Organized / Reflective States of Mind

Secure States of Mind
A willingness to bear pain, vulnerability & discomfort; non-knowing what might arise, what it means, or even how to respond

Reflective and Non-Reflective States of Mind

Extremes of Intimacy
Extremes of Distance

Disorganized / Non-Reflective States of Mind

Helpless-Fearful States of Mind
A more extreme getting lost; profound disorientation & even terror at being confronted with the unbearable

Preoccupied States of Mind
A getting lost inside the unbearable experience, with no apparent way out; a muddled kind of thinking, where the intensity of the experience trumps any capacity to contain it

Chaotic States of Mind
A toxic mix of profound disorientation and/or terror of unbearable feeling states alternating with evacuative impulses

Dismissive States of Mind
A desire to stop or shut down unwanted feelings; prevalence of ‘outcome-based’ thinking; discomfort with & shutting out of reflective process

Hostile / Self-Referential States of Mind
A more extreme evacuative impulse to destroy or extinguish the unbearable experience

A willingness to bear pain, vulnerability & discomfort; non-knowing what might arise, what it means, or even how to respond