



## **Scindo Syndrome**

*"I feel that hope for healing is greater today than ever before. I endeavor to enable our clients to experience maturity in recovery as they are restored to the person they were created to be. They learn how to balance acknowledgment of their pain along with learning specific skills which enable them to become healthy, responsible feeling adults."*

Marilyn Murray

### **Murray's Scindo Syndrome concepts consist of:**

#### **The Original Feeling of Child (OFC):**

Unfragmented child at conception with innate intelligence, talent, personality, creativity, physical appearance and the capacity to feel all feelings - appropriately and inappropriately. The soul/true spirituality is the core of the Original Feeling Child. The Original Feeling Child is who a person was created to be.

#### **The Sobbing Hurting Child (SHC):**

The "Pool of Pain;" created by outside negative influences, (abuse, neglect, illness, etc.) contains painful feelings only (fear, sadness, anger, loneliness, helplessness, etc.), created out of the Original Feeling Child. The positive part of the Sobbing Hurting Child is that he/she enables a person to feel empathy and compassion, to be tender and caring.

#### **The Controlling Child (CC):**

Innate defense mechanism, created out of the Original Feeling Child to protect the Sobbing Hurting Child. The Controlling Child will use whatever he/she can, out of innate abilities or out of the environment, to hold down pain. Some of the most common defenses are: Repression, Anesthetizing (food, alcohol, drugs, sex, tobacco), and Diversionary Tactics (relationships, school, work, church, sports, music, reading, television, computers, etc.). As a defense mechanism the Controlling Child is meant to be a temporary help in time of pain and distress. In addition to being a defense mechanism, the Controlling Child also helps a person be responsible and to set healthy boundaries (keeps a person from becoming a victim or a victimizer.)





### **The Feeling Adult (FA):**

The "goal" in the healing journey of recovery; the integrated person - rational, reasonable, thinking, responsible but deeply connected with feelings - an "effective synthesis of head and gut." The Feeling Adult is a balanced, healthy combination of the Original Feeling Child with the positive strengths of the Sobbing Hurting Child and the Controlling Child - a mature person who is capable of feeling all feelings appropriately.

While the Feeling Adult is a healthy combination, there also can be unhealthy combinations. This occurs when the Sobbing Hurting Child's needs have not been met and the Controlling Child has grown weary of futile attempts to hold down the Sobbing Hurting Child's pain - then, the Sobbing Hurting Child and the Controlling Child join and create:

### **The Angry Rebellious Child (ARC):**

Overtly hostile, aggressive, resembles two electrical live-wires connecting, demanding, stubborn, blows up quickly. (" Don't tell me what to do!" " I'll do it my way!" "I don't care what you think!")

Covert, passive-aggressive, manipulator, "game" player, sneaky, revengeful, grandiose, can be seductive/promiscuous. ("I deserve this." " Whatever feels good, do it!") (The Original Feeling Child often joins in on this with a sense of entitlement.)

Both the Angry Rebellious Child and the Stubborn Selfish Child are: unreasonable; will rationalize to justify behavior; are unwilling to look at the consequences of their actions and refuse to take responsibility for them, usually blame other persons or events; will do whatever they want even though they know their actions will be destructive to themselves and/or to other persons; see themselves as the victim but become the victimizer (to themselves and/or to other persons). The Angry Rebellious Child and the Stubborn Selfish Child are inappropriate actions as a result of the unhealthy combination of the Sobbing Hurting Child, the Controlling Child, and the Original Feeling Child and need to be eliminated. Addiction are born here!

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Restructuring the Controlling Child will show how to identify emotional defense mechanisms, how to determine which are appropriate and which have been destructive, and how to begin to modify and/or eliminate those that are unhealthy.

Releasing the Sobbing Hurting Child will help to recognize the many ways in which a person can continue to "lance the wounds" of the child of the past.

Reclaiming the Original Feeling Child will encourage each person to touch into the beautiful, sparkling, creative child they were created them to be and also to learn that therapy need not be involved only with painful issues.

Becoming a Feeling Adult means beginning the journey toward becoming a balanced person who is a responsible, thinking adult but is also deeply connected with feelings.

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