

# SCHEMATIC OUTLINE FOR THE STRUCTURE OF NEUROSIS

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**BASIC CONCEPT:** The infant never had enough of optimum acceptance to begin with. This has the following consequences:

- A. Much guilt is generated. This seems to come in two ways.
  - 1. The child thinks: I am unloved.  
Therefore I must be unloveable, bad, guilty.
  - 2. The rejection (or frustration) leads to aggressive wishes. The rejecting parent defines the aggression as bad--hence: guilt.
- B. Not having experienced total acceptance, the individual is fixated at this point.
  - 1. He feels that total acceptance is necessary for happiness.
  - 2. He engages in fantasy pursuit of total acceptance.

BUT (A) and (B) are mutually contradictory because his inner guilt feelings make him feel unworthy of acceptance. Hence: **DOUBLE BIND.**

## II

Thus we seem to have the following sequence:

- 1. Rejection by parents.
- 2. Experience of anxiety and helplessness.
- 3. Defense against the anxiety in the form of fantasies of omnipotence:
  - a. I am not really helpless; I am all-powerful and perfect.
  - b. I have to be perfect in order to be loved.  
to be safe.
  - c. I can not be loved as I am; I must be something special.  
i.e. Not to be special is to face trauma.
- 4. Maintenance of the defense; I must avoid at all costs finding out that I am not special. Thus:
  - a. If I don't try, I do not commit myself to any effort, and there is no real possibility of "failure".
  - b. If I don't let others come near me, they cannot find out that I am not special.

III

The Testing Maneuver or The Role of The Repetition Compulsion

1. The original rejection.
2. This--oddly enough--seems to create a need to perceive others in the same way. i.e., as rejecting.
3. What purpose is served by this?
  - a. A defense against the profound hostility that is felt towards the rejecting person. (let's say the mother)  
  
i.e., If I find out that others are accepting, then I recognize mother's rejection and feel appropriate anger.
  - b. Distortion of the meaning of love:  
Mother's love--or at least attention--was the lifeline to survival.  
But this attention was accompanied by profound rejection.  
  
BOTH were orally introjected together! Fused. The expectation is aroused that one cannot exist without the other.  
  
Hence, I now seek love through pain.
  - c. If I can perceive others as rejecting, or maneuver them into being rejecting, then I can keep them at arms length. Then they don't find out that I am imperfect and full of "bad, primitive" impulses.

HENCE: To perceive someone as kind and accepting arouses anxiety. Therefore it will probably be necessary to deny that anyone can be or is being kind and accepting.