

## 1995 Notes

**On Being Autonomous:** Autonomy and personal freedom go together for me. Here is a quote that you may find interesting on Introjection/Projection--two defense mechanisms that often go together and that sabotage personal autonomy:

"**INTROJECTION** is the tendency to uncritically accept others beliefs and standards without assimilating them to make them congruent with who we are. These introjects become alien to us, because we have not analyzed and restructured them. When we introject, we passively incorporate what the environment provides, spending little time on getting it clear what we want or need. If we remain in this stage, our energy is bound up in taking things as we find them."

"**PROJECTION** is the reverse of introjection. In projection we disown certain aspects of ourselves by assigning them to the environment. When we are projecting, we have trouble distinguishing between the inside world and the outside world. Those attributes of our personality that are inconsistent with our self-image are disowned and put onto other people. By seeing in others the very qualities that we refuse to acknowledge in ourselves, we avoid taking responsibility for our own feelings and the person who we are, and this keeps us powerless to change."

Introjects are often the energy behind projecting, according to Sue Lawson-Cauthon. The voices of our introjects motivate us to disown the parts of us that we project upon others resulting in a dance called:

"**PROJECTIVE IDENTIFICATION** is projecting something of you, whether positive or negative, onto something external to you. It is a very disowning thing to do to that part of you. Then you react to that part of you which you have displaced. You pull on the other to take some sort of ownership of your projection, which then validates the illusion that you are reacting to something external to yourself." per my notes of Sue Lawson-Cauthon.

This is still confusing to me but as I struggle to grasp it, it feels like I am moving toward a grasp of personal autonomy. Another thing Sue said was, "disengage the introjects. Let them go. Doing so is a major move toward autonomy."