

Tools and Toys for Change

TOY ELEMENTS:

- **THE WEB, BARRIER & SMALL HOBERMAN**
- **LAWYER**
- **TOAD**
- **WURM**
- **THE PERFECT SERVANT DIORAMA: NOSFERATU & RENFIELD**
- **CORE WHORE**
- **SPIDER**
- **NUNZILLA**

The Web

This hands-on, colorful communication tool is extremely versatile to a number of issues and concerns. The web makes a fantastic talking stick and tool to discuss with an individual, group, community, or family. When closed, it is a great way to discuss linear thinking- only 2 ways to go. Or opened, can be multidimensional or an endless source of identifying different issues (characters) and needs inside of us. Examples include: the roles that we play, our jobs, our families, our dreams, and our feelings... Begin by asking your client what they think when they first see the web. If the web represents them, what would the different parts represent? What if the Web represented their family, community, job, or the world—what needs are represented by the different colors?

The Web represents the psyche as a whole—all of its parts, acknowledged and otherwise. It was originally designed to teach mathematics to students. The center represents the imaginal center- a place where all things connect. We call this center the core or soul of a person.

The top part of the web (choose one of the arms) signifies the part that we most identify with ourselves- who we think that we are; the part that we polish up and show the rest of the world. This is our ego. The things that we don't like about ourselves are shoved below our barrier (see Barrier below for more information). We dump and bury anything that we don't like about ourselves. We do not expose these weaknesses or issues to the rest of the world. But, when this pressure inside of our core builds up, a flip occurs. (Use the web to represent this- an aspect of their Web takes over temporarily to deal with this pressure) We do and say things that we wouldn't normally do, but had to find a way to let out this pressure. When the need that lies below is fed, gets attention, gets out--- the moment that its needs are met, it goes back underground--- flips again back to its original position—and the ego pretends like nothing happened. If no one saw what I did, then it must not have happened; speak to my Lawyer! (see Lawyer below) The Web can easily fit into your pocket or simply be set on your desk to symbolize personal growth, evaluation, recognition of what lies within us. The best thing is its adaptability to each person- every web can represent something different to every person!

The Barrier

This round black circle slides down over the top of one of the arms of the Web. It represents the barrier that we construct between our ego (the top of the Web) and our core (the middle of the Web). The thicker the barrier, the less communication there is between our ego and our core. In order for our ego to look good, we shove things beneath the barrier that we don't like about ourselves. We may have another life—a double life—going on beneath our barrier. The barrier is our defense system. When we are feeling too much pressure and must release some of these feelings hidden inside of us, we find ways-- we may use drugs or alcohol to temporarily get through this barrier. It will make us feel temporarily better (during this flip), but often times the ugly characters come out during the “high” or when we are drinking. The next day, we may not remember what we did or said, but still need to pay the consequences of hurt feelings of others or for our actions/behaviors. Some choose to just run away from their problems thinking that they can leave their troubles behind. They think “out of sight; out of mind,” but it doesn't work like this and we need to help children recognize and label the issues in their lives.

Adults have much more sophisticated and stronger barriers than children do. Often times you see the issues come out in the child's actions. Many adults add a ton of cement on top of their barrier, thinking that if it is covered up that it doesn't exist. But, eventually the hidden issue will surface and have consequences. It may take 10, 20, 30, or even 40 years before it surfaces, but it will, and we need to take actions to recognize what lies below, and see things for what they really are. **Compare this to an iceberg- it's what's below the surface of the water that you need to worry about and pay attention to!**

The Role of Mirroring

Mirroring provides the basic affirmations and attentions humans need to feel whole, accepted, and full. Many people, who are cut off from their core, have experienced a shortage of mirroring in their lives. The Internet is an incredible place to get mirrored, especially for one's more crippled and needy places. For example, single performer live video streaming, in which the woman looks right into your eyes doing whatever she is doing, or live sex with an attractive woman who will do anything you want) as long as you have room on your credit card). Hence, on that core level, you can get mirroring on the Internet easily, 24/7 365 days a year even when your marriage partner is distant, uncaring, and emotionally unavailable. The compulsive is driven to get that mirroring that is so easy, feels so great, especially it is absent in other aspects of your life.

PUTTING THE WEB INTO ACTION – A STEP-BY-STEP OPERATIONAL GUIDE

BASIC MANIPULATION SKILLS

1. FIRST, LEARN TO OPEN THE WEB WITH FINESSE, GRABBING A SINGLE PRONG AND OPENING THE WEB WITH A SNAP INTO FULL-BLOOM POSITION.
2. SECOND, LEARN TO SPIN THE WEB. ADJUST THE PRONGS SO THEY'RE AS EVENLY BALANCED AS POSSIBLE. THEN, USING YOUR THUMB AND FIRST TWO FINGERS ON EACH HAND, SPIN THE WEB.

BASIC PRESENTATION COMPONENTSA

Present the Web. Explain how it represents the psyche as a whole – all its parts, acknowledged and otherwise.

Explain that the Web was invented to teach mathematics to kids. Show a square, a rectangle, a tetrahedron – that all geometric forms have one thing in common – the place where all the planes and points connect – the imaginal center. All the outer parts of a geometric form are fixed points, but the imaginal center is alive and remains intact regardless of what shape the form as a whole takes. Parts can shift closer or further away from the center, changing their degree of influence over behavior.

The imaginal center could be called the core or soul – the place in a human being where all the different parts connect – for better or worse.

Unfortunately, most human beings don't operate out of their core, or function well on those rare occasions when they do. Most put a barrier between the part we identify with – the ego (I usually choose yellow) and the rest of the psyche (which some call the unconscious and others just consider irrelevant). Use one of the barriers from the kit – slipping it over the top of the Web arm you choose to represent the ego. The barrier helps demonstrate how we can dump or bury whatever things we don't like about ourselves, don't want to deal with, etc., on the other side of the barrier – out of sight, out of mind. The realm of the core or soul becomes a garbage dump and potentially dangerous and toxic because it is un-tended – no responsibility is usually taken for it. The barrier also allows a double-life, hypocrisy, a place to hide real feelings, etc.

We can often see the shape and condition of what's down below the barrier, in the core, when we witness people using excessive amounts of drugs or alcohol. Intoxication softens or eliminates the barrier, making visible or releasing whatever is imprisoned there, regardless of the shape that it is in. Some people are mellower – some get very aggressive. It just depends on what's been stored down there, how raw it is, how long it's been in storage, and what other things have gotten mixed in with it. A person's interests in pornography are also indicative of what is below in their core and its condition.

There are two basic kinds of people: those centered in their ego and those centered in their core. People can exist on either side of the barrier and both have major problems and some advantages. People centered in the ego are too often oblivious to what goes on in their core. Those centered in their core sometimes lack a stable ego and are often scary, dangerous or impulsive or severely

depressed or disturbed. Mental illness is often an immersion in the core by an ego ill-prepared to handle it (a la Silvano Arietti).

Because of the ego and how most of us are trained, our morals are on top and don't reach or trickle down into the core. A person's morality may not hold up under pressure because of this.

We have our chronological age on the ego level and our psychological age in the core. When people drop down into their core, where the most common psychological age is between 1 and 5 years old, we tell them to shape *up* and "act their age, not their shoe size." Our psychological age usually represents a regression behaviorally and emotionally unless we have built a solid bridge between the ego and core. This is commonly known as the Jekyll-Hyde phenomena. Chemical dependency and addiction treatments are all about bridging the ego and core, about the ego taking responsibility for managing a core with a low psychological age and a high degree of hunger and desperation.

Successful treatment for addiction, sex offending, and other needs often requires establishing a bridge between the ego and core and perhaps shifting the locus of consciousness from the ego towards the core. This requires several steps:

- one – the top (ego) recognizes the reality of the core (unconscious/pathology).
- two – the top establishes a bridge or opens a channel between itself and the core.
- three – the core is sorted out – one figures out what each part needs and starts to manage those needs or find resources capable of making it manageable.
- four – EQ is developed, EQ representing the degree to which one can enter the realm of the core, cross the barrier, and retain moral and ethical integrity.
- five – EQ2 is developed, EQ@ representing the degree to which we have erotic intelligence, that the "two brains" have been connected and no longer operate independently of each other or only one at a time.
- six -- a *manager* is now installed in the restaurant - a standard of behavior is established in the imaginal center that applies to all parts.

The barrier has filters built into it that need to be identified – they control what is known/acknowledged/dealt with/remembered. This is similar to Rational-Emotional therapy of Behavioral-Cognitive work – articulating the attitudes and thought patterns that keep one stuck.

Demonstrate the flip – how what is typically kept below, beneath the barrier, will rebel, stage a revolution, take over for a few minutes. That's all it takes. Then what is below gets fed, gets attention, gets out – the moment its needs are met, it goes back underground – flips again – and the ego then pretends like nothing happened.

The compacted core/knot in the gut/deadness in soul that leads to desperation and acting out, anything to bring in a sense of life/open things up (need Hoberman here)

Ego-dystonic nature of offenses leads to truthful lie and ego-bypass operations

The ignored core/gravitational pull/ignorance is bliss/becomes criminalized -- does whatever is necessary to keep itself alive, revolution/bloodshed – needs don't die

Ask your client or student to identify what they think the various points down below on the Web would be in themselves.

What about that something innately good about human beings? Is that forgotten here? Or, is it just buried and inaccessible – can't be manifested without that archeological dig?

THE HOBERMAN SPHERE

First, some miscellaneous ideas for this fantastic communication tool

Use to help your clients describe how they're feeling that day- hand them the Hoberman and have them open and close the sphere to represent how they feel that day. If someone is feeling out of control, they might open/close the sphere quickly to represent this "out of control" feeling. Or if they feel so-so, they might just open it slightly. A closed up sphere may represent someone who is closed off to the rest of the world or so confused about how they feel that they just put a barrier around their core and keep themselves closed from everyone and everything.

Use to represent how a person feels trapped inside another person's problems, their own mental illness, their family, their job, their addiction, the world as a whole. Use with the Web to represent these different situations, it easily fits into the Hoberman sphere and the sphere can close with the Web inside of it.

Refer to family structure when using the sphere. When you click or lock the square pieces of the Hoberman in place, try pushing the sphere closed- you'll find that it bends, but does not close. Talk about how if you continued to push the sphere, that it could possibly break- similar to a person's own structure. Now, move your hands to a different area of the Hoberman and then try closing the sphere again- this time it closes... why? Talk about people's own weaknesses, bending points. Refer to a bus or car's blind spots and compare to people's own blind spots in life. If the wrong buttons are pushed, we can see a variety of things happen. Or, use this illustration to show that treatment or therapy of some sort might not reach someone, but if we just try another style or approach that we can indeed reach the person inside.

Refer to a person's self-esteem by having the sphere closed and then talk about what makes your client happy- gradually open the sphere. Ask them at what point are they their happiest... now, what types of things bring your client down or close the sphere? Or, have the sphere opened (referring to a good day) and then ask what types of things tend to happen during the day to close the sphere or bring down a person's self-esteem or motivation throughout the day. Look at the patterns, causes, expectations. Set new goals for your client based on this information.

If giving a test, evaluation, or simply want your client to OPEN UP their mind and creativity, use the sphere to demonstrate this process. Open and close the Hoberman and help them visualize opening up themselves.

Psychological Explanations of the Hoberman Sphere

The Hoberman Sphere is the magnification of the core. All the colorful pieces sticking out hither and thither around the little ball in the center represent all the different things we shove down in

the core, push down past the barrier, making the core a dumping ground. They are all mashed together and need sorting out.

On the inside of the closed Hoberman, you see a little ball. This is what we are referring to when we say someone is “hard core.” That hard core is the tight fist some people feel down in their guts. Whatever human-ness and vulnerability is left in them is protected behind that wall. Nothing gets out – nothing gets in. Intimacy is impossible under those conditions. We can also call this emotional, spiritual and psychological constipation or a state of deadness. No human being can tolerate that state very long and will eventually find some means of opening up the hard core. This can be dangerous. On the one hand you get fed, get to breathe: on the other hand, you release whatever is in there, and, since it hasn’t been fed or seen the light of day for a long time, and, was stuff you didn’t like in the first place, the likelihood of it coming out clean, pleasant and polite are minimal at best.

Most people have two positions in their core: open and closed – and nothing in-between. You can show these on the Hoberman – the hard-core closed-ness and the slightly open position. Most people don’t necessarily know what gets them open. Therapy is designed to gradually open the core, to allow you to expand its openness when called-for and to close it to protect yourself, but overall to have some control and flexibility. In marriage/relationship counseling we often hear the complaint from one partner that the other is closed off and they don’t know how to get in. And, when they are open, which is wonderful, they can’t replicate it, they don’t know how it happens, and then they’re closed again and it’s extremely frustrating. Sometimes the closed-out partner just gives up and says it isn’t worth it – there isn’t enough contact to keep the intimacy and relationship going.

The torture chamber: what goes on inside the “hard core” is often the horrible secrets we hide from others – the ways we torture ourselves or our victims. Inside that vault are the acts of anorexia, self-mutilation, self-hatred, sex or drug addiction. Inside that same torture chamber as pulled various victims – sometimes left there for decades. Often, a perpetrator is only in his own torture chamber when he or she is busy torturing. A victim may never leave. Even the preparations for suicide take place in the torture chamber. The trial is held there, the sentence handed down, and the execution carried out – the gun to the head, the poison, the push in front of a speeding truck or car. *Out of sight, out of mind* applies here.

Victims are trapped in core. As noted above, the perpetrator is often only there during the perpetration – as soon as it is over, as soon as the feeding is completed, as soon as the ejaculation, as soon as shame or guilt kicks back in, the perp flees his own core, heads back up to the ego level and pulls the trap door shut/the barrier back into place. The victim isn’t given a warning – the victim is victimized inside the perp’s core. There is no announcement such as: K-Mart Shoppers – the store is closing in five minutes. No – the sphere just slams shut and the victim is trapped in the perp’s core, and because they are trapped there and the perp immediately disowns it, the victim often feels responsible, attached, like the horror there is theirs.

Victims often feel more responsible than the perpetrator. After the flip, the perp is gone, flees the scene of the crime. The victim remains and often picks up the perp’s ugly shame-ridden and guilty core – as their own. They can’t shake it. It is not reasonable to take that responsibility, but the structure of the experience sets it up – the victim is drawn into the perp’s core and left there after the perp goes back up top to the ego level where the crime doesn’t even exist and the victim is simply a manipulative liar making up stories about something that didn’t happen in a place that doesn’t exist.

The hard core distorts what is locked in there – it comes out hungry, angry, ashamed, etc. Each time what is in the core “acts out” – another layer of shame is added, more force to keep itself shut.

Tomb or Womb – the space within the core is where we emerge from - reborn - or stay to wither and distort and monster-ize. There is moment in human growth when we must struggle to escape what holds us back – the gravity of our self-hatred, our human Y2K problem, the weight of guilt and anxiety and self-doubt. If we fail to muster the strength like that of a seed that pushes up from under the earth with tremendous determination to reach sunlight, all the potential in the world will mean nothing because it will perish. The human soul must find an opening – not just momentarily as drugs might provide – but ongoing so it can prosper and be fed regularly and participate in life.

The Characters

LAWYER

Yes, lawyers *can* do good things, but in the context of this kit, the lawyer uses all his or her intelligence and creativity to help the criminal escape responsibility. It's called a *vigorous defense*, but sometimes even lawyers get into the thrill of the chase and the orgasmic quality of escaping the long arm of the law. We'll all watched enough TV to do the lawyer automatically. The main thing is that the lawyer obstructs honesty, change, accountability and transformation. It prevents contact with the core and core-level change. It's ok to have a lawyer – internal or external, but the big question is – what does this lawyer serve? Is it committed to the same ethics and values the rest of the personality claims to honor? The lawyer too easily just becomes one more psychological defense – a psychological defense attorney – taking as few licks as necessary and preserving the criminality so it can saddle up and ride into the wild west again and kick some innocent or not-so-innocent butt.

A criminal trial is anything but a pure search for truth. When defense attorneys represent guilty clients - as most do, most of the time - their responsibility is to try, by all fair and ethical means, to prevent the truth about their client's guilt from emerging. Failure to do so....is malpractice....almost all criminal defendants - including most of my clients - are factually guilty of the crimes they have been charged with. The criminal lawyer's job, for the most part, is to represent the guilty, and -- if possible -- to get them off.

Alan M. Dershowitz, one of O.J.'s attorneys.

From REASONABLE DOUBTS, his book about OJ's trial.

THE TOAD

The male Toad wants nothing more in life than a warm, wet hole to crawl into and never come out of. The Toad is instinctual sexuality. Sex is the Toad's primary interest – whatever he/she has to do, say, lie about in order to get sex is OK with the Toad. The Toad has not moral values, or ethnics in the conventional sense. IF a person wants a Toad to operate out of a sense of values, marital or relational commitments, the person will have to bring the morals and ethnics to the Toad. If one leaves the morals and values to the Toad, the toad will always choose sex and leave a mess to clean up. Women often joke about men having two brains. The Toad is the penis brain. In some men their other brain clicks off when the Toad brain kicks in.

Burying the Toad is dangerous. Some men have “Toad farewell” parties just before they get married, essentially bachelor parties. Most men never introduce their wives or girlfriends to the Toad. The Toad needs to be included in relationship or it will create its separate, often invisible work where it has its way and finds freedom.

Cybersex is all about the Toad of the psyche. Cybersex is the Toad's playground. But the Toad can be very nasty when he is kept hidden. The deeper he's been pushed down and the more separated he ego is from the core, the less that attachment, heart, compassion, or empathy are likely to be involved in his activities. The Toad has the possibility of finding TOTAL freedom through the Internet. The Toad has no values, no morals, and often no limits. The Internet easily provides a place where it is very easy for The Toad to forget about these attributes – usually for a price and usually with deep costs for the associated victims.

WÜRM

The Würm represents the embodiment of everything shoved down into the core – all blended together: human, animal, old brain, trauma, emotions – all the stuff one is ashamed of, doesn't

want others to see or know about, can't handle, can't owe up to. Down in the core, it takes on a life of its own – The Würm - skulking around in the shadows, making people nervous but never really coming out in to the open where people could "put a finger on it."

The Würm has learned not to show itself. Should it ever come out it has to demand it due – it has the power to stop life in its tracks until the Würm is dealt with, given its own bride and honored and respected.

The Würm is hard to love. It is hard to find someone who can love the Würm in us. Usually takes someone who has dealt with their own Würm. We often don't love it ourselves. The Würm is full of powerful volatile emotions and reactions. It is often raw and explosive.

The Internet is a perfect place to avoid dealing with your Würm. It can stay hidden, never gets its needs met openly and directly, staying hidden in its shame. The Würm can find almost anything it wants on the Internet. The problem is, nothing changes, all the needs and issues remain hidden, and the danger of a greater eruption remains.

THE PRINCE & THE WÜRM – THE STORY

THE WÜRM – from the old story of *THE PRINCE AND THE WÜRM*. (The Würm is the German word for dragon.) First, the story: An aging couple wants a child. They've tried everything and finally go to an old witch-mid-wife deep in the woods for help. She tells them what to do and in nine months, the woman gives birth to twins - a slimy lizard and a healthy boy. The midwife/witch attending the birth throws the lizard out the window, leaving the lizard to grow up alone in the swamps and forests as a scavenger, feared and shot at if he's ever seen skulking about. The lizard becomes a big slimy Würm.

The normal brother's every action is a success. One day he sets out to marry the King's daughter and become a Prince. On the way the Würm stops his coach and won't allow him to pass, declaring that no marriage will occur until a bride is found for him, the Würm. But there's a catch – the woman must spend the night and still be there in the morning. Many women come but in the morning they're gone without a trace – never heard from again. Pretty soon the word gets around and there are no more candidates. After many years of waiting a young woman appears and says she wants to spend the night with the Würm, but first she needs nine months to weave nine wedding shirts. She also demands that she have a barrel of water, a bucket of lye and a scrub-brush in the room when she meets the Würm. The next morning, she's still there and so is the Würm, except he looks more like a man now and much more down-to-earth than the Prince. After that, they all live happily ever after.

The Würm spent his life in hiding, accumulating feelings, gripes, emotions, and memories but never coming out with them, living separate from others. He mostly witnessed life through other people's windows – jealous of their lives, loves and comforts. The Würm has layers and layers of crud – like our core – a living soul covered with layers of crap/problems/resentments/jealousies – you name it! The Würm's brother – the Prince -- is like the part of us we keep polished up – the part we prefer others to see. The Prince looks good, sounds good and never lets on that he has an ugly, hidden brother. When the Würm part of us isn't included in life, it eventually will take control of the situation, sometimes creating a mess. The Würm will make demands after it is ignored long enough. But the Würm isn't stupid – it knows what it needs, it knows what people are really like (especially behind closed doors), and it wants to be met with respect, love and honor. Anyone who approaches the Würm in the wrong way, for the wrong reasons, appears to be incinerated, disappeared. If it isn't real, it doesn't count.

Questions:

What are the layers of your Würm? What kind of person would it take to go through all those layers with you and live to tell about it? Has your Prince ignored the Würm in you for years? Has your Würm ever been loved? Seen? Heard?

Then let's look at Littleton, Colorado through the lens of the Würm – the misfit, the outcast, the undesirable. Let's also look at therapy. The haves and have-nots. The in-crowd and the losers. The jocks and the geeks. To be on the wrong side of the tracks, to not be selected, invited or included is to begin building resentment, the need for revenge. How does this fit in with the Würm story – does it make sense in that context – not sense in the sense it was right, but sense in the sense that when you break it down, you begin to understand the thinking process that led to these heinous acts. Then one recognizes also that perhaps if there had been more awareness of this story, perhaps someone would have noticed the pattern and intervened, knowing where it could lead and taking the depth and power of those images seriously, rather than waiting to be shocked by their emergence. The Würm can be male or female and the story can be told from either perspective. Though the Würm may look different in its darkest form from the female perspective – more like Medusa.

THE PERFECT SERVANT DIORAMA: NOSFERATU & RENFIELD NOSFERATU –

RENFIELD – SERVANT

He is shackled (can't separate from its deepest issues and also can't acknowledge them), muzzled (can't say any of its true feelings or needs), middle finger bitten off (can't say "Fuck You" even when it needs to), imprisoned (all senses telling it exactly what is acceptable and what isn't and staying clearly within those acceptable bounds – utterly and perfectly co-dependent), going "bugs" & crazy (how else can he/she/it express the madness growing inside, the myriad of "catch 22's" that describe its life), living in a tighter and tighter, smaller and smaller reality. Like a perfect servant, Renfield never ever displays/exposes/acknowledges any of his own needs or vulnerabilities – never disturbs anyone with his/her reality. This is Alice Miller's *false self* par excellence – all true-ness removed, lest it offend. And as the madness grows, on the surface things will still look good, like Caligari, while internally things in the prison of the self (Alice Miller's *PRISONERS OF CHILDHOOD*) things are twisting into the demon straight jacket that lives inside of Caligari.

Renfield never gets any mirroring, a servant can't, not on a core level. While you are the good servant, the real self starves. If the Master of the household asks you how you are, you say "Fine, Sir," even if your child just drowned in the pool. You hide your pain, needs, thoughts, feelings lest they disturb those whom you depend on, whom you need to please or impress. But there's a dark side: because there is no mirroring, no recognition, no meeting of one's essential needs, the vampyre is born, that creature that does not appear in mirrors. So – no mirroring, then the vampyre comes to life to make sure the needs get met, one way or another. NECESSITE NE PAS DE LOI – necessity knows no law.

If the hunger is deep enough, it doesn't matter what the laws, morals, restraints, commitments are – it will happen anyway. Then you, the normal ego who typically acts unperturbed, must clean up the mess and suffer the consequences, or, at the very, very least, apologize

The perfect servant life style is a formula for madness and violence. Sooner or later it all has to erupt and all the control, polish and reasonableness that the servant represents vanishes into thin air.

The servant strategy is the basis of all too many relationships. One feels unworthy so one hedges one's bets: instead of having faith that you are loved for core-level reasons, warts and all, you doubt that love, don't believe you would be loved if they really knew who you were, so you try to please your lover or friend in every possible way, anticipate their needs, not ruffle their feathers, bend over backward to please, suppress your little annoyances, not ask too much. But this exercise of ego strength just creates over-controlled hostility and a bomb slowly builds within. The unworthiness never changes, the resentment grows, and double life becomes justified. The vampyre's acting out doesn't have to be one big all-out assault. It can be many, many little things. The affair that goes on and on, the Internet porn, copping the feel while wrestling with the daughter, etc.

.Some perpetrators, the "less serious" ones, play this Edge Game. One foot is on the accelerator, the other fully on the brake. The vampyre and servant are both in full swing at the same time and an offense "barely" occurs. They don't want to be seen or found out so they do just enough to get a hit off it, a little foot, but not enough to make it obvious or risk getting caught.

Then there's *the vampyre trigger*: Many people have this in them. It is related to attachment issues. Any time a person feels too little mirroring, inadequate, shamed, the vampyre kicks in. Sometimes it is virtually automatic – it insures mirroring at all times. If the wife is tired and wants to go to bed and you're feeling needy, two minutes later you're firing up the computer and on your way to that live porn site and a good masturbating session.

PERPETRATOR

This creature of the night, never seen except by its victims, and then only when it's too late, grows stronger and more vicious the more tightly controlled and "perfect" the servant is. The more perfect the servant, the more autonomous, ego-dystonic and dissociated the vampyre. The servant denies all its hungers and needs and those hungers and needs come to life totally in the vampyre – there the hunger is voracious, without compromise, knowing no dignity. Put a rat in the vampyre's hand: when he/she/it is hungry enough, it doesn't matter where the warm blood comes from – rat or buxom beauty – as long as it trickles warm down the throat. Pride and dignity are irrelevant – Nosferatu doesn't care how he looks to others. Once the hunger reaches this point, the hunger/vampyre is virtually unstoppable – it has incredible strength, drive and focus. It is also terrifying because it has no mercy and no human-ness. It is willing to kill, to suck dry, to destroy – it is psychopathic in those moments. Once fed, the vampyre goes back into the heart of the core and closes it tight. This creates the illusion that the problem is over and the hunger gone – for good. But the hunger is not gone – just dormant. As the food/fuel is used up, the hunger re-kindles. It will eventually grow strong enough that the vampyre can lift a 3,000 pound slab of rock laid over its coffin with its own hands, pushing from inside the coffin.

When the vampyre is hunting, it is like the French phrase: *Necessite ne pas de Loi!* Necessity knows no law. The vampyre is not subject to morals, ethics, values. The vampyre knows no shame. Unless driven by its hunger, it is largely invisible, as though it doesn't exist – and, most people don't think it does. Only its victims see the vampyre and they often don't live to tell about it. Thus, its secret existence remains hidden. Just like Ted Bundy's identity during much of his crime spree.

The vampyre is not deterred by personal feelings. When he emerges, it is as though you are suddenly a stranger. One's own daughter is a stranger in the vampyre's eyes – the vampyre only sees food, sustenance, the magic blood elixir that keeps him or her alive, brings back that sense of warmth in the veins, all the brain cells kicking into full gear, strength in the arms. It is wonderful

to feel that alive, even if it only lasts for seconds. It is so much better than feeling dead, hungry, needy, ashamed, unworthy. The vampyre feels none of those things. He doesn't feel dead – he is the Un-Dead! Suspended animation, but animation nonetheless.

CORE WHORE

The Core Whore is that thing, that creature, that experience in the sexual realm that you would sacrifice anything for to get hold of. It leads to a core meltdown. One is willing to risk marriage, reputation, freedom, disease, illegitimate pregnancy, disgrace, etc., for the sake of the Core Whore. Not many men or women are married to their core whore. As such, if the core whore is identified and managed within the relationship, it can ruin the relationship. The Internet offers a whole world of core whore. It is even speculated that the Internet opens up core whores you never new existed.

SPIDER

The spider is completely different from the fox. It sets a trap and then hides nearby. It doesn't go out hunting – it doesn't seek – it just waits. If you wander into its trap – that's your problem. Here the victim may end up feeling a greater sense of responsibility because the victim wandered in. Once in, the spider is all over you and you're buried alive in its silken shroud, the juice of life sucked out of you, the horror of your predicament dawning on you once it's too late to do anything about it. The Internet is a great place for spiders – it's the "web" after all. You wander into the web and, like a fly, you're in dangerous territory. The spiders on the web wait for you to enter their traps.

NUNZILLA

Nunzilla sometimes inhabits the core, the soul – the super-ego that forbids pleasure, or, is overridden by addiction and desperation, punishes the aftermath, riddling with guilt, rulers across the knuckles, and the compulsion to confess without actual remorse or change – all because Nunzilla wants to stay in the picture.

Nunzilla is about morality on the ego level and the denial of the body and its needs. The body will always rebel and Nunzilla will always be there to punish and threaten. She represents that which doth protest too much – those who do not trust goodness, that is, if goodness is defined as the ability to choose to do the right thing in the presence of the opportunity or temptation to do the wrong thing.

Some addicts are married to Nunzillas. And, instead of dealing with it, making choices, or checking things out thoroughly in the first place, these men hide from Nunzilla, creating double-lives so they can appear chaste on the surface while sinning down below and out of sight.

To see Nunzilla in action, watch the film, HEAVEN HELP US, where the Priest gives his speech about LUST before the high school dance begins, the girls on one sides of the room and the boys on the other. Nunzilla believes Lust is the deadliest of all the deadly sins and the Toad is the embodiment of Lust – instinctual sexuality. As we know, the Toad, as instinctual sexuality, has no morality, no values, no concern about commitment, disease, pregnancy, etc. Nor will the Toad ever have those concerns. Nunzilla doesn't understand the Toad at all, just fears him/her.

Nunzilla is terrified of the Toad – she thinks the Toad will take over the world if she doesn't hunt all Toads down and kill them. She doesn't believe that the Toad can be integrated into a being's lifestyle. Lust and the Toad are identical to Nunzilla.

The Internet often becomes a way to banish Nunzilla to the basement for a short period of time. Nunzilla's guard is down in the comfort and safety of home or work. The wife and kids are around, the boss is hovering, it must be safe to take a short nap, take a break from watching out for lust and evil pleasure. The Internet provided the quickest way to get around Nunzilla, to trick her.

But when Nunzilla finds out about the acting out – be in Internet or in the real world, she is all about shame, shame, shame.