



this is
NOT MY
voice

On Rejection
Sensitive
Dysphoria,
Codependency,
& Identity

Stages of Losing Contact with the Core Self

Early Relational Trauma

As authentic attempts to meet needs fail, the rejections begin to wall off access to the Core Self.

Masks Form

Masks shield Core Self from abuse, scorn, & neglect, but the person becomes a mirror of others.

Codependency



Needs are ignored, punished, or shamed. Authentic expression feels pointless or even dangerous.



Rejections Accumulate

Person survives by experimenting with various masks as reactions to volatile or unresponsive people.



Core Self Is Further Distanced

Only the reactive masks have access to others, so a person's existence is defined by the behavior, moods, & acceptance of others.



Formation of Identity Masks

Identity masks are worn to shape the behavior of others. Even if an identity is true to the Core Self, masks make a person seem more or less:



POPULAR	:-)	FUN	SMART	:-)	EDUCATED
		DISABLED	OPPRESSSED		DEDICATED
SOCIAL	:-)	NEUROCLASTIC	ANGRY	MAGICAL	
	RELIGIOUS	FASHIONABLE	♥		NORMAL
STABLE		MATURE	POLITICAL	:-)	RESPONSIBLE
	:-)	RICH		INDEPENDENT	:-)
BRAVE		SEDUCTIVE		MASCULINE	
♡	QUALIFIED		VULNERABLE		SKILLED

Disconnection from our Core Self

Eventually, we lose contact with our Core Self so that no identity feels real. Identities become more like outfits to put on & wear in different settings the same way we change clothes.

We mask as someone new in every situation & context

Who we are in the moment depends on the moods & behaviors of people around us

We do not realize that others are not also wearing identities like clothing

We have learned that boundaries get us in trouble, so we don't set them

We are then shocked & feel rejected when others set boundaries

We think people who know themselves are performing & see boundaries as rude

Identities as masks are Identity Cages



Markers of Codependency

Obsessive about others' & own behavior

Sees own & others' worth as conditional

Tries hard to be needed & to fix others because love feels like a reward for good behavior

Feels empathic because identity masks rely on others' emotions

Falls in love quickly but also can immediately hate someone for minor offenses

Needs a lot of reassurance, attention, & validation from others to feel worthy

Relationships & Codependency



Dangerous Relationships

Often exploited by people who see them as an easy target because they are afraid to set boundaries or say "no"

Martyrdom and Resentment

Taking a passive role of servitude & giving too much, then feeling like a martyr when others do not reciprocate



@NeuroClastic

Other-directed life

Goals, feelings, & desires are responses to others & not reflections of own identity or needs

Chaos & drama

Criticizes & blames self or others for minor problems, harshly judges self & others, & manipulates to make self the victim



Reconnecting to the CORE SELF

The Core Self is not lost, just disconnected. It is the internal voice asking, "Who am I?" and the source of grief beneath the masks. Try to focus on that voice and connecting with your Core Self..

LOCATING THE 01 CORE SELF

Identity is the whole tree-- the roots, trunk, leaves, and fruit. Masks are the parasitic vines of unhealthy relationships and trauma. Begin to remove the vines one at a time when it's safe to do so.

02 DROPPING THE MASKS

LEARN TO SET BOUNDARIES 04

Boundaries are more effective than masks at protecting the Core Self and prevent you from focusing externally to depend on others to meet your needs and maintain your autonomy.

03 LOSING VALUE JUDGEMENTS

Dissociating from the Core Self means a person sees behavior as identity, then strives to be perfect and push others to never make mistakes. You are not your behavior.

Claiming your **IDENTITY**

Ask yourself,
"Am I doing this
because I want to
do it, or because I
am afraid of
rejection?"

Know that you
do not have to
accept harm for
the comfort of
others.

No one tells
you who you are.
You tell them who
you are. Who you
are does not
depend on
others.

Take small
risks, gradually,
that allow you to
be who you are &
build the courage
to be disliked.

Work on
discovering your
Core Self without
an audience until
you know what
you love & who
you are.

Co-dependence

I never develop my own passions or refine my skills because I am living for others

I am jealous & resentful of other people's joy, success, & material possessions

I do not make decisions without people-pleasing & say "yes" when I want to say "no"

I cannot make mistakes because other people will reject, hurt, & abandon me

I become like the people around me & agree with them to fit in & avoid conflict

I manage relationships by controlling or submitting, giving too much or taking too much

Interdependence

I take the time I need to discover my passions & develop my skills to be fulfilling to me

I do not need to win or be centered in order to find value in experiences

I set boundaries & decline to participate if something feels wrong to me

Mistakes are a healthy part of growth & an opportunity to learn & evolve

I do not lose my values or reduce myself to be accepted & don't need others to approve

I give & receive in mutual ways that benefit both me & the people in my life