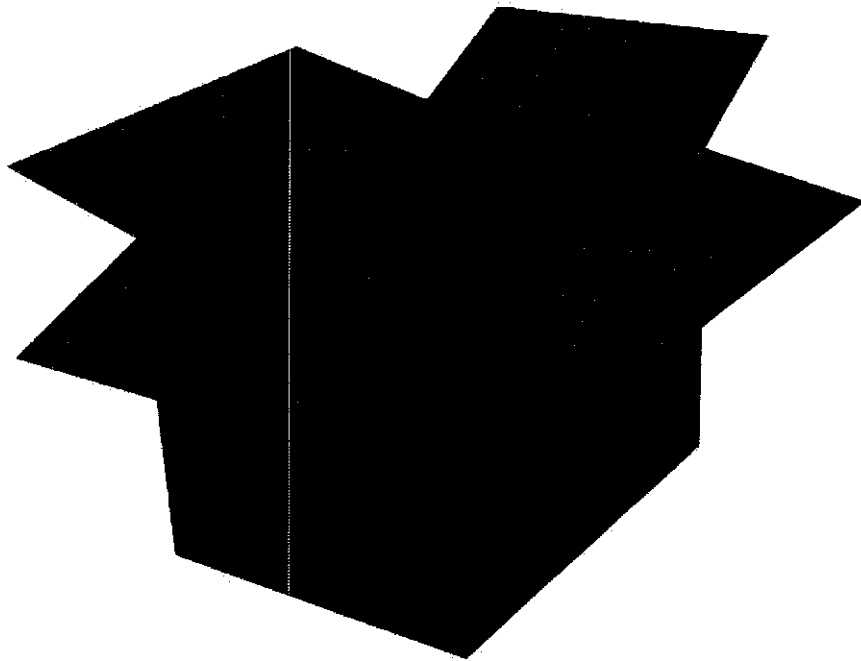


# THINKING OUTSIDE THE BOX



***Exercise 2-2. Looking at Perception***

Look at the following two figures and then continue with the other exercise.

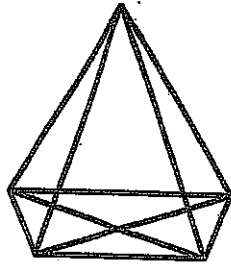
**Figure 1**

**A bird  
in the  
the hand**

**is worth  
two in  
the ditch**

**Exercise 2-3. Triangles Galore**

The diagram below is a perspective builder. You simply have to count the number of triangles in the diagram.



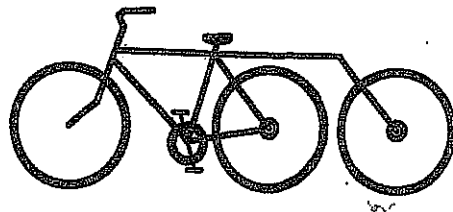
**Exercise 2-4. Playing With Matches**

The Equation below is made from matchsticks. Each line in a character is one matchstick. This equation is wrong. Move just one matchstick to make the equation correct.



***Exercise 2-5. Cycle Designed by a Psycho?***

Although my undergraduate degree is in electrical engineering, a while ago I decided to design something mechanical. This is a design for a new tandem bicycle that I created to help people enjoy leisure. (I know you are impressed.) Analyze the merits of this design for a new tandem bicycle.



**PROMISES, PROMISES -  
A CHILD'S VIEW OF INCEST**

I asked you for help and you told me you would if I told you the things my dad did to me. It was really hard for me to say all those things, but you told me to trust you - then you made me repeat them to 14 different strangers.

I asked you for privacy and you sent two policemen to my school in front of everyone, to "go downtown" for a talk in their black and white car - like I was the one being busted.

I asked you to believe me, and you said that you did, then you connected me to a lie detector, and took me to court where lawyers put me on trial like I was a liar. I can't help it if I can't remember times or dates or explain why I couldn't tell my mom. Your questions got me confused - my confusion got you suspicious.

I asked you for help and you gave me a doctor with cold metal gadgets and cold hands...just like my father, who said it wouldn't hurt, just like my father, who said not to cry. He said I look fine - good news for you. You said, bad news for my "case."

I asked you for confidentiality and you let the newspaper get my story. What does it matter that they left out my name when they put in my father's and our home address? Even my best friend's mother won't let her talk to me anymore.

I asked for protection and you gave me a social worker who patted my head and called me "Honey" (mostly because she could never remember my name). She sent me to live with strangers in another place, with a different school.

Do you know what it's like to live where there's a lock on the refrigerator, where you have to ask permission to use the shampoo, and where you can't use the phone to call your friends? You get used to hearing, "Hi, I'm your new social worker, this is your new foster sister, dorm mother, group home."

You tiptoe around like a perpetual guest and don't even get to see your own puppy grow up.

Do you know what it's like to have more social workers than friends?

PROMISES, PROMISES - A CHILD'S VIEW OF INCEST

Do you know what it feels like to be the one that everyone blames for all the trouble? Even when they were speaking to me, all they talked about was lawyers, shrinks, fees and whether or not they'll lose the mortgage. Do you know what it's like when your sisters hate you, and your brother calls you a liar? It's my word against my own father's. I'm 12 years old and he's the manager of a bank. You say you believe me - who cares, if nobody else does?

I asked you for help and you forced my mom to choose between us - she chose him, of course. She was scared and had a lot to lose, I had a lot to lose too - the difference was you never told me how much.

I asked you to put an end to the abuse - you put an end to my whole family. You took away my nights of hell and gave me days of hell instead. You've exchanged my private nightmare for a very public one - **FEELINGS BY CINDY, AGE 12; PUT INTO WORDS BY KEE MacFARLANE**

## **Post-incest Syndrome in Women and Men The Incest Survivors' Aftereffects Checklist**

Incest is such a traumatic violation that its victims often forget that it even occurred. But the emotional scars live on, confusing in their seeming meaninglessness. Ongoing problems with relationships, sex, trust, touch, addictions, paralyzing depression, and guilt can, when the cause is unknown, feel crazy and out of control. This checklist can be used as a guide to help adult survivors identify themselves and know that there are real reasons for their unrelenting difficulties-that, in fact, these "problems" are actually desperate attempts to cope with impossible pain.

Incest, the most common form of child sexual abuse, is above all, child abuse-abuse of the child's personal and sexual boundaries by the very person(s) entrusted with her/his care. Incest is any use of a minor child to meet the sexual or sexual/emotional needs of one or more persons whose authority is derived through ongoing emotional bonding with that child. Note that incest is an abuse of a power relationship, not a blood relationship: it is the violation of trust that damages the child.

1. **Fear of being alone in the dark**, of sleeping alone; nightmares, night terror (especially of pursuit, threat, entrapment);
2. **Swallowing and gagging sensitivity**; repugnance to water on face when bathing or swimming-(suffocation feelings);
3. **Alienation from body, not at home in own body**; failure to heed signals of body or take care of it; poor body image; manipulating body size to avoid sexual attention;
4. Gastrointestinal problems; GYN disorders (including spontaneous vaginal infections); headaches; arthritis or **joint pain**;
5. **Wearing a lot of clothing, even in summer; baggy clothes**; failure to remove clothing even when appropriate to do so (while swimming, bathing, sleeping); extreme requirement to privacy when using bathroom;
6. Eating disorders, drug/alcohol abuse (or total abstinence); other addictions, compulsive behaviors;
7. **Skin carving**; self-abuse (physical pain inn manageable); self-destructiveness;
8. **Phobias**;
9. Need to be invisible, perfect or perfectly bad;
10. **Suicidal thoughts, attempts, obsession** (including passive suicide);
11. **Depression** (sometimes paralyzing); **seemingly baseless crying**;
12. **Anger issues; inability to recognize, own or express anger**; fear of actual or imagined rage; constant anger; intense hostility toward entire gender or ethnic group of the perpetrator;

13. **Splitting** (depersonalization); going into shock, shutdown in crisis; stressful situations; always in a crisis; **psychic numbing**; physical pain or numbness associated with particular memory, emotion (e.g. anger) or situation (e.g. sex);
14. Rigid control of thought process; humorlessness or extreme solemnity;
15. Childhood hiding, **hanging on**, cowering in corners (**security seeking behaviors**); adult nervousness over being watched or surprised; **feeling watched**; startle response;
16. **Trust issues; inability to trust (trust is not safe)**; too total trust; trusting indiscriminately;
17. High risk taking (“daring the fates”); inability to take risks;
18. Boundary issues; control; power, territoriality issues; fear of losing control; obsessive/compulsive behaviors (attempts to control things that don’t matter just to control something!); power/sex confusion;
19. **Guilt/shame/low self-esteem/feeling worthless/high appreciation of small favors by others**;
20. **Pattern of being a victim** (victimizing oneself after being victimized by others), especially sexually; no sense of own power or right to set limits or say “no”; patterns of relationships with much older persons (onset is adolescence);
21. Feeling demand to “produce and be loved”; **instinctively knowing and doing what the other person needs or wants**; relationships mean big trade-offs (“love” was taken, not given);
22. **Abandonment issues**;
23. Blocking out some period of early years (especially 1-12), or a specific person or place;
24. Feeling of carrying an awful secret; **urge to tell**/fear of its being revealed; **certainty no one will listen**. Being generally secretive. **Feeling “marked”** (the scarlet letter).
25. **Feeling crazy; feeling different; feeling oneself to be unreal and everyone else to be real**, or vice versa; creating fantasy worlds, relationships, or identities (esp for women: imagining/wishing self to be male, i.e. not a victim);
26. Denial; no awareness at all; repression of memories; pretending; **minimizing (it wasn’t that bad**; having dreams or memories (maybe it’s my imagination) (these are actually flashbacks, which is how recall begins); strong, deep **“inappropriate” negative reactions to a person, place, event**; **“sensory flashes: (a light, a place, a physical feeling) without any sense of their meaning**; remembering surroundings but not the actual event. Memory may start with the least threatening event or perpetrator. Actual details of abuse may never be fully remembered; however, much recovery is possible without complete recall. Your inner guide will release memories at the pace you can handle;



27. **Sexual issues; sex feels dirty; aversion to being touched**, especially in GYN exams; **strong aversion to** (or need for) **particular sex acts**; feeling betrayed by one's body; trouble **integrating sexuality and emotionality**; confusion or overlapping of affection/sex/dominance/aggression/violence; having to pursue power in sexual arena which is actually sexual acting out (self-abuse, manipulation); abuse of others, **compulsively "seductive"**, or compulsively asexu; **must be aggressor**, or cannot be; impersonal, "promiscuous" sex with strangers concurrent with inability to have sex in intimate relationship (**conflict between sex and caring**); prostitute, stripper, sex symbol, porn actress; sexual 'acting out' to meet anger or revenge needs; sexaholism or sexual addiction; **avoidance; shutdown; crying after orgasm; all pursuit feels like violation**; sexualizing of all meaningful relationships; erotic response to abuse or anger, sexual fantasies of dominance/real rape (result in guilt and confusion); Note: Homosexuality is not an aftereffect;
28. Pattern of ambivalent or intensely conflictual relationships (in true intimacy, issues are more likely to surface; in problem relationships, focus can be shifted from real issue of incest); Note: Partner survivor often suffers consequences of post-incest syndrome also, especially sex and relationship issues.
29. Avoidance of mirrors (connected with invisibility, shame/self-esteem issues, distrust of perceived body image);
30. Desire to change one's name to dissociate from the perpetrator or to take control through self labeling;
31. Limited tolerance for happiness; active withdrawal from/reluctance to trust happiness;
32. Aversion to noise-making including during sex, crying, laughing, or other body functions; verbal hyper vigilance (careful monitoring of one's words; quite-voiced, especially when needing to be heard:
33. Stealing (adults); stealing and fire starting (children);
34. Multiple personality.

**I have put my present or past experiences in bold face so that you would know that I too have experienced these things and you are not alone.**

Note to therapists and others: Anyone, particularly those in need of psychotherapy, can manifest these symptoms, though some are unique to survivors of childhood sexual abuse. When they appear together, however, there is an increasing probability that incest occurred.



**Bearing Through It...**

## Notice What You Say to Yourself!

*Recovery thinking means talking to yourself with respect and support.*

### **SUBSTANCE ABUSE THOUGHTS**

\* Compare the thoughts associated with substance abuse (left column) the the thoughts associated with recovery (right column).

<b><i>Substance Abuse Thoughts</i></b>	<b><i>versus</i></b>	<b><i>Recovery Thoughts</i></b>
"I need it now" <i>(Wants instant satisfaction)</i>	versus	"I can wait" <i>(Self-control)</i>
"I don't care about the future" <i>(Unable to plan)</i>	versus	"How will I feel later?" <i>(Able to plan)</i>
"Things should always go smoothly" <i>(Can't tolerate frustration)</i>	versus	"Sometimes things go wrong" <i>(Can tolerate frustration)</i>
"I can do what I want" <i>(Focused only on self)</i>	versus	"If I use, I'll hurt my kids" <i>(Focused on self and others)</i>
"I need drugs to numb the pain" <i>(Can't tolerate bad moods)</i>	versus	"I can tolerate feeling down" <i>(Can tolerate bad moods)</i>
"Abstinence is boring" <i>(Afraid of boredom)</i>	versus	"I can try new things" <i>(Locates exciting activities)</i>
"I'll never get over this" <i>(Overreacts)</i>	versus	"Take it a step at a time" <i>(Balanced)</i>
"I might as well use-my life's a mess" <i>(Doesn't care)</i>	versus	"I matter" <i>(Cares)</i>
"I'll only have one drink" <i>(Unrealistic)</i>	versus	"I know I can't use" <i>(Realistic)</i>
"I have no self-discipline" <i>(Stuck)</i>	versus	"I can learn self-discipline" <i>(Seeks to grow)</i>

*(cont.)*

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**PTSD THOUGHTS**

\* Compare the thoughts associated with PTSD (left column) the the thoughts associated with recovery (right column).

<b><i>PTSD Thoughts</i></b>	<b><i>versus</i></b>	<b><i>Recovery Thoughts</i></b>
"I'm worthless" <i>(Beats self up)</i>	versus	"I did that well" <i>(Builds self up)</i>
"I want to cut my arm" <i>(Self-destructive)</i>	versus	"I want to solve the problem" <i>(Constructive)</i>
"I don't matter" <i>(Neglect self)</i>	versus	"I need to attend to my needs" <i>(Takes care of self)</i>
"There's no point" <i>(Chooses to die)</i>	versus	"Life is what I make it" <i>(Chooses to live)</i>
"I'll always be alone" <i>(Isolates)</i>	versus	"I can connect" <i>(Reaches out)</i>
"I am my abuse" <i>(Narrow identity)</i>	versus	"I am a human being" <i>(Broad identity)</i>
"Nothing will change" <i>(Rigid)</i>	versus	"I can grow" <i>(Flexible)</i>
"I need to drink" <i>(Seeks escape)</i>	versus	"I can work on it" <i>(Confronts problems)</i>
"I'm nothing" <i>(Devaluing)</i>	versus	"I am a decent person" <i>(Affirming)</i>
"I'm bad" <i>(Hates self)</i>	versus	"I'm good" <i>(Loves self)</i>
"Bad relationships are all I can get" <i>(Stays with unsafe people)</i>	versus	"I can find good people" <i>(Seeks safe people)</i>
"I can't cope" <i>(Gives up)</i>	versus	"I can try" <i>(Seeks solution)</i>
"Suffering is all there is" <i>(Sees only pain)</i>	versus	"Life is a mix" <i>(Sees pleasure and pain)</i>