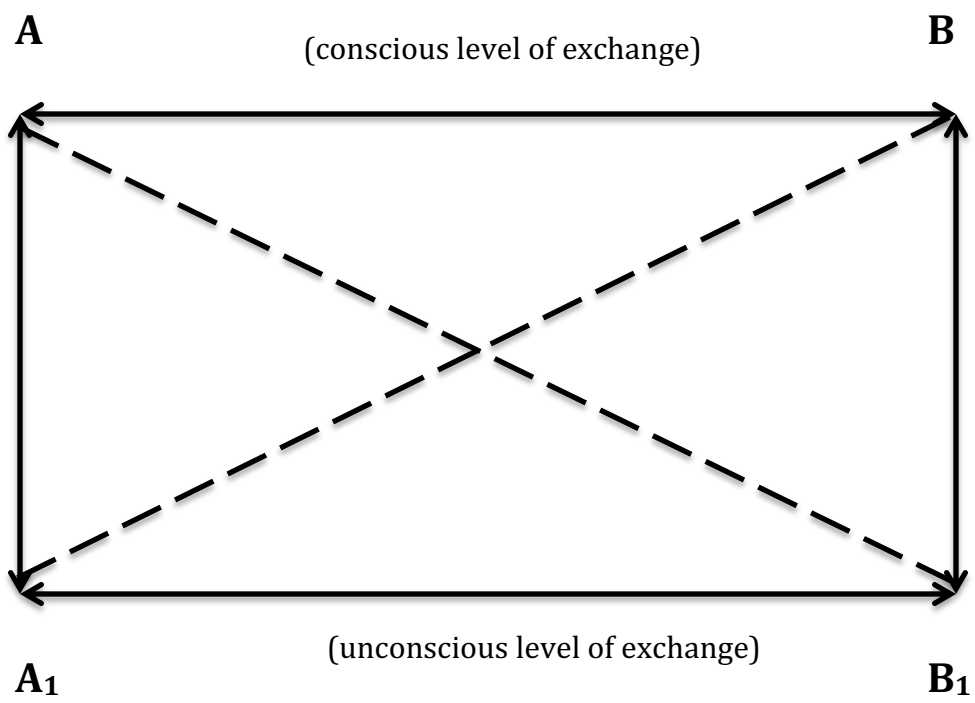
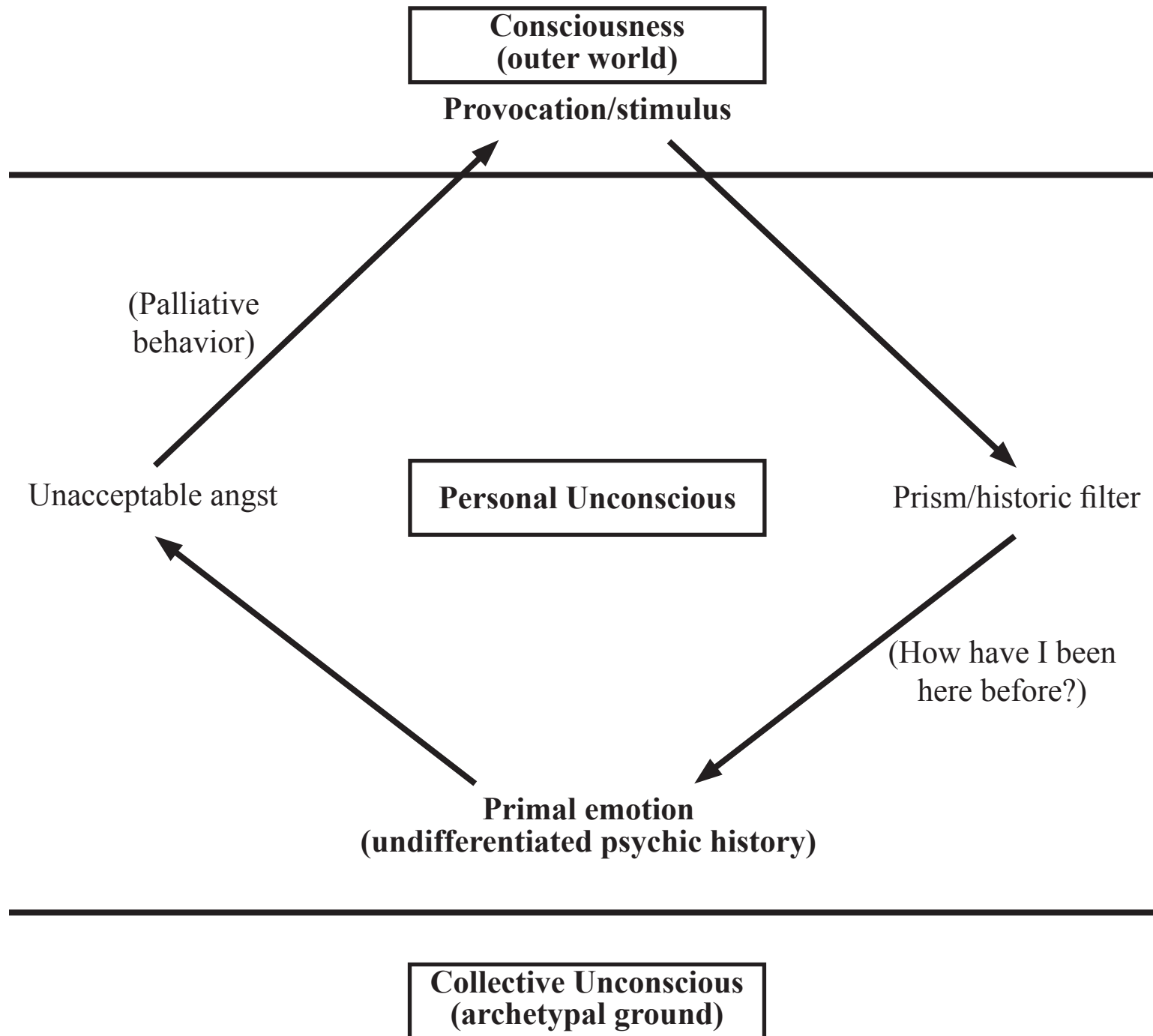






## **Existential Adaptive Patterns**

### **I. Overwhelmment**

- A. *Avoidance*:** simple avoidance, procrastination, suppression, repression, projection onto others, numbing, distraction, dissociation.  
(Personality disorders: avoidant, schizoid, schizotypal).
- B. *Power complex*:** exercise power over the other: brute force, controlling behaviors, manipulation, passive-aggressive. Benign complex expresses itself through learning, growth, and greater management of one's life.  
(Personality disorder: anti-social {sociopath}, obsessive-compulsive).
- C. *Compliance*:** give the world what it wants, "to get along, go along."  
(Disorders: dependent personality, co-dependence).

### **II. Abandonment**

- A. *Identification with deficit*,** substantial wound to self-esteem
  - 1. Self-sabotage, avoidance, self-denigrative behaviors
  - 2. Over-compensation by grandiosity(Personality disorder: paranoid).
- B. *Power Complex*:** Use others for narcissistic self-aggrandisement  
(Personality disorders: narcissistic personality, histrionic)
- C. Inordinate need for self-assurance, excessive neediness.**  
(Personality disorder: borderline).

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## ***Six Ethical Adaptive Risk Patterns***

### **I. The Threat of *Overwhelmment*:**

#### ***A. Avoidance***

1. avoidance of affective engagement
2. avoidance of conflict
3. avoidance of difficult issues

#### ***B. Control of Other***

1. control content and flow of sessions
2. control of parameters of discussion
3. proselytize the other to point of view

#### ***C. Accommodation with the Other***

1. be too agreeable with point of view of other
2. avoid confrontation/intervention
3. folie à deux

### **II. The Threat of *Abandonment***

#### ***A. Identify with “deficit” definition of self***

1. fail to be affectively “present”
2. avoid one’s own point of view
3. fail to hold boundaries

#### ***B. Narcissism of the Therapist***

1. make oneself the subject of the therapy
2. be overly disclosing of personal material
3. allow one’s neediness to leak in

#### ***C. Solicit approval of the Other***

1. emphasize one’s wisdom, education, skill
2. be too “helpful”
3. forge inappropriate alliances

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