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*The Psychological System:  
Structure and Alteration  
of the Structure*

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# **INTRODUCTION TO THE STUDY: “THE PSYCHOLOGICAL SYSTEM: STRUCTURE AND ALTERATION OF THE STRUCTURE”**

*Dedicated to my mother Danica, who, thanks to her kindness and nobleness, forgave me my basic experience every day. With love.*

As a psychologist, I have been engaged in psychotherapy for over 30 years. Most commonly, the people who seek help complain about psychologically inadequate reactions, and most of the clients suffer from somatic and psychological problems and pain (tension, anxiety, fear).

In the first years of my work as a psychotherapist, my clients and I have talked about and clarified the difficulties that made them come to therapy, as well as the troubles they have had in the past.

That enabled me to understand that:

- The psychological part of the psychological system is made up only of experiences, which are: experiences that the person is presently going through, and memories of earlier experiences
- Every experience consists of external circumstances and the reactions which a person displays as an answer to those circumstances
- The connections between the circumstances and reactions of an experience are the connections of the psychological system

Gradually, I started understanding that all circumstances and all reactions of all experiences are mainly the same. That is why I started comparing the circumstances and reactions, asking questions such as these:

- “Are the current circumstance (darkness) and the circumstance from memory X (mother’s dark eyes) the same, psychologically?”
- “Are the current reaction (fear) and the anxiety from memory X the same, psychologically?”

My clients always testify that, in their opinion, their reactions and the circumstances which caused those reactions, are different when we do not compare them, yet the same when we do compare them.

Such a comparison uncovers:

- That the components of different experiences, which occur in different time and space, are the same in both the psychological and the real sense (in their structure)
- That the psychological system has its smallest, basic structural component (One experience which, with its content and structure, becomes part of the composition of everything that a person later experiences on a psychological level)
- That every experience also contains all the other experiences that occurred before (that the circumstances and reactions of earlier experiences last and repeat themselves in the subsequent experiences)

The first experience that becomes part of the composition of the psychological system’s other components, I have dubbed the main or basic experience. The basic experience is one of our first memories.

All experiences, the present experience included, contain the “story” (content) and the structure (circumstances, reactions and connections) of the basic experience. The basic experience has the biggest psychological power in the psychological system.

The basic experience is:

- The carrier of information – the “DNA” of the psychological system
- Part of the psychological system’s symptom (A subject of the study “Pathology of the psychological system”)
- The “fate” of a human, etc.

The continuation of the components (circumstances, reactions and connections) of earlier experiences in the subsequent experiences makes the contents and structure of those experiences more complex. I have dubbed this process “psychostructural transfer”. Psychostructural transfer is the reason why, gradually:

- Reactions become more inadequate to the external circumstances
- Reactions become difficulties
- The difficulties become intense – pain

The basic experience stands at the beginning of a psychological system’s structuring process, and the present experience is at its end.

The present experience changes the psychological system beforehand, by entering the composition of subsequent experiences, with its components.

Memories, differentiated by their content and intensity (when viewed from the perspective of the present experience), equalize with the present experience by taking over its inadequacy and pain. That is the way in which the present experience changes the psychological system retroactively.

The “General Systems Theory” studies the laws which apply inside and among real systems.

The basic postulates of the General Systems Theory are:

- That the whole represents more than a sum of the parts
- That the whole determines the nature of the parts

- That the parts can be understood when observed independently from the entirety (the whole)

The basic postulates of the study “The psychological system: Structure and alteration of the structure” are that, inside the psychological system, its parts and its entirety have the same structure.

The study proves that the present experience contains:

- The structure of the entire psychological system that is formed up to that moment
- The structure of every part of the psychological system

The present experience subordinates the structure of the entire psychological system to itself. That means that it also changes every part of the system.

The present experience cannot subordinate the basic experience to itself.

The psychological system is the same at its beginning and its end, which equalizes all of its components.

Because of the role and the power that the basic experience has inside the psychological system, that experience is the biggest common divisor, and at the same time the biggest common denominator of the psychological system.

The given chance, for the present experience to permanently change the system, is used by psychostructurology. Psychostructurology changes the system, through its method of altering the structure, based on a process aiming to enable us to understand the present experience. The understanding of the present experience makes the future reactions:

- More adequate to the external circumstances
- Less painful

## *Example of a psychotherapeutic session*

The girl G.M. is 9 years old. She cries when she is addressed by the teacher, or another adult.

In the first part of the session, the present reactions (crying together with feelings such as fear and sadness) - displayed when approached by an adult - are explained. In the second part of the session, we explain multiple memories of her reacting that way to adults. In the third part of the session, we explain the memory of her reacting that way for the first time. (When she was 5 years old she broke a crystal vase, whereafter she was scolded by her mother, causing her to cry). The fourth part of the session is about working on explaining the connections.

The girl confirmed:

- That the reactions (difficulties) from all memories are different when we observe them separately
- That when we compare the reactions with each other, it is as if they display the same difficulties as the present experience
- That when we compare all the people from her experiences (especially her teacher and her mother), it is as if they are one person.

The girl also confirmed that we could say:

- She couldn't stop crying when faced with similar circumstances, ever since her experience with the vase
- Presently, when she is approached by an adult, she reacts as if she is still standing in front of her mother who is scolding her

# *The structure of the psychological system*

## *I. Introduction*

### *Psychostructurology*

“Psychostructurology” poses a number of theoretical and methodological questions, which are connected to:

- The structure of the psychological system
- The therapy (alteration) of the psychological system
- The diagnostics (measurement) of the psychological system

Psychostructurology contains the following studies:

- “The structure of the psychological system”
- “The method of altering the psychological system”
- “Psychomathematical logic”
- “Geometry of the psychological system”
- “Pathology of the psychological system’s structure”
- “Diagnostics of the psychological system’s structure”
- “The methods of diagnosing the psychological system’s structure”
- “Handbook for the diagnostics of the psychological system’s structure”
- “Evolution of the Psychological System’s structure”

“Psychostructurology” proves that the following have a regular structure:

- All of the psychological system’s phases of development
- All of the illnesses that befall the psychological system

- All of the connections that exist between the psychological system and other systems
- Professional activities, such as psychodiagnostics and psychotherapy, if they follow the structure of these phenomenons

\* \* \*

This book contains two studies: The study “Structure of the psychological system” and the study “Methods of altering the psychological system’s structure”. Both studies are occupied with one structure of the psychological system, which I have dubbed: Neurotical C structure. That refers to a healthy and mature psychological structure with established and preserved connections, characterized by reactions inadequate to the external circumstances.

Disorders and illnesses of the psychological system’s structure, their treatment and the differential diagnostics, are subjects of the studies: “Pathology of the psychological system’s structure” and “Psychodiagnostics of the psychological system’s structure”.

## *II. Developmental phases of the psychological system*

### *Introduction*

A healthy psychological system enters its mature phase with the emergence of what is to become our first memories. One of our first memories, which we referred to as the basic experience, has a deciding influence on the psychological system’s structuring process.

Beginning with the basic experience, a healthy psychologi-

cal system starts structuring itself by having all experiences converge, without exception. That means they continue to exist and continue to have an impact in the subsequent experiences of a person.

This way of structuring the psychological system leads to the following:

- People usually behave as if partly still in their basic experience
- People cannot clearly see (cannot observe psychologically) the structure of their psychological system, from the position in which they currently find themselves
- People do not fully understand, nor control, their actions or reactions
- People cannot fully use their immense psychological potential
- People experience their psychological system as being partly unconscious

The psychological system is not unconscious, but rather incomprehensible.

### *The indivisibility of the psychological system*

The psychological system is indivisible. In order to understand it, we observe it part by part, even though every part we contemplate separately (in order to understand) requires knowledge of the other parts of the system.

### *Phases and/or types of the psychological system*

The psychological system can go through four phases, throughout its development. Depending on the phase it is in, we differentiate four types of structures: A, B, C and D.

The “C” type of psychological structure is the mature, most complex phase of the psychological system. It is characterized by a large number of intricate components and connections. Such structural complexity is reflected in psychologically complicated reactions. The “C” type of psychological structure is most often found in a healthy (neurotic) structure, but it can also be seen in disorders and diseased systems (which are subjects of the study “Pathology of the psychological system’s structure”).

The neurotic structure is structurally healthy. The reactions of a person with a neurotic structure are inadequate to the entirety of the psychological system formed up to that point, and the given circumstances.

The “A” type of psychological structure is characterized by a small number of components with a simple structure, which are conjunct by a small number of connections. Structure “A” can be seen in all kinds of disorders and diseased systems, but also in a healthy (neurotic) structure.

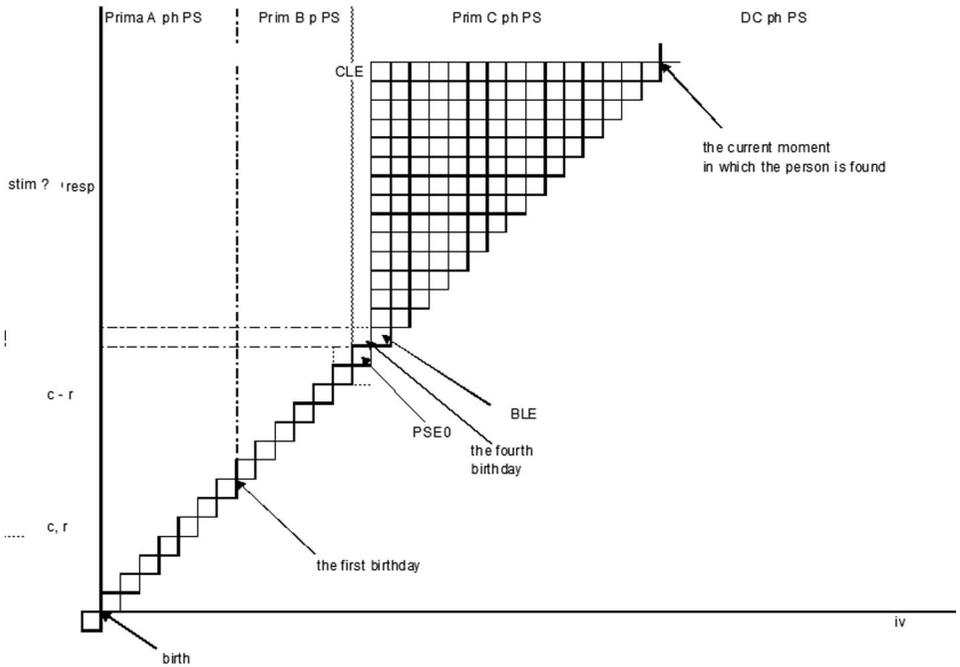
The “B” type of psychological structure is a transitional type of structure, with characteristics of both the “A” and the “C” type.

Adults can permanently stay in the “A” or “B” phase of the psychological system.

The primary “A” phase of a human’s psychological system (the “A” type of psychological system) is structured from birth, and it ends with the emergence of speech. In this phase of the psychological system, a child:

- Reacts to a small number of external circumstances, in psychologically simple ways
- Transfers the type of circumstance and the type of reaction into the following experiences, but not their content and structure

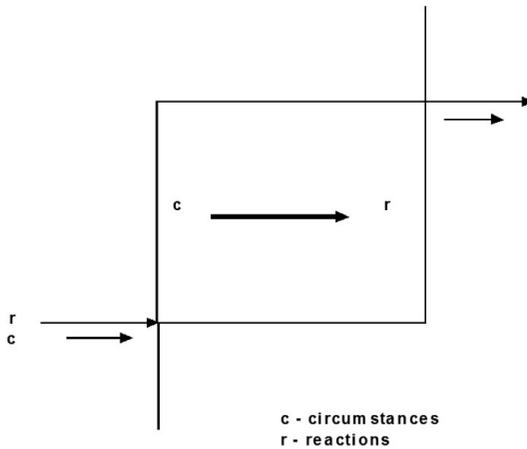
## The Schema of the Human Psychological System\*



### The Schema of the Entire Structure of the Human Psychological System

\* The schemas of secondary A, secondary B, DC, DA and DB structures are a subject matter of a new study on the geometry of the psychological system.

## The Schema for the Primary A Psychological Structure



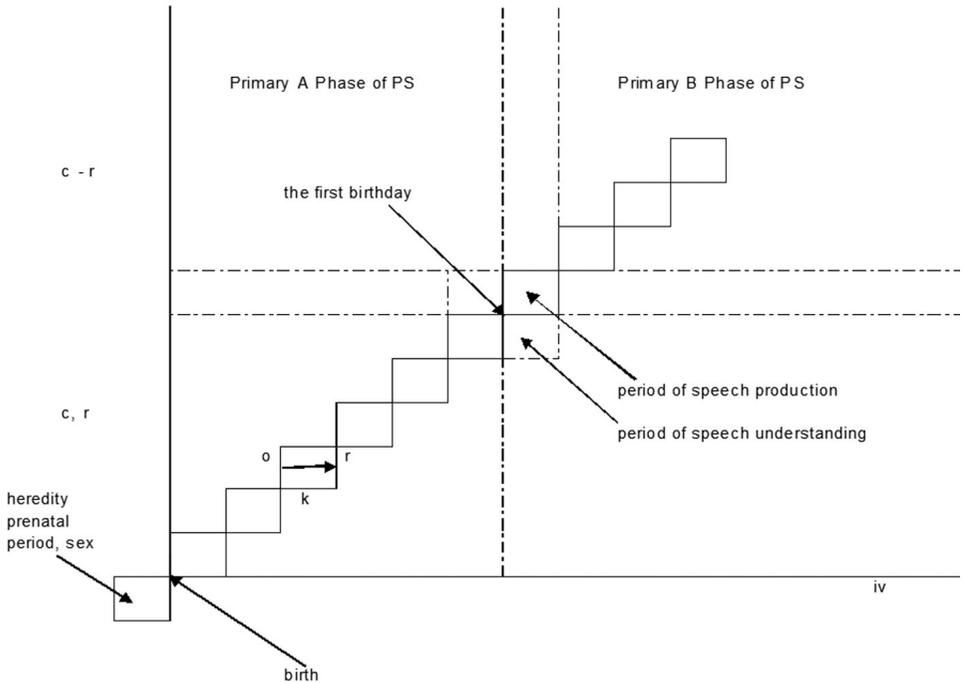
The schema of an experience from the primary A phase of the psychological system\*

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\*Schemas of all micro and macro components of the human psychological system can be represented in a variety of ways, in the form of a number of schematic trees, depending on the point from which the psychological space is viewed.

In this schema we see: (1) that a child responds to a single external circumstance by means of one reaction, (2) that individual reactions and individual external circumstances of a previous experience are incorporated into the given experience, and (3) that individual reactions and individual circumstances are incorporated from the given experience into a subsequent experience.

## The Schema for the Entire Primary A Phase of the Psychological System



### The Schema for the Entire Primary A Phase of the Psychological System

1. The secondary "A" phase of the psychological system is the structure of an adult who permanently stayed in the "A" phase
2. The primary "B" phase of the psychological system is structured from the advent of speech, to the appearance of what is to become our first memories

The primary “B” phase of the psychological system (simultaneously) has “two beginnings” of structuring. The first beginning of its structuring is the period of speech comprehension. The second beginning of its structuring is the advent of speech.

The period of speech comprehension is the closing structuring period of the primary “A” phase, and the start of the primary “B” phases’s structuring.

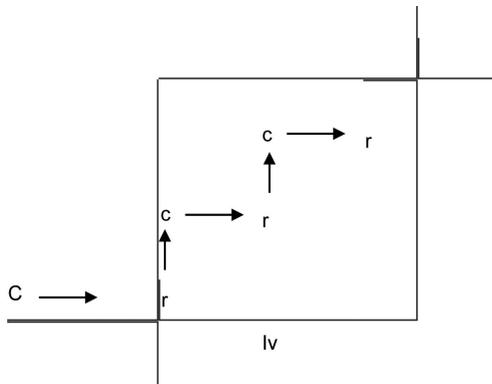
The period of our first memory’s emergence is the closing structuring period of the primary B phase and the start of the “C” phase’s structuring.

A child, whose psychological system is in its primary “B” phase, changes its system’s way of functioning:

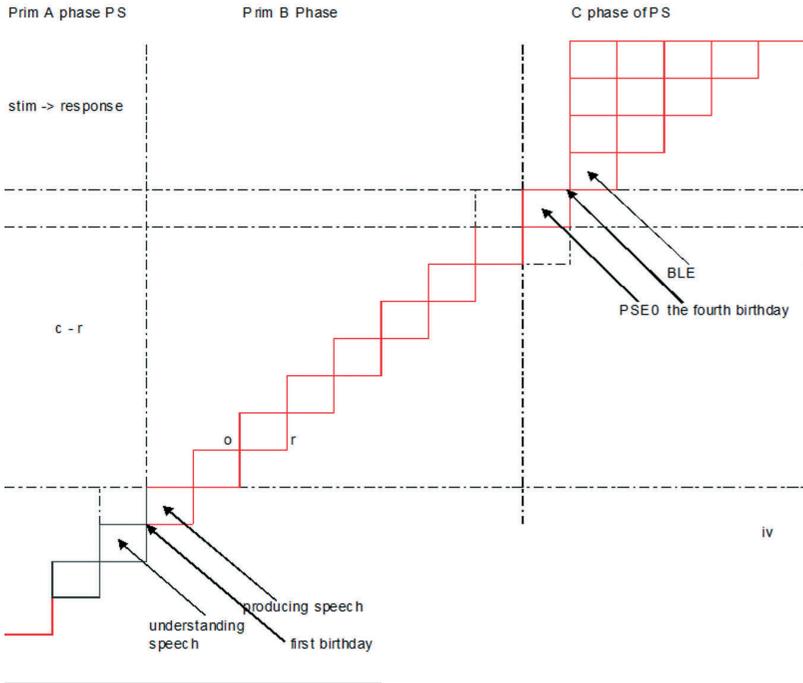
- By displaying complicated reactions to a higher amount of external circumstances
- By beginning to transfer parts of the content and structure of previous experiences into the subsequent ones

The adoption of knowledge and skills mostly happens in the “A” and “B” phases of the psychological system.

### **The Schema of an Experience from the Primary B Phase of the Psychological System\***



## The Schema of the Entire Primary B Phase of the Psychological System\*\*



\*In this schema one can see: (1) that the child responds to a number of external circumstances by means of a number of complex reactions, (2) that a number of reactions and a number of external circumstances from previous experiences are incorporated into the given experience, and (3) that more reactions and a portion of external circumstances are incorporated from the given experience into a subsequent experience.

\*\*Arrows symbolize horizontal connections in the C phase of the psychological system. Roman letters symbolize vertical connections in the C phase of the psychological system.

\*\*\*In this schema one can see: (1) that the child responds to a number of external circumstances by means of a number of complex reactions, (2) that a number of reactions and a number of external circumstances from previous experiences are incorporated into the given experience, and (3) that more reactions and a portion of external circumstances are incorporated from the given experience into a subsequent experience.

3. The secondary “B” phase of the psychological system is the structure of an adult who permanently stays in the “B” phase of the psychological system. The adoption of knowledge and skills mainly occurs in the “A” and “B” phases (Aph, Bph) of the psychological system.
4. The “C” phase (Cph) is the mature phase of a healthy psychological system. It is structured beginning with the period of our first memories (from around the fourth year), and it has multiple “beginnings” as well as multiple “endings”.  
The “first ending” of the psychological system’s “C” phase happens around age 35. That is the period in which the system’s stagnation begins.  
The “second ending” of the psychological system’s “C” phase happens around age 45 (when nearing the end of one’s reproductive cycle). In that phase the psychological system begins to destructure and to gain the characteristics of its “D” phase.
5. The “D” phase of the psychological system is the system’s destructuring phase.  
The destructuring of the psychological system is the loss of parts of the system’s structure.

The psychological system destructures both dependently and independently from the degeneration of the central nervous system.

Depending on the type of structure which the system belonged to before destructuring, we differentiate: DA, DB, DC and the DC-M.A.S. type of structure (Daph, DBph, DCph i DC-M.A.S.ph)

- 6 C-M.A.S. is a structure that came to be as a result of multiple successful M.A.S. sessions (a description of the M.A.S. structure is given in the study: “Methods of altering the psychological system’s structure”).

### *III. NEUROTIC "C" PSYCHOLOGICAL STRUCTURE*

#### *Macrostructural components of the psychological system*

The structure of the psychological system is made up of two groups of macrostructural components:

- Biological (organical) components
- Psychological components

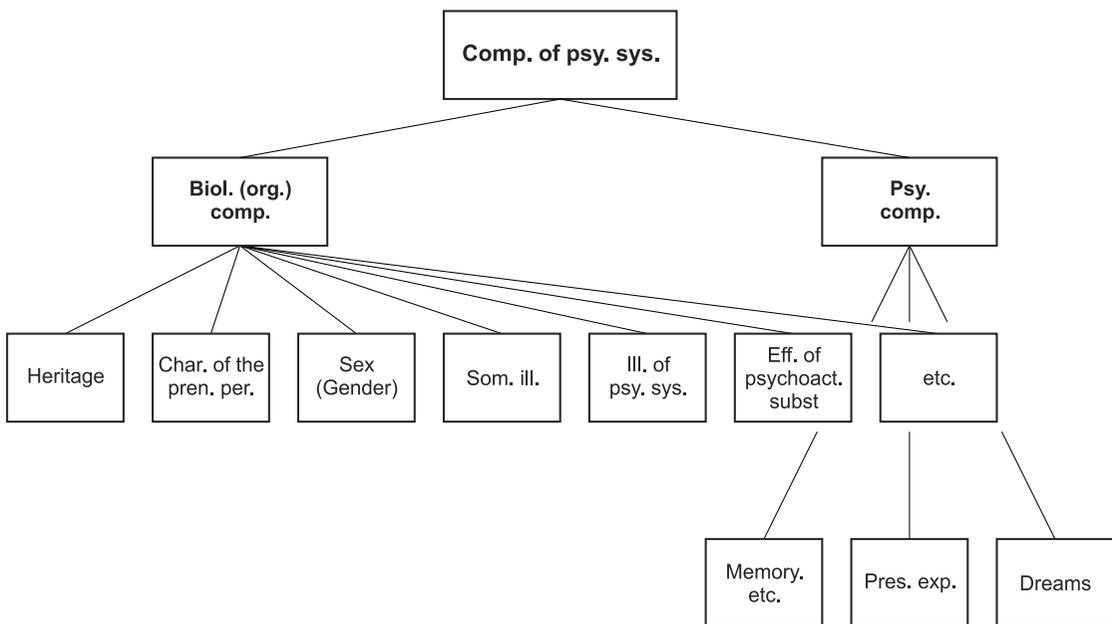
Biological components of the psychological system are:

- Heritage
- Characteristics of the prenatal period
- Sex (Gender)
- Somatic illnesses
- Illnesses of the psychological system
- The effects of psychoactive substances, etc.

The biological components are not a subject of this study.

The psychological components of the psychological system are made up of memorized experiences (Memories) and present experiences.

Dreams are also experiences, and they possess the content and structure of an experience.

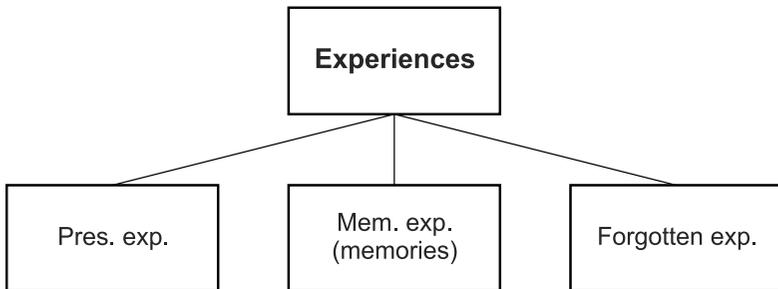


## *Psychostructural experience*

We categorize experiences as:

- Present experiences
- Memorized experiences (memories)
- Experiences that we have not memorized (forgotten experiences)

When we talk about an experience as part of the psychological system, we call it a psychostructural experience.



## *Structure of an experience*

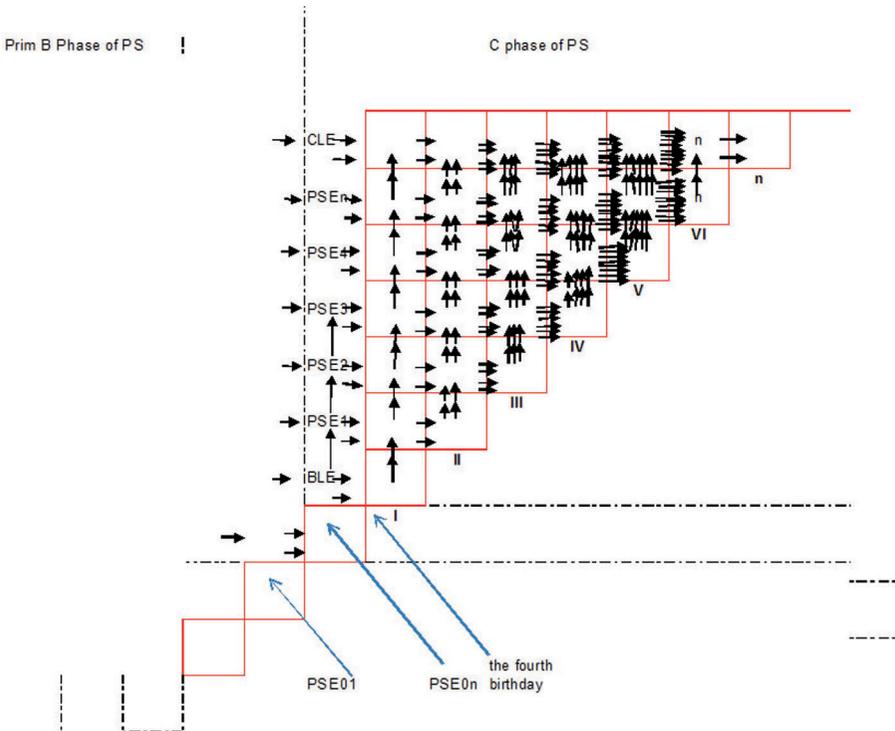
The structure of a (psychostructural) experience is composed of three groups of components, and the connections among them:

- All of the components of the psychological system that was formed up to that point (group 1)
- External circumstances (group 2)
- Reactions (group 3)
- The connections between the psychological system, external circumstances and the reactions inside an experience

From now on, we will use these terms:

- Circumstances (for the external circumstances)
- Answers (for all reactions)

### The Schema of the Entire C Phase of the Human Psychological System\*



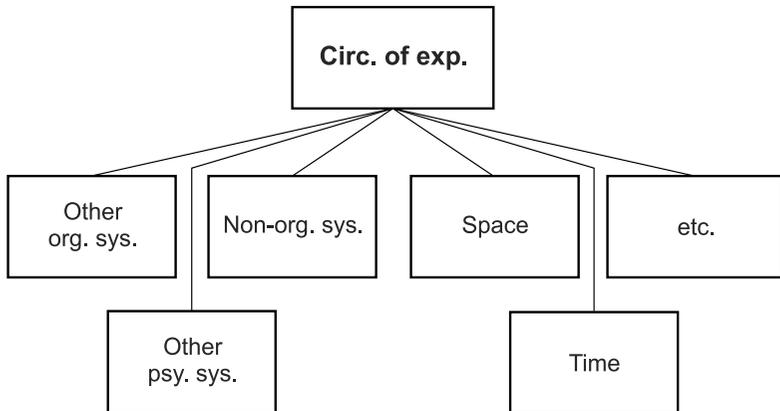
\*Arrows symbolize horizontal connections in the C phase of the psychological system. Roman letters symbolize vertical connections in the C phase of the psychological system.

### *The circumstances of an experience*

The circumstances of an experience are:

- Other organic systems
- Other psychological systems (other people)
- Non-organic systems
- Space
- Time, etc.

The psychological system is connected with other systems (circumstances) through reactions.



### *The reactions to an experience*

The reactions to circumstances are:

- Sensory reactions (observation)
- Psychological reactions
- Manifestly reactions
- Somatic reactions
- Memory, etc.

Psychological reactions are:

- Emotional (feelings)
- Intellectual (cognitive)
- Manifestly reactions are:
  - Verbal
  - Non-verbal

A verbal reaction is speech with its contents.

Non-verbal reactions are:

- Direct non-verbal reactions
- Indirect non-verbal reactions

Direct non-verbal reactions are:

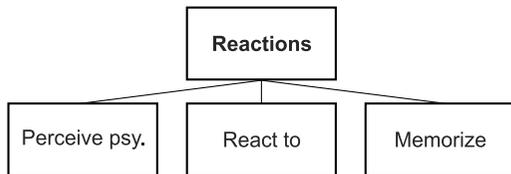
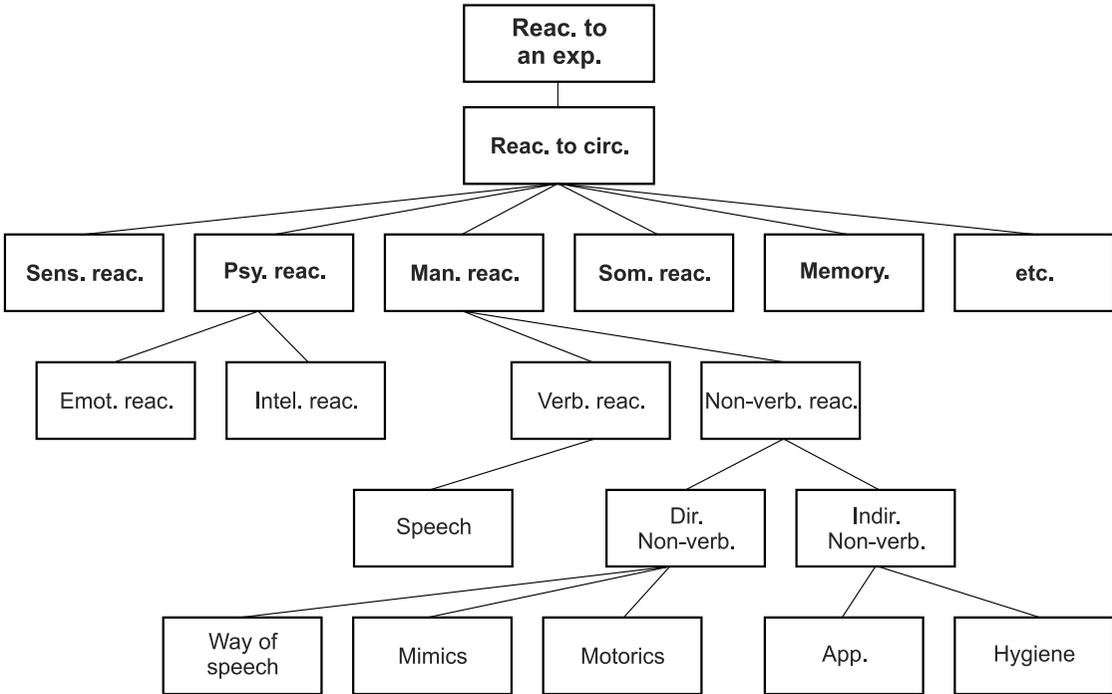
- The way of speech
- Mimics
- Motorics (graphomotoric reactions, body movement)

Indirect non-verbal reactions are:

- One's appearance
- The status of personal hygiene, etc.

Our own reactions we can:

- Perceive psychologically (In this text, we will use the term "perceive")
- React to (reactions to reactions)
- Memorize



### *Circumstances and reactions as psychological processes*

The perception and remembrance of external circumstances and personal reactions, are:

- Psychological processes
- Psychological functions
- Psychological reactions

The circumstances and personal reactions, when memorized, completely transfer into our future experiences, and become part of the psychological system.

### *Sub-micro components of the neurotic “C” structure*

Circumstances and reactions, as components of an experience, have their own content and structure (their components).

The components of circumstances and reactions are sub-micro psychostructural components.

Sub-micro psychostructural components, with their content and structure, are part of:

- The structure of an experience
- The structure of the entire psychological system

### *Simultaneity as a specificity of the neurotic “C” structure*

In the the theoretical reviews – the text explaining the neurotic “C” structure of the psychological system, the word “simultaneously” appears.

The word “simultaneously” marks a specificity of the neurotic “C” structure, whereafter two or more phenomena are simultaneously:

- Different and the same
- Part and entirety
- Type and disorder of the structure
- Next and previous
- Structure and function
- Function and dimension
- External circumstance and part of the psychological system
- External circumstance and entirety of the psychological system
- Reaction and part of the psychological system
- Reaction and entirety of the psychological system
- Time and part of the psychological system
- Time and entirety of the psychological system
- That which we measure and the instrument for measurement
- The beginning and the end, etc.

The word “simultaneously” also reflects a specificity of the neurotic “C” structure, whereafter certain phases of the psychological system have multiple “beginnings” and “endings”.

The symbol of the psychological system  $\diamond$  reflects simultaneity as an essential trait of the psychological system’s neurotic “C” structure.

## *Connections of the neurotic “C” structure*

All components of the neurotic “C” structure are conjunct by one connection. For better understanding of that comprehensive (compact) and indivisible connection, we differentiate:

- Horizontal connections (connections inside an experience)
- Vertical connections (connections among experiences)
- Connections with other systems

Connections of the neurotic “C” structure are simultaneously:

- Connections of the psychological system’s entirety
- Connections of parts of the psychological system
- Components of the psychological system
- Processes of the psychological system
- Functions of the psychological system

## *Horizontal connections of the psychological system’s neurotic “C” phase*

The structure of a neurotic “C” structure’s experience is composed of:

- All components of the psychological system that is formed up to that moment (macro-components of a psychological system)
- Circumstances and reactions of an experience (micro-components of a psychological system)
- Connections among: Components of a psychological system, the circumstances and reactions of an experience

The connections that exist inside every experience are simultaneously:

- Micro–structural connections of the given experience
- Micro–structural connections of a psychological system’s entirety

Micro–structural connections inside an experience are connections between circumstances and reactions.

Connections between the circumstances and reactions of an experience (of the neurotic “C” psychological structure), we call horizontal connections or horizontal psychostructural connections.

Horizontal connections:

- Connect the circumstances and reactions of an experience
- Are part of the vertical connections (macro–structural connections) of a psychological system

Horizontal connections are the micro–structural connections of an experience and a psychological system.

### *Vertical connections of the neurotic “C” structure*

Every unchanged horizontal connection of an experience, with its content and structure, goes on (is part of, enters the composition, repeats itself) in every subsequent experience.

The continuation of an experience’s horizontal connection in the following experiences makes up a macro–psychological vertical connection of the psychological system, or a vertical psychostructural connection of the psychological system.

Every vertical connection enters the composition (is part of) every horizontal connection of every experience – it is part of every component and every connection of the psychological system.

### *Understanding of the neurotic “C” structure’s connections*

Of all the psychological system’s connections only horizontal connections can be perceived (the connections between the circumstances and reactions of an experience).

The vertical connections of a psychological system can only be understood during the M.A.S. process. (Method used for altering the system)

### *Characteristics of the neurotic “C” structure’s connections*

Every component of an experience is simultaneously:

- The component of an experience
- Part of an experience’s horizontal connections
- The component of a psychological system’s entirety
- Part of a psychological system’s vertical connections

### *The beginning of a new connection of the neurotic “C” structure*

Everybody perceives their circumstances selectively. People perceive those circumstances to which they, in the psychological sense, already reacted to earlier.

Everybody reacts to psychologically familiar circumstances with psychologically familiar reactions, activating psychologically familiar connections.

In every experience, only a small part of the circumstances, a small part of the reactions and a small part of the connections, are new in the psychological sense – appearing for the

first time.

The circumstances, reactions and connections that in the given experience appear for the first time, are basically the beginnings of future vertical connections of a psychological system.

### *Experiences of the neurotic “C” structure that are not memorized*

Experiences that we do not remember are also relevant to the structuring of a psychological system. Experiences we didn't memorize also qualify as psychostructural experiences.

Differences between the experiences that are memorized and those that are not lie in the fact that the components of the remembered experiences are:

- More relevant to the content of a system
- Possible to perceive from the perspective of the present experience
- Usable in the process used for altering the system (M.A.S.)

The components of forgotten experiences:

- Are more relevant for the gathering of knowledge and abilities
- Cannot be seen from the perspective of the current experience
- Cannot be used in the psychotherapeutical process

We have dubbed those (forgotten) experiences “psychostructural interspace”, because of the place they hold in the structure of the neurotic “C” phase.

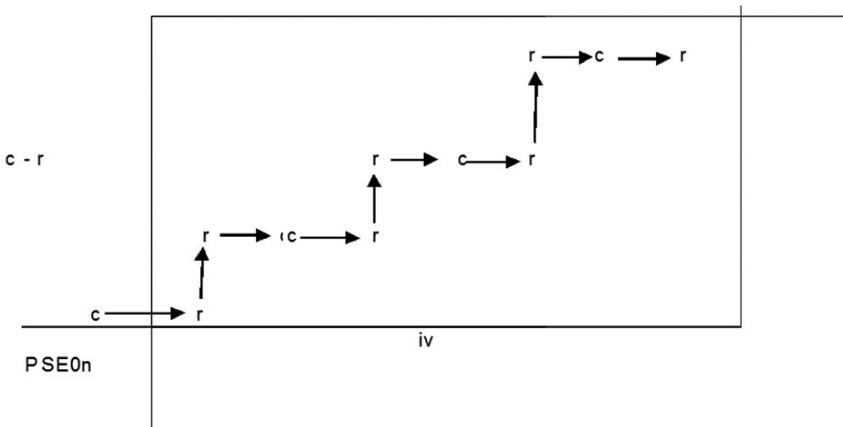
A common characteristic of memorized and forgotten experiences lies in the fact that their components can be used in the psychodiagnostic process.

## *The basic experience of the neurotic "C" structure*

The "basic" experience is an experience from the formation period of our earliest memories. That is the first experience of the psychological system's "C" phase. The child in the basic experience is, psychologically, a grown-up.

We use following terms for the basic experience:

- Basic experience
- Basic psychostructural experience
- Basic experience number one
- Main scene
- Scene



### **Schematic Representation of the Basic Experience\***

\*In the schema of the basic experience one can see: (1) that a number of external circumstances lead to a number of reactions, (2) that reactions lead to reactions, (3) that reactions and A part of external circumstances from previous experience are incorporated into the given experience, (4) that there is a reverse effect of the basic experience onto PSE0n, (5) that all reactions and all external circumstances to which one reacts are incorporated from the basic experience into the subsequent experience of the psychological system's C phase (PSE1).

## *Content of the basic experience*

The basic experience has its content (“story”) and its structure.

In the basic experience:

- The child reacts to its present or absent parents, who are a circumstance in the basic experience
- The parents react to each other
- The parents react to the child
- The child reacts to its own reactions

The child’s reactions in its basic experience are intentions (towards the parents). Psychologically, these intentions are of an aggressive and sexual nature.

In the basic experience, the child hides its intentions.

The content of the basic experience:

- Is determined by the content of earlier experiences
- Determines the content of all subsequent experiences

## *The structure of the basic experience*

In the basic experience, the child reacts to two groups of components for the first time:

- To circumstances (at the center of which is the parental pair)
- To its psychological reactions (reactions to its reactions)

Reacting to its reactions (intentions), the child reacts to components of its own psychological system.

In the basic experience, the child observes, and it can adequately understand all components of the experience. The child can understand:

- All circumstances

- All of its reactions
- All reactions to its reactions

Due to that, in the basic experience, the child's reactions are adequate to:

- The circumstances
- Part of the personal psychological system

### *“Zero” psychostructural experiences*

The term “zero psychostructural experiences (zero experiences)” refers to all memorized experiences that happened before the basic experience.

The contents of all the components of the zero experiences become part of the contents of the basic experience.

The structure of the zero psychostructural experience:

- Partly resembles the structure of the psychological system's primary B phase
- Partly resembles the structure of the basic experience

Therefore, the period in which the zero psychostructural experiences appear is a transitional psychostructural period, between the primary B and C phase of the psychological system.

### *The specificity of the basic experience*

In the basis of the basic experience lies an intention of a sexual and aggressive nature. On the psychological level, the basic experience ends with the child giving up on the realization of its intention.

Even though the child gave up, the intention and the resignation remain as a structural part of the subsequent experiences.

The basic experience, with all its components, lastingly stays

in the structure of the following experiences, and therefore in the structure of the entire psychological system.

The basic experience determines the content and the structure of every following experience's components. That fact is the reason why we mainly react as if we are still in our basic experience.

### *How do we recognize the basic experience?*

The basic experience is, naturally, different from the experiences that come before or after it.

The visible part of the structure of the experiences which come before the basic experience is made up of circumstances and reactions.

The visible part of the structure of the basic experience is made up of circumstances, reactions and reactions to one's own reactions.

The structure of reactions to reactions, in the experiences after the basic experience, is made up of:

- Circumstances (the reactions of others) of the psychostructural experiences and the current experience
- Personal psychological and manifestal reactions in the psychostructural and the current experience

The structure of the zero psychostructural experiences and the structure of the basic experiences can clearly be observed and understood.

The structure of experiences that come after the basic experience is made up of:

- The stimulus (an explanation will be given in this study)
- The answer to the stimulus

In the experiences after the basic experience:

- We cannot clearly observe and understand all components that create their structure
- The reactions in these experiences are not completely adequate to the external circumstances

### *The horizontal connections of the basic experience*

All components of the basic experience are interconnected. Every connection of the basic experience is the first (basic) horizontal connection, which (without rest, completely) transfers into the structure:

- Of all horizontal connections of every subsequent experience
- Of all vertical connections of the psychological system (which are structured during an individual's life)

### *Horizontal connections of the experiences after the basic experience*

Every experience, after the basic experience, is made up of:

- Components and connections of earlier experiences, starting with the basic experience
- Components and connections which in the given experience appear for the first time

Components and connections which appear for the first time in all experiences after the basic one, are the first (basic) horizontal connections, which (without rest, completely) transfer into the structure:

- Of all components of every subsequent experience
- Of all horizontal connections of every subsequent experience
- Of all vertical connections of the psychological system (which is being structured over the course of an individual's lifetime)

Components and connections which appear for the first time in the given experience, are in the basis of a new vertical connection of the psychological system. Therefore every experience, after the basic one, is partly the psychological system's basic experience.

We can conclude that every horizontal connection of every experience after the basic one:

- Mainly builds on the existing vertical connections of the psychological system
- To a small part represents the basic horizontal connection of a new vertical connection

The shorter the "distance" of the given experience is, to the basic experience, the bigger the impact it has on the structure of the psychological system.

### *Psychostructural experience number one*

The first memory after the basic experience is psychostructural experience number one.

Psychostructural experience number one has following names:

- Basic experience number two
- Scene number two
- Psychostructural experience number one
- PSE 1

The psychostructural experience number one (except for the biological components and the components of the psychological system's "A" and "B" phases) is made up of:

- All components of the basic experience
- Components that appear for the first time in the given PSE 1
- In the PSE 1, a child's reactions are adequate to:
- The circumstances and the child's reactions of the in that experience

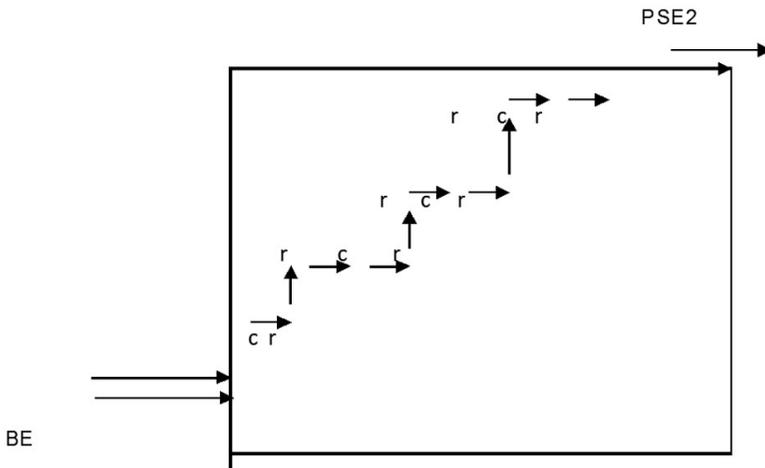
- The components (circumstances and reactions) of another experience (basic experience)

In the PSE 1, the child (a human being in general):

- Doesn't fully understand the reasons behind its reactions, for the first time
- Doesn't fully control some of its reactions, for the first time

PSE 1 determines the type of inadequacy of the components of all subsequent experiences.

PSE 1 fully transfers into all experiences that come after it. PSE 1 has the biggest psychostructural influence, after the basic experience.



### Schema for the C Psychological Structure\*

#### The Schema of the Psychostructural Experience No 1

In the schema of the psychostructural experience no 1 one can see: (1) that a number of circumstances of the given experience result in a number of reactions, (2) that reactions lead to reactions, (3) that all external circumstances of the basic experience are also incorporated in the psychostructural experience no 1, and (4) that all reactions and all external circumstances to which one reacts are taken out of the psychostructural experience no 1.

### *Psychostructural experience number two*

The second memory after the basic experience has following names:

- Basic experience number three
- Psychostructural experience number two
- Scene number three
- PSE 2

The psychostructural experience number two is made up of:

- All components of the basic experience
- All components of PSE 1

Components (circumstances, reactions and connections) which in the given, PSE 2, appear for the first time

In PSE 2, a child's reactions are adequate to:

- The circumstances and its reactions in that experience
- All components of the basic experience
- All components of PSE 1

In PSE 2, a child observes its reactions to external circumstances, but it cannot fully comprehend nor control them.

The components of PSE 2 are characterized by an inadequacy that's of a greater intensity than the inadequacy of the components of PSE 1. PSE 2 determines the intensity of the inadequacy of all the psychological system's components.

### *Structural beginnings of the psychological system's neurotic C phase*

All structuring stages of the psychological system's neurotic C phase simultaneously have multiple "beginnings" and "endings".

The first beginning (of the structuring) are the zero experi-

ences, which carry into the C phase the structural characteristics of earlier (A and B) phases of the psychological system.

The second structural beginning of the psychological system's neurotic C phase is the basic experience. The basic experience is being transferred and it determines:

- The content and structure of the zero experiences
- The content and structure of the entire psychological system

The third structural beginning of the C phase is PSE 1. PSE 1 determines the type of inadequacy of the content and structure of both the experiences and the entire psychological system.

The fourth structural beginning of the C phase is PSE 2. It determines the intensity of inadequacy of the content and structure of both the experiences and the entire psychological system.

The other "beginnings" of structuring are in all experiences that come after PSE 2.

### *The directions of structuring the psychological system's neurotic C phase*

The neurotic C phase has four directions of structuring.

The first direction starts with the zero psychostructural experiences and represents a transfer of the structure of the psychological system's earlier phases into the structure of the basic experience.

Simultaneously, the basic experience transfers its structure into the earlier experiences. The basic experience determines which of the earlier experiences will stay lastingly memorized and become zero psychostructural experiences. That is the second direction of the psychological system's structuring.

The third direction of structuring is the transfer of the basic experience and all experiences after it into the structure of the

following experiences.

The fourth direction of structuring is the influence of all experiences after the basic one on the structure of earlier experiences, except on the structure of the basic experience.

### *The basic psychostructural triad of the neurotic C psychological structure*

The basic psychostructural triad is composed of:

- The basic experience
- The first memory after the basic experience (PSE 1)
- The second memory after the basic experience (PSE 2)

The basic triad has the biggest impact on the structuring of the neurotic C structure.

The basic experience, as part of the psychostructural triad, determines the content and structure of all subsequent experiences.

The psychostructural experience number one determines the inadequacy of all the subsequent experiences' components

The following are under mutual psychostructural influence:

- The experiences of the basic triad
- All experiences after the basic triad

All experiences after the basic one are contained in all earlier experiences. All experiences, after the basic one, cannot change the basic experience itself.

## *Stimulus*

After the basic experience, the structure of every experience of the neurotic C phase is composed of:

- The stimulus
- The answer to the stimulus (from now on referred to simply as “answer”)

The components of the stimulus are composed of:

- Components (circumstances, reactions, connections) of all earlier experiences (components of the psychological system)
- The external circumstances of the given experience
- Part of one’s personal reactions (within the phenomenon – reactions to reactions)
- The connections between the components

## *The Answer*

The answer (to the stimulus) of a person displaying a psychological system’s neurotic C structure, comprises all reactions of an experience (sensory, psychological, manifestal, somatical etc.)

Such a complex structure of the stimulus leads to the answer being:

- Incomprehensible
- Not fully adequate to the external circumstances
- Fully adequate to all components of the stimulus

## *The system’s protection from injury*

After the basic experience, the stimulus of every experience is made up of:

- The psychological system
- Components (circumstances, reactions and connections) which appear for the first time in the given experience

In the stimuli of multiple successive experiences, the psychological system takes up a proportionally identical part, so that we can speak of a proportion of the stimulus.\*

The part of the psychological system in the stimulus of an experience:

- Increases with time
- Decreases during the M.A.S. process

Such a way of structuring the psychological system is the reason for the inadequacy of reactions, troubles and pain of the system. At the same time, such a way of structuring the psychological system protects it from inadequate reactions, troubles and pain.

The psychological system protects itself from external dangers by reducing current external circumstances to familiar circumstances, as well as reducing current reactions to familiar reactions.

### *Trauma of the psychological system*

External circumstances can, through their content\*\* and/or intensity, relocate a small or big part of the psychological system from the stimulus of an experience.

A trauma (damage, wounding, injury) of the psychological system comes to be when the circumstances “block” the activation of the psychological system’s components.

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\*The proportion of the stimulus is part of the proportion of an experience, and the proportion of an experience is part of the psychological system’s proportion.

\*\*Other systems, as reason for trauma, only have the intensity of effect.

When circumstances block the system (when they disable the use of the psychological system's protective effect):

- Manifestal reactions come down to psychological reactions. (That which somebody "did" manifestally to other people or what he did in connection to these people, in the traumatic experience – he does to himself)
- Psychological reactions assume the intensity and the content of the circumstance (of the danger)

A destroyed proportion of the stimulus in favor of the circumstances, results in damage to the system. Damage to the system, and the resulting pain that the system absorbs, lastingly stay in the system and have a strong (basic) impact on its further structuring.

A traumatic experience has its basic triad, just like the basic experience has one, and, with smaller intensity and impact, every psychostructural experience.

### *Simultaneity of the stimulus and the answer*

The circumstances of an experience are part of the stimulus.

Observation and memorisation are psychological processes and simultaneously psychological reactions.

The circumstances of an experience, through observation and memorisation, become part of the psychological system.

The psychological system always observes, psychologically, the same external circumstances. That is why the external circumstances and the circumstances of an experience are, at the same time, part of the stimulus and part of the answer.

The reactions to an experience are part of the answer. The reactions to an experience, when they are part of the reaction to a reaction, are part of the stimulus at the same time.

### *The part of the neurotic “C” structure that is available for psychological observation*

The part of the psychological system that is available to (psychological) observation are:

- The circumstances of all experiences
- The reactions to all experiences
- The connection between circumstances and reactions to all experiences

### *The present experience of the neurotic “C” structure*

The impact of the basic experience on the current experience is unidirectional.

The present experience contains in itself the basic experience, whereas the basic experience doesn't contain the present experience.

The present experience and all experiences after the basic one are under mutual, bidirectional impact.

The present experience contains all components (structure) of the psychological system that is formed up to that moment, their:

- Content
- Type of inadequacy
- Intensity of inadequacy

The current experience can alter: The content, type and intensity of inadequacy of all components belonging to all experiences after the basic experience – except the basic experience itself.

## *Psychostructural thread*

The stimulus of an experience is made up of:

- External circumstances
- The activated part of the psychological system
- The reactions to one's own reactions

The connection of all components of the stimulus and the answer we call:

- Psychostructural thread
- Association

The psychostructural thread is composed of:

- Circumstances that appear for the first time in the present experience
- The reactions that appear for the first time in the present experience
- The same parts (components) of the psychological system's structure, meaning all that is the same in the memorized and the present experience

The psychostructural thread is the part of one vertical connection that is activated by the circumstances and reactions of the given experience.

The psychostructural thread is a process that in the given moment plays out between multiple identical (or highly similar) parts of the psychological system's structure.

## *The vertical connection and the psychostructural thread*

The vertical connection and the psychostructural thread are psychological processes which have the same components, but opposite directions. The vertical connection is part of the structure (psychostructural process). The psychostructural

thread is the activation process of one part of a vertical connection.

The vertical connection is structured from the direction of the basic experience toward the current experience. The psychostructural thread is activated from the direction of the present experience, and it ends in the basic experience.

The vertical connection is a permanent part of the structure, whereas the psychostructural thread is the activated part of the structure.

### *Destructuring of the psychological system*

The D phase of the psychological system is the phase of destructuring. The destructuring of the system begins at the end of the reproductive period.

The psychological system destructures depending on the type of structure and the disorder of the structure.

Depending on the type of structure the system belonged to before it started destructuring, we differentiate: DA, DB, DC and the DC – M.A.S. type of structure.

The destructuring of the neurotic C system happens because of:

- Degenerative organic changes, primarily of the central nervous system
- Destructive changes of the psychological system itself

The neurotic DC system destructures, it changes, on the following level:

- Stimulus
- Answer
- Horizontal connections
- Vertical connections

The system destructures by losing a smaller or bigger part of the stimulus, the answers and the connections. That means it is not carried over into the following experiences nor any further.

The structuring principle of the psychological system's neurotic DC phase is based on the continuance of the components of all earlier experiences in the structure of the subsequent ones (where some components are destructively changed).

In the psychological system's neurotic DC phase, we therefore lose:

- Components of the basic experience
- Components of the psychological system's B phase
- Components of the psychological system's A phase

## *The method of altering the psychological system*

- The method of changing/altering the psychological system – M.A.S.\*
- “Therapy” is a term used for the process of healing a diseased system.
- The method for changing the psychological system (M.A.S. in short) is not healing in that sense, but rather a method for altering the structure to the point of realising/reaching the system’s maximal efficiency.
- The M.A.S. method changes the psychological system by explaining it (making it more understandable).
- We can conclude that the psychological system is so powerful that it is able to change not only other systems, but itself as well.
- A change of the psychological structure is only possible with people possessing a neurotic C structure.
- The process of explaining the structure of the client’s psychological system is led by a psychostructurologist.

### *Definition*

M.A.S. is a process during which the psychostructurologist, through standardised reactions, connects his psychological structure with the client’s structure, with the aim of the client being able to understand part of his psychological system’s structure.

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\* From now on referred to as Method for alteration of the psychological system’s structure. Psychotherapy of disorders and psychotherapy of the psychological system’s diseases are subjects of the study “Therapy of the psychological system’s structure”

## *Subject of the M.A.S. method*

The subject of the M.A.S. method is the structure of the client's psychological system.

The subject of the study "Method for alteration of the psychological system's structure" is the standardisation of the understanding (explaining) process concerning the psychological system.

## *The M.A.S. session as the client's experience*

To a client, an M.A.S. session is another experience.

An M.A.S. session is made up of a stimulus and an answer.

The client's stimulus is made up of three groups of components:

- Circumstances
- The activated part of the psychological system
- Reactions to reactions

The client's answer encompasses all of the client's reactions:

- Sensory
- Psychological
- Manifestal
- Somatic, etc.

To the client, a memorized M.A.S. session becomes a psychostructural experience of his psychological system.

## *Client*

The understanding of the psychological system's structure, and therefore a lasting change of it, is only possible with a client possessing a neurotic C structure.

The approach to a client's neurotic C psychological structure is enabled via present experience (M.A.S. session).

## *Psychostructurologist*

The standardisation of the M.A.S. process is in fact a standardisation of the psychostructurologist's reactions.

Through his (standardised) reactions (his/her questions), the psychostructurologist leads the client to:

- Initiate the association process
- Explain the components of his/her associated experiences
- Compare the components of his/her associated experiences

In his work, the psychostructurologist has to use:

- His theoretical knowledge
- His experience with the M.A.S. method
- His own C-M.A.S. psychological structure

## *Conversation*

During an M.A.S. session, it's possible to explain only one vertical connection.

The conversation between a client and the psychostructurologist cannot be standardised, because it activates a multitude of connections in the psychological system of the client, as well as a multitude of connections between the psychological systems of a client and the psychostructurologist.

## *Speech*

During a psychotherapeutic session, the client speaks and the psychostructurologist asks appropriate questions.

The psychostructurologist only asks questions relevant to the client's story.

For the client, every question is a circumstance of his M.A.S. experience.

Only asking relevant questions has following goals:

- It enables the psychostructurologist to transfer a minimum of his psychological system into the M.A.S. process
- It makes the circumstances of the M.A.S. process (the reactions of the psychostructurologist) activate one vertical connection of the client's psychological system, or a small amount of vertical connections

### *The client's knowledge and the psychostructurologist's grasp*

M.A.S. is based on the knowledge of both the client and the psychostructurologist.

The client knows:

- The circumstances of his/her experiences
- The reactions of his/her experiences
- The connections between the circumstances and reactions inside of an experience (horizontal connections)

The psychostructurologist monitors the client's story, so he can observe every repetition, meaning that the psychostructurologist watches out for comparable elements inside the client's system. Through that method, a psychostructurologist can help his client observe a vertical connection – part of his psychological system's structure.

### *The structure of an M.A.S. session*

Optimally, a session should contain:

- The present experience
- Two associated experiences (PSE<sub>x</sub> and PSE<sub>y</sub>)\*

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\*The memories of occurrences that took place before the basic experience (PSI<sub>0</sub>) can be part of the associative string, and become PSE<sub>x</sub> or PSE<sub>y</sub>

- One (associated) horizontal connection of the basic experience

### *Vertical connection and psychostructural thread in an M.A.S. session*

M.A.S. is occupied with exploring (understanding) one vertical connection. A vertical connection is a permanent part of the psychological system's structure. It's made up of all the components (circumstances, reactions and connections) of all associatively connected experiences.

All components of all associatively connected experiences (on all levels) are connected, and largely identical (or highly similar).

During the M.A.S. process, all components of associatively connected experiences can be:

- Understood
- Brought into relation

One vertical connection can be understood by understanding one psychostructural thread.

A psychostructural thread is an activated vertical connection (the activated part of the psychological system's structure). A psychostructural thread is activated with every experience.

A vertical connection and a psychostructural thread have the same components, but a different direction.\*

A psychostructural thread is activated in the current experience and it connects associated experiences and one horizontal connection of the basic experience.

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\*Every vertical connection starts being structured in the basic experience, and it ends in the current experience.

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## *The connections of the psychological system, the M.A.S. process and the process of speech*

The components that make up one vertical connection:

- Mainly have contents that are psychologically the same
- Have psychologically different contents, to a smaller extent
- Have the same type of inadequacy, to a large extent
- Have the same intensity of inadequacy, to a large extent
- Are tied to each other, connected (from the macro- to the submicro- level)

An M.A.S. session follows the structure of one vertical connection.

The structure of speech follows (reflects):

- The structure of a vertical connection
- The structure of the M.A.S. session

During the M.A.S. process, we can ascertain that the structure of speech follows (reflects) the regularity of the psychological system's structure, by observing the way in which a client describes and mutually connects his experiences. A client always uses the same words to:

- Describe every associatively connected experience\*
- Bring into connection (compare) associatively connected experiences\*\*

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\*e.g. When during an M.A.S. session a client is asked to describe an experience multiple times, he always uses the same words (if the reactions of the psychostructurologist are standardised and we exclude changes of the psychological system caused by the client's reactions to his/her reactions in the previous descriptions)

\*\*e.g. When during an M.A.S. session a client is asked to connect (compare) the components of multiple associated experiences, he always connects them by using the same words to describe them – he equates them (if the reactions of the psychostructurologist are standardised and we exclude changes of the psychological system caused by the client's reactions to his/her reactions in the previous comparisons)

### *Comparison of a vertical connection's components*

The components of associatively connected experiences are, to a large extent, the same, and to a smaller part – different. The reasons for that are:

- The biggest number of the components of experiences are repeated components of earlier experiences (the same components)
- A smaller number of components appear for the first time, in every experience (they're different from the previous)
- The psychological system has its “centrifugal force” (it changes the components of its already formed structure by equating them with the system's entirety – it reduces what's different in the system to the same)

When a client describes different components of different experiences\*, even though they are psychostructurally mainly the same, he:

- Experiences them as if they're different
- Describes them with different words\*\*

When a client compares the same components, he attests (observes) that they're the same.

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\*When the client describes parts of his real psychological structure

\*\*e.g.: The client describes them as anxiety, tension, fear

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## *How we recognize “the same” in associated experiences*

The psychostructurologist recognizes the vertical connection (that which is the same in the components of the observed experiences) by:

- Asking the client if, in his opinion, the different components of different experiences are psychologically the same
- Registering the identical words that the client uses for describing different components of different experiences (e.g. In more than one experience, the client talks about something dark)

## *Psychological pain*

Because all of an experience’s components transfer into the components of the subsequent experiences, gradually (during one’s lifetime) the components (circumstances and reactions) become more and more inadequate\* to their circumstances. Thereby, reactions:

- Can become difficulties
- Can become painful

Difficulties (fear) of high intensity are psychological pain – pain of the psychological system.

## *The M.A.S. session’s task*

The psychostructurologist helps the client:

- To understand that his present reactions represent

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\* Inadequate components (inadequate reactions – inadequate behavior) we recognize as dependant and/or forced behavior

a repetition of his earlier reactions, which means that he reacted that way multiple times in the past, first in his basic experience, and he still reacts as if he's partly in the same circumstances (in the same space, time and with the same people) to which he once reacted

- To understand that, with his present reactions he repeats: Reactions, characteristics and traits of the persons that were present in the associated experiences, which means that his present reactions contain his former circumstances, meaning that his current reaction (fear) is psychologically the same as his former circumstance (angry, dark-eyed mother)\*

### *Reactions of the psychostructurologist*

During an M.A.S. session, concerning a client's story, the psychostructurologist never issues:

- His attitude
- His opinion
- His comments
- His explication
- He doesn't offer "interpretations"
- He doesn't give advice
- He doesn't diagnose, etc.

A psychostructurologist only asks explanatory questions:

- About that which the client speaks of
- About the client's way of talking
- About the client's manifestal reactions
- About that which is remarkable in the client's speech

One of my clients has an interesting take on the psychotherapeutic session: „We observe how things leave their natural proportions“.

### *The remarkable in the client's speech*

The psychostructurologist registers remarkable words and gestures that the client uses when describing, explaining and comparing components of his associatively connected experiences.

Remarkable words are:

- Ones that the client repeats
- Ones that are inadequate to the circumstances or reactions
- Words with which the client explicitly describes his inadequate reactions, circumstances and difficulties

The psychostructurologist uses those same (remarkable) words of the client to pose questions, so he can:

- Initiate the association process
- Explain the components of associatively connected experiences
- Compare the components of associatively connected experiences

### *The activities of a psychotherapeutic session*

In order for the client to understand one vertical connection of his psychological system, an M.A.S. session has to have at least two groups of activities.

In the first group of M.I.S. activities, the client, with the help of the psychostructurologist, describes the components of associatively connected experiences:

- The circumstances of his present experience (most commonly, those are traits and reactions of other people)
- His reactions in the present experience
- The circumstances of multiple associated memories
- His reactions in the associated memories

In the second group of M.A.S. activities, the client and the psychostructurologist compare the components of associatively connected experiences, so the client could understand:

- That the circumstances of the present experience are psychologically the same as the circumstances in the associated memories and a part of the basic experience
- That his/her reactions in the present experience are psychologically the same as the reactions in the associated memories and a part of the basic experience
- That his/her reactions in the present experience are psychologically the same as the circumstances in the associated memories and a part of the basic experience

By comparing the components of experiences, the client can understand which part of the circumstances and which part of the reactions appear for the first time in any observed experience.

### *The result of the comparison of components*

The result of the comparison of components belonging to associatively connected experiences is their equalizing.

The result of the equalizing of the experience's components is the understanding of one vertical connection.

Understanding one vertical connection leads to a change of the psychological system, in a way that we have described in the chapter "Alteration of the psychological system".

### *Phases of an M.A.S. session*

An M.A.S. session mostly starts:

- With a description of the present experience's components

- With explaining of the present experience's components

In the second phase of an M.A.S. session, the psychostructuralologist's questions lead the client to:

- Associate one experience (memory)
- Describe and understand that experience

In the third phase of an M.A.S. session, the psychostructuralologist's questions lead the client to:

- Associate another experience
- Describe and understand that experience

In the next phase of an M.A.S. session, the psychostructuralologist leads the client to associate, describe and understand one horizontal connection of his basic experience.

The associated experience that's closer to the present experience we have dubbed psychostructural experience x (PSE<sub>x</sub>)

The associated experience that's further away from the current experience we have dubbed psychostructural experience y (PSE<sub>y</sub>)

In the next phase of an M.A.S. session, the psychostructuralologist and the client compare the components of associatively connected experiences.

### *A mathematical analysis of the M.A.S.*

A complex M.A.S. process, in which the psychostructuralologist and the client search for that which is the same within and between experiences, can be presented in the form of an equation. The equations of the M.A.S. process are a subject of the study "Mathematical analysis of the M.A.S."

### *Standardised questions*

In order for the components of associatively connected experiences to equate, the psychostructuralologist asks the client standardised questions, with the task of concluding:

- Which of the client's reactions, in the observed experiences, are psychologically the same\*
- Which of the circumstances in the observed experiences are psychologically the same\*\*
- Which of the client's current reactions are psychologically the same as the reactions of other people in the observed experiences\*\*\*
- Have (in the psychological sense) the circumstances of one observed experience become the client's reactions (fear) in the present experience?\*\*\*\*
- Which horizontal connection of the basic experience is associatively connected to the horizontal connections of the present experience

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\*An example of a standardised question with the goal of equating two of the client's reactions, the reaction of fear in the current experience and the reaction of anxiety in the experience (memory) x: "Could it be said that your anxiety from the memory x is psychologically the same as your fear in the present experience?"

\*\*An example of a standardised question with the goal of equating the current experience's circumstances with the circumstances of experience x: "Could it be said that the person A (mother-who is a circumstance for the client), who caused your anxiety in the memory x, is psychologically the same as the darkness that causes a reaction of fear, in your present experience?"

\*\*\*An example of a standardised question with the goal of equating the client's current reaction and person A's reaction from memory x: "Could it be said that your fear (current reaction) is psychologically the same as mother's anger (mother's reaction) from memory x?"

\*\*\*\*An example of a standardised question with the goal of equating the client's current reaction (fear) with the circumstances of memory x: "Could it be said that your current fear (fear is a reaction) is psychologically the same as your angry dark-eyed mother ("angry dark eyes" is the client's circumstance) from memory x?"

## *The client's post-M.A.S. experience*

The period (time) after an M.A.S. session is the client's post-M.A.S. period.

The experiences after the M.A.S. period are the client's post-M.A.S. experiences.

In the post-M.A.S. experiences the client psychologically reacts:

- To other systems (circumstances) of the given experience
- To his own psychological reactions displayed in the given experience
- To himself as a physical and psychological system ("circumstance to a circumstance") in the given experience
- To all earlier experiences (starting with the basic experience) to which the components of the M.A.S. session are transferred as well

The post-M.A.S. experience results in the alteration of the system.

During an M.A.S. session only one vertical connection can be explained. Another vertical connection can only be understood after the post-M.A.S. period.

The post-M.A.S. period is a necessary part of the of the M.A.S. process

Some post-M.A.S. experiences can stay permanently memorized and thereby become psychostructural experiences

## *Alteration of the neurotic C structure*

M.A.S. changes the neurotic C psychological structure on the level of the stimulus, so that during an M.I.S. session the acquainted part of the psychological system permanently loses its place in the stimulus of the following experiences.

For the “amount of the explained” (during the M.A.S. session), the stimulus of subsequent experiences permanently:

- Decreases the share of the psychological system
- Increases the share of the circumstances

In the subsequent experiences, for the explained part of the psychological system:

- The adequacy of the components is permanently increased
- The pain is permanently decreased

### *The power of the psychological system*

The M.A.S., on the level of the psychological system’s structure, affects the alteration of all following experiences.

At the subjective (psychological) level, the M.A.S. changes components of the psychological system (that is formed up to that point) (it changes the system retroactively).

### *C-M.A.S. structure*

The C-M.A.S. structure of the psychological system is a structure that comes to be as a result of multiple successful M.A.S. sessions.

### *Symbol*

The symbol of the psychological process is “lj” (a little serbian letter, „lj“)  $\mathfrak{lj}$ , styled to look the same from both sides.

The symbol of the psychological system  $\mathfrak{Lj}$  is a rhombus inside of which we have the symbol of the psychological process.

The symbol of the psychological system reflects following traits of the neurotic C structure:\*

1. That in any given moment the entirety of the psychological system and all structural components of the system (all parts) have the same structure
2. That the structuring (of the C phase) of the psychological system happens in two directions:
  - One direction going from the basic experience to the present experience
  - The other direction going from the present experience to the basic one

Both components of the psychological system's symbol present simultaneity as an essential feature of the neurotic C structure.

The rhombus symbolizes the system's life - it's continuance from the beginning of the structuring process, through its full development, the period of its degeneration, up to its very end.

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\*Described in the studies: "Diagnostics of the psychological system's structure" and "Psychomathematical logic"



Into the chart, the psychostructurologist writes the client's words relevant to the associated experience's components (circumstances and reactions).

In a correctly created scheme (protocol) of an M.A.S. session, one can find all components of one vertical connection, on all levels.

The protocol of an M.A.S. session is also a protocol of scientific exploring.

Respected Mrs. Dešević,

You have scared me a little bit, but honored me as well, with your request and wish for me to read, and eventually proofread your scientific study in the field of psychology, a scientific discipline that sometimes looked a little mystical to me, like theology, just like some sort of religious child that defected from it, so that it may even harm it. It always seemed to me that psychology is a science allowing little insight to a layman. That is why I approached your work with certain diffidence, and a strange distance, not to say hostility. But curiosity prevailed once again, maybe the same one that led you onto this path of miracles that opens up before us. Now I am grateful, because you gave me the opportunity to reflect on a text the like of which I have never worked on before, and what I found in it filled me with remarkable satisfaction and hope. Satisfaction, because in your study I found a story that seemed convincing to me, and hope – because it would appear to me that your study makes a very important step forward, in a science for which modern man has particular expectations.

I have known you for quite a while, as a strict professional, the only psychologist in the wide space of our constrained provincial existence. I know people who, thanks to you, have returned from the border of disaster, as well as I know some whose will for life has been kept up by you for years. Nevertheless, I did not know that you weren't the routine kind of psychologist, the kind who strictly enforces a standard procedure, learned a long time ago, ever since Freud and Jung. It is now visible to me that by giving everyone the best you have to offer, you have successfully set foot on new, unexplored ground of a young, but ever more necessary science, such as psychology.

Of course, I would not dare to just make a comment, let alone evaluate your work, but after reading your study multiple times, my rich experience as a reader told me (repeatedly): "There

is something in it, there is something!”

Something tells me that here we have a valuable piece of work and a very serious thing that will set in motion, or reverse, an entire scientific discipline, and with that, all our lives. It will return hope. It is as if your work releases us from the chains of usual practice, presenting us something we have been waiting for eagerly.

Now I know, I am somehow sure of it, that you have gained insight into the most mysterious and intricate labyrinth of the soul, where the keys to our gates are hidden, all that which we so far just accepted as destiny, which in some ways it really is. But now we also know that we are the masters of our destiny, and your work will enable us to rule our lives. Instead of other symbols, now the formula of psychostructurology will be seen at the front line, in our struggle to rule ourselves.

Your claim seems completely plausible and logical to me, that psychology must also be based on certain principles and rules, solid and regular systems, because nature has arranged everything – so, we can presume, this as well. Psychology is sometimes imprecise, with occasional errors and faults. That is maybe so in order for people like you to be given a chance, to correct its mistakes or find a solution to the problems which it cannot solve all by itself. In fact, nature created you as part of its system for intervening and you have recognized that.

Mrs. Dešević, if this system of yours proves itself in practice, which my intuition tells me it will (and must), your name will be praised and appreciated, and humanity will be given a cure that comes from the area of the soul, where many other important cures and gifts come from as well. Of course, it will be important to know how to access those treasures, and you are obviously one of the human soul's treasurers. Perhaps because God guided you, blessing you with extraordinary talent, but not for your benefit, as much as for the benefit of others. I wish you success and luck on your path, and may your guidance improve our well-being, in these modern times of stumbling. It is good

to know that there is still someone who cares for the soul, now in this sea of soullessness, where everyone grabs for everything, without ever stopping to look around, even less to reflect into the depth of oneself, where an entire little paradise exists.

I wish you every happiness, on this path of ours.

Yours faithfully,  
Zoran Raonić  
Writer

Pljevlja: 24. 8. 2009

## Sources

My theory is, of course, mainly the result of my experiences as a psychologist and psychotherapist. At some point of my career, I gradually started writing down my views on psychoanalysis and psychotherapy. After a while, I realised that what I was working on was a psychological theory all of its own. Having been the only psychotherapist in a town of approximately 30.000 inhabitants for three decades, I have naturally developed my own method of work. And my theory, which I dubbed “Psychostructurology“, came to be as a reflection of my reasoning, and of all my ideas concerning psychology and psychotherapy.

Nobody ever created a scientific theory from nothing. Every scientific study simply has to have some sort of inspiration. In my case, it is primarily the work of psychology's most famous mind – the psychoanalyst Sigmund Freud. My approach to psychotherapy has basically always been psychoanalytic, in the Freudian tradition. So I could name Freud's work, and all his publications, not only as an sources of inspiration, but also as a source that influenced my theory.

Also, there are two books that I would like to point out as inspiration and sources:

“Euclid's Window: The Story of Geometry from Parallel Lines to Hyperspace” by Leonard Mlodinow, and “The Math Gene: How Mathematical Thinking Evolved and Why Numbers Are Like Gossip”, written by the British mathematician Keith Devlin. Add to that all the achievements of Ludwig von Bertalanffy's General Systems Theory, and you can see all that helped me progress with my work.

I would like to thank these great scientists for being an inspiration, and for providing sparks for my scientific study.

*Ljiljana Dešević*

## *About the author*

Ljiljana Dešević (née Kojić) was born 1952 in Belgrade, as the daughter of Danica Kojić, a teacher, and Branislav Kojić, a psychologist.

She graduated from the Faculty of Philosophy, department of Psychology, in Belgrade.

She is married and lives in Pljevlja, Montenegro. She is employed at the Center for Mental Health, in the local hospital. There she is engaged in psychodiagnostics, psychotherapy and education.

She has developed her theory of “Psychostructurology” while working as a professional psychotherapist for thirty years.

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