

Dr. Patrick Ryan's notes – PSI NIBPS Public Lecture, 10th October 2012.

A - accountability to self. This represents the need to develop a reflexive capacity where accountability is taken as the capacity to assess and weigh up all the data that contributes to various domains in my life.

U - understanding of my story and his-story. Building on reflexivity, the need to process various types of data (emotional, cognitive, physiological, existential etc) so that my current experience of self and my history is refreshed.

T - total recall of as many index events in life. Being able to attend to all information that is produced by the information-processing brain – not picking and choosing according to fixed rules or beliefs.

O - other perspective; self-distancing. The art of the directors chair – offering a view of my story as if being told by an observer.

B - biological and genetic make-up. Accepting that nature is a powerful factor in how we are nurtured or how we experience nurturing.

I - idiographic study of myself. Being a student of my own life – what do I learn about myself; how do I teach myself about myself; what type of tests do I set myself and how do I score these.

O - osmosis of environment. The powerful influence of reciprocal interaction and the fact that much of what we learn and assimilate happens outside of conscious awareness.

G - gratifying important and basic needs. No point in trying to attain higher order goals if the basic requirements of connection, belonging and loving are not met.

R - releasing repression. Deliberately forcing memory to hold back distress and hurt is wasteful of energy and ultimately creates a template of anxiety out of which we live our life from.

A - avoidance management. Knowing how and when to avoid but more importantly knowing when to give it up as a strategy.

P - personality type. Where are we in the Big 5 – how do we integrate the various type 'bits' so that we experience cohesion in our identity?

H - happiness quotient. Knowing what it is that makes me content. Knowing the feelings of satiation without having this told to me or controlled for me, by outside vested interests.

Y - yardstick validity. How do I measure myself – whose yardsticks have I swallowed that I use to determine my satisfaction or otherwise?