

The Four Healing Inner Conflict (HIC) Mechanisms

MECHANISM	EXPLANATION OF MECHANISM	MANIFESTATION	USUALLY CALLED
1 CHILD	<p>Childs survival-based, reptilian brain automatic internalisation of intimidation in the early dependence stage, in order to override unique expression and manifest compliance by doing what's expected or not doing what's criticised.</p> <p>Example : Once the child has been criticised for making too much noise, the next time there is an impulse to make noise it will be overridden by an internalised critic (Intention: Protection - Method: Insensitive as modelled)</p>	INTERNAL OVERRIDE	INNER CRITICISM
2 ADOLESCENT	<p>Once the child is big enough and conscious enough to notice that they are the same size as their parents/carers and therefore feeling less dependant on them, the need to internally override becomes less extreme. Eventually, they begin to externally override, or at least attempt to. For some, this happens much earlier or later.</p> <p>Example : When the parent/carer tells them to be quiet, the adolescent acts out by telling the parent/carer to shut up.</p>	EXTERNAL OVERRIDE	ACTING OUT
3 ADULT	<p>Once the Adolescent evolves enough to develop a less momentary and therefore more long term perspective, they can override the impulse to act out because they realise that it's not in their longterm best interest.</p> <p>Example : When the boss asks something unreasonable there's a desire to tell the boss where to go but it's overridden and replaced with reluctant compliance.</p>	OVERRIDE OF ADOLESCENT MECHANISM	PASSIVE AGGRESSION
4 SELF-DISTRACTION	<p>Due to 1, 2 and/or 3 forms of override there will be a need for some form of respite from internal conflict created by the amount of override mechanism/s. Self-distraction is using a process to attempt to avoid disturbing feelings, whereas, Self-medication is using a substance to do the same.</p> <p>Example : Coming home from a job that requires many levels of override and comfort eating and/or drinking while watching TV.</p>	OVERRIDE OF SEEMINGLY OVERWHELMING FEELINGS	ADDICTION
	<p>When the attempts to self-distract/medicate don't work, disturbing feeling are experienced as extremely overwhelming then there is an internal mechanism aimed at a desperate, last ditch effort to avoid the emotional pain by pulling the plug on the body. What is required is to develop the ability to grieve that which can not be changed. Inner permission and encouragement for sadness.</p>	INTERNAL EUTHANASIA	SUICIDALITY

The Four Healing Inner Conflict (HIC) Mechanisms