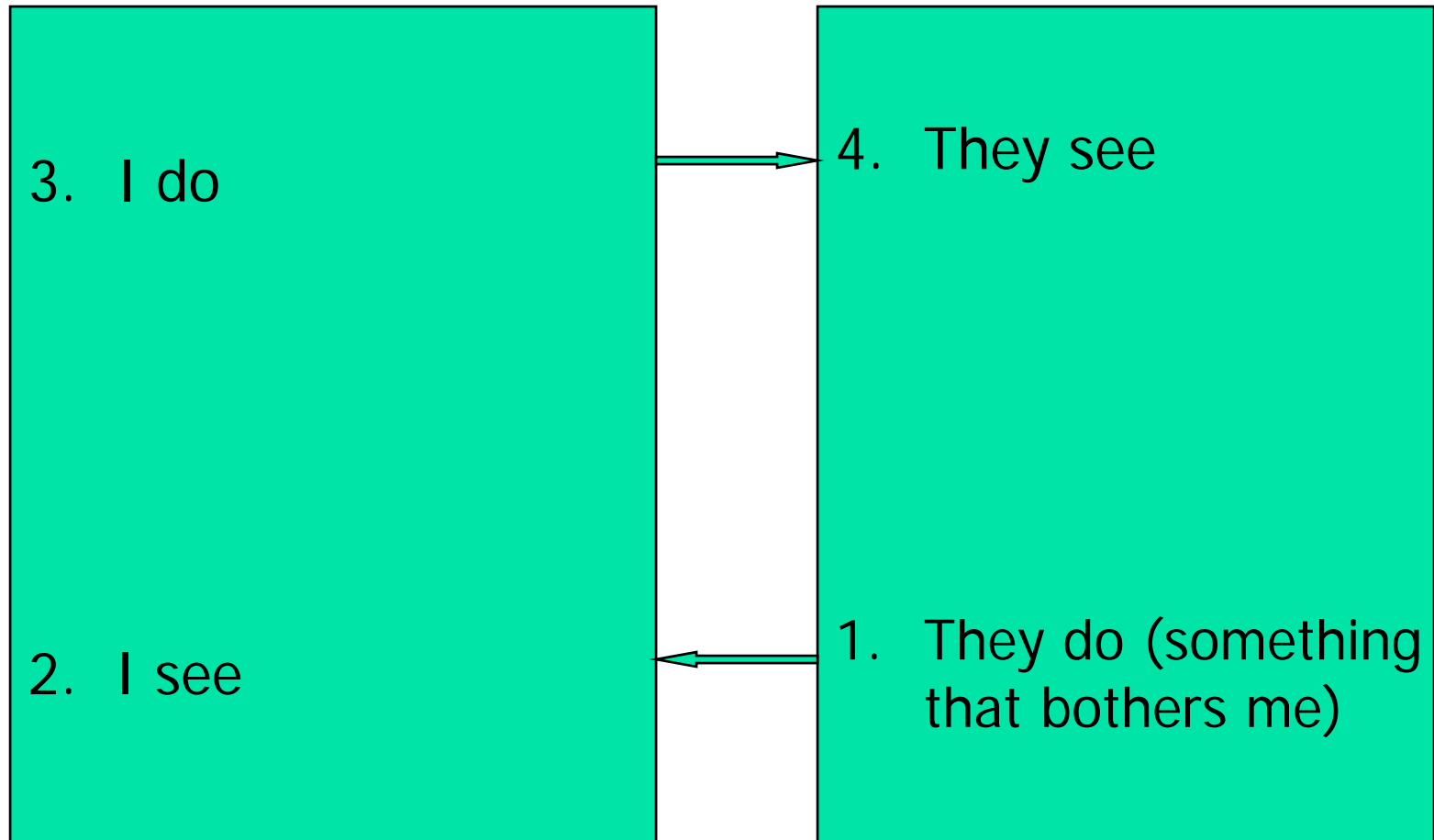
- There are offense taking emotions and attitudes - anger, hatred, contempt, etc.
- To take offense is to express a judgment about the object of our anger (seeing the other as doing us wrong)
 - “He/she wronged me...treated me unfairly...talked disrespectfully to me”
- A judgment or accusation is made
- To accuse others is to make a presentation of one’s self as being harmed or upset by the other



Offense-taking emotions

- We insist that those we accuse have caused our agitated state and we are victimized by them
- We claim that they are responsible for it and for our suffering and we bear no responsibility
- We are passive and are simply responding
- This is fundamentally dishonest - a self-deception - we have caused the agitation by the judgment (meaning) itself - it is NOT passive
- We say, "You are the problem here not me!"
- Self-betrayal - "How can he/she expect compassion and understanding when he/she treats me like this?"

Collusion – self-betrayal provokes self-betrayal





What Doesn't Work in the Box

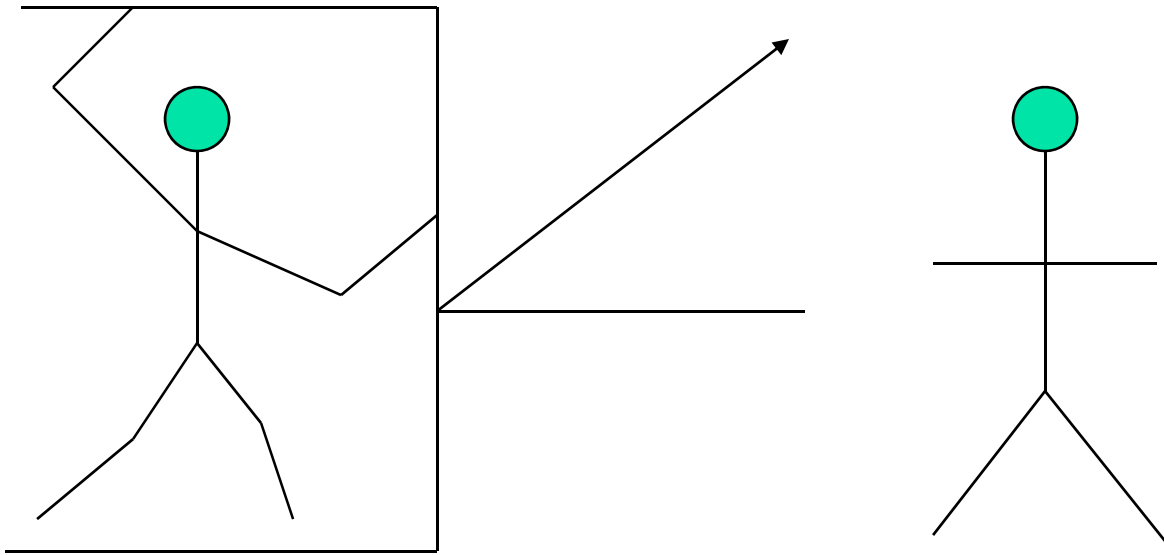
- Trying to change others
- Doing my best to cope
- Leaving the situation (permanently)
- Communicating
- Implementing new skills or techniques
- Changing my behavior
- So, how do we get out?



Troubling Logic

- Where am I when I am trying to leave the box?
- What kind of thoughts am I thinking when I am in the box?
- What kind of thoughts can I think as long as I am in the box?
- As long as I am in the box, are there any box thoughts I can think to get me out?

The box and getting out



The box is my active resistance to another person



How to get out and stay out (more often)

- Try to see the world of the other
- Try to identify ways I may have added to their problems, pain, etc.
- Think of ways (even small) I may have mistreated this person
- Identify something I feel I should do for this person
- See your own self-victimization (loss of self)
- Ask, "Might I be wrong?"
- Know your amygdala
- **Criticism of self and others serves absolutely NO useful purpose**
- Forgiveness – giving and asking



INFLUENCE



Progress

When you learn to stay out of the box more often, shall we call this progress? "I think not. You have made no progress, because there is no progress to be made. *Being fully human, fully who you are, is not an achievement. It's more like a homecoming.*"

C. Terry Warner

Founder, The Arbinger Institute



References

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