

Table 4.1 Symptom as "compromise formation" between incompatible aims

Stages			Compromise aim
1.	(i) <i>To get my own way</i>	(ii) <i>To be nice</i>	<i>To be looked after</i>
2a	Other people are stronger than me.	People like it.	(because I have a
b	Being assertive is like my (envied, disliked) father and brother.	I know how.	buzzing in my ears
c		It is like I prefer to be.	and deserve care and can't be expected to be assertive).
3.	Tentative plans to assert.	Placate.	
4a	Unlikely to be effective.	It will work.	
b	Will provoke dislike, rejection, and I'll feel bad.	Others will like me.	
5.	Incompetent performance.	Placatory act.	
6a	Failure.	I was nice, but I did not get my own way.	
b	People don't like me being pushy, anyway I failed.		
7.	I've a buzzing in my ears.	I've a buzzing in my ears.	

#### Stages

1. Define aim.
2. Consider general assumptions about
  - a) possibilities for pursuit of aim,
  - b) capacity to pursue aim,
  - c) permissibility of pursuing aim (judgements of self and others).
3. List possible action plans.
4. For each plan, consider
  - a) can it be carried through?
  - b) what consequences will follow carrying it through?
5. Choose preferred plan, and act.
6. Consider
  - a) how effectively plan was carried through,
  - b) what were the consequences of carrying it through?
7. Evaluate the sequence; reaffirm or reverse the aim and/or the assumptions.