

Loc: 1,038	<b>3.7.1. The Three Functions of the Self</b>
Loc: 1,039	Having defined the self as the complex system of contacts necessary for adjustment in a difficult field, the authors of Gestalt Therapy identified certain “special structures” which the self creates “for special purposes”
Loc: 1,041	(Perls, Hefferline and Goodman, 1994, pp. 156-157).
Loc: 1,048	Id, ego and personality are just three of the many possible experiential structures ... understood as examples of the person’s capacity to relate to the world:
Loc: 1,049	id as the sensory-motor background of the experience, ... personality as assimilation of previous contacts;
Loc: 1,050	ego as the motor which moves on the basis of the other two functions and chooses what to identify with and what is alien
Loc: 1,053	<b>The Id-Function of the Self</b>
Loc: 1,055	is defined as the organism’s capacity to make contact with the environment by means of:
Loc: 1,056	the sensory-motor background of assimilated contacts; ... physiological needs; ... bodily experiences and those sensations that are perceived “as if inside the skin”
Loc: 1,057	(Perls, Hefferline and Goodman, 1994, pp. 156-157).
Loc: 1,059	a) The ground of the sensory-motor experience of assimilated contacts.
Loc: 1,065	Gestalt Therapy makes reference to two kinds of contact: assimilated contact and the contact which brings novelty, which leads to growth.
Loc: 1,067	we do not need to check every time, when we are seated, whether the chair is strong enough
Loc: 1,070	Sitting on the chair includes the experience of the ground (which we need not recall as a figure) acquired in previous contacts, and becomes “taken for granted”.
Loc: 1,078	b) Physiological needs.
Loc: 1,079	the self is a function of the field, physiological needs constitute the excitement of the self that comes from the organism.

Loc: 1,080	self can be activated by an internal excitement
Loc: 1,081	or by an external influence ... This distinction, however, exists only in our minds, since the self is
Loc: 1,082	an integrated process in which an environmental element may stimulate a physiological need
Loc: 1,083	a physiological need may stimulate the perception of a part of the field not previously perceived.
Loc: 1,087	c) Bodily experience and what is experienced "as if inside the skin".
Loc: 1,088	synthesizes the preceding two, giving the sense of integration in an experience of basic trust (or lack of trust) in making contact
Loc: 1,089	reflects the delicate relationship between self-support and environmental support,
Loc: 1,093	Laura Perls was particularly attentive to this interconnection
Loc: 1,094	attention to the patient's posture and gait enabled her to modulate her intervention, privileging the sense of self-support arising from the relationship with environmental support
Loc: 1,101	<b>The Personality-Function</b>
Loc: 1,103	expresses the ability of the self to make contact with the environment on the basis of what one has become.
Loc: 1,105	is expressed by the subject's answer to the question "Who am I?".
Loc: 1,108	the personality-function is not a normative aspect of the psychic structure. ... personality-function expresses the ability to make contact with the environment on the basis of a given definition of self.
Loc: 1,112	The personality-function, in fact, pertains to how we create our social roles
Loc: 1,113	how we assimilate previous contacts, and creatively adjust to changes imposed by growth.
Loc: 1,115	the basic aspects a therapist must look at is the functioning of the self at the level of personality-function.

Loc: 1,116	For example, an eight-year-old boy ... expresses himself in adult language, this may be viewed (as it is a modality of contacting the environment) as expressing a disorder of the personality function.
Loc: 1,117	same may be said
Loc: 1,118	of a mother who behaves like a friend or a sister towards her children,
Loc: 1,121	<b>The Ego-Function</b>
Loc: 1,123	expresses a different capacity of the self-in-contact: ... ability to identify oneself with or alienate oneself from parts of the field (this is me, this is not me).
Loc: 1,124	the power to want and to decide that characterizes the uniqueness of individual choices.
Loc: 1,126	neither a biological impulse nor a social drive, but rather constitutes the creative expression of the whole person
Loc: 1,127	the ego-function intervenes in the process of creative adjustment by making choices, identifying with some parts of the field, and alienating itself from others.
Loc: 1,128	that function of the self that gives an individual the sense of being active and deliberate.
Loc: 1,129	intentionality is spontaneously exercised by the self, which develops it with strength, awareness, excitement and ability to create new figures.
Loc: 1,130	is deliberate, active in mode, sensorially alert and motorially aggressive, and conscious of itself as isolated from the situation» (Perls, Hefferline and Goodman, 1994, p. 157).
Loc: Note	According to Gestalt Therapy, these are precisely the characteristics of the ego function that lead us to think of the ego as agent of experience. And once we have created this abstraction, we no longer think of the environment as a pole of experience, but rather as a distant external world.
Loc: 1,133	ego and environment
Loc: 1,134	parts of a single event.
Loc: 1,135	works on the basis of the information coming from all the other structures of the self. ... ability to spontaneously deliberate

Loc: 1,136	exercised in a harmony with ... ability to contact the environment through what is perceived as if “inside the skin” (id-function)
Loc: 1,137	through the definition given to the question “who am I?” (personality-function). ... the capacity to introject, project, retroreflect and to fully establish contact.
Loc: Note	An emotion, normally experienced as a unitary phenomenon, can be described according to different functions of the self. According to the id-function when experiencing emotion, the muscles are perceived as relaxed or rigid and breathing is experienced as free and open or constricted. The personality-function defines the emotion as part of the self (“ I’m the sort of person who feels these emotions”). The ego-function allows the development of excitement connected with the emotion, e.g., by introjecting (defining the experience as “I’m moved, it’s okay with me”); by projecting (noticing the excitement in the environment too, for instance saying something like “I can see that other people are moved too”), or by retroreflecting (avoiding full contact with the environment, pulling back or turning the energy on to the self, e.g., “I want to handle this experience alone”).
Loc: 1,146	The founders describe these ego-functions both as ability to make contact and as resistances to it (loss of ego-functions).
Loc: 1,207	Losses ... of ego-function are creative choices to avoid the development of excitement during the various phases of the experience of contact with the environment.

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