# INTEGRATION



# POSITIVE • UPSIDE

# Self[Other]

#### Self in foreground, Other in background

"Fill your own cup before offering to others"

"The Self is all you've got"

Personal abundancy • Achievability

Personal agency, control, empowerment

Effective Altruism (at least in spirit)

Repudiating Original Sin

I can understand myself (mostly) • I don't need to be rescued
The personal dimension of GfR: I choose to Go For Refuge
Self-Power • Will

### Other[Self]

#### Other in foreground, Self in background

The altruistic dimension of Going For Refuge
Co-operation is fundamental to evolution (Higher Evolution)
Kropotkin's amendment to Darwin: at the higher levels of evolution,
co-operation rather than competition becomes key

Altruism Sharing is fun!

No hard distinction between "us" and "them"

An inclusive "us", not set against "them"

Other-Power • Surrender

# Self



#### Self at the expense of Other

Polarisation on Self, on "us", on the in-group against "them"

Selfishness • Greed

Solipsism • Narcissism

"You're either for us or against us"

Hard distinction between "us" and "them"

An exclusive "us", set against "them"

The isolated is easily pushed over

# **Other**

# Other[Self]

#### Other at the expense of Self

Burnout

Doormat syndrome

Martyrdom • Obsessive self-sacrifice "Why aren't they more grateful to me?"

Co-dependence

Unrealistic expectation

Not aware of limitations

# : NEGATIVE • DOWNSID

POSITIVE • UPS

# **DISINTEGRATION**