Clinical support — Traumatic Depression in

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Continuing psychospiritual healing/ development

+/- symptoms lose destabilizing power, become energizing. People heal and develop through higher streams of integration, expanding intuition, insight, clarity. Integrations of emotion and cognition. Continued capacity building. Full range of feelings is better tolerated, more appreciated. Intuition, inner wisdom cultivated. Mindfulness / "skillful means" grow. Increasing ability to abide in whatever arises

Positive symptoms (fight-flight)

Strong feelings are increasingly nuanced and accessible with less destabilization. Experience as tolerated-to-welcomed. Rainbow of feelings expands. From sorrow to distress to inner peace to joy to enthusiasm to wonder and openness. Rainbow becomes source of meaning, trusted, basis of interpersonal connection, empathy, intimacy.

Negative symptoms (fold*)

Intense emotions do not overwhelm. Grief, sorrow, hopelessness experienced without repression or dissociation. Some degree of abiding, tolerance, acceptance enable fluidity of self to be maintained.

Anxiety dominates. Panic attacks at more severe end of spectrum. Depression, issueexhaustion is common. A range of overwhelm from severe to less so. Good grip on reality, but endless emotional turmoil. Intrusive thoughts range in acuity, as do parts/ subpersonalities.

Neuroti

Healthy / Normal

Muted intensity, joy, enthusiasm. Misguided acceptance, lacking healthy anger. Severe-to-mild depressions. Shallow joy. Overwhelm, inept, powerless, lost, drifting, fatigue, helplessness. Dissociative experiences.

Massive instability, collateral damage (friends, family) and failed efforts to stabilize. Psychotic symptoms with severe personality, bipolar, posttrauma disorders. Extreme mood volatility. No stable self, "parts" wield power. Mix of specialness / grandiosity /narcissism & inferiority /victim mindset. "Acting out".

Borderline

Severe depressive moods, bouts of low energy, giving up. Dissociation, sense of being outside of one's self. life. One feels powerless, reactive, lacking agency, scattered, disconnected.

Enormous suffering, symptoms beyond reach. Perceptual disturbance. Voices, knowledge may be perceived as real (hallucinations/delusions), both real and not real, or not real but inescapable.

Psychotic

Flat affect, anhedonia blunted, profound confusion, poverty of speech, avolitional

Positive symptoms Negative symptoms

Squiggly lines = positive & negative symptoms. In High Acuity, symptoms are beyond reach. "Positive symptoms" may torment a person. "Negative symptoms" may restrict their affect and willpower. In mid-acuity ranges, memories may be intrusive to the point of 'flashbacks', at the same time a person may feel dissociated and numb. At less severe levels anxiety may coexist with hopelessness.

Light/Dark cone = levels of acuity. Low acuity: self / ego / mind, personality, self-awareness, consciousness, self-efficacy Mid acuity: affective regulation, mood stability, stress tolerance, behavioral stability, High acuity: ego strength, reality contact

* Negative symptoms involve ancient 'fold' response systems. These mechanisms physiologically immobilize (partly or completely) and serve to counteract flight-flight