

Human Adjustment Processes
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Module - 5
Lecture - 2
Facets of Human Adjustment

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Avoidance, Withdrawal & Compromise

- Not all quiet & retiring people are defensively withdrawn
- Because some of the major psychotic syndromes are dominantly withdrawal behaviour patterns, nonaggressive & introvert people are sometimes misclassified as maladjusted

Yesterday, we finally had ended at a point where we said that, excessive usage of withdrawal you know could basically, make you realize that the person is not using withdrawal as defense mechanism rather withdrawal is being used in a maladaptive form ok. Today, we are going to focus on the same issue, but from a little different angle in a sense that, if I have to find out who are the people who are near and near to me and are you know withdrawal type or they are the 1s who tend to avoid things or they seem to be a much more in a compromising fashion.

Basically, this is driven by the idea that I feel concerned about somebody, who is very close to me and then you also realize that the person concerned shows this type of a tendency; 1 important thing that has to be understood is that, there are sterility differences. The major classification being that you know 1 could be introverts the other person, could be an extrovert and there could be a possibility of somebody being an Ambivert showing characteristics of the 2.

Now, introvert individuals are usually very quiet type individuals therefore, everybody whom you come across and you find that have a the person concerned happens to be a very quiet and a very retiring type of a person; I should not you know consider that they are defensively withdrawn. So, this could be a misclassification. If you consider, that everybody seems to be very quiet and everybody who seems to be you know retiring type of an approach who takes in life does not mean; that the person concerned is withdrawn in nature rather, it could be you know a many frustration of the personality profile of the individual you know you have certain type of personality characteristics, which makes you like this and therefore, it need not be defensive withdraw.

Now, because some of the major psychotic symptoms they have that you know dominance of the withdrawal behavior pattern non aggressive and introvert individuals are sometime misclassified as maladjusted. So, this is basically a word of caution that I should not consider, introverts individual individuals who are otherwise very quiet individuals who would not be very proactive in terms of you know approaching you getting in the getting with the environment that does not mean that they are maladjusted individuals ok.

Usually, in hostel setup, for example say if you have a wing where you have 10, 12 you know hostel mates staying there in different rooms. And you find that you know 10 of you very you know would talk loudly will come out approaches others room try to interact with each other as much as possible. And then you realize that you have somebody in the wing he usually you know will not take the initiative of knocking your door, will not take initiative of asking you that can we go out and have food outside.

Let us just you know play something or lets enjoy in different, different forms rather, if you knock his door or her door then she would be willing to come out to spend time with you, but on her own he or she will not take this proactive measure of approaching you and saying that fine lets go ahead and have fun like this. You would find that there are people like that you know, who would otherwise if you if invited they will very easily go and mix with the environment.

But they themselves will never take initiative such people should not be classified that, he is seems to be withdrawal right from the day one of the semester he was like that there could be you know this type of a misclassification that should not take place because,

that shows the personality characteristics of an individual and therefore, it is not an indicator of withdrawal tendency ok. We are not going into the details of it, but there are 2 interesting things in psychology.

If you are interested read about it and if time permits will at some time when we would be coming to you know how self plays an important role at that time, we might discuss these issue 2 important things there is a very interesting personality test called Myer briggs type indicator popularly known as MBTI ok. Now, m b t I is a very interesting type of psychological test, which is very much used in the corporate sector.

It is used for multiple things you know it is used for identification of the personality profile of the individual you can make out what type of person this concerned person is at the same time it is also used for you know picking individuals whom the group things of giving some extra responsibility. So, say for example, there are situations where if the c e o has to be selected or if say the some person who has a higher stake involved in the position for selection of those people they invite the applicants to undergo MBTI.

So, I know what type of person you are and in certain type of situations how would you react and accordingly, I would decide of course, besides your performance besides your experience that whether you should be given this job or not ok. There is a another interesting you know test in psychology it is called Joharis window again, popularly used in the corporate sector Johari window is a very interesting type of a thing, which you can very easily used specially for predicting some degree of dynamics in the group, what Johari window does is that it has a list if I remember correctly 56 items are there.

Just words 56 words they are adjectives basically, what you have to do is that you have to choose those adjectives 5 to 6 adjectives that defines you according to you consider that these 5 or 6 adjectives they define me then your friends are given the same list and they are told let choose 5 to 6 adjectives that defines him. So, say for example, if I am the person you know for whom this evaluation is being done. So, I will look at the list of fifty 6 adjectives and tick that, these are the adjectives that defines me as an individual.

The list is given to you and then you tick you know on 6 to 5 to 6 adjectives that, according to you defines me then you would have another set of 5 to 6 adjectives that will say that this is you know what you know I think people know about me, but perhaps people do not know it. And the last that would be those adjectives that neither people

know about you nor you know about yourself ok. So, basically what happens you have something like a 4 box plot, you have 4 boxes.

So, how you perceive yourself how others perceive yourself what you do not know about yourself, but others know and what neither you know about yourself nor others know about you. So, the darker side of you or the unknown side of you, it is a very interesting type of a thing because it then tells; who are the individuals, if they are given a group activity who are the individuals who would work very smoothly.

So, if I have to say if I have 59 students in the course and if I have to give a group task using that you know Joharis window, I can very easily say that fine these 5 or 6 people I will put together, because this seems to be a very coherent group based on each other's rating of themselves ok. So, usually what happens that, you know when you start looking at individuals there is a probability that you might not be seen by others the way you perceive yourself.

So, I might find myself that fine you know I have too many things to do or I do not find meaning standing in the corridor and talking till late in the night. And then claiming that I sleep usually at 2 in the night the truth might be that although I am awake till 2 o'clock in the night, but I study only for 1 hour or 2 hours rest of the time, I waste according to me and according to you I invest with friends and therefore, there could be a mismatch in the perception itself.

Now, I have a reason why not to approach you and invest more and more time with you and you have a reason to misclassify me that, why I tend to avoid you the truth might be that I do not tend to avoid you or in a given situation I do not show you know generous withdrawal tendency rather, I am you know investing my time in something else and therefore, such misclassification should not take place the personality makeup of the individual has to be given importance that by temperament you are like this by treat you are like this and hence you are accepted the way you are you cannot be misclassified. Having you know discussed all these.

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Causes of Withdrawal

- Prolonged illness, physical handicaps, & previous social isolation may predispose the child to avoid social & competitive activities
- Seclusive adjustment may develop as the most satisfactory behaviour pattern that a weak, handicapped, or socially unsophisticated person can achieve

Now, we would come to the primary causes responsible for withdrawal usually has been realized that, prolonged illness physical handicap and previous experiences of social isolation might predispose a child to avoid activities and situations you know where you have social involvement where you have a competitive type of a scenario; what happens usually say when you run with extreme you know about others; others know about you and therefore, you know moving ahead with the group is not difficult at all.

So, that type of a social scenario where there are set of people, who have you know been together for you know quite long period of time is very easy to understand each other to predict each other's behavior to demand certain things from each other to accept each other's view point, but if you are a stranger or say if you have been grafted later on in that situation it is very difficult for you to gel with it. And therefore, say if you are for some reason, if you have not got the chance to stay in that group for long you could show withdrawal tendency when you are put in that type of a situation.

I would you know state a very interesting story to you I do not know how interesting it might appear now, that was a time when I was in class 11 and those were the days when these channels were not available only Doordarshan was available. And on Sunday evenings I do not know remember a time, but perhaps it used to be 5 or 30 in the evening when a movie used to be screened, so every week on Sunday evening. So, would have a movie on the television set.

Now, I realize that Monday morning the movie screened on Doordarshan last evening happened to be the topic of discussion in the class. So, whenever the teacher is missing or the gap that you find, between departure or arrival of 2 teachers or the lunch break or in the cycle stand everywhere, you know the topic of discussion uniformly happened to be the movie that was screened last evening. Somehow at that point of time I was not. So, interested in movies I do not know why because now I find myself very much interested in those days I was not.

So, interested in movies, but because of this type of group dynamics, I ensure that every evening I would also watch the movie, because otherwise you are an isolate in the group you know everybody talks about 1 or the other you know screenshot and they discuss it and then you find that, you are completely lost you do not know what actually happened and it was not only me after few months, we realized that everyone was forced to watch the movie simply, because this is what was happening in the class you know somebody would you know triggered a discussion.

Because, it happened last week therefore, it has to happen this week it has happened for 2 weeks therefore, it will happen in the third week and it became a ritual much later we realized that this was a foolish act on our part, but though the entire 1 year all of us kept on watching movie. Now, this is basically you know the I would consider, that this is an attempt desperate attempt by members of a group to ensure that they are not left isolated you feel that you are part of the group.

The group can easily you know accommodate you, because you also talk about things which the group is comfortable talking about, but imagine the situation if you have experienced prolonged illness somebody diagnosed with cancer told to undergo chemotherapy and for this reason he or she cannot you know come to the class for the entire semester forget about the administrative part of it where you have a sanction leave you have this option you have that option we are not talking about those options you come to the class for 2 days then you have a prolonged absence and then suddenly in the month of April once again you come to the class you find as if you are lost you take time to gel ok.

So, if you 1 has experienced prolonged illness, there could be a problem that you have you know you are somewhere, you have experienced life in such a way that you tend to

appear withdrawn in most of the situations, where most of the people will you know fly like butterflies and interact with each other. Similar is the case with you know physical handicap imagine you know you are very active partner of a group involved in all types of group dynamics 1 evening you decide to go to have tea somewhere or dinner somewhere in the city.

You meet an accident and finally, both your legs are imputed. We had taking extreme examples right. Now, you know and then you never remain what you are or you yourself have experienced extreme social isolation, because of certain reasons I do not know how far you are aware of this thing that there was a time in our country I think it was 91,92, it was the time when the government had accepted you know adopting the recommendations of the commission for reservation in education and job and there was a huge protest everywhere.

So, all academics situation had you know extreme degree of protest that was seen, I happened to be undergraduate student at that time just you know from my plus 2 to undergraduate days that was a time when all this happened. And in my university in the hostel there was a very interesting type of a system I do not know who had thought of it, but at that time also I did not find merit in it today also I do not find merit in it. I am not criticizing those who designed it that way, but even at that time when I was a student I dint find why it should be done like this.

Today when I look back again I do not you know respect that type of enlargement I do not have an appreciation for that the arrangement was what you have a hostel and there were you know the bathroom area in 2 or 3-3 different zones. So, say if you have a rectangular type of a building on 1 side you have the main entrance and on a 3 sides in the center you would have the bathroom areas. Now, these bathroom areas had you know the basins on the corridor and the commodes and then the bathing area multiple of them you know.

Now, for some reason the university had decided that those who would be admitted into the courses in of the university under the reserved category they will be given room next to the bathroom. So, you have the bathroom definitely there would be 2 rooms on each side 1 each ok. So, all these rooms were given to those students who came under this

scheme there is why I had asked my ward and why this type of an arrangement and I was told that this is to you know make their life much more comfortable here.

Because they are very close to you know the facilities that the hostel provides, but in turn what happened rest all those who were not occupying the rooms and had not come through the this very government scheme there was a very clear line of divide ok. So, if you are in those rooms means you are under the some reserved category, if you are not in those rooms then this means you are belong to the general category and I still remember that you know invisible line of division did exist.

So, unless and until you are academically very bright where you would be accepted by the larger group otherwise you know you feel isolated in the you know lecture house, because people do not consider you know you to be friendly with in the hostel you are in a different type of a room where nobody feels going to those rooms and nobody entertains you and you have that hesitation of you know knocking your wing mates and talking to them great line of divide ok.

Now, if you 1 has experienced life like this, I am sure those of few who have some rural connection you know will know this that in the rural part of India, I would say 15 years from now look 15 years in the reverse direction from now, there happened to be very stringent practices primarily designed for those who belong to certain other cast in the society. So, there would be few privileged casts who would dominate and not the elected ones right now some system of you know making the.

So, these dominant people would become the head of the village they will have their own group 4 5 members again belonging to the other casts and then there was a long list of people belonging to the what is called as lower cast who would not enjoy these privilege and different type of you know oppressive mechanisms. I still remember somebody say if my house is located in this corner of the village. And if you pull of the lower cast as supposed to cross the road they will take out their slippers in their hand walk barefoot on the road till they cross my friends then they will put the slipper down wear it and then move on the road.

This is great degree of humiliation today if you think, if you are asked whenever you cross the residence of this man take out the your slippers you feel insulted why should I ok. The only place where we take pride in removing our shoes is the places of worship

otherwise we do not take pride in removing our shoes even to the extent that, I should not say this on record, but I would like to mention you know that even in at locations where you are supposed to remove your shoes operation theaters.

For example, that testing labs for example, where you have all type of you know biological test taking supplementing your medical report you would find that when you arrive as a patient you are supposed to follow the protocol, but you would find you know the security staff of the hospital of the lab the cleaners of the lab hospital they take pride in going with their shoes in the operation theatre and coming out they are not concerned about it.

So, except for place of worship you would realize that we find a system where, were you do not follow ideally which you should have followed whereas, you deliberately force somebody to you know remove the shoes on the private on a public road simply because this house belongs to somebody from the upper cast, and you cannot move with slippers this is insult to me, southern part of India had even worst type of mechanism, when the people from this Brahmin families they use to take bath in the river. And when they use to go back to the temple and back to their home; anybody from the lower cast should not cross the road at that time you know.

If the sun is on the other side and if the shadow of the person falls on me I become impure. So, strict was the rule. So, that would primarily mean that when people from the Brahmin community in that those southern villages would move on the road nobody else is supposed to move this is far more stringent than the jet plus security movement in our country ok. So, if somebody experiences this type of social isolation from early days you are bound to remain withdrawn throughout your life you cannot become you know very proactive in your later life.

Simply because you have experience extreme forms of you know adversities in life and therefore, you would find that these 3 becomes more and more you know dominant source of withdrawal behavior you remember during the same thing we were discussing about somebody who has been imprison for long ok. So, 1 you are removed from your you know immediate environment that is 1 and 2 because also this has great degree of dispute that has come to you that has come to your family and then you have no other choice, but to remain withdrawn in your life ok.

There was a very interesting study in psychology basically, done on baby monkeys, but it is extremely important, I would just you know share it with you very briefly very old study in this study what happened that wire mesh mother was kept in a cage you have seen these wire meshes you know put around the new saplings planted on by the side of the roads you know. So, that the animals do not eat those saplings similar type of wire mesh was put in the lab. So, say for example, if I am the wire mesh.

So, up to this level it is all wire mesh the face was that of a mother monkey situation 1 situation 2 where you have the wire mesh, but then you have you know the furry cover over it. So, some fur has been put over the wire mesh it would be softer like this. Now, a baby monkey was put in the cage and that and then suddenly, there used to be a loud noise in the cage out of extreme fear the baby monkey would run to the wire mesh mother this is not a real mother not a natural mother it will run to the wire mesh mother and it will hold it is you can imagine you know small babies in extreme fear holding their parents you know.

So, just hold the wire mesh mother and later on it was realized that these baby monkeys when they became adults the behavior of monkeys, who repeatedly holded the wire mesh compared to the baby monkeys which holded wire mesh mother with the furry cover. And compared them to the baby monkeys who had real mothers the temperament of these 3 group of monkeys were completely different in their adulthood ok. We are not touching upon that issue, but just to tell you that there is there are very good literature in psychology research based you know evidence that talks about something called sensory deprivation.

Sensory deprivation basically means; that if you are not exposed to certain type of a stimuli and therefore, certain you know functions of your physiological system has not been activated then for the remaining part of your life you do not use them because it is unethical to conduct such studies on human being. So, all the studies have definitely being conducted on animals interesting examples would be like say a tadpole whose 1 eye was folded. So, you green cap was put over one of the eyes of the tadpole.

So, the tadpole would move in the water tank and if it has to say look at the right side, it would turn the neck and then look at the right side because the right eye was blinded after some time this cap was removed and then it was realized that although biologically

the eye was perfectly the tadpole used to you know turned the neck to see the right side of its body. These are severe consequences of sensory deprivation, there are good amount of literature in psychology pertaining to our indian context which has to do with the effect of deprivation on the psychological growth of human babies you know and.

These are basically you know both types of deprivation families which have undergone great degree of malnutrition and family who have been socially discriminated and in social psychology will find good amount of you know empirical evidence on this, even with respect to our own country we have such type of empirical evidence that simply you experience social isolation for long your entire approach towards life changes ok. So, these 3 things can you know really make you withdrawn like anything.

Now, exclusive adjustment might develop as the most satisfactory behavior pattern that a weak handicapped or socially unsophisticated person can achieve. So, the best part that you can do is that you seclude yourself and your seclusion makes you realize that you are adjusted 1 if I do not go out if I do not mix up with people if I do not interact with them. So, fine I have safeguarded myself I have not you know experienced the heat of you know being you know an odd man out in the group and therefore, I have succeeded adjustment, but if you start repeating it is a withdrawal symptom.

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Major Experiences

- Abusive discipline
- Verbal mistreatment
- Continued physical punishment
- Withholding/ withdrawal of affection
- Inconsistency in treatment
- Change in customary level of treatment

- Predictable punishment is more tolerable & less anxiety-arousing than random & unpredictable punishment

Now, another way of looking at it now we are turning the side you know of the table now you look at it from somebody, who really uses withdrawal tendency as a system of

adjustment as a mechanism to adjust. Now, as long as people find that their adjustment is satisfactory even though you might consider that, I am not adjusted, but if I consider that I am by and large adjusted and I do not feel inferior because, I am capable of doing something or because I am not capable of doing something and the important clause is that I do not become socially withdrawn.

So, I participate in all types of social engagements, I do not deprive myself of the opportunity of self expression and development if I am able to manage this then moderate degree of social withdrawal is ok. So, you are not going to extreme withdrawal. Extreme withdrawal would be an indicator of psychotic syndrome, but what you are doing is that you are adopting moderate degree of withdrawal mechanism all you are doing is that although you are using moderate degree of withdrawal you yourself is convinced that my degree of adjustment is 1 2.

I do not have a sense of inferiority 2 with riders the riders are that I do not withdraw from social scenarios and I do not deprive myself of the opportunity of self expression and development, if these 2 things are managed with these 2 riders then moderate degree of withdrawal practices are perfectly it is not going to hamper your you know productivity hamper your psychological state, but if you remove the riders then it becomes a cause of concern, because if you remove the rider this means; that in most of the social situation when large number of people of the society will interact you will you know tend to remain absent from that situation 1. 2 whenever you know there is a need for you to express yourself you referent from doing.

So, and there are opportunities that you could have exploited to evolve as a better individual to develop, but you did not do that. So, if you go for withdrawal tendencies like this then it could lead to certain type of psychological disorders I am sure you must be remembering there were several cases like that the recent case that, we had in delhi when 2 sisters were recovered from their houses for months and months together they had not come out of their house they were close to starvation there were you know close to death you remember this case ok.

Now, if you start you know withdrawing like this means; for months altogether you do not come out of the house people in your neighborhood in your society have never seen you your door open. Now, this is basically completely rejecting all opportunities of

social interaction you are socially withdrawn, you deprive yourself of the opportunity of self expression the opportunity of growth. So, you have compromised with both the riders you are not you know satisfying them. So, even though you consider that, I am adjusted you are not and your withdrawal finally, leads to this type of a consequence.

There was you know some time back there was a news you know that popular actress of exterior of Bollywood you know she died in her apartment and 2 days after her death, if I remember correctly the neighbors reported that there are there is some is foul smell coming out of the house when the police had broken the doors to realize that this exterior celebrity is lying dead on the on her bed ok. Again the neighbors said that, you know last time when we saw her was these many months ago.

You irrespective of whatever type of life experience you had the moment you remove these 2 riders; however, convinced you are that I am adjusted you start moving towards the neurotic psychotic end of the problem it is no more a normal adjustment you move towards psychological disorders. In many cases certain degree of social isolation might be an intelligent compromise.

So, intellectually there could be a situation that you realize that fine, I would maintain certain degree of isolation why because, I need to you know prove that I am not what you think of or I am just like you the fact that, I remain completely insulated from my surrounding could be you know good enough an intellectual exercise from my side because it a well thought action that, I am compromising with the situation you want me not to go out of the house not to talk to my boyfriend or girlfriend fine, I would not go out of the house.

So, here you are following certain degree of isolation, but these isolation is a well thought isolation and this is an intelligent compromise. And therefore, you are not paying a psychological prize for it you are not going towards aborted forms of behavior. The most severe defense withdrawal behavior pattern are emotionally, induced and it is severe in terms of it solves basically the anxiety reduction function. So, basically defense withdrawal patterns, which will have intense emotion involved with it.

The basic function that these withdrawal tendency these avoidance tendencies these intelligent compromises are supposed to perform is that it should finally, succeed helping you reduce the anxiety that you are experiencing in that type of a situation if you are able

to attain that you have basically, adopted avoidance withdrawal and compromise as a technique of satisfying your needs. And therefore you have you know try to retain the level of adjustment that you are enjoying.

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Withdrawal as Abnormal Reaction

- The combination of immaturity and helplessness provides a shield against failure to achieve
- Exhibition of defense- regression as a defense withdrawal.
- Fantasy as a defense is normal but there could also be a possibility of partial or complete withdrawal where reality is substituted by an imaginary scenario
- Another example of abnormal withdrawal is adjustment by ailment
- Psychopathology is full of psychosomatic disorders where the cause is psychological but the symptom is visible on the body
- Withdrawal is also shown as neurotic reaction patterns as well as some psychotic symptoms

Besides this there could be some major experiences of life that can force you later on in your life to remain withdrawn or to avoid certain types of things mostly, it has to do with how you as a child experiencing interaction with your parents and your immediate environment. First abusive discipline in all families children are supposed to you know later on be disciplined and usually it is one of the parents, who becomes the leader in terms of disciplining the child and it is usually the social convention is that 1 child will become sorry one of the parent will become you know stringent the other parent become permissible ok.

Usually, the father becomes stringent. So, all commands coming from the father and the mother will you know play the softer role. So, that in case of dissatisfaction grudges and all those you go to your mother you release your feelings, but then father will keep on keep on drawing lines that you have to you know walk within these boundaries and this is how you learn how to get disciplined, but if there are abusive discipline patterns in the family.

If the parents start you know using abusive language for you simply, because they want to discipline you or immediately, you are being you know physically punished generous

usage of slaps it could be within your family, it could be when the visitors are there or when you yourself is a visitor to some other place and parents takes liberty of you know exercising whether they have free moment of the wrist or not such type of abusive discipline can make you know very withdrawn in nature you know because you would always hesitate.

Because of your early childhood experience, whether I should really interact and how intense you know the outcome of my reaction in the situation would be or how bad the result of the my involvement in the situation could be. Similarly, even for you know school days experiences also you know if you experience you know schools where you know you are allowed to share your feelings where, physical punishments are not allowed not at all administered you develop as a different individual compared to schools where you know for any minor of the mistake.

The minimum quantum of punishment is 3 sticks I am told by a friend of mine who works in a school that he works in a prestigious school run by one of the corporate here in India. And he told me that in his school there is a place which is unofficially called by teachers as caning place why because the maximum visibility from all the classrooms is from that spot. So, if a student has to be punished the student will be brought to that spot and then the teacher will punish. So, that most of the students in sitting in other classes they can see you being punished.

Now, this is extreme degree of abusive punishment you know say, if I scold you in isolation this is a tolerable experience compared to when you are you know scolded in smaller group, but if you scold me you know you call everybody in the outreach auditorium ask me to come to the stage and then scold me its extreme degree of abuse. So, abusive discipline if you 1 has experienced in life there is a greater likelihood that that individual will use compromise withdrawal and avoidance very generously compared to others.

Verbal mistreatment, you have not being physically abused, but you have continuously experienced all types of slangs for yourself people were harsh in terms of bad words people were harsh in terms of you know cutting your sentences in between and then bulldozing you verbally. If you have experienced even verbal mistreatment usage of

avoidance compromise withdrawal will maximize in your life; if the physical punishment continues for little longer.

So, to started when you are say 6 months old when you urinated on in the bed and the father sapped you this is not the right place 2 when you do something wrong in the class and the teacher you know slaps you 2 when you say in the hostel that fine I do not feel hungry and therefore, I cannot eat all that has been given to me in the plate and the hostel warden say you stand up you are born at a better time, you know in this country when at least legally there is a ban that you cannot use physical punishment although.

It is being used in many places, but our generation had bad time because this was considered to be a mechanism to discipline children and our previous generations had even worst time because the parents will take Pridesing, if teacher has slapped you great you are worshiped, you know you are blessed you will become good all types of weird types of things you know.

So, over generations is gradually thinks, we have improved by I think by the time your children come to school or when their children come to school by and large this physical punishments perhaps and I will get rid of it, but think of another's interesting mechanisms when you are not physically punished when you are not receiving continuous physical punishment when you are not receiving verbal mistreatment, but the parents they withhold the a refection or they withdraw the a refection ok.

Long back, that was the first year of schooling of my son. He did something in the school, which is not pleasant he was involved in a fight with 1 of his classmates and at the end of their school are when I went to collect him teacher told me that this is what has happened. And I came back home I told it to my wife and then we decided that, what we will do is we will confiscate all his toys and lock it and we told him that see this is what you have done in the school today a teacher has complained to us and its very bad it is not something that 1 should do.

Therefore, you do not deserve playing with toys all his toys we had put at in trunk and we locked it. We did provide him food water milk everything, but all we ensured was that, we had minimal conversation with him. And believe me within 1 hour 1 and half hour it was extremely, I could see how painful it was for him 3-4 year old child, when he

needed sorry for his act and he promised that he will never you know get engaged in such type of activities and the moment he did.

So, immediately we opened the trunk all the toys were available to him, we were as friendly as we were, but imagine that 1 and half hour of discomfort you know psychological discomfort and since then he has never been involved in such type of activities ok. Now, when you withhold your affection it could be very painful; imagine I do not know if you had seen this show by Amir khan you know Satyamev Jayate when there was an episode on love marriages and 2 couples had come there you know adult couples newly married crying that.

Since 1 and half year has passed since our marriage and our parents have just deserted us we want to say sorry to them through your channel and please accept us. Now this is also you know completely you know withdrawing affection you are my child I love you like anything, but the day you go ahead with marriage of your own choice my affection is withdrawn we are a strangers ok.

Now, if you have this type of withdrawal experiences withholding experiences of affection in future you might always calculate whether, this act will breakdown the relationship between us between any 2 of us or not and therefore, again withdrawal tendencies avoidance compromise can very generously be used. In consistency in treatment I as a child do the same thing, but in 1 case you do not scold me the another case you scold me third case you slap me fourth case you deprive me a foot fifth case you ask me to stand out of the house at over remains the same.

Say for example, the child asks you that fine can you give me 5 rupees today, I want to go to the canteen and I say you take your lunch box and we will take you some other decent place of eating because we do not know what type of food is being provided in your canteen situation 1, situation 2, can I have can I have 5 rupees, I want to take it to my canteen every day you ask for money I do not know what you are asking for you are always interested in money you are not interested in school the child thinks last time I asked you was you know explaining to me why I should not get 5 rupees today he scolds me.

Situation 3 can I get 5-5 and then some time later again you asks go out go out you make the child stand out of the house lock the door inside. Now, asks for 5 rupees there every

time you are interested in 5 rupees and poor child will never, understand that what happened you know because same situation and all 4 different types of responses. The worst would be when the father says 5 rupees, 5 rupees and you say, I won't I do not need it you go out and then you find your mother standing there and tells you 5 rupees do not tell it to your father it happens in the families.

Now, imagine the plight of a child you know who will not understand what was wrong is carrying 5 rupee wrong, is demanding for 5 rupees wrong is asking father for money, is wrong is hiding something from father is wrong great confusion you know. Now, if you have inconsistencies like this, in the nurturance of the child you remember we have talked about the super ego, which basically gives you the moral principles you know guiding principles.

Now, if you receive inconsistencies in your treatment in the childhood days you will have great difficulty drawing lines because most of the lines would be blurred for you because once your father had drawn it here mother had drawn, it here somebody had drawn it here the same parents draw drew the lines sometime here, you do not know where the line exists. And because you do not know these where to draw the lines therefore, every time there would be a mismatch between what the expectation is and what you come forward with in order to you know remove this comfort you might start using avoidance withdrawal or compromise in the later situations what is more important is that if the punishment is predictable you can tolerate it, if you know that father invariably slaps.

So, then you are say something and then you say yes you wait for the slap you know. It is a tolerable part of the experience, but then if it is random, you are playing and suddenly comes and slaps you it invokes greater degree of sense of punishment. and therefore, great degree of anxiety in you we have you know just 1 last slide to discuss. So, Friday we will discuss only the abnormal part of withdrawal tendency and avoidance and rest of the Friday day, Friday will be used for discussion pertaining to this very topic.