

“The Fantasy Bond is essentially a way of parenting oneself both internally through fantasy and externally through the use of objects and persons in one’s environment.”

–p.136 The Ethics of Interpersonal Relationships

The Inner Critical Voice

- Is an identifiable system of thoughts.
- Has a harsh, judgmental, or malicious tone.
- Tends to increase your self-hatred rather than motivate you to alter behavior in a constructive manner.
- The attacking voice, if successful, reduces intimacy as well as your desires before they can be translated into positive action.

“People develop a system of defenses early in life in an attempt to alleviate interpersonal pain and death anxiety. Thereafter, they exist in a psychological equilibrium that they seek to protect at all costs.”

–p.113 The Ethics of Interpersonal Relationships

The Fantasy Bond (as the primary defense mechanism,) and the Inner Critical Voice (as the secondary defense system,) form an “anti-self system” which maintains a psychological equilibrium with the “self system.” Change confronts the Psychological Equilibrium.

In Dr. Robert Firestone’s theory there is a self system and an anti-self system.

“The extent to which the anti-self system may prevail over the self system is proportional to the amount of damage sustained by the individual during childhood.”

–p.147 The Ethics of Interpersonal Relationships

Outward lifestyle (where the self system prevails) **vs. “Inwardness”** (where the anti-self system prevails)—see chart on the reverse side of this handout.