

NEUROINSTINCTS



Education regarding the difficult partner

7 Steps Toward Healing

PREPARE THE PATH TO TAKE YOUR LIFE BACK.

Rhonda Freeman, PhD

Disclosures & Disclaimers

This WorkBook / Ebook Copyright © 2013–2020 by Rhonda Freeman (the “Author”). All Rights Reserved. Published in the United States of America. The legal notices, disclosures, and disclaimers in this workbook / eBook are Copyright © Law Office of Michael E. Young PLLC, and licensed for use by the Author. All rights reserved.

No part of this WorkBook/ Ebook may be reproduced, summarized, generated into a derivative version, or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by an information storage and retrieval system - except by a reviewer who may quote brief passages in a review to be printed in a magazine, newspaper, blog, or website without permission in writing from the Author. For information, please contact the Author by e-mail at www.neuroinstincts.com/contact.

First PDF Edition, December 2013 | Current Edition October 2020
Published by Rhonda Freeman, PhD (the “Publisher”).

This eBook is a general educational health-related information product. This eBook does not contain medical or psychological advice. The eBook’s content is not a substitute for direct, personal, professional medical or psychological care and diagnosis. None of the statements, information, or treatments (including products and services) mentioned in this eBook should be performed or otherwise used without clearance from your physician, therapist, psychologist, or health care provider. You are advised to do your own due diligence when it comes to making any decisions. The Author or Publisher are not responsible for your decisions or actions. Use caution and seek the advice of qualified professionals before acting upon the contents of this WorkBook / Ebook or any other information. You shall not consider any examples, documents, activities, or other content in this WorkBook / Ebook or otherwise provided by the Author or Publisher to be the equivalent of professional advice.

This eBook is published in Adobe® Acrobat® Portable Document Format (PDF). “Adobe” and “Acrobat” are registered trademarks of Adobe Systems Incorporated in the United States and/or other countries. All trademarks and service marks are the properties of their respective owners.

Limits of Liability & Disclaimers of Warranties

Because this WorkBook / Ebook is a general educational information product, it is not a substitute for professional advice on the topics discussed in it. The materials in this WorkBook / Ebook are provided “as is” and without warranties of any kind either express or implied. The Author and the Publisher disclaim all warranties, express or implied, including, but not limited to, implied warranties of merchantability and fitness for a particular purpose. The Author and the Publisher do not warrant that defects will be corrected, or that any website or any server that makes this work Book available is free of viruses or other harmful components. The Author does not warrant or make any representations regarding the use or the results of the use of the materials in this WorkBook/ Ebook in terms of their correctness, accuracy, reliability, or otherwise. Applicable law may not allow the exclusion of implied warranties, so the above exclusion may not apply to you.

Under no circumstances, including, but not limited to, negligence, shall the Author or the Publisher be liable for any special or consequential damages that result from the use of, or the inability to use this WorkBook, even if the Author, the Publisher, or an authorized representative has been advised of the possibility of such damages. Applicable law may not allow the limitation or exclusion of liability or incidental or consequential damages, so the above limitation or exclusion may not apply to you. In no event shall the Author or Publisher total liability to you for all damages, losses, and causes of action (whether in contract, tort, including but not limited to, negligence or otherwise) exceed the amount paid by you, if any, for this WorkBook/ Ebook.

Disclosures & Disclaimers

You agree to hold the Author and the Publisher of this eBook, principals, agents, affiliates, and employees harmless from any and all liability for all claims for damages due to injuries, including attorney fees and costs, incurred by you or caused to third parties by you, arising out of the products, services, information, and activities discussed in this eBook, excepting only claims for gross negligence or intentional tort.

You agree that any and all claims for gross negligence or intentional tort shall be settled solely by confidential binding arbitration per the American Arbitration Association's commercial arbitration rules. All arbitration must occur in the municipality where the Author's principal place of business is located. Arbitration fees and costs shall be split equally, and you are solely responsible for your own lawyer fees.

Facts and information are believed to be accurate at the time they were placed in this Workbook. All data provided in this Workbook is to be used for information purposes only. The information contained within is not intended to provide specific legal, physical, medical, or mental health advice, or any other advice whatsoever, for any individual or company and should not be relied upon in that regard. Information provided is not all-inclusive, and is limited to information that is made available and such information should not be relied upon as all-inclusive or accurate.

IF YOU DO NOT AGREE WITH THESE TERMS AND EXPRESS CONDITIONS, DO NOT READ or USE THIS WORKBOOK / EBOOK. YOUR USE OF THIS WORKBOOK, INFORMATION, SERVICES, AND ANY PARTICIPATION IN ACTIVITIES MENTIONED IN THIS WORKBOOK, MEAN THAT YOU ARE AGREEING TO BE LEGALLY BOUND BY THESE TERMS.

Health Disclaimers

As an express condition to reading this workbook/eBook, you understand and agree to the following terms. This eBook is a general educational health-related information product. This workbook/eBook does not contain medical or psychological advice. The Workbook's content is not a substitute for direct, personal, professional medical or psychological care and diagnosis. If you utilize information, you do so of your own free will and accord, knowingly and voluntarily assuming all risks associated with such activities.

Due Diligence

You are advised to do your own due diligence when it comes to making any decisions. Use caution and seek the advice of qualified professionals before acting upon the contents of this workbook/eBook or any other information. You shall not consider any examples or other content in this eBook or otherwise provided by the Author or Publisher to be the equivalent of professional advice.

The Author and the Publisher assume no responsibility for any losses or damages resulting from our use of any link or information contained in this eBook or within any other information disclosed by the Author or the Publisher in any form whatsoever.

YOU SHOULD ALWAYS CONDUCT YOUR OWN INVESTIGATION (PERFORM DUE DILIGENCE) BEFORE UTILIZING INFORMATION FROM ANYONE OFFLINE OR VIA THE INTERNET. THIS INCLUDES PRODUCTS, INFORMATION AND SERVICES SOLD OR MENTIONED VIA HYPERLINKS EMBEDDED IN THIS WORKBOOK.

To content creators & influencers:



Please familiarize yourself with the legal consequences of **rephrasing, summarizing, translating, copying, paraphrasing, selling, making a derivative version of, or plagiarizing** intellectual property.

Each of the above represent copyright infringement.

Automated internet scans are conducted, via a service, to locate infringing content, websites, and social media posts.

Do not translate into a different language (i.e., IP theft).

If you are not familiar with intellectual property (IP) law, regarding **literary work**, the following article may be informative:

[How to Avoid Copyright Infringement](#)



About this booklet & a Message from the author

I created this self-help healing pamphlet for survivors who were involved in a relationship with a difficult or dangerous partner (e.g., narcissist or psychopath).

You may feel overwhelmed and unsure how to proceed after exposure to betrayal, gaslighting, dishonesty, secrets, and lies. I too was in that position years ago. I want you to know you can make it through this.

I laid out a few basics that were valuable to me in the beginning of my journey. The steps within this booklet are not a chronological map of what to do first, second, and so forth. Rather, it is a listing of **mindset changes**, **foundational material**, and **resources** that can be used as you process your experience and take steps toward healing.

Some of the tools may assist your brain in its process of balance. Keep in mind, this ebooklet cannot be used as a replacement for any needed professional help.

If you have any questions, you can ask me by visiting my Instagram[®] account, @neuroinstincts.

Instagram



Best,
Rhonda Freeman, PhD
Founder of Neuroinstincts

Don't be hard on yourself... the brain bonds even to unhealthy partners.

Various regions of the brain allows us to bond to others. Unfortunately, portions of the prefrontal cortex (associated with reasoning & regulation) are less active when we are strongly attached to someone. This is normal.

However, the very region of the brain that could help us walk away from an abusive/inappropriate partner, is the area that is less responsive when we are bonded to a particular mate.

Often, after the experience of a narcissistic abuser, the brain will *remember* what it feels like to be in the presence of a person disordered in that manner. The body will feel it. It may signal you in the future through intuition, instincts, bodily sensations, disgust, or anxiety.

For me, I feel tension, an accelerated heart rate, and an overwhelming need to retreat when in the presence of a pathological narcissist. My body signals that it recognizes this person as a threat to my emotional or physical safety.

Learn to listen to your brain and body if sends you similar signals.

Check out these two articles (links below). I lay out the neuroscience behind this particular type of attachment.

- [The Brain Can Work Against Abuse Victims](#)
- [Spellbinding Bond to Narcissists and Psychopaths - Neurobiology](#)



They cannot love deeply

Falling in love with a pathological narcissist usually lands their partners in a world of pain. To have a safe relationship you have to have someone who cares; someone who has the ability to look beyond themselves to determine if their words or actions (even accidentally) hurt the feelings of another.

The emotional capacity of individuals with narcissistic personality disorder and psychopathy are limited. Their psychological profiles directly conflicts with all the most important factors of a loving relationship:

- trust,
- honesty,
- vulnerability,
- safety,
- comfort,
- compassion,
- understanding,
- and bonding.

There cannot be a loving relationship with someone who is critical, hypersensitive (to self only), judgmental, selfish, and uncooperative. Narcissists interact through a false or fake persona that is fed by shallow means (e.g., attention, adulation, status, collecting people, being seen as important/ the best), it would impossible to connect with the *true* individual.

The extreme amount of self-sacrifice required to create peace with a pathological narcissist is not sustainable across years or decades. To appease their needs and feed a bottomless ego will require you to either live in misery and in an unauthentic manner.

Shallow is the direct opposite of what a mature, loving, companion-based relationship is all about. However, shallow is the level that is reached when your partner cannot deeply connect.

The emotional deficiencies of psychopaths and narcissists often create toxic environments for people who love them. And once the relationship ends, for many survivors, they are left to struggle with emotional upheaval.

You may feel confused by the entire experience. It can be difficult pushing forward after being entangled in an emotionally charged relationship that likely included deception, betrayal, and mistreatment. Your reasoning may feel diminished and knowing which direction to turn to care for yourself is more difficult than you may have thought possible.

Let's look at seven ways you can care for yourself to get on the road to healing.

01



Disengage

Our brain prioritizes survival. That means a person cannot be a part of the relationship and simultaneously heal.

02



Narcissistic Personality Education

Learn about the common behavior patterns and psychological profile of disorders within the Cluster B category of personality disorders.

03



Journal & Embrace Creativity

Create a journal to allow yourself to give words to your feelings. Find a creative outlet you enjoy, such as dance, crafting, writing, drawing, etc.

04



Get Support

Wrangle your tribe together. These are people who have your back. They 'get' you and they care. You need their support.

05



Seek Professional treatment

Psychologists, psychiatrists, therapists, nutritionists, etc.

06



Make Environmental Changes

What is in your surroundings will impact your brain. Let's get on top of this one to create a warm (non-triggering) environment.

07



Accept the reality

Narcissistic personality disorder and psychopathy are personality disorders associated with social deficits. Acceptance of this reality is a vital part of healing.



01 Disengage

Once the relationship has ended, it would stall and complicate healing to maintain contact. They may attempt to keep unnecessary communication open (“Let’s be friends!”) This is not a good idea.

Pathological narcissists have a routine of 'collection building' past partners after their breakups. In order to prevent them from adding you to their pile, cut off contact (keeping safety in mind). Unless communication is required, such as regarding children or business matters, further contact is not to the survivor's benefit.

People who violate you, manipulate your empathy, cause you extreme emotional harm, or traumatize you should not get the option to be *buddies*. Friendship is a privilege. It is earned and based upon safety, respect, connection, and care.

Maintaining strong boundaries will be a source of protection from harm. The continuation of contact can easily result in possible trauma, more pain, mistreatment, and opportunities for them to manipulate.

Disengaging can be a powerful step in protecting mental health and well being. However, because some narcissists and many psychopaths can engage in dangerous behaviors in the presence of boundaries, no contact, or your disengagement, you must keep your safety in mind as you disconnect from them.

Want more information regarding disengagement? Check out this article (link) on my website, Neuroinstincts: **Why No Contact, Detachment, and Support Help the Trauma Bond**



02 Narcissistic Personality Education

It is helpful to understand common symptoms associated with narcissistic personality disorder and antisocial personality. Recognizing their patterns can help ease the pain for those who felt responsible for the demise of the relationship.

Learning about the typical ways they interact with their partner will inform you that **no matter what you did**, you were eventually going to be despised and held responsible.

It will help to understand that people with these conditions are not simply egocentric and over-confident (or anxious-dominants). Most on the pathological narcissism spectrum have a brain condition that cannot be fixed by attempting to deepen your attachment with them (e.g., love).

A narcissist's or psychopath's partner cannot be the conduit for healing and change. This would place the victim at risk for further abuse.

I have some great resources (links listed below) that take you deeper into the patterns of narcissists and psychopaths.

- **Narcissists and Psychopaths - Get the Foundation and Basics**
- **The Histrionic Narcissist**
- **How to Tell You're Dealing with a Malignant Narcissist**



03 *Journaling*

Many find that journaling is an excellent way to help them process the experience. It allows an individual to express the lessons learned and vent their emotions in a safe place. You can write all of your innermost thoughts in a journal and see the process of healing as you grow and learn from this experience.

Within your journal, consider a few of these prompts:

- Explicitly list your boundaries and morals.
- Remind yourself who you are and what you believe in.
- List why your values are important to you and the reasons you will not abandon them to appease anyone in the future.
- Challenge some of your beliefs if they contributed to giving the narcissist repeated chances to be with you (e.g., "There is good in everybody").
- List the characteristics of the man/woman deserving of a partner like you; someone with morals, empathy, and kindness.

- Explore the activities you enjoy and the experiences you would like to have in the future. Indulge in you!

Make a shift to a healthy focus on yourself and an appreciation that you are able to love. It is special to be able to attach deeply to others. Emotions are valuable.

Release yourself from any guilt that you caused *their* behavior or did something wrong. I remember when I went through the devaluation phase with my ex, the last statement he told me was, "no man will ever want you." Over the years, he has tried to reach out to me (via my professional social media) to tell me how "proud" he was of me and he thinks I'm an "incredible woman" (insert eye-rolling from me here). That reminds me, *some* will try to come back as if nothing happened and use manipulative tactics such as flattery. Be aware this could also become a part of your aftermath struggles.

Bottom line, you cannot believe what they think of you. And more importantly, it does not matter what they think of you.

When they have shifted into the devaluation phase, they are often in a state of hate. Hateful comments have no value. They are cruel and intended to hurt you and cause pain.

If you feel guilty for loving someone on the pathological narcissism spectrum, please don't. To give love to another human being is a beautiful act. You had no idea you were entering into a partnership with someone with their limitations (e.g., lack of vulnerability, trust, care, and bonding). Therefore, to give of yourself is not an act to feel ashamed of.

By processing the experience with yourself through journaling, you are more apt to learn from it.



04 Support

Loving, accepting, nurturing support is the best environment for healing. If you find you have to defend the reasons you are still feeling hurt, then that particular person is not the one for this particular issue.

Not everyone will understand this kind of pain and the extensive period of time it lingers. Often survivors are traumatized. **Trauma is not the same as a broken heart. They warrant different responses.**

Some prospective supporters (friends) have a *'tell it like it is'* or *'tough'* abrasive approach. This is not what is needed. That approach may be fine *at some point* in healing, however usually it just exacerbates pain when someone is 'fresh' from the relationship.

The brain is already in a hypersensitive state – as though it is on 'fire'. To have it further activated by an abrasive individual with good intentions may feel overwhelming. Therefore, particularly in the beginning, steer toward friends who are gentle, patient, and warm.

One method the brain heals is by **pulling upon the healthy connection of another** person. It is often referred to as *affective empathy* or *emotional contagion*. It happens automatically. Those phrases refer to our ability to feel the emotional state of another. You might know it by less scientific names - 'vibe', 'energy', or 'presence'.

When people are around us (especially if we are empathic), we can 'feel' their love, strength, and happiness. The reverse is also true, we feel can feel the dominance, negativity, and anger of others, even if they are trying to wear a smile and conceal who they really are.

Below is a link to an article if you'd like to read more regarding support.

- **Five Signs of a Good Support Source**



05 Professional Help

For many, consultation and follow up care with a therapist, psychologist, neuropsychologist, neurologist, and/or psychiatrist is warranted. These professionals are trained to diagnose and appropriately treat conditions that may arise from this type of relationship, such as:

- Depression
- Anxiety
- Post Traumatic Stress Disorder / Complex Post Traumatic Stress Disorder
- Adjustment Disorder
- Sleep & Eating Disorders

When choosing a mental health professional, the optimal match would be someone who has a background in personality disorders, narcissistic abuse, and trauma. If there are no providers in your area with this specific background, many find professionals skilled in the area of trauma to be suitable as well.

If needed, provide them with materials to educate them on your ex-partner's behavior. Give them this link to my content: **[Dr. Freeman's Resources](#)**

Mental health professionals can assist with coping skills, guidance, and support. Exposure to their healthy (*I'm making an assumption*) social neural networks can be healing for the survivor's overactive emotion processing system.

A therapist/ psychologist with a background in trauma will likely focus on methods to strengthen the regulation area of the brain. This helps the brain help itself. For those with conditions such as PTSD, it has been found that repeatedly exploring the trauma in the early stages of treatment leads to further distress for the limbic system.

Psychologists can uncover (if present) any underlying relationship patterns. For example, some survivors discover they have a pattern of relationships with narcissistic or psychopathic individuals. Take your time in selecting a mental health professional to ensure they are not only educated in trauma and personality disorders, but have also worked extensively with victims of relational abuse.

A Special Concern: Narcissistic abuse 'Gurus' and Coaches

Please be careful of some narcissistic abuse 'gurus' and coaches (i.e., non-therapists/ non-psychologists). It has become a big money maker for some 'wolves in sheep's clothing'. Sadly some of these educators are causing a great deal of harm. Some use their platform to prey on survivors desperate for pain relief and guidance. Don't be impressed by number of followers or charisma on video.

This is your mental health we're talking here - serious business! Take your time and investigate any coach or non-credentialed individual offering services as a narcissistic abuse 'expert.' **Pay attention to your instincts and body signals. Look out for the following:**

- Are they trying to be the expert at everything - neuroscience, diagnostics, PTSD, anxiety, trauma, personality disorders, treatment, etc?
- Are they too intense? Are they negative, dramatic, arrogant, or haughty?
- Do they charge extreme amounts of money per hour, yet offer no real help?
- Do they give the vibe of being a narcissist, yet withheld that info, identifying as a survivor?
- Do you feel triggered by their presence when you listen to them or watch their videos?
- Do they say things that make no sense from a safety, neurological, or logical stance?
- Are they practicing or teaching therapy?



06 Environment

This may be difficult to implement for individuals in the midst of depression or PTSD, however once motivation is available to you again, attempt to make positive lifestyle changes.

Here are a few examples:

- Spend more time with emotionally healthy friends and family members.
- Remove reminders and triggers from the environment (e.g., pictures of the two of you together, gifts from them, jewelry).
- Begin an exercise routine; move your body.
- Appreciate nature by taking walks on the beach or in your neighborhood.
- Give genuine love and attention to your pet.
- Embark on a project that helps you feel empowered.
- Express your creativity (crafts, art, music, etc).
- Organize your home in a manner comfortable for you. The brains tend to function better in uncluttered, clean, soothing, environments.

You may have spent a great deal of the relationship catering to his/her needs, desires, and likes. Now is the time to give that love and compassion to you.

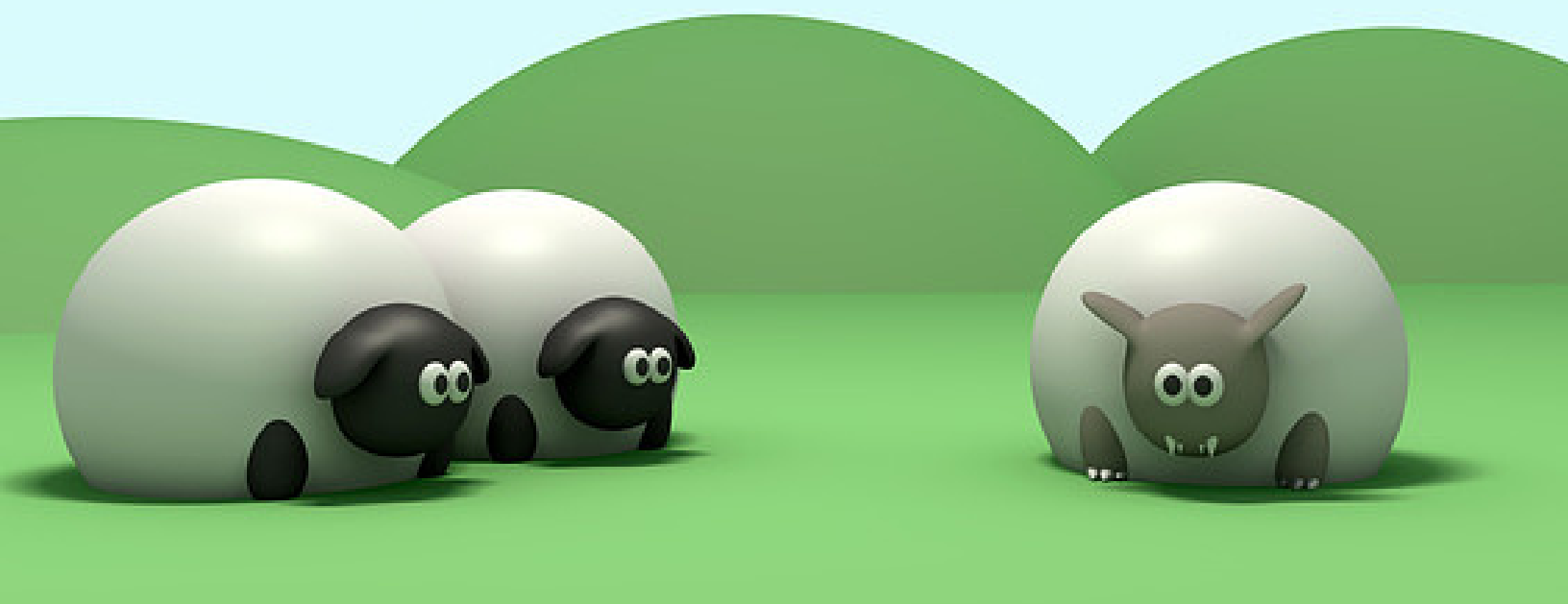
Self compassion, gentleness, and an openness to learn from your experience will benefit you on this journey.

A willingness to establish healthy boundaries to prevent offensive or toxic individuals from taking advantage of your kind nature will also be helpful in the future.

Walking down the path of healing can be difficult and painful.

No one would choose the partner the narcissist *transformed into* after their drastic shift in behavior. The callous, cold, nonempathic character is actually the true individual.

The person in the beginning was within **a highly motivated, addicted, manipulative state** who was thrilled over new/different stimulation. This cannot transform into a mature, mutual relationship.



07 *Accept the Pathology*

Conditions on the pathological narcissism spectrum cannot be changed by loving them, nurturing, explaining, arguing, or educating them regarding the disorder.

Many have asked me, "Can narcissists and psychopaths change?" or "If they promise to change, can't they do that by investing in themselves?"

Changing the way they process information, view social interactions, and 'feel' for others is extremely difficult for those with this disorder. However, it is not uncommon for a narcissist or psychopath to **tell** their intimate partners that they will change, get better, or do better.

If any change happens, it is usually short-lived (e.g., minutes to weeks). The brain disorder will over power any temporary desire they have for change. They lack the neurological capacity to be a safe, deep, or loving partner.

Unfortunately, neurobiological abnormalities of this magnitude cannot be altered by a person's promise to change or "be better." Certain neurological processes are outside of a pathological narcissist's control to change voluntarily.

Even under conditions of intense therapy, research indicates that the changes tend to be in relation to *behavior* rather than *emotion processing*. That means they **cannot** develop compassion, respect, gratitude, empathy, care, morals, deep bonding, or concern for others.

They will still be a callous partner - therapy cannot create love or give an individual the ability to love in the face of this kind of disorder.

This is why shifting **your mindset** toward acceptance as soon as you can is vital to your healing. Holding onto hope that they will change or that if you had done something differently, will only prolong your pain and connection to the relationship.

If you feel grief, just know that is normal. This is a loss. Allow yourself to grieve. Have a support system to keep you safe and have hope that **you** will make it through this.

Author: Dr. Rhonda Freeman

Dr. Freeman is a neuropsychologist and founder of Neuroinstincts. She specializes in cognitive & psychological testing and diagnostics (e.g., PTSD, ADHD, Alzheimer's, Narcissistic Personality Disorder, Dementia). She is a healthcare provider within a neurology practice.

Given that she is not a therapist, she does not offer treatment to individuals experiencing symptoms associated with narcissistic abuse. However, to help survivors, she has a set of resources (from the standpoint of a neuropsychologist) for those seeking self-help assistance.

Just go here: [Dr. Freeman Resources](#)



.....

Scan (with phone camera) to connect with me on:

Instagram



Facebook



Twitter



YouTube



LinkedIn



References

- Allen, J.G. (1995). *Coping with Trauma | A Guide to Self Understanding*. 1st ed. Washington DC: American Psychiatric Press, Inc.
- Blair, R. J. R. 2007 Dysfunctions of medial and lateral orbitofrontal cortex in psychopathy. *Ann. N. Y. Acad. Sci.* 1121, 461–479.
- Blair, RJ. (2008). The amygdala and ventromedial prefrontal cortex: functional contributions and dysfunction in psychopathy. *Phil. Trans. R. Soc. B* 363, 2557–2565
- Bremner, J. (2002). *Does Stress Damage The Brain?* 1st ed. New York: W.W. Norton & Company.
- Buckholtz, J., Treadway, M., Cowan, R., Woodward, N., Benning, S., Li, R., Ansari, M., Baldwin, R., Schwartzman, A., Shelby, E., Smith, C., Cole, D., Kessler, R., & Zald, D. (2010) Mesolimbic dopamine reward system hypersensitivity in individuals with psychopathic traits. *Nature Neuroscience*. March, pp. 1 – 3
- Cozolino, L. (2006). *The Neuroscience of Human Relationships*. 1st ed. New York: W.W. Norton & Company.
- Hare, R. & Neumann, C., (2008). Psychopathy as a Clinical and Empirical Construct. *Annual Review of Clinical Psychology*. 4, pp. 217 - 246
- Kiehl, K & Buckholtz, J. (2010). Inside the Mind of a Psychopath. *Scientific American Mind*. September/October, pp. 22 – 29
- Kiehl, K. (2006). A Cognitive Neuroscience Perspective on Psychopathy: Evidence for Paralimbic System Dysfunction. *Psychiatry Research*. 142 (2-3), pp.107 – 128
- Krueger, F., Parasuraman, R., Moody, L., Twieg, P., de Visser, E., McCabe, K., O'Hara, M., & Lee, M. (2013). Oxytocin selectively increases perceptions of harm for victims but not the desire to punish offenders of criminal offenses. *Social Cognition and Affective Neuroscience*. Jun;8(5):494-8.
- Motzkin, J, Newman, J., Kiehl, K., & Koenigs, M. (2011). Reduced Prefrontal Connectivity in Psychopathy. *The Journal Of Neuroscience*. 31 (48), pp.17348 - 17357
- Millon, T., Simonsen, E., Birket-Smith, M., & Davis, R. Ed.s, (1998). *Psychopathy | Antisocial, Criminal, & Violent Behavior*. 1st ed. New York: The Guilford Press.
- Skeem, J., Monahan, J., & Mulvey, E. (2002). Psychopathy, Treatment Involvement, and Subsequent Violence Among Civil Psychiatric Patients. *Law and Human Behavior*, Vol. 26, No. 6, 577 - 603.
- Tsigosa, C. & Chrousos, G., (2002). Hypothalamic–pituitary–adrenal axis, neuroendocrine factors and stress. *Journal of Psychosomatic Research*. 53, pp. 865 – 871