

SHADOW GIRL

Recovery with
Schizoid Personality Disorder

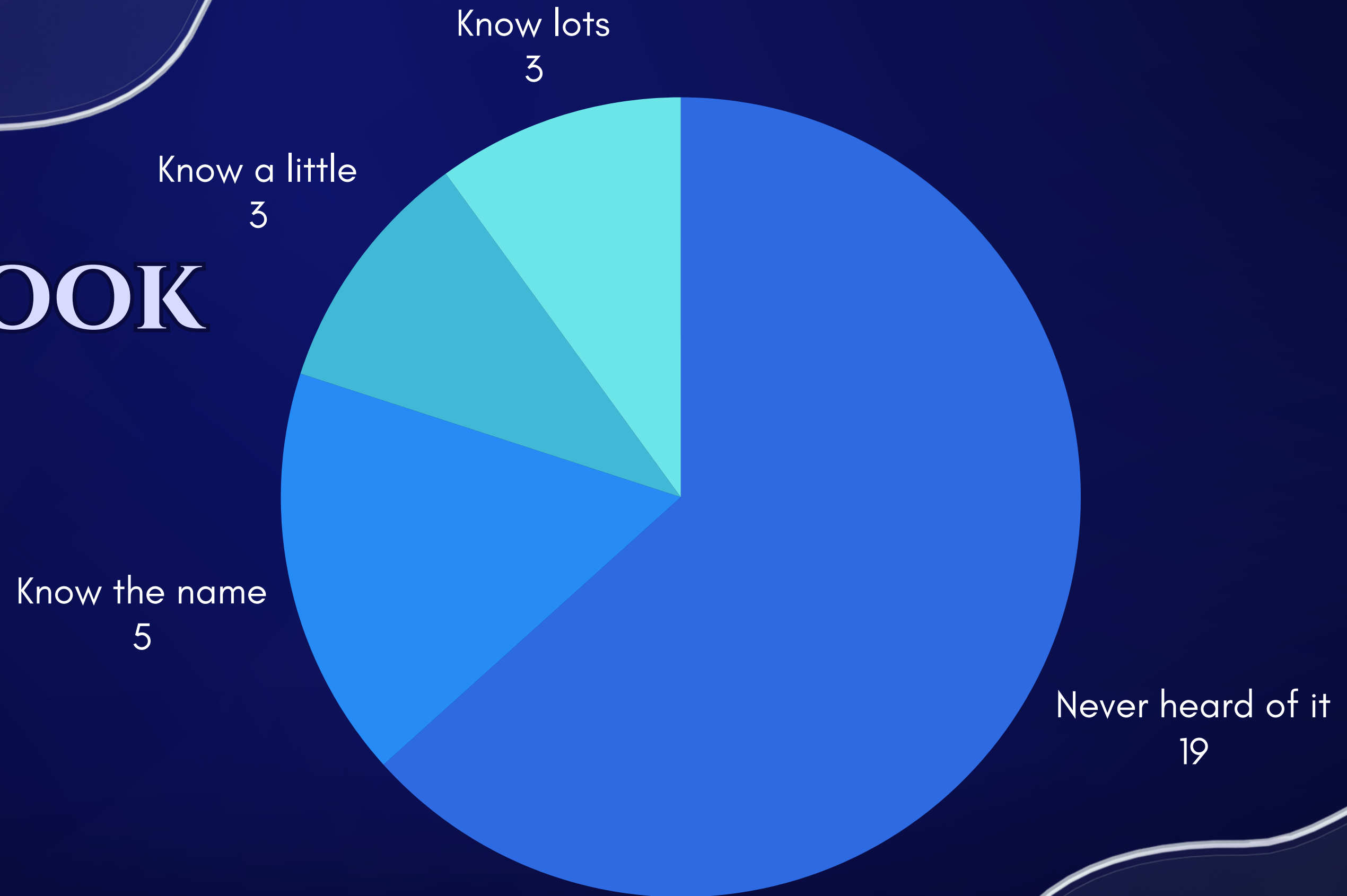


Sharon Ereaux

The Project Air Strategy
18th International Conference on the
Treatment of Personality Disorders



FACEBOOK POLL



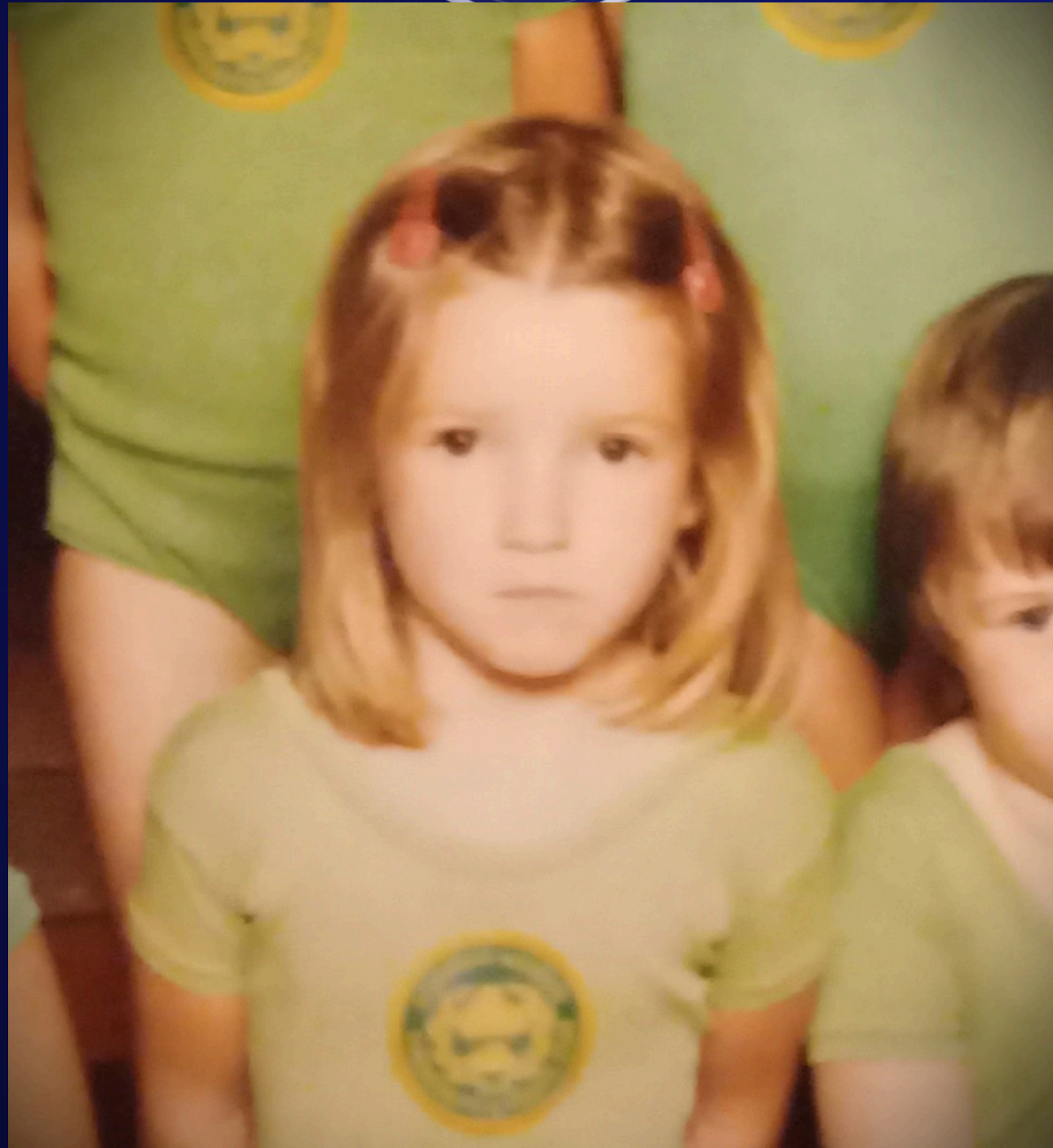
INTRODUCING ME



ROCK *lily*
Coaching

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INTRODUCING ME... PART 2





SCHIZOID PERSONALITY DISORDER (SZPD)

From the Outside and the Inside

LOOKING CLOSER:

1.

Avoidance of close relationships

ASOCIAL

- Allergy to closeness
- Relationships don't feel rewarding
- The 'social facade' gets tiring

2.

Preference for solitary activities

ASOCIAL

- People don't feel safe
- Socialising is complex and doesn't feel rewarding or beneficial

3.

Little interest in sexual experiences

ASEXUAL

- Not experiencing sexual attraction
- Not deriving emotional connection



boss lady.
quotess
22 on
Instagram

4.

Time spent on few activities

ANHEDONIC

- Not feeling reward or purpose in things
- Little motivation and drive

5.

Lack of close friends

UNATTACHED

- Lack of emotional bonding
- Lack of 'emotional investment'

When everybody's going through
drama but you're schizoid, so nothing
happens to you



Schizoid
MeIRL
on Reddit

6.

Indifference to praise & criticism

ANALYTICAL

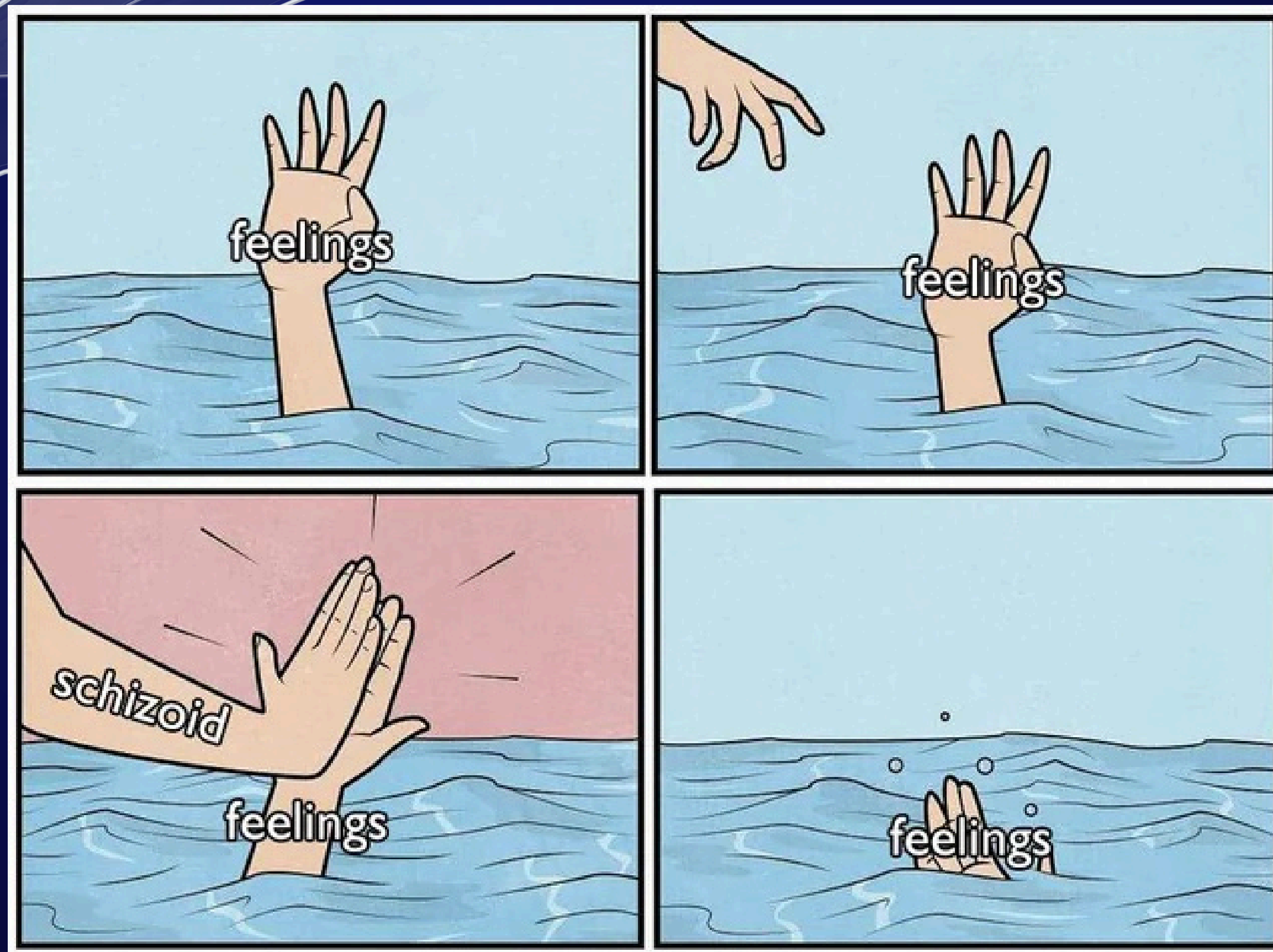
- Dissociation from emotion
- Analysing what was said

7.

Flattened Affect

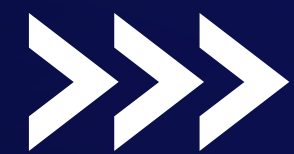
APATHETIC

- Not feeling feelings
- Dysthymia



Schizoid
Choices
on Reddit

SOME DEEPER ASPECTS OF SZPD



- Traumatic origins
- Primary concern is safety
- Isolation and disconnection
- Fragile sense of self
- Separateness



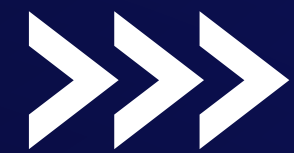
"Hello is anybody out there? I am me, and I am like in a vacuum.

"I just am quietly underneath. Well and truly under. I don't connect with surface things. I have to totally freeze out thoughts, kind of switch-off zone out – in the zone, contained and managing.

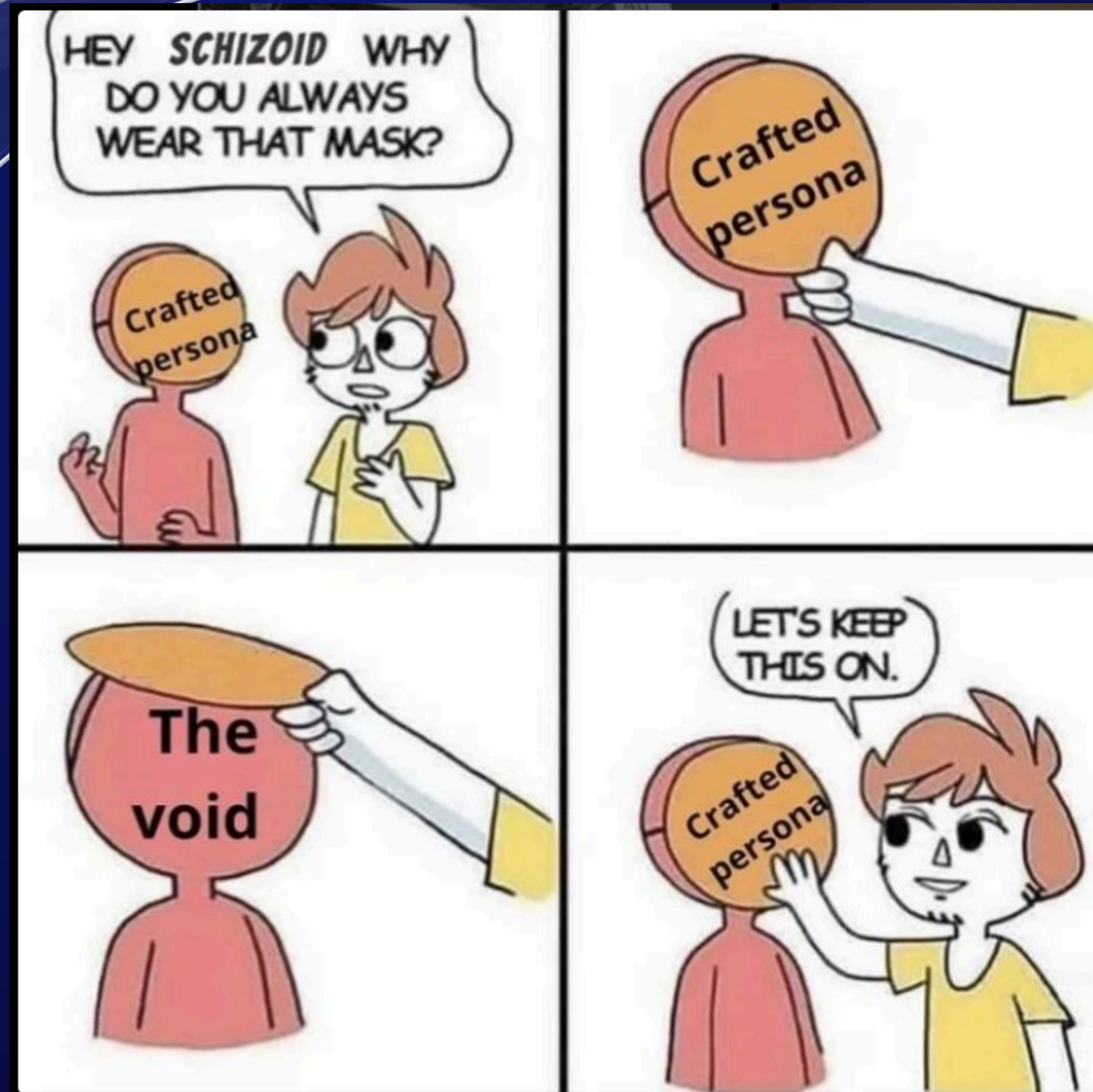
"I need a good strong firm barrier to keep safe and separate and keep things out. So I'm safe, coz the world is just bad. And I'm not safe. I'd be weak and vulnerable, and get stomped on. I must be too sensitive for this world, too fragile" --September 2009



SOME DEEPER ASPECTS OF SZPD



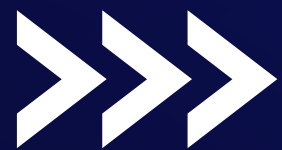
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godsofblasphemy
on Instagram

SOME DEEPER ASPECTS OF SZPD

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RECOVERY

1.

ASOCIAL

- Gradual growth of skills and bravery
- Healthy management strategies

2.

ASEXUAL

- Contentment with avoidance
- Knowing there are options



RECOVERY

3.

ANHEDONIC

- Radical acceptance and shift in focus
- Medication

4.

UNATTACHED

- cultivating a few select friendships
- appreciating help from my support team



RECOVERY

5.

ANALYTICAL

- Just say 'thanks' to praise
- Utilise the powers of analysis

6.

APATHETIC

- Learn to deduce feelings
- Find options for self expression



OTHER ASPECTS OF RECOVERY



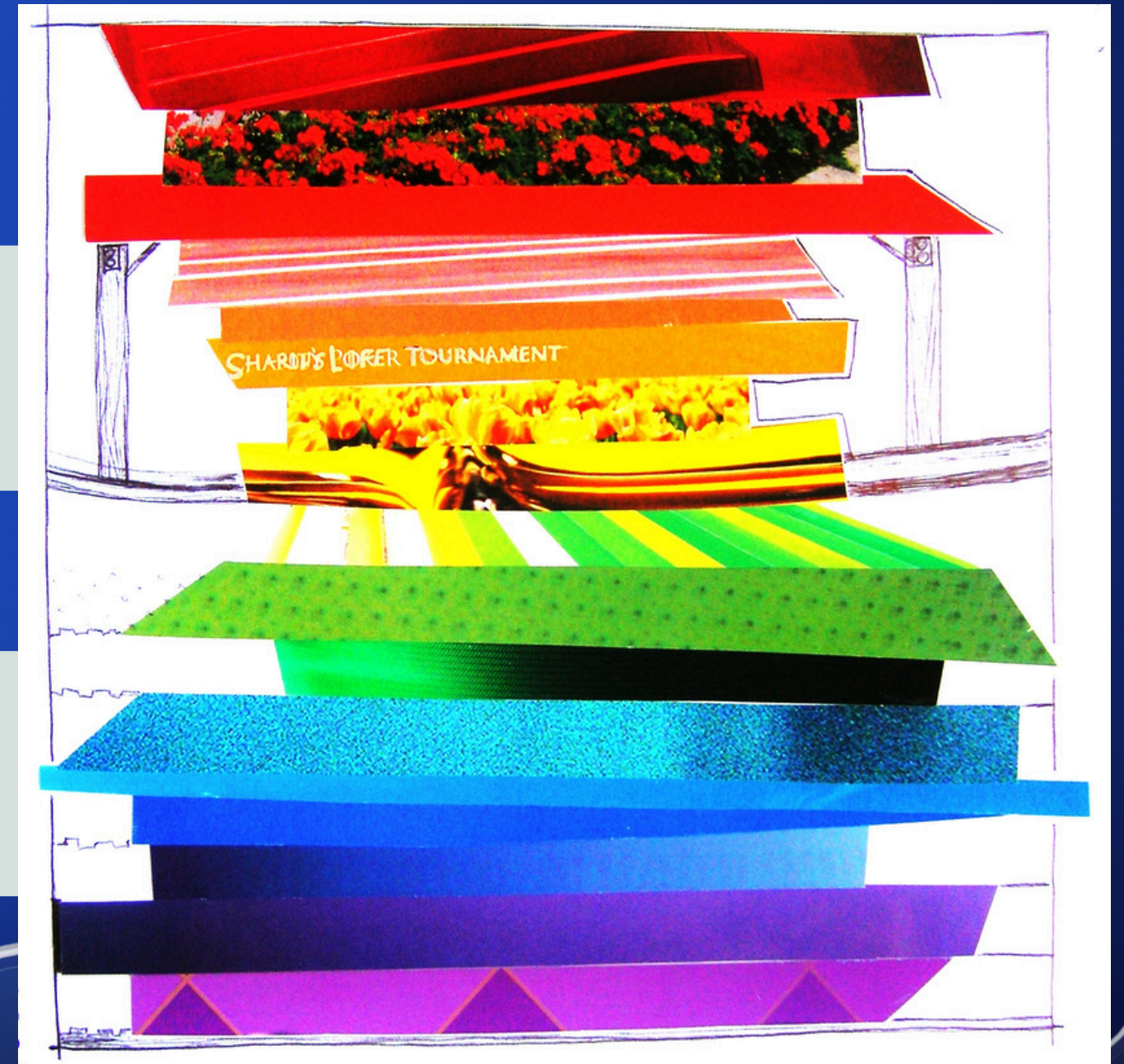
PARENTING

- Getting help and resources
- Bravery to do difficult things



THERAPY

- Adjusting goals
- Benefits from various therapies



STRENGTHS

ACCEPTANCE



THANK YOU



Harry Guntrip – Psychoanalyst, author and lecturer
Schizoid Phenomena, Object-Relations, and the Self (1968)

Elinor Greenberg – Psychologist, author and lecturer
Borderline, Narcissistic, and Schizoid Adaptations. (2016)

Nancy McWilliams – Psychologist, psychoanalyst and author

Detlef Bonnemann – Schizoid Coach and author
Schizoid personality disorder – Insight into the characteristics in
experience and behavior. (2016)

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