



The symptom of dissipation

The symptom of the dissipation can be assigned to the personality disorders, especially the borderline type, and represents a defence mechanism. Why is that the case? These disorders are caused by early childhood trauma and extend through puberty. Here one can imagine a mass accumulation of traumas that have different, different causes and causes. Consciousness becomes more difficult from these disorderly conflicts to an orderly discussion of topics. This is complicated by the repressed traumas of the unconscious, which cannot communicate with the consciousness. If a person shows the symptom of dissipation, this means that interpersonal communication and relationships are banal and disturbed. Based on an example in the partnership: Person A and Person B. Person A has a tendency to be dispersed in the desire to communicate with his partner. This can be seen in forms of a rapid change of topics, whereby no connections appear in the conversation. Person B cannot concentrate after a certain time, because the connections between the topics are missing. The contents of this conversation feel empty and boring.

Getting bogged down is a burden for the conversation partner and the conversations can be described as empty, not clear and not target-oriented. For example, one feels exhausted after a conversation due to the many incompatible information of one's interlocutor (dysfunctionality of communication and harmony).

Reasons for dispersal

1. Insecurity, fear, the feeling of being overtaxed lead to dissipation. You can call this **the symptom of dissipation**. If person A makes person B aware of the senselessness of the conversation, person B reacts with resistance.

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not having to look into one's own depot chamber, because one does not want to show and admit one's own insecurity, resistance sets in. The uncertainty, fear of uncovering one's own inferiority complexes generate inner feelings that cause even more dissipation.

The own inferiority complex is covered. You compensate, feed your neurosis and continue to wear your mask.

The symptom of the dissipation can be assigned to the borderline type and represents a defense mechanism. If a person shows the symptom of dissipation, this means that interpersonal communication and relationships are banal and disturbed. To constantly get bogged down is stressful for the conversation partner and the conversations can be described as empty, not clear and not target-oriented, what is experienced as stressful. For example, after a conversation one feels "slain" by a conversation due to the many incongruous information of one's interlocutor.

Therapy

The symptom of dispersal is early childhood trauma that has been repressed and its influence on interpersonal relationships. The affected patient has vegetative, psychosomatic symptoms. The vegetative control by unconscious mechanisms of uncertainty and inferiority complexes triggers stress factors. We know that stress affects the release of stress hormones. Through the activity of adrenaline, cortisol leads to a concentrate proliferation of stress hormones. This is transmitted through the circulatory system and has a negative impact on the digestive tract, heart and circulatory rhythm disorder and in the memory cells in the brain are blocked by the increase in the stress hormone memory cells.

The explanation for the dispersal lies in the individual biography of each individual. It needs therapy. In the therapeutic process, the uncovering and overcoming of traumas is important.

The therapist uncovers the contents of the unconscious by means of interpretation language and can thus lead to healing. The language of interpretation is based on three steps:

1. reconstruction from the biographical anamnesis of the patient or the parents and grandparents. It is important here to record genetic dispositions.
2. to establish a link between the biographical anamnesis and the psychodynamics in the here and now (the existing conflict).
- 3 The language of interpretation is used to explain the causes and development of the disease, its symptoms and connections with changes in destructive infantile behaviour patterns in interpersonal relationships. How to move from this pattern of behaviour to a communicative understanding of the world, empathy, work and a socially acceptable life.

This process of change is particularly important in partnerships. Then a therapeutic goal is formulated and adapted to this project.

One can also imagine this process as follows:

The therapist can be compared as a metaphor, with a diver in the ocean (ocean is to be understood as soul in its depth of the unconscious), who alone has access to the unconscious and successively raises single hidden repressions from the unconscious via the pre-conscious into the consciousness.

If the therapist interprets the patient, the first question is whether the patient has understood the interpretation and whether it is plausible for him. If this is the case, a content was lifted from the unconscious into the unconscious. If the patient no longer or further deals with this content, there is a danger that the content elevated into the pre-conscious will sink back into the unconscious (resistance). In order for this not to happen, it is necessary to raise awareness so that the uncovering is secured and does not fall back into the unconscious again. For the achievement of the therapeutic goals, internalisation is of central importance, followed by implementation. Since everything is a process, you shouldn't despair when you suffer another setback. Because it takes time to implement new information. What is important is that you want to work on yourself and are prepared to face your repressions.

If the symptom of dispersal can be remedied, other topics are worked on at the same time and other topics such as feelings of insecurity, inferiority complexes and fear are closed and the ego strength grows.

This leads to relief of interpersonal relationships, effective communication and harmonious coexistence. A healthy communication is emerging: Discussions are now characterised by clarity and focus.

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