



Introduction to the Theory of the Psychology of the Selves

HANDOUTS

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DISCOVERING OUR PRIMARY SELVES 1

Take a few minutes and think about some of your personality characteristics and traits, and those of others. Write down some characteristics and traits in the appropriate spaces below. Use information about how you currently see yourself and others. This is not a test, there are no right answers. You can expect that certain characteristics will clearly fall within a particular category and the a few may fall within more than one.

My Characteristics that I like

(I like the fact that I am often...)

Others' Characteristics that I like (not me)

(I wish that I could be more...)

My Characteristics that I don't like

(I do not like the fact that I am often...)

Others' Characteristics that I don't like

(I am glad that I am not often...)

Development of Personality and the Selves



PRIMARY SELVES

1. A human being is born totally vulnerable.
 2. Each person has an individual psychic fingerprint.
 3. We form selves (subpersonalities) to protect our vulnerability.
 4. There are possibly hundreds of these selves within each person.
 5. These selves are the normal functions of the psyche, they are not “split personalities”
 6. Our identity is formed by our primary selves.
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1. The mind is the main primary self of modern civilization.
 2. Mind is the opposite of feeling and imagination.
 3. Each of a person’s primary selves take turns at driving his or her “psychological car”.
 4. The inner child selves are often buried by the power selves, which have arisen to protect a person’s vulnerability.
 5. Inner children have the desire for the adult selves in a person to spend time with them
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1. The inner parents are another set of selves that can strongly affect a person’s behavior and life.
 2. The inner patriarch lives as a male subpersonality within a woman.
 3. The Greek archetypes such as Apollo, Dionysus and Ulysses, are real structures in the psyche and influence a person’s behavior.
 4. We each have all the selves within us. We are microcosms of the macrocosm.
 5. Different primary selves are prevalent in different countries.

DISOWNED SELVES

1. For every primary self there is a disowned self of equal power.
2. We constantly attract people who express that which we have disowned within our selves.
3. Whatever you judge, hate or are irritated by or feel attracted to, or admire, is what you have disowned within yourself.
4. Psychological pain can be a call to integrate your disowned selves. Sometimes, the people who cause you pain, do so because they represent your DS. Recognize these people as your teachers.
5. It is essential to integrate you DS. If you don't they may disrupt your life.

1. A family is a unit. Children take on different selves within the one family, as though they were dividing up a single pie and each taking a piece.
2. People are often totally unaware that they are made up of different selves.
3. The more extreme your identification with your primary self system, the more threatening it feels to embrace your other selves.
4. You cannot escape from your disowned selves. They will claim you, usually in relationship.
5. Everything you disown within yourself, reduces your quality of life.

1. Each subpersonality has a unique psycho-physical make up, and has a specific quality of energy and knowledge.
2. Symptoms of illness can disappear when a person separates from primary selves.
3. A DS is a power, an energy, that is held down within the psyche and this costs the person energy.
4. You can exhaust yourself physically by not allowing subpersonalities to express themselves.
5. People take drugs and alcohol to silence the Primary Selves.

AWARE EGO

1. Developing an Aware Ego gives a person the ability to understand other groups, cultures and races in a deeper and more conscious way.
2. For a person established more and more in the AE, relationships are richer, more multidimensional and more real.
3. The AE is a sense of presence and it always experiences itself by the process of separation from the selves.
4. When people are operating from an AE they are able to induct, to draw another person out of the grip of their primary selves and into more awareness.
5. The negative ego, often referred to in spiritual paths as needing to be eliminated or transcended, is the primary self system. Transcending the ego means separating from those ways of being and acting in the world, without getting rid of them.
6. In the Voice Dialogue system the "devil" is identified with selfishness, anger, passion, sexuality, greed and desire for material gain. These elements already exist in the psyche.

1. Staying with the tension of opposites is the means of remaining in the AE.
2. Standing between opposites means you can handle life more easily, you become less impulsive, any tendency to self criticism disappears and it becomes easier to resolve negativity.
3. As you learn to remain conscious of the opposites, your dream process changes and your unconscious starts to become a teacher.
4. Your unconscious wants you to become whole, which includes embracing and understanding the system of selves in your psyche.

Summary

In Voice Dialogue, what was traditionally known as the ego is termed the Operating Ego, which is made up of a group of primary selves that a person is identified with.

Voice Dialogue encourages the awakening of the Aware Ego.

The primary purpose of Voice Dialogue is to identify the trinity of The Aware Ego - The Primary Selves - The Disowned Selves.

Another purpose of Voice Dialogue is to honour all the different selves/subpersonalities and use them consciously.

The Aware Ego is actually a process in relationship to the subpersonalities. (It is easy to confuse the Aware Ego with a subpersonality).

Summary

Developing an Aware Ego gives a person the ability to understand other groups, cultures and races in a deeper and more conscious way.

For a person established more and more in their Aware Ego, relationships are richer, more multidimensional and more real.

Aware Ego is a sense of presence, and it always experiences itself by the process of separation from the selves.

When people are operating from an Aware Ego, they are able to induct, to draw another person out of the grip of their primary selves and into more awareness.

The negative ego often referred to in spiritual paths, as needing to be eliminated or transcended, is the primary self system. Transcending the ego means separating from ways of being and acting in the world, without getting rid of them.

In the Voice Dialogue system, the 'Devil' is identified with selfishness, anger, passion, sexuality, greed and desire for material gain. These elements already exist in the psyche.

Summary

Staying with the tension of opposites is the means of remaining in the Aware Ego.

Standing between opposites means you can handle life more easily, you become less impulsive and any tendency to self-criticism disappears, and it becomes easier to resolve negativity.

As you learn to remain conscious of the opposites, your dream process changes and your unconscious starts to become a teacher.

Your unconscious wants you to become whole, which includes embracing and understanding the system of selves in your psyche.

Adopted from the Voice Dialogue Series

INFORMATIVE BOOKS

Koumidou-Vlesmas, Yolanda and Moritz Renate, (2019) *Responding to Loneliness and Longing*, Companion Books

Koumidou-Vlesmas, Yolanda (2015) *The Inner Eater Selves, Integrating the Parts of Personality Involved in Overeating*.

Roszak, Gomes, Kanner (1995). *Ecopsychology*, Sierra Club Books

Stamboliev, Robert (1992). *The Energetics of Voice Dialogue*, LifeRhythm

Stone, Hal and Sidra:

(1989). *Embracing Our Selves*, Nataraj

(1993). *Embracing Your Inner Critic*, HarperCollins

(2000). *Partnering*, New World Library

Tolle, Eckhart (1999). *The Power of Now*, New World Library

INSPIRING BOOKS

Hoff, Benjamin (1983). *The Tao of Pooh*, Penguin Books

Meher Baba:

(1967), 6th Edition. *Discourses*, Maharashtra, India, currently carried by Sheriar Books, South Carolina

(1989), 4th Edition, *Listen Humanity*, New York, currently carried by Sheriar Books, South Carolina

Kornfield, Jack (2000). *After the Ecstasy, The Laundry*, Bantam

Ruiz, Don Miguel (1997). *The Four Agreements*, Amber-Allen Publishing, Inc.

Watts, Alan (1957). *The Way of Zen*, Pantheon Books Inc.

Welwood, John (1990). *Journey of the Heart*, HarperCollins

ARTICLES

The following articles can be accessed through:

www.koumidoucenter.com click on RESOURCES

By Drs. Hal and Sidra Stone:

The Dance of the Selves in Relationships

The Inner Critic

A Professional Point of View

Judgment and What to Do with It

About Vulnerability

The following article can be accessed through:

www.dietingknowmore.com click on READING ROOM

By Yolanda Koumidou-Vlesmas, LCSW:

The Inner Eater Selves: Integrating the Parts of the Personality Involved in Eating

For inspiring poetry:

www.veiledsoul.com click on LISTEN