

SURVIVAL PAPER

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Low self-esteem is the opposite side of the coin of egomania. There is still an inward orientation, a focus on self that reduces everything in the world to how it affects that person and his/her emotions. It doesn't matter which side someone is on — egomania or low self-esteem —

Criminal minds

These are just a few of sterling points that you need to know about the psychological make up of criminals and violent people.

- * Extreme egomania/selfishness/me-based orientation
- * Poor impulse control
- * Manipulative behavior
- * Inability to accurately "read" other people's emotions
- * Little or no ability to delay gratification
- * Disassociation from the negative effects of their actions/guilt
- * Your "value" is defined by what you can do for them
- * The only consistent in their behavior is what benefits/pleases them.

You cannot change these dements in their personality and without outside, long-term professional help/counseling, they are not going to change on their own. No matter how much they say they will.

Take a look at the profile of a potential rapist or abuser. Many of the tendencies are the same.

Extremes, **day-to-day behavior** and spotting patterns

We often talk about extremes, but few people recognize them for what they really are. Extremes are everyday behavior, thoughts and ideas taken and magnified out of proportion. Believe it or not, you already know what the criminal is and what motivates him, you see it all the time in minor forms. What to most people is a minor character flaw is to criminals a major defining element of their personalities.

Each day of your life, you encounter attitudes, behavior and ways of thinking that are annoying and selfish. Usually, however, these obnoxious people have a form of checks and balances that keep them somewhat in line with normal society. We tend to automatically assume these checks and balances are in place. This is the "social contract" that allows people to function and get along together in their day-to-day activities. We don't realize how ingrained and unconscious these rules of behavior and ways of thinking are. It is both shocking and unnerving when we encounter someone who doesn't follow these unstated rules.

What few people realize is that these checks and balances are missing with the criminal or violent person. Nature abhors a vacuum. With this absence of counterbalancing influences, certain behavior flourishes and grows, taking up that empty space. What is apparent to a small degree in a normal person enormous in the criminal. The magnitude and extremes to which a criminal is willing to go are unbelievable to most people. They simply cannot grasp it. It is like the child who was taken down to the shore to see a beached whale. Standing next to the whale, the child turns to his mother and asks. "Where's the whale mommy?" What we want to do here is help you see the whale.

Some people cannot see the connections of day-to-day behavior to the extremes. They simply don't believe that the small, annoying conduct they encounter every day could grow become such extreme evil. While others, until they see the extremes, cannot recognize those same behavioral patterns in daily activities. When these people see the extreme, then they can recognize the smaller, more control led version

There are two easy-to-read books that can help you see the whale, no matter how you learn.

***Emotional Vampires; Dealing With People Who Drain You Dry** by Albert Bernstein is a book that defines the day-to-day kinds of behaviors that are so often annoying and troublesome in our daily lives. This book serves as a good Introduction to the pathologies that are common in the criminal mind. Even though it doesn't describe criminals, it is a useful book, filled with tips, tricks and advice on how to deal with difficult individuals. It discusses individuals who have mild personality disorders, but who still function within the parameters of society. These same personality disorders are almost a staple among criminals and violent people, but in far more advanced forms. We see and deal with these milder forms every day and may not recognize their significance or relationship to criminal behavior. No matter which way you are going, this book is a bridge between the normal and an extreme. From AMAZON.COM for \$10.36, ISBN 0-07138167-8, McGraw Hill publishing.*

*The next book is about criminals and those who have crossed the line into the extreme. It is **Inside the Criminal Mind** by **Stanton Samenow**. Available from BAMM.COM for \$17.50, ISBN 140604619X, Crown Publishing This book gives you an incredibly accurate road map of what it is like inside the criminal's mind, and tells you why and how they do what they do. If you are the sort who goes out and works your way back, once you see the extremes in this book, then the more subtle behavior presented in *Emotional Vampires* much clearer. If you are the sort who works your way out, this is what is on the other side of the bridge.*

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