

2 THE HAPPY GOLFER

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1. THE HAPPY GOLFER

‘When we are happy we are always good,
but when we are good we are not always happy.’

Oscar Wilde

- O** I *could* hit this ball accurately.
- I** I *might* get a hole in one.
- C** Positive change.
- A** I strike the ball.
- E** The ball misses.
- K** Poorly matched imagined and actual outcome
- C** Negative change in mood.
- D** ‘If there wasn’t any wind then I would have scored.’
- O** I *could* do better with my next shot.
- I** I *might* improve.
- C** Positive change in mood.
- A** Shot taken.
- E** Mild improvement.
- C** Positive change in mood.
- H** Increased happiness.
- B** ‘I’m making massive improvements. Golf’s great.’
- S** I’m fantastic.
- O** I’ll play more golf.
- T** Associated (transferred) pleasure

2. THE ACTIVITIES OF THE HAPPY GOLFER

- O** I *could* wear my golf jumper to work
- T** Triggered associated pleasure
- C** Positive change in wellbeing
- H** Increased happiness
- B** Golf jumpers are cool. The world's great.
- S** I'm fantastic.
- O** I'll communicate (and control people) by making them feel the same about me as I do. eg. Good feelings.
- I** People *might* notice.
- C** Positive change
- A** People are apathetic
- E** People don't really care.
- K** Poorly matched.
- C** Negative change in wellbeing.
- D** If I was not the boss people would say my Jumper is fab.
- O** I *could* wear my golf jumper regularly
- I** People *might* be impressed again.
- C** Positive change.
- H** Increased happiness.
- B** People like my jumpers and make me happy.
- M** People are producers of pleasure. They are good. They should be loved.
- O** I *could* 'love' people and gain that 'empathic' reward of making them happy.



- I** They might become happy.
- C** Positive change.
- A** Loving behaviour.
- E** People feel loved.
- K** Well matched.
- C** Positive change.
- H** Increased happiness.
- B** People are good. The world is good.
- S** I am good.

‘When a stupid man is doing something he is ashamed of, he always declares that it is his duty.’

George Bernard Shaw

- O** I *could* control this child.
- I** No control.
- C** Negative change.
- D** I would be appropriate to control this child at all costs.
- O** I *could* control this child.
- I** I *might* control this child.
- C** Positive change.
- H** Reduced Unhappiness
- B** Control of this child is good. **S** I am a good parent
- M.** Attack ‘the bad.’
- O** I *could* control this child.
- I** It *might* control this child.
- C** Positive change
- A** Control attempted
- E** Child misbehaves
- K** Poorly matched
- C** Negative change in wellbeing
- D** It would be justified to use excessive force.
- O** I *could* use excessive force to obtain control.
- I** Child *might* be controlled.
- C** Positive change in wellbeing. **H** Reduction in unhappiness.

A Excessive force used.

E Child abused.

K → **C** → **H**

B There are good children and bad children. This child was bad

M Attack the bad

Between the acting of a dreadful thing
And the first motion, all the interim is
Like a phantasma, or a hideous dream:
The genius and the mortal instruments
Are then in council; and the state of man,
Like to a little kingdom, suffers then
The nature of an insurrection.

Julius Caesar, Shakespeare

4. THE ABUSED

I have no way, and therefore want no eyes;
I stumbled when I saw.

King Lear. Shakespeare

O I *could* control, social and physical.

I I *might* gain control.

C Positive effect on wellbeing.

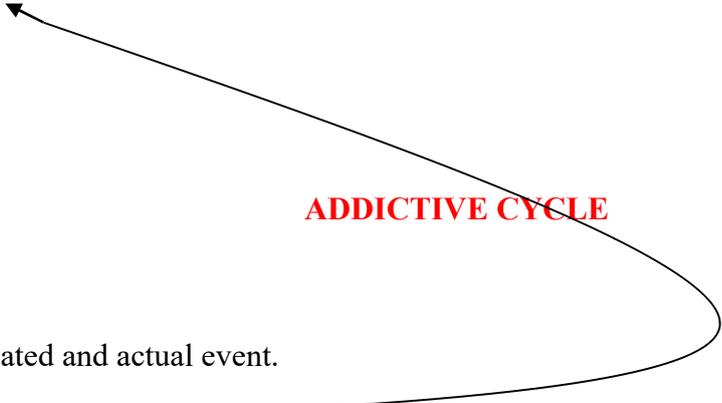
A Abuse takes place.

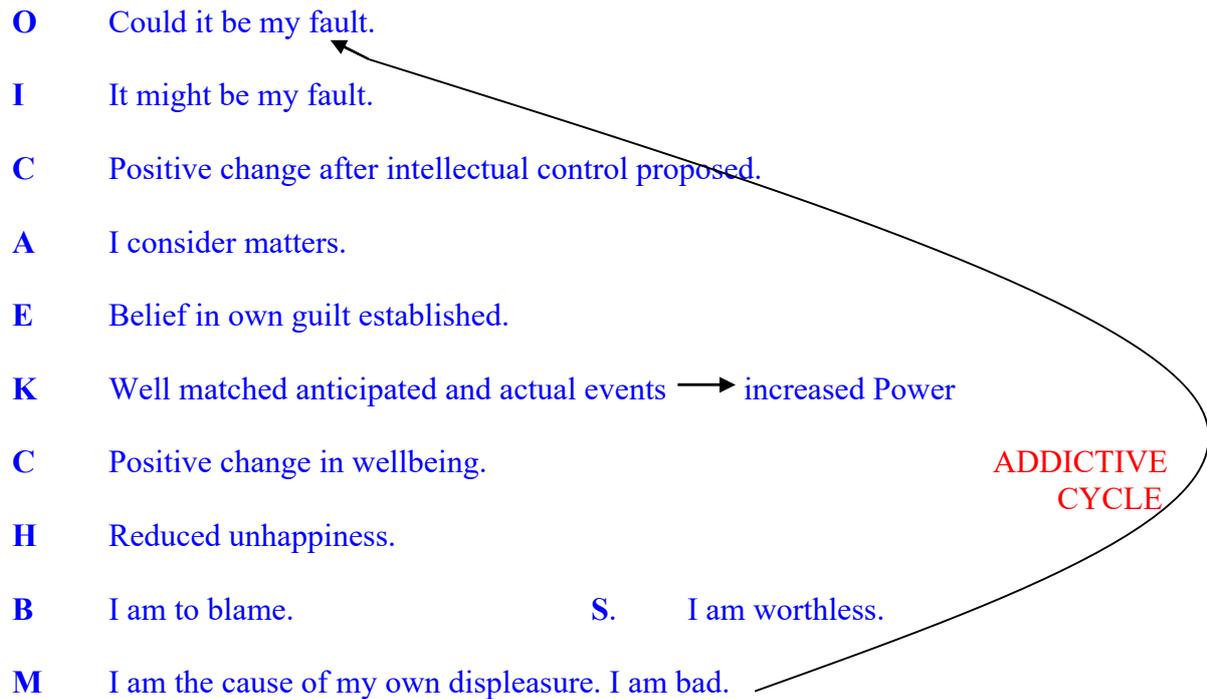
E I am abused.

K Poorly matched

- C** Negative change in wellbeing.
- D** It would be futile to try to stop this.
- O** I *could* do nothing.
- I** I might do nothing.
- C** Positive change.
- A** Abuse takes place.
- E** I am abused.
- K** Well matched anticipated and actual event.
- C** Positive change. A sense of control takes place.
- H** Reduced unhappiness.
- B** Belief generator activated.
- M** My abuser is bad.
- O** Abuser *could* be resisted.
- I** Abuser *might* be resisted.
- C** Positive change.
- A** Abuser overpowers.
- E** Abuse not effectively resisted.
- G** Poorly matched.
- C** Negative change in wellbeing +++
- D** Abuse shouldn't be resisted. It's what should happen.

ADDICTIVE CYCLE





5. ABUSED BECOMES SELF HARMER

So every bondsman in his own hand bears
The power to cancel his captivity

Julius Caesar, Shakespeare

Loss of power over physical, social, intellectual, or empathic environmental pleasures leads to increased anxiety and tension

- O** Could I do something productive.
- T** Attempts in past to gain control over environment in the past have failed causing tremendous anxiety.
- C** Negative change +++.
- D** Denial aroused – ‘I am bad’.
(a successful response to negative change in past)

K Sense of power increased.

Excitement

O Could it be my fault.

I It might be my fault.

C Positive change after intellectual control proposed.

A I consider matters.

E Belief in own guilt established.

K Well matched. Power increased.

C Positive change in wellbeing.

H Reduced unhappiness.

B I am to blame.

S. I am worthless.

M I am the cause of my own displeasure. I am bad

O Could I harm myself

I I might harm myself.

C Positive effect.

A I harm myself.

K Well matched imagined and true outcome.

C Positive change

H Reduced unhappiness

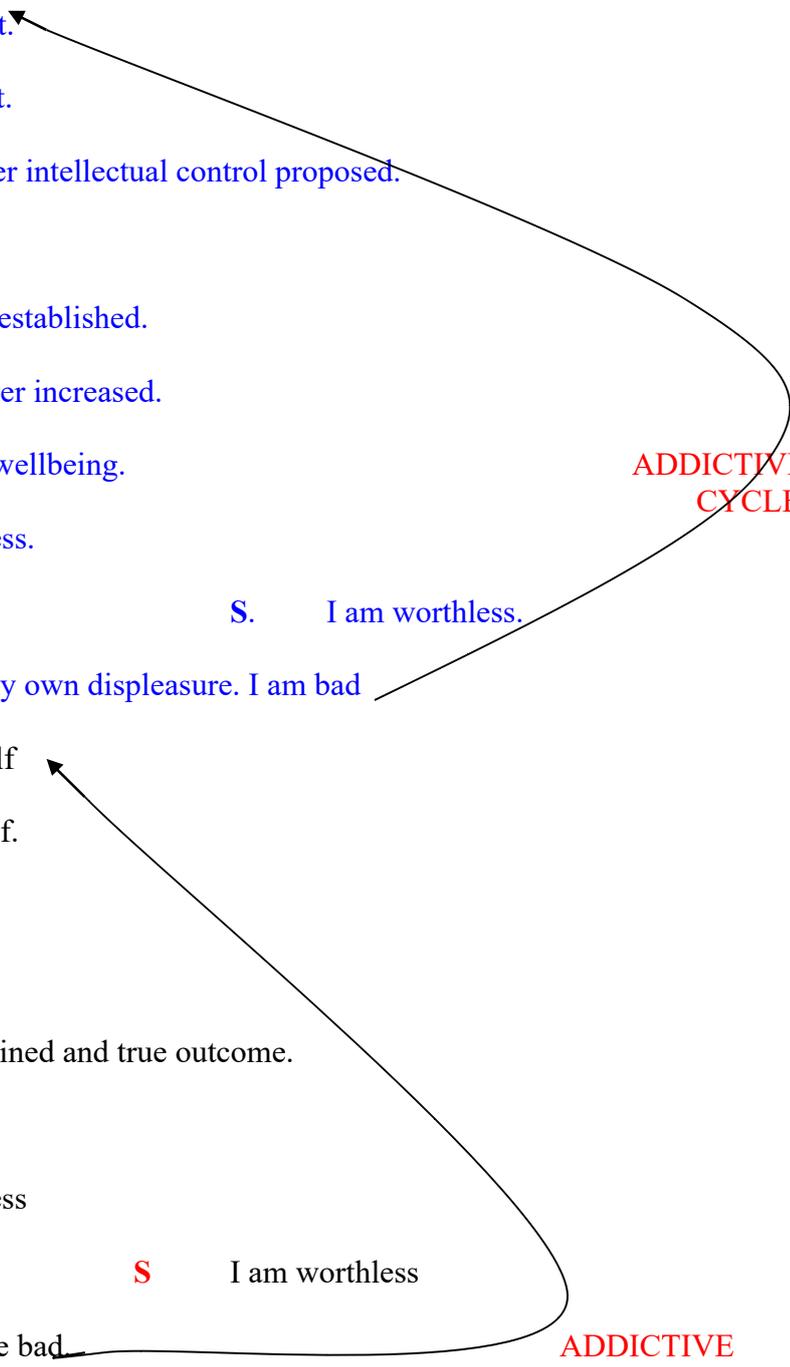
B I have been bad

S I am worthless

M I am bad. Attack the bad

**ADDICTIVE
CYCLE**

**ADDICTIVE
CYCLE**



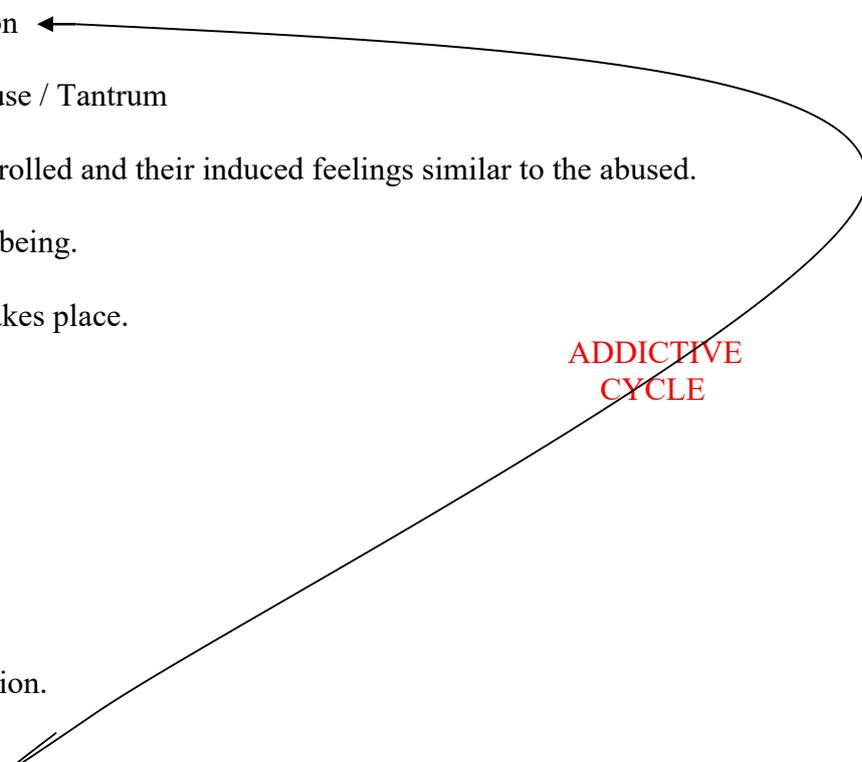
Anxiety caused by lack of control over social, physical, intellectual or empathic environment.

- B** Social control. Communicate : Make people experience same feelings through talking about self.
- O** I could make communicate effectively by making people experience the same feelings as me through talking about self (and gain social control in the process)
- I** People might empathise with my feeling.
- C** Positive change in wellbeing.
- A** Communication takes place.
- E** No-one empathises or is controlled.
- K** Poorly matched I with E.
- C** Negative change
- D** Talking never works

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- O** Resort to physical action ←
- Self mutilate / Self Abuse / Tantrum
- I** Others behaviours controlled and their induced feelings similar to the abused.
- C** Positive change in wellbeing.
- A** Self harming activity takes place.
- E** Self harm produced.
- K** Well matched.
- C** Positive change.
- H** Reduced unhappiness.
- B** Self harm is a valid option.

**ADDICTIVE
CYCLE**



7. THE ABUSED BECOMES THE ABUSER

Desire for control due to important experiences in the past when it was taken away

- O** I *could* gain control over this person friend/relative/spouse/stranger.
- I** I *might* gain control.
- C** Positive change.
- A** Control attempted.
- E** Failure to gain control.
- K** Reduced power.
- C** Negative change.
- D** My needs are normal. They are being selfish.
They deserve aggression. In this situation aggression is appropriate.
- O** I could be aggressive.
- I** I might be aggressive.
- C** Positive change.
- A** Cruelty.
- E** Domination/Passivity of victim. I am the victor in an active role.
- K** Well matched.
- C** Positive change
- H** Increased happiness.
- B** They are the bad ones, like others made me feel powerless in the past.
The world is bad.
- M** Attack the bad, the pleasure blockers.

Second Murderer: I am one, my liege,
Whom the vile blows and buffets of the world
Have so incens'd, that I am reckless what
I do to spite the world

First Murderer: I another,
So weary with disasters, tugg'd with fortune,
That I would set my life on any chance,
To mend it or be rid on't.

Macbeth, Shakespeare.

8. THE NORMAL NEUROTIC SCHIZOPHRENIA

- O** I *might* have a thought.
- X** Labelling of activity (thinking) as originating from self.
- I** Thinking anticipated.
- C** Positive change in wellbeing
- B** Beliefs generated
- A** Thinking occurs
- E** A thought is produced.
- K** The anticipated (imagined) and the actual thinking process are perceived to be similar.
- C** Positive change in wellbeing.
Anxiety decreases.
Onset of schizophrenia
- O** I could have a think.
- X** Failure of the labelling process.
- I + C** Take place as usual ?

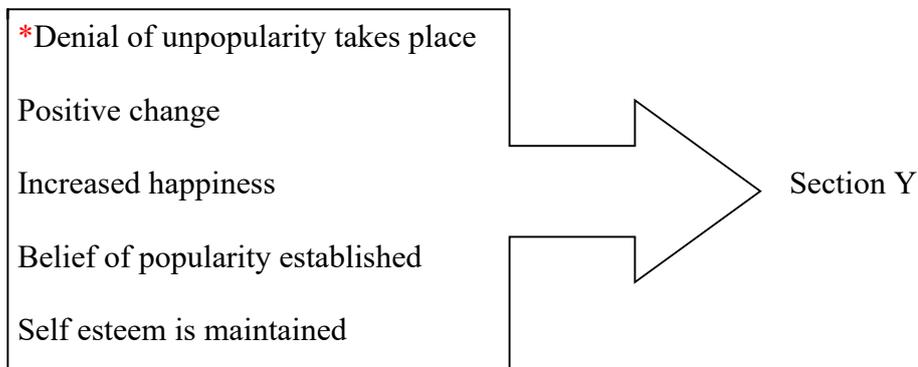
- A** Thinking takes place but appears to be not from self.
- K** Imagined and true experience poorly mismatched +++
- C** Negative change in wellbeing.
- D** It's a voice.
- C** Better matching
- H** Increased happiness.
- B** 'There is a voice in my head.'
- O** I *could* put on my hat.
- X** Failure to label cognition behind intended action.
- I + C** Passed through effectively?
- A** The placing of my hat takes place.
- E** Hat put on.
- K** Anticipated and eventual action poorly matched +++
- C** Negative change in wellbeing.
- D** Someone is controlling my hand.
- K** Better matched anticipation and perceived event.
- C** Positive change.
- B** 'There is someone who is controlling my hand.'
-
- O** I might smile at my neighbour
- X** Failure of labelling takes place.
- I + C** Processed effectively?
- A** Smiling takes place.
- E** A smile is produced.
- K** Poorly matched +++

- C** Negative change.
- D** He is bad, not a person to be smiled at.
- K** Better matched.
- C** Positive change in wellbeing.
- H** Increased happiness.
- B** He is spying on me, inserting voices and controlling my hand.

9. THE UNHAPPY CHAPPY

STATE OF ANXIETY (CONCERNING POPULARITY)

- O** I could think I am popular
- I** I might think I am popular
- C** Positive change
- A** Thinking takes place
- E** I decide that I am unpopular
- K** Poorly matched real and imagined outcome
- C** Negative change in wellbeing
- D** *Denial of unpopularity takes place
- C** Positive change
- H** Increased happiness
- B** Belief of popularity established
- S** Self esteem is maintained



A 'GOOD' FRIEND IS SEEN

- T** Positive triggered associations of popularity and friendship

- H** Increased happiness
- B** Belief in friendship reinforced
- O** Could I provoke a friendly response with a pleasant ‘hello’
- I** I might provoke a friendly response with a pleasant ‘hello’
- C** Positive change in wellbeing
- A** I say hello
- E** I am ignored
- K** Very poorly mismatched
Low levels of **serotonin**?
- C** **Negative change** in wellbeing + Increased *anxiety*+++
- O** I could be unpopular
- I** I might be unpopular
- C** Positive change
- H** I consider popularity
- E** I decide on my own unpopularity
- C** Positive change in wellbeing
- H** Reduced unhappiness + reduced anxiety++
- B** Denial of unpopularity *can no longer* take place

Loss of *denial means that Section Y must be removed from the ‘belief system’

Previous pleasure derived from the above *denial is ‘lost’

Self esteem supported by the above *denial is reduced

Sadness occurs along with ‘sense of loss’

Thoughts generated by the option generator now match this mood.

Despite baseline happiness and self-esteem experiencing both losses *and* gains, the net effect of the experience is loss in both.

To-morrow, and to-morrow, and to-morrow,
Creeps in this petty pace from day to day,
To the last syllable of recorded time;
And all our yesterdays have lighted fools
The way to dusty death. Out, out, brief candle!
Life's but a walking shadow, a poor player
That struts and frets his hour upon the stage,
And then is heard no more ; it is a tale
Told by an idiot, full of sound and fury,
Signifying nothing.

Macbeth, Shakespeare

To be, or not to be: that is the question:
Whether it is nobler in the mind to suffer
The slings and arrows of outrageous fortune,
Or to take arms against the sea of troubles,
And by opposing end them? To die : to sleep ;
No more ; and, by a sleep to say we end
The heart-ache and the thousand natural shocks
That flesh is heir to, 'tis a consummation
Devoutly to be wished...

Hamlet, Shakespeare