



AUTHENTIC TECHNOLOGIES

The Core Balance Model©

Who are you when you say “I”? “Me, of course,” you say. But is that the “me” that soars to great heights, lives up to its full potential, and is quick and creative under pressure—or the “me” that flashes angry at the drop of a hat, is often sullen and depressed, is defensive over small matters, blames and complains about “my lot in life,” and feels helpless and victimized by circumstances beyond your control? “They’re both me,” you say, “two sides of the same coin. Who can say why?”

Perhaps I can. The Core Balance Model© defines two individual selves in each of us. Both selves have access to language, beliefs, interpretive cognitive functions (albeit different ones), the power to drive us to take specific action, and the sense of self-awareness expressed by the word “I.” And this, with few exceptions, is where the similarity ends. These two selves have been variously labeled Id/Ego, small self/big self, autopilot/the real me, inner child/critical parent, and so on.

I offer a simpler distinction: the Core Automatic Self and the Core Authentic Self. The Core Automatic Self’s sole purpose is to protect our Core Authentic Self from harm and/or too much pain. The Core Authentic Self is the real us, which remains intact despite life’s dramas and traumas. It continues to learn, grow, and mature whether controlled by the Core Automatic Self or allowed free self-expression.

The Core Automatic Self

We react automatically when we perceive something as being similar to the fearful, dangerous, or painful situations that previously injured or frightened us. Automatic reactions are caused by the human fight/flight mechanism, a “protector function” that develops naturally in childhood. Unfortunately, this primitive system often causes enormous pain and confusion later in life. It gets overwhelmed, lost, defeated, by the self-critical mind chatter that tells us we’re helpless, damaged, hopeless, crazy. That’s why our past and present crises replicate endlessly in “damned if you do, damned if you don’t” situations (double binds) and painfully recurring patterns. The Core Automatic



Self imprisons the Core Authentic Self and takes control of our lives. Only when we turn it off can we experience the real world and our real selves.

The Core Authentic Self

The Core Authentic Self is us. It's not an "inner child," it's an inner person, whole, healthy, capable, and complete. We can have direct access to life, love, and experience only by turning off the ongoing victimizing, self-critical dialogue in our heads. When we free the Core Authentic Self our abilities and creativity increase exponentially—including our powers of observation, assessment, and problem solving.

A common notion in psychology is that a person's self-esteem, once damaged, must be repaired and the injured person must be therapeutically reconstructed. I now have powerful evidence that only the Core Automatic Self requires this kind of intervention.

