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## Chapter 18: The Vocabulary of Egopathy and AltruCharacteristic Communication

In any new field there needs to be a new vocabulary to explain the new concepts. Studying high-functioning people who are egopathic is no different. These words will help you understand the processes and interpersonal dynamics of egopathy.

Adult Parent Child The three ego states of Transactional Analysis. (See the Parent-Child Coalition).

Agenda The hidden thoughts and ideas that a person shapes his actions to fit. But even when they are brought to light even mature people may cut the ties between the agenda and the real reason for that agenda.

Alexaccountability Not having words for one's behavior. Not being able to speak an account of or being able to be accountable for one's behavior.

Alexithymic Not having words for one's feelings. Not being able to express or understand emotions.

Altruism The desire on a healthy person's part to do the right thing, the helpful thing to Person A.

Amygdalism Feeling deep feelings when the other person doesn't live up to our standards: shock,

dismay, disgust, and anger. Quick to have 'red flag moments' when we are shocked and dismayed at someone's behavior.

Awareness of feelings This ability is most pertinent when it has to do with how you are reacting to someone's behavior (the B person). Are you aware of the underlying feelings? Not just angry or annoyed but also feelings of judgment, betrayal, or perfidy (unrequited trust).

Character: The willingness and ability to pay attention to the rules of interpersonal conduct

Citizenship The willingness to be a member of a community (three to three million) and adhere to the social rules of high emotional and social intelligence.

Congruence Being in touch with and aware of one's true feelings. Might be able to communicate them more effectively than one who is not congruent.

Defensiveness Being quick to protect the self with emotional ego defenses and slow to understand the other.

Defendedness The tendency to have a set of psychosocial defenses in place which direct and create behavior designed to defend the person against perceived and feared actions of others.

Deference The willingness to give to another their due (time, money, respect) and the benefit of the doubt even when it would not be expected as a social rule. (due process).

Disactualization The state or condition of feeling or actually being far behind in the progress of our lives. Maslow/Gold talked about self-actualization as a natural process how we feel anxiety if we are not making that progress. Disactualization captures that emotional operation/dynamic.

Egocentric: Focusing on the self more than the others in the environment.

Egocentricata The acts or series of acts that are inspired by and contaminated by egocentrism, i.e. not caring about others' needs and issues, only one's own.

Egocentrism The tendency to think and behave in ways that honor the personal agenda and maldeveloped needs. Tends, also, to denigrate, minimize, and disregard others' needs and feelings.

Egoism: "self interest as the actual motive of all conscious action." Simply looking out for the self and one's own interests.

Egopath: a person who is suffering from inadequate character development and shows it by being aggressive, cruel, unremorseful, and egocentric.

Egopathy: Hostile behavior arising from an exaggerated sense of self-importance (J.P. Chaplin).

Egopathy: A tendency to find fault, be judgmental, and get aggressive as a self-defensive and ego empowering mechanism which is the result of unresolved, unhealed developmental needs issues (C. S. Wood).

Egopathy Hostile attitudes and actions stemming from an exaggerated sense of self-importance often

manifested by a compulsion to deprecate others. -APA Dictionary of Psychology

Egopathy (from the internet) Hostile behavior due to a psychopathically exaggerated sense of self-importance. Egopathic patients are characterized by a strong egocentric trend that compels them to deprecate others in their constant aggressive and unconceding attitude.

[http://wordinfo.info/words/index.php?v=info&a=view\\_unit&s=science&page=4&u=2729&spage=4](http://wordinfo.info/words/index.php?v=info&a=view_unit&s=science&page=4&u=2729&spage=4)

Egopathy: A general term for the tendency to bolster one's own ego by inappropriate hostility and aggression towards others. The Penguin Dictionary of Psychology by Arthur S. Reber. (1995) 2<sup>nd</sup>. New York: Penguin.

Egopathy Engaging in judgmentalism and moving aggressively against a target with malice and without remorse; often due to exaggerated and misperceived threats to the safety of the self. Usually unaware of the etiological nature of childhood wounds. (C.S. Wood)

**An alternative definition: a person who is suffering from inadequate character development and shows it by being aggressive, cruel, unremorseful, and egocentric.**

Egosaludity: Literally, ego health. (see ego strength for the definition). Ex: *Figuratively, she simply does not have the egosaludity to make that connection.*

From APA Dictionary

Ego ideal

Ego Strength: A complex of capacities to react to events with accurate perception, appropriate emotions, and insightful, rational judgment; all proceeding from a well-integrated personality system. (This system permits autonomous behavior, and at the same time it includes a positive, ethical attitude toward other people.) (from *The Psychology of Character Development*) This is a very good description of what emotional intelligence should be: the combination of emotional usage and control and ethical, altruistic attitudes and behavior. **This also appears to be the opposite of egopathy!** (The author)

Empathy The tendency and willingness to care about the other's feelings and to put that caring into action.

Emotional Intelligence A cohesive set of constructs that have to do with being in touch with and in control of one's emotions especially when dealing with others during times of stress.

Empowerment The sum total of all the satisfying and strengthening subjectives that a person feels, thinks, and hopes for as the result of relationships or situations in an arena of human interaction.

Gravitasterone Appearing to be mature, strong, charismatic, manly, trustworthy, very impressive in their physical presentation. Usually accompanied by size and depth of voice. "This impressive hunk of man had gravitasterone in spades." (a combination of gravitas and testosterone.) "God seemed to have skipped over my scrawny blind date when it came time to hand out gravitasterone."

Humanity The tendency and the desire to discover the good in each person and resist the tendency to see the bad in a person.

If / then maldeveloped syllogism. Having causal ideation containing an incorrect or ineffective interpersonal paradigm based on (usually archaic) fallacious "if / then" sequences.

Judgmentalism - (see appendix) The tendency to judge another as deficient or less than and to maximize the offence into a punishable offense based on one's own disintegrity.

judgmental Rejectionism is a complex of behaviors which has to do with one's drive or tendency to judge

another person as unfit for friendship or positive regard and, therefore, deserves expulsion or censure. (The second leg of egopathic behavior).

Lacuna (plur. lacunae) A hole in the soul created by a painful experience so severe that it lingers for years and leaves a pathogenic set of dynamics and personistics.

Loyalty Being willing to give to the other person what they are due, owed, or even expecting.

Maldeveloped Personality A personality in which there is a propensity for behaviors based on unresolved childhood dependency needs and unintegrated woundedness from the past; usually written “maldeveloped needs.” “I have stressed the importance for these people of fixation on the cannibalistic level of libido development and regression to it, with concomitant *maldevelopment* and regression of the ego and superego” (p. 86). Soul Murder. Shengold.

Maleficence The act of committing harm or evil. (Webster’s).

Maleficent adj. Being harmful or evil. Working or productive of harm or evil. (Webster’s)

Malevolent having, showing, or arising from intense often vicious, ill will, spite, or hatred (W’s)

Malfeasance Wrongdoing or misconduct esp. by a public official (Webster’s)

Magnanimous: showing or suggesting nobility of feeling and generosity of mind (*too sincere for dissimulation, too magnanimous for resentment* -- Ellen Glasgow)

Magnanimity: loftiness of spirit enabling one to bear trouble calmly, to disdain meanness and pettiness, and to display a noble generosity. Again, the opposite of the egopathic attitude of self-centeredness.

Malignification: maligning by magnifying the pathology of someone’s behavior and characterizing it as malicious when it is innocent in reality. Engaging in maligning and exaggerating the importance of the behavior of others based on one’s own unfinished business from childhood. “The malignification of his behavior was unseen, unexposed, and un-confronted so no one challenged his being fired.”

Manipulate What the B person does with Person A. Most pertinent when a one up person uses his or her powers and influences to arrange things to their own advantage.

Minimizing Making one's behavior out to be inconsequential. Usually done in response to A or B doing a remonstrance with the other person.

Maximizing Making the other's behavior out to a catastrophe. Usually done by the B Person.

Needsmet The condition of one’s level of having gotten his/her needs met in earlier years or the psychological state (PS) the person is in as a result of that level. When referring to someone’s childhood, the outcome depends so much on the level of getting one’s needs met. We need a noun for that phenomenon.

Neutralize An egopath will try to show you that your way of thinking, needing, or feeling is wrong. Their “prosecuting attorney” will try to *neutralize* your position, agenda, or dream. Why? Because an egopath is always trying to think about and achieve their own self-serving agenda.

One up person Any person who has the power in a relationship: the parent, the supervisor, the professor, the older, bigger, or more experienced person. Tends to engage in power and control tactics.

Overreactionism The tendency for old wounds and emotional baggage to build up and then burst forth in a fury of judgmentalism and recrimination as a way of relieving the psychic distention.

Parent-Child Coalition. The Child ego state recruits the Parent to do the talking in a stressful situation.

Pathologizing The tendency to develop and maintain an attitude that the other's behavior is a sign of a rigid state of mental disturbance (see judgmentalism) (criminalizing, demonizing, .

Peccadillo: A wrongdoing which seems to us so innocent but can have devastating impact on the target person.

Personistics: The study of individual personality characteristics, especially those which are ego defensive in nature and help define a personality disorder or syndrome.

Post-modernism The philosophical paradigm that rejects one-up-manship and expertism and, instead, advocates collaboration and respect for multiple perspectives.

Projective Identification:

PCD stands for power, control, and direction. These words describe a consistent attitude and mental schema default in egopaths. To exert power, to reach for control, and to give direction is an automatic ego expression in many people. (see page xx)

Reciprocity: (Piaget) The child's belief that punishment should be logically related to an offense.

Rejectionism: The consistent and/or toxic mindset that judges another person as undeserving of acceptance into an organization, into a circle, or into simple human respect.

Remonstrations: To confront someone in a gentle and mature way using Adult-Adult techniques.

Retributional Rage: The angry emotions and revengeful drive inside a person who has suffered intense and/or chronic acts of rejection, toxic shame, or other insults to the sense of self. The subsequent mental anguish becomes the compulsion to strike back at someone. This rage finds its expression in mass murders and random, unstructured killings (Columbine, Virginia Tech, Mumbai, The Christmas Eve killer: Pardo.)

Self-system: a) In Sullivan's theory of a dynamism of self-understanding that emerges as a result of interpersonal experience. b) In Bandura's theory, cognitive structures that underlie the perception, evaluation and regulation of behavior. c) In Wood's model, the effect that all developmental experience has on the development of the "selves," e.g., self-esteem, self-confidence. Very similar to Carl Rogers' "phenomenological field".

Stonewalling The behavior of the B person which is designed to ignore and withdraw from the A person. The B person may feel this is appropriate as a result of a compulsive punitive attitude. (the acceptance that harsh punishment is appropriate). This is often done because the B person has failed to develop *altruistic* ways of responding.

Subjectives All the feelings and thoughts within a person such as hope, regret, excitement, loathing, disappointment, surgency, fatigue, and love. These feelings are used as ways of directing behavior in a social context.

(Words that are in italics are considered temporary words until we come up with a better word that captures the sense of the construct).

Superego Strength: The degree to which behavior is directed by, or in accord with, a set of internalized moral principles -- a conscience. (The Psychology of Character Development).

Syllogism: an “if... then” statement meant to discover a truth but very often fails. *It is where the cognitive psychology theory of cognitive schema is expressed.*

Target: In any relationship there are at two people. In a conflict, one of the two people acts and causes discomfort or pain to the other person. In this situation the first person moves against the second person in some way. We need a word which names that second person and the word used most often is “target.” It is an unfortunate word because it is non-human and reminds us of archery or artillery practice. But it is the word most used in academic writing to describe the receiver of action.

*Ex: He didn't mean for the words to impact the target in that way.*