**Mind & Identity Creation**

**Session 1**

What comes before personality? I think it could be important to understand what we all have in common before going to discuss individual differences

We are all mental health professionals but yet…we have no real explanation of the very aspect/nature of the object of our profession

In other words … when we talk about mental - What is mind? How does it arise? What are your thoughts? (GROUPS TAKE)

Is it self believe? A sense of self? A mental state? Is it the brain? Is it our behaviours, our thoughts? Is it some kind of pure consciousness

How do these mental states that we would call thought and consequent behaviours come about?

The best and easiest explanation I can come up with after some years of research is a 12th century Buddhist description from Japan, which itself was derived from India via China which is also somewhat relevant to Jungian psychology.

In which case…what is consciousness? (GROUPS TAKE) is it self-awareness?

Eastern explanation of consciousness would be as follows:

**1-5 levels of consciousness**

1st five levels of consciousness – sight, smell, hearing, taste, touch (explain waves)

**6th level of consciousness (conscious mind)**

6th level of consciousness – the focused mind, the conscious mind, or interpretation mind, the one who collates the information from the first 5 levels into meaning.

The conscious mind lives in the world of problem solving and can only have a very limited focus and attention.

And that focus has been created by some preceeding sensitizing events, that now subsequently keep reinforcing and with that we create an identity with is very much linked to our problem/resolution focus.

I don’t know if you can relate but most of our clients come to see us because they have some recurring issue in their lives (bring in projections – car, pregnant ladies whatever)

And that is the world where we all live – in the world of problem resolution – the 6th level of consciousness

And if that wouldn’t be the case - If there is no problem to resolve – then the I in the you doesn’t need to be conscious it has to thank the very reason that there is a problem for it’s existence

Because if this wouldn’t be the case it would move into the unconscious and the ego and identity that defines itself in the 6th level of consciousness based on the to be resolved issues on hand has no reason to exist.

Hence, the sixth level of consciousness is the seat of the monkey mind, the creative mind or chatter mind. It is noisy.

I use the metaphor of parliament house to describe this mind as an exercise in mindfulness observation (EXPLAIN)

**7th level of consciousness (unconscious mind)**

Then there is 7th level of consciousness (it is the personal unconscious) – all the stuff we aren’t aware of. EXAMPLE of hierarchy.

**8th level of consciousness (collective unconscious mind) also called the Alaya consciousness**

This is the collective unconscious – the cloud upload basically where we all connect. ( I think we have some theories on synchronicity that relate to this construct?)

**9th level of consciousness (Buddha mind) also called the enlightened mind**

This is where the practioner becomes aware of the law that governs all phenomena of existence – the objective truth that is not subject to subjective delusion – essentially the wisdom that all there is has dependent origination/dependent arising (i.e. all stands in cause and effect relationship with each other, and essentially everything influences everything in mutual interaction) – butterfly effect, etc.

In other words the self is created in mutual interaction with the environment by creating it and at the same time being created by it (explain in terms of how we create each other – I think this is quite important for the subject of personality creation)

So in that sense it shows us the great delusion we find ourselves in. It stands for the awareness that the self isn’t really what it appears to be.

Because it shows that all is practically non dual which means 1 only in mutual interaction. It identifies the mind as playing a trick on us that has the result of seeing ourselves insular (duality) is a function of the believe of linear time (space between two points, or distance)

That’s why we have these dual wording everywhere (distance, diversity, distinction, difference, direction, and so on – it is all based on the minds delusion of not being able to discern that all is happening simultaneously (as shown in quantum physics where one particle influences another instantaneously no matter how far they are appart.

And that is going to continue indefinitely from the infinite past into the infinite future. For as long as we are subject to time as a consequence of matter specifying the distance between two points we will have this delusion.

If one achieves an observer status from that perspective all other levels of consciousness will naturally benefit from immense wisdom that manifest in those consciousness.

now

There is a far more complex and much further defined description of mind and it’s explained in the concept of whats called ichinen sanzen or 3000 mental states in 1 moment of existence.

It aims to describe all possible factors that influence/create/change in the moment and how mind arises as a consequence of this interaction

**Before moving into personality with my clients I give them the parliament house metaphor as I believe it actually gives them a baseline for their sense of self-understanding**

**Tomorrow we will talk about the types of personality The Big 5 and the Jungian type or MBTI**

**and for that we will ask you to fill in a self-assessment questionnaire if you like**

**Between session 1 and 2**

Ppl have received their questionnaire and filled it in prior to session 2– no reports provided yet: but they are expected to have their results, i.e. I=15 E=10 etc… (reports to be emailed after this session and addressed in session 3

**SESSION 2**

Key term:

What is personality?

“the coherent pattern of affect, cognition, and desires (goals) as they lead to behavior” (Revelle, 2013).

 “individual differences in characteristic patterns of thinking, feeling, and behaving” (2017). American Psychological Association (APA)

How does it arise? (from mind - we talked about the 6th consciousness the monkey mind)

Is personality Nature or nurture? (who has children?)

Give me an idea of how would you describe the people around you? What kind of lingo are you using?

When writing down how did you describe the personality of others yesterday in Anne’s session - Are these mainly behaviours you are describing? (because they are seen on the outside and visible to you and you interpret it subjectively –

((I assume we describe personality of others mainly by their behaviour (why?))

How would you describe your own personality – what definitions were you using?

Have you described mainly thoughts in your own case?

are these mainly thoughts or behaviours you are describing? Thoughts of how you rather want to be? Why? (I assume it is an indication of the internal conflict we are describing in addition to or actual behaviours?) bring vs preferences.

**The BIG FIVE**

The MBTI can be considered to be subsumed by the Big5/Five-Factor Model.

 McCrae and Costa examined this back in the late 1980’s.

To further examine the universality of the Five-Factor Model, they examined how the MBTI dimensional raw scores related to the FFM/Big5 scores. They showed that

1. **Extroversion- to MBTI Introversion**

FFM-Extroversion was highly correlated to MBTI-Introversion (r = -.74),

1. **Neuroticism to MBTI Introversion**

FFM-Neuroticism was weakly correlated to MBTI-Introversion (r = .16),

1. **Openness to MBTI Intuition and Perception**

FFM-Openness was correlated to MBTI-Intuition (r = .72),

and to MBTI-Perception (r = .30),

1. **Agreeableness to MBTI Feeling**

FFM-Agreeableness was correlated to MBTI-Feeling (r = .44),

1. **Conscientiousness to MBTI Perception**

FFM-Contentiousness correlated to MBTI-Perception (r = .49).

* **Openness**
People who like to learn new things and enjoy new experiences usually score high in openness. Openness includes traits like being insightful and imaginative and having a wide variety of interests.
* **Conscientiousness**
People that have a high degree of conscientiousness are reliable and prompt. Traits include being organised, methodic, and thorough.
* **Extraversion**
Extraversion traits include being; energetic, talkative, and assertive (sometime seen as outspoken by Introverts). Extraverts get their energy and drive from others, while introverts are self-driven get their drive from within themselves.
* **Agreeableness**
As it perhaps sounds, these individuals are warm, friendly, compassionate and cooperative and traits include being kind, affectionate, and sympathetic. In contrast, people with lower levels of agreeableness may be more distant.
* **Neuroticism**
Neuroticism or Emotional Stability relates to degree of negative emotions. People that score high on neuroticism often experience emotional instability and negative emotions. Characteristics typically include being moody and tense.

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| **Neuroticism** | **Agreeableness** | **Conscientiousness** | **Extraversion** | **Openness/Intellect** |
| [Volatility](https://en.wiktionary.org/wiki/volatility) | [Compassion](https://en.wikipedia.org/wiki/Compassion) | Industriousness | Enthusiasm | Openness |
| Withdrawal | [Politeness](https://en.wikipedia.org/wiki/Politeness) | Orderliness | Assertiveness | Intellect |

Tests that use the Big five

Most popular – the NEO Personality Inventory (NEO PI-R) – the standard questionnaire of the Five-Factor Model (FFM).

A comprehensive measure of the five major domains of personality (Neuroticism, Extraversion, Openness to Experience, Agreeableness, and Conscientiousness) and the six facets that define each domain.

**Criticism of MBTI**

First: - they showed that the types do not interact in a statistically meaningful way indicating that there isn’t a reason to interpret four type categories (e.g., ESTJ vs INFP). The categories (e.g., extraversion vs introversion) describe some meaningful amount of variance themselves but combining them into the types and interpreting the whole is not statistically warranted (McCrae & Costa Jr., 1989). Statistically, false dichotomization/median splits (here called types) reduces the predictive power of a measure in general.

Second: These correlations were for men only, but are reported to give as an example of how the FFM can account for MBTI measures.

The MBTI does not capture trait Neuroticism which could be considered a fault because Neuroticism is strongly predictive of many negative outcomes (Barlow, Sauer-Zavala, Carl, Bullis, & Ellard, 2014). The other factors of the MBTI are accounted for in the FFM, but captures additional variance above and beyond the MBTI.

Third: Validity and universality of the Five-factor model is another question but, briefly, it is empirically derived from factor analysis of the entire English dictionary (lexical approach) a factor structure which has been replicated in over 40 languages (McCrae & Costa, 2008).

Is there anyone here using personality in their work?

Is there anyone here who thinks they know themselves very well?

Yet I am using it with my clients – WHY?

Why do your clients come to see you? Because they are most likely confused themselves – would you agree with that?