

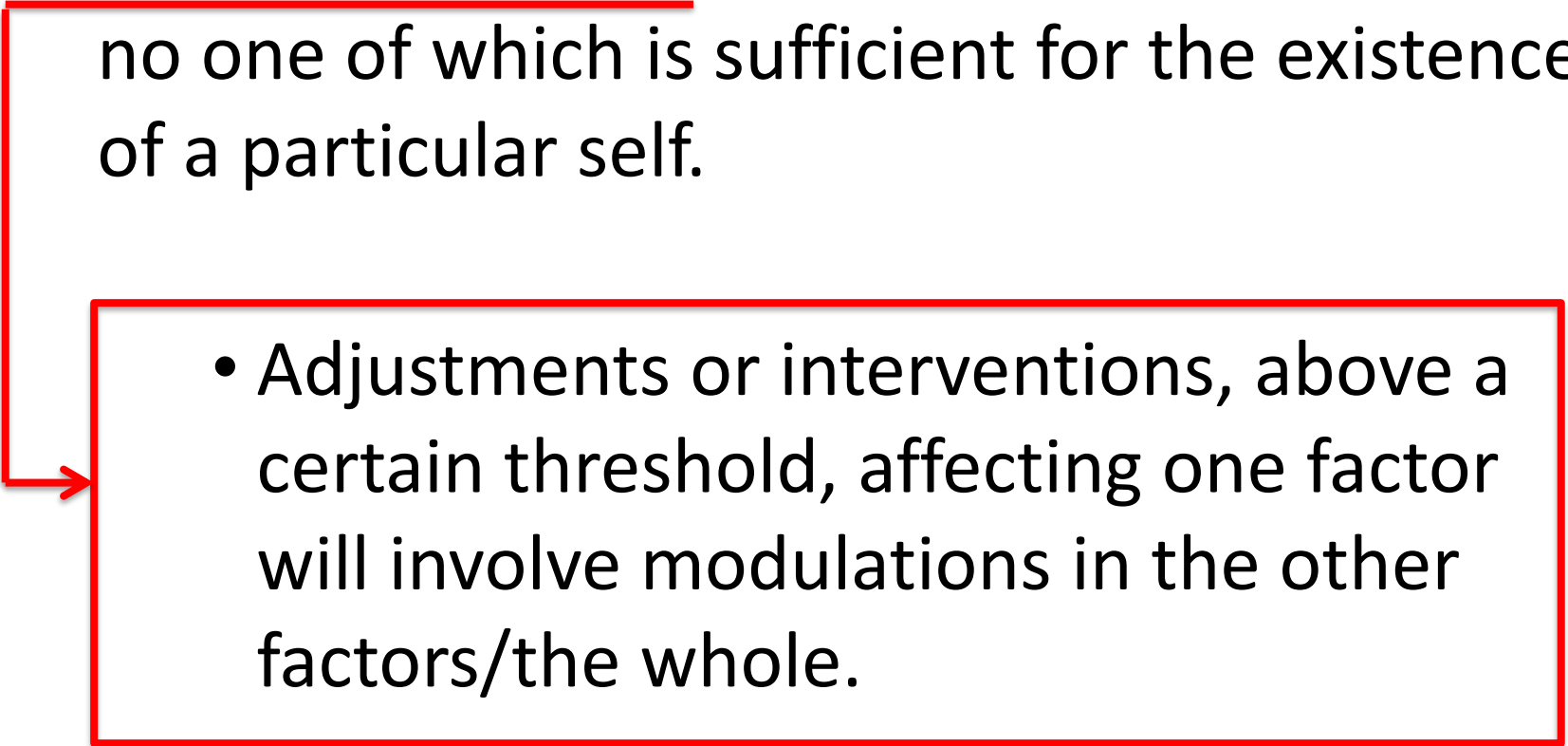
# Comment on Parnas

# IDENTITY AND SELF

- Relational: Extended/situated/normative
- **Narrative identity/self**
- Reflective capacity
- Psychological/cognitive
- **Core identity/basic self aspects = core/basic**
- Intersubjective/social aspects of self
- **Embodiment (psychophysical unity)**
- Behavioral aspects (experience, self-presence)
- **Affective aspects**
  - Self-coincidence
  - Privacy and demarcation
  - Embodiment (psychophysical unity)

## Pattern theory of self:

- A self is individuated as a pattern (a *dynamical gestalt*) of characteristic features, no one of which is sufficient for the existence of a particular self.

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- Adjustments or interventions, above a certain threshold, affecting one factor will involve modulations in the other factors/the whole.

- Psychiatric disorders

# Major Depressive Disorder

(a) = DSM-5;

(b) = from a variety of interviews, vignettes, and patient narratives collated from various sources.

- ***Embodied elements***

- (a) significant changes in weight, insomnia or hypersomnia;

- (b) lack of appetite, slowness of movement.

- ***Experiential aspects:***

- (a) fatigue or loss of energy;

- (b) feelings of heaviness, feeling disembodied or hyperembodied, feeling like an automaton (reduced sense of agency).

- ***Affective aspects:***
  - (a) depressed mood (sadness, emptiness, hopelessness), diminished interest, feelings of worthlessness or guilt;
  - (b) loss of empathic resonance with others, loneliness, self-loathing or low self-esteem, pervasive sense of dread, unaccountable fears, feeling that one's experience is absolutely private and absolutely isolating, despair, feeling of being excluded, not understood, underappreciated, self-alienation.

- ***Behavioral aspects:***
  - (a) psychomotor agitation or retardation (observable by others);
  - (b) inability to stop crying, diminished physical self-care, self-harm to reduce anxiety.
- ***Intersubjective aspects:***
  - (a) ...
  - (b) feeling like a burden for others, like a loser, feeling excluded - feeling of not belonging, profound intersubjective alienation, concern that others think they are malingerers, negative assessment of self-appearance (in mirror), feeling invisible.

- ***Psychological/cognitive aspects*** may include
  - (a) diminished ability to think or concentrate, indecisiveness, recurrent thoughts of death, recurrent suicidal ideation without a specific plan, or formulation of a specific plan for suicide;
  - (b) disordered attention, excessive rumination, toxic thought processes, mind fog, nihilism, difficulty in imagining a different future, changed time perception, time experienced as passing very slowly, closure of the future.

- ***Narrative aspects:***
  - (a) ...
  - (b) repeatedly re-scripting conversations that were deemed unsatisfactory, predominance of use of first person pronouns, past narratives are couched in terms of loss, failure and damage, present narratives hold little or no interest, future narratives have dried up.
- ***Extended/situated aspects:***
  - (a) ...
  - (b) things and surroundings experienced as less salient; diminished engagement with the world; loss of sense of belonging or fitting in place.



- The concept of a self-pattern may be a useful tool for thinking of pervasive and multifactorial changes that occur, and the new patterns that emerge in different disorders.