

Inclusive Social Fitness: From Quiet Rage to Quiet Revolution

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Overview

Inclusive social fitness includes all temperaments

Background:

Social Fitness Theory: An Evolutionary Metaphor

Social Fitness Practice: Training at the Clinic

The role of the clinic in research

Shyness: a coping mechanism or well-anchored moral stance?

How is the moral value expressed?

Have we ignored its adaptive features?

From Quiet Rage to Quiet Revolution: Implications, Redefining manhood in our culture

Social Fitness Model

Social Fitness is an evolutionary metaphor that refers to solving adaptational challenges.

Social Fitness addresses both needs for communion or emotional connection and needs for agency or competence.

Like physical fitness, Social Fitness involves frequent social exercise.

Adaptive thinking patterns and emotion regulation are important components of social fitness.

Extreme and chronic shyness is a non-optimal state of social fitness.

The Experience of Shyness

SAD FIXs

Self - Blame and Shame

Avoidance

Distress

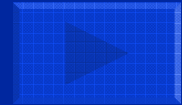
Fear of Negative Evaluation

I Must, but I Can't!

X-posure: Fear of both Failure & Success

Self - Sabotage

Bad Brain Day



Infinity Plus

Fight/Flight

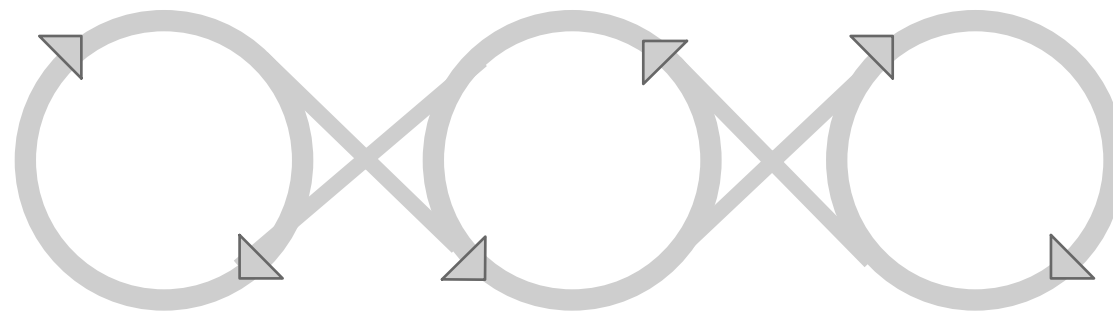
Shame/self-blame

Anger/other-blame

fear

shame

anger



**negative
predictions**

self-blame

other-blame

Approach

Avoidance

Resentment

INWARD FOCUS

Moderates Self-blame

NEGATIVE EMOTION with INWARD FOCUS

is associated with more self-blame and
shame

NEUTRAL MOOD with INWARD FOCUS

is associated with seeing oneself as others do

CHRONIC SHYNESS with DISPOSITIONAL INWARD
FOCUS

is associated with dispositional-shame

Shyness Clinic Clients

The average age of our clients is 34, and 64% of them are male.

They are in the top five percent of the population in shyness and 93% meet criteria for social anxiety disorder.

They tend to be chronically mildly depressed, extremely concerned about negative evaluation, experience more shame than others, and blame themselves.

Shyness and Self-blame in a High School Sample

		Self-blame		Non-self-blame	
		Shy (<u>n</u> = 34)	Non-shy (<u>n</u> = 11)	Shy (<u>n</u> = 20)	Non-shy (<u>n</u> = 22)
Social Anxiety	M	.69a	-.55c	-.05b	-.84c
	SD	.85	.62	.80	.73
Fear Neg Eval	M	.66a	-.40bc	-.02b	-.80c
	SD	.66	1.02	.91	.85

Note: M and SD: standardized: $p < .05$

Students Reduced Self-blame and Shame in Eight Sessions

For negative outcomes in their three most challenging situations:

Internal, stable and global attributions ↓

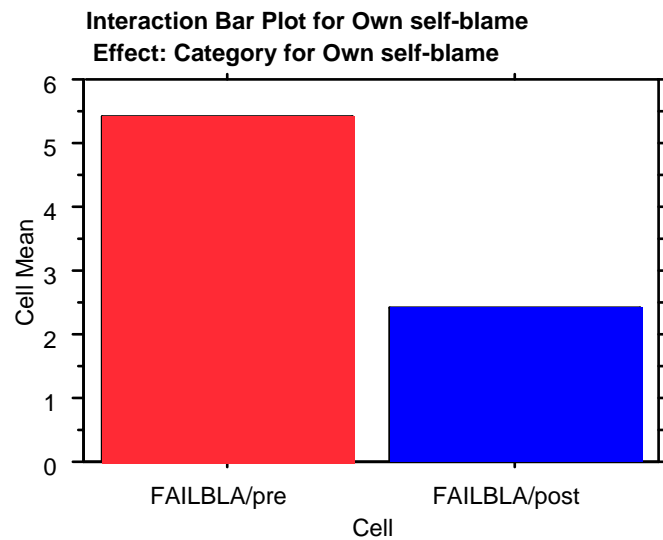
Self-blame and state shame ↓

Social anxiety ↓ social avoidance and distress ↓

trait shame ↓ depression ↓

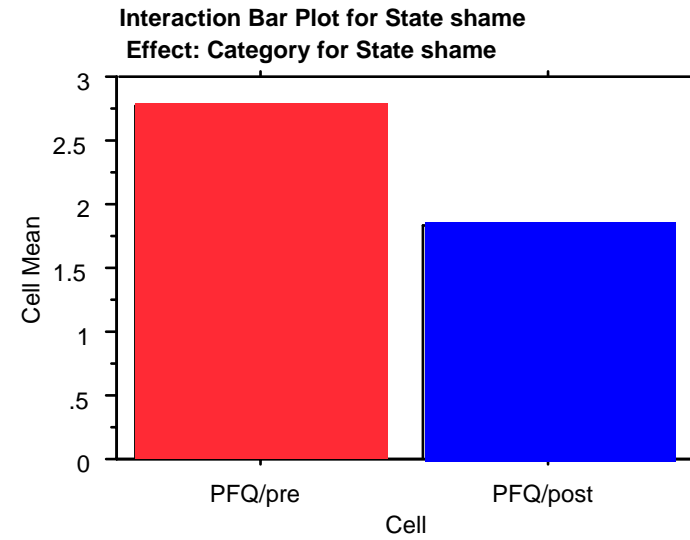
Results

Self-blame



29 cases were omitted due to missing values.

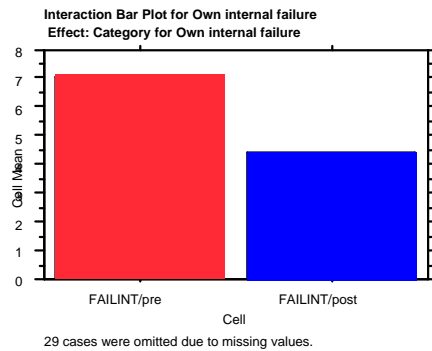
State-shame



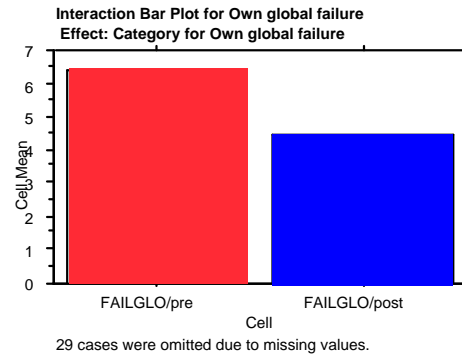
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Results

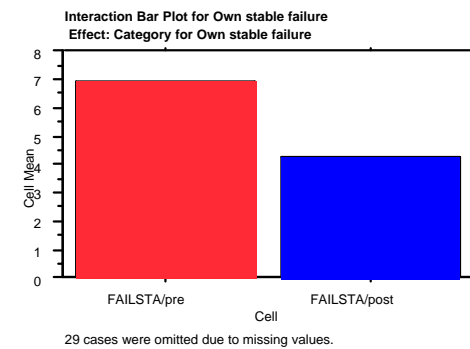
Internal



Global



Stable



Shame and Anger in Shyness:

Shy clients blame others as well as themselves
(Henderson, 1992)

View others as dangerous, rejecting and
unreliable.

Blaming others has negative consequences
(Tennen and Affleck, 1990).

Blaming Others and Empathy: High School Sample

- Perspective-taking is associated with adaptive interpersonal functioning.
- Empathic concern for others is associated with shyness.
- Blaming others was the **ONLY** significant negative predictor of perspective taking and empathic concern in high school students.

Shame and Anger in Shyness: Clinic Sample

- Shame predicts self-defeating behavior, passive aggression.
- Shame is correlated with resentment and antisocial attitudes.
- Clients with Avoidant Personality Disorder are:
more shame-prone, higher in negative thoughts about others.
- Clients with Avoidant Personality Disorder are more likely to externalize blame.

Thoughts and Beliefs about Others: Stanford Students

To what extent do you relate to each of these statements?

Please make a rating on a 7 point scale from 1 (not at all) to 7 (very much).

Shy	Non-shy	
3.5	2.3	People will be rejecting and hurtful if I let them close to me.
3.3	1.6	People do not relate to my problems.
4.6	2.1	I must not let people know too much about me because they will misuse the information.
3.5	1.5	People are more powerful than I am and will take advantage of me.
3.2	1.8	If people see my discomfort they will feel contempt for me.
2.9	1.7	People will make fun of me and ridicule me.

Social Fitness Training



Treatment Results

Shyness/depression are in the normal range.

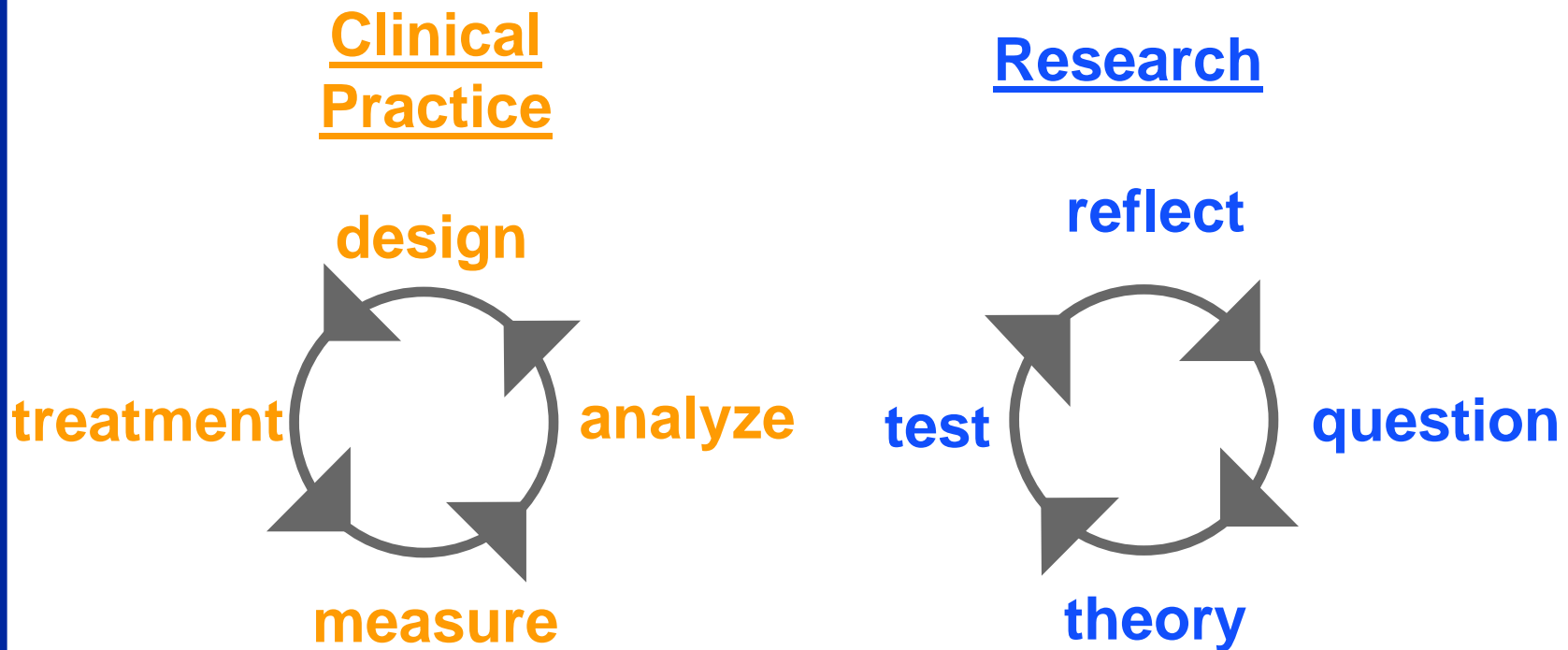
Avoidance, self-blame, and shame are reduced.

Negative thoughts about others and suppressed anger are decreased and self-assertion and self-expression increase.

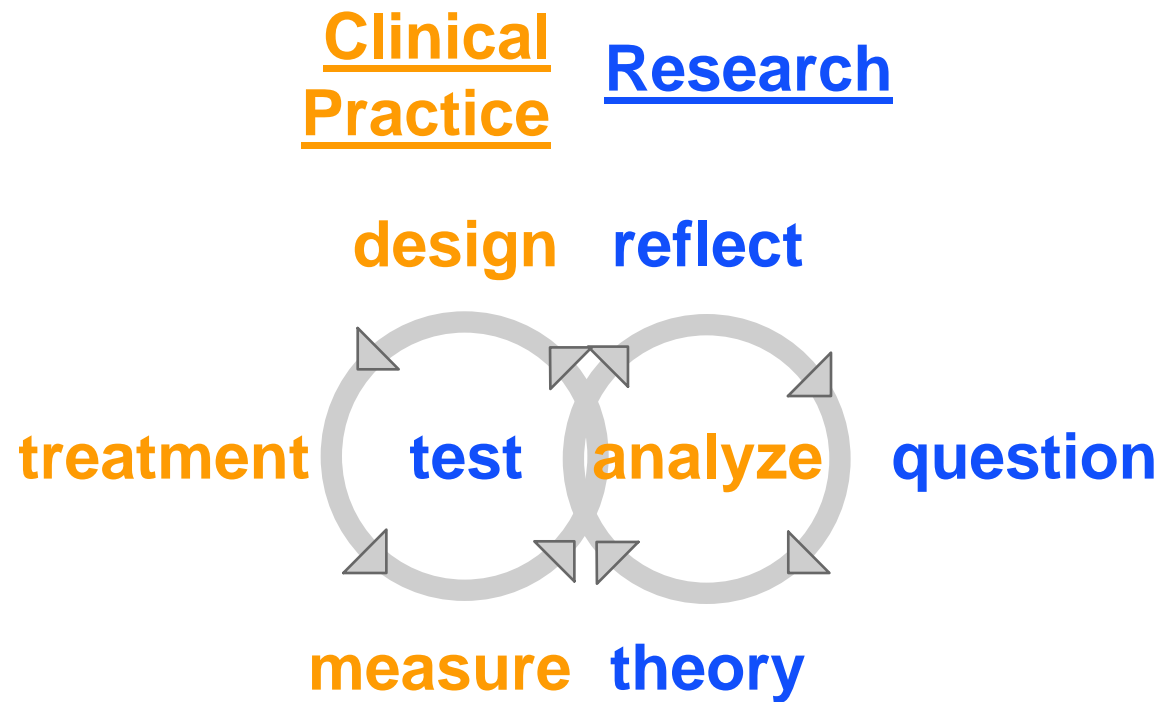
Clients reduce anxiety levels on the average of 32% in situations they have practiced.

A follow-up study of 44 clients indicated that they were, on average, maintaining their gains for up to five years post training.

Clinical Practice and Research



Research and Practice: Integrated



Progress at Pacific and New Projects

Graduate students help facilitate and volunteer in group role plays.

First Public Education Class designed by PGSP Graduate Student and Shyness Clinic volunteer staff/research assistant

Relived emotion task experiment to begin spring quarter as part of Shyness Clinic Initial evaluation

Two to three new interventions planned using trainees' original ideas in the context of the Social Fitness Model targeting underserved populations.

Research Vision

Is shyness more than a fear of negative evaluation?

Do the shy have different moral values?

Do the shy value attending to others?

Do they care less about dominating others?

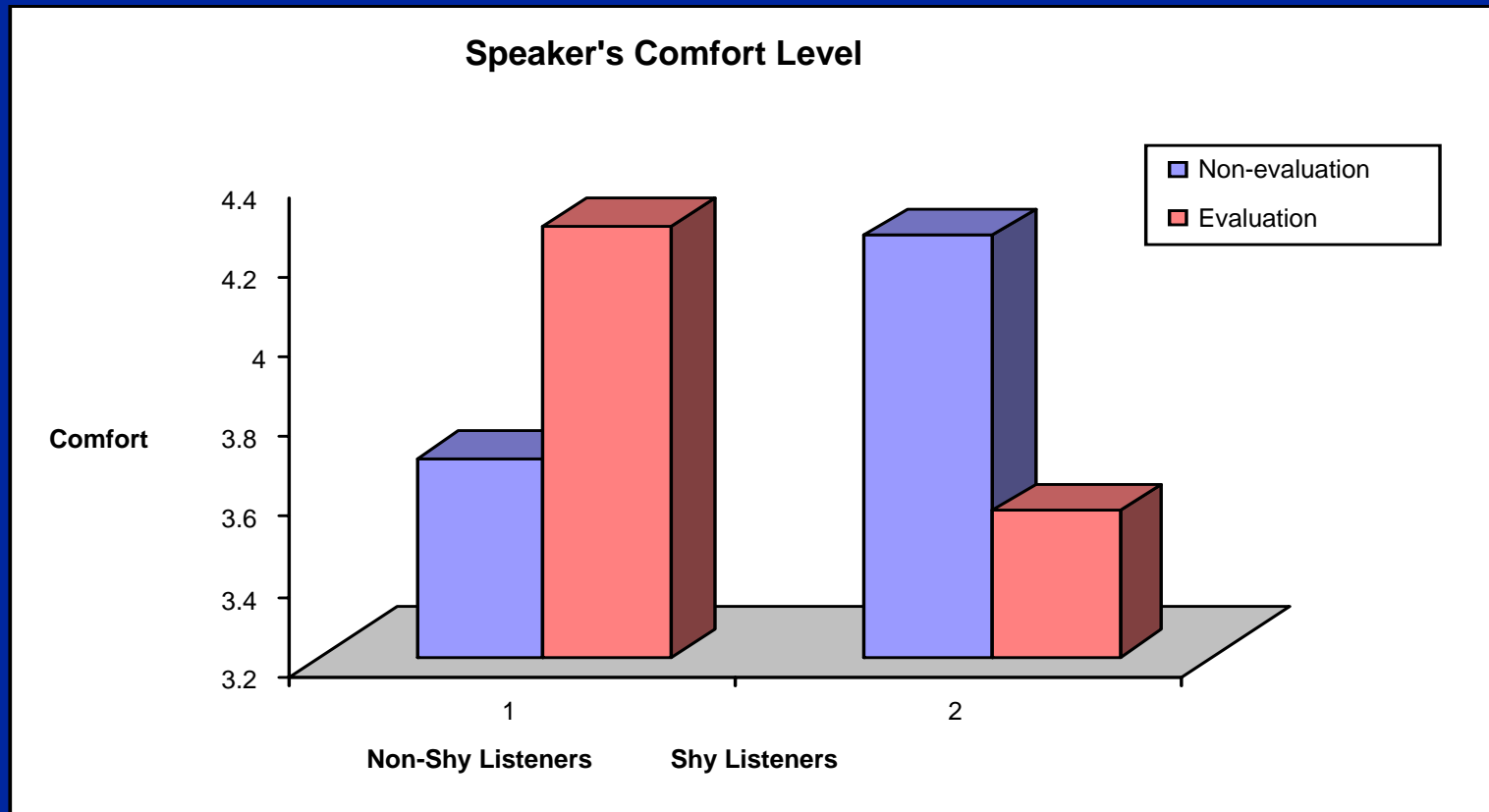


<http://www.sunsmiles.org/>

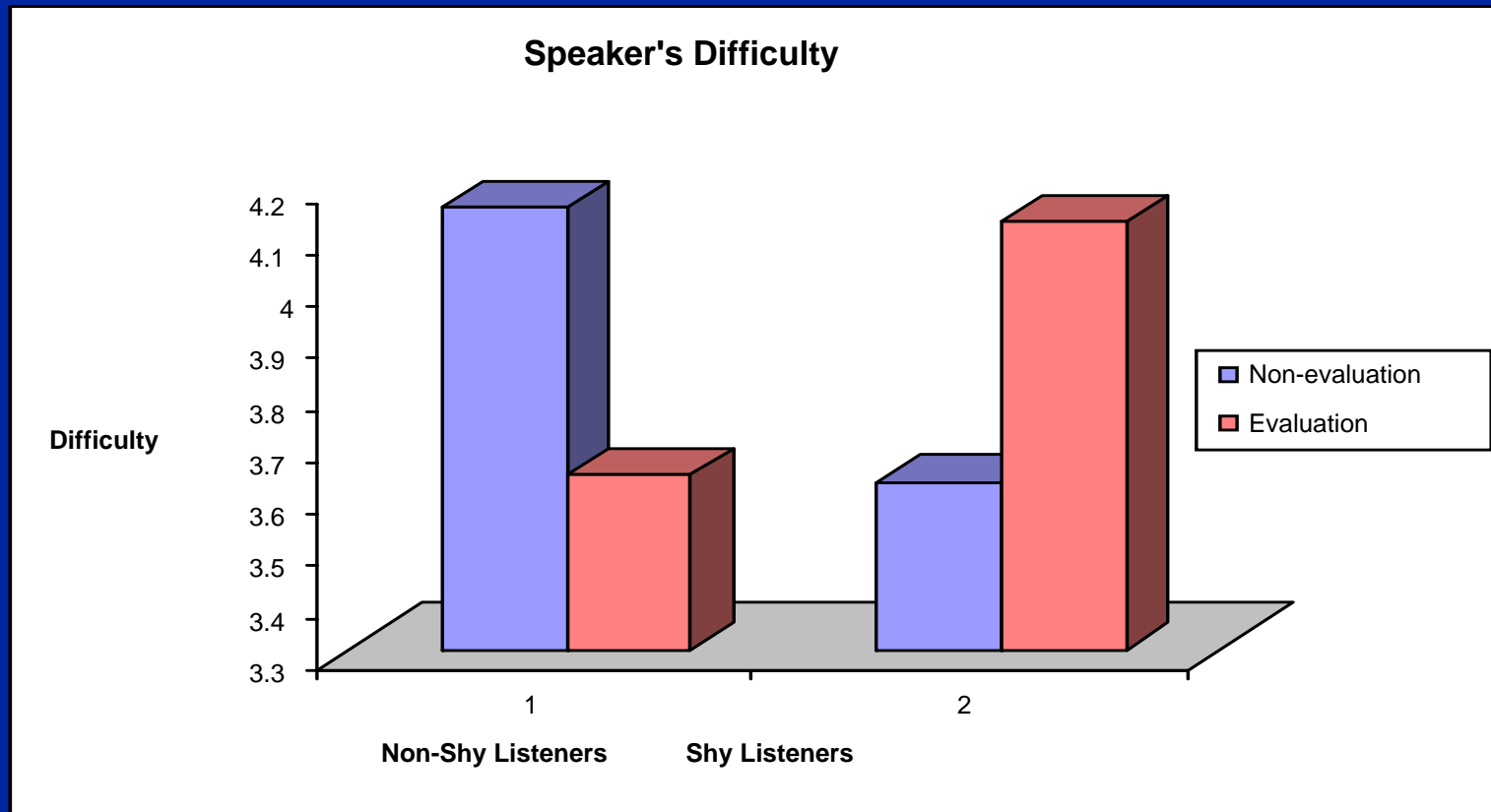
Shy college students higher in communal values than non-shy students

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Photo - JPEG decompressor
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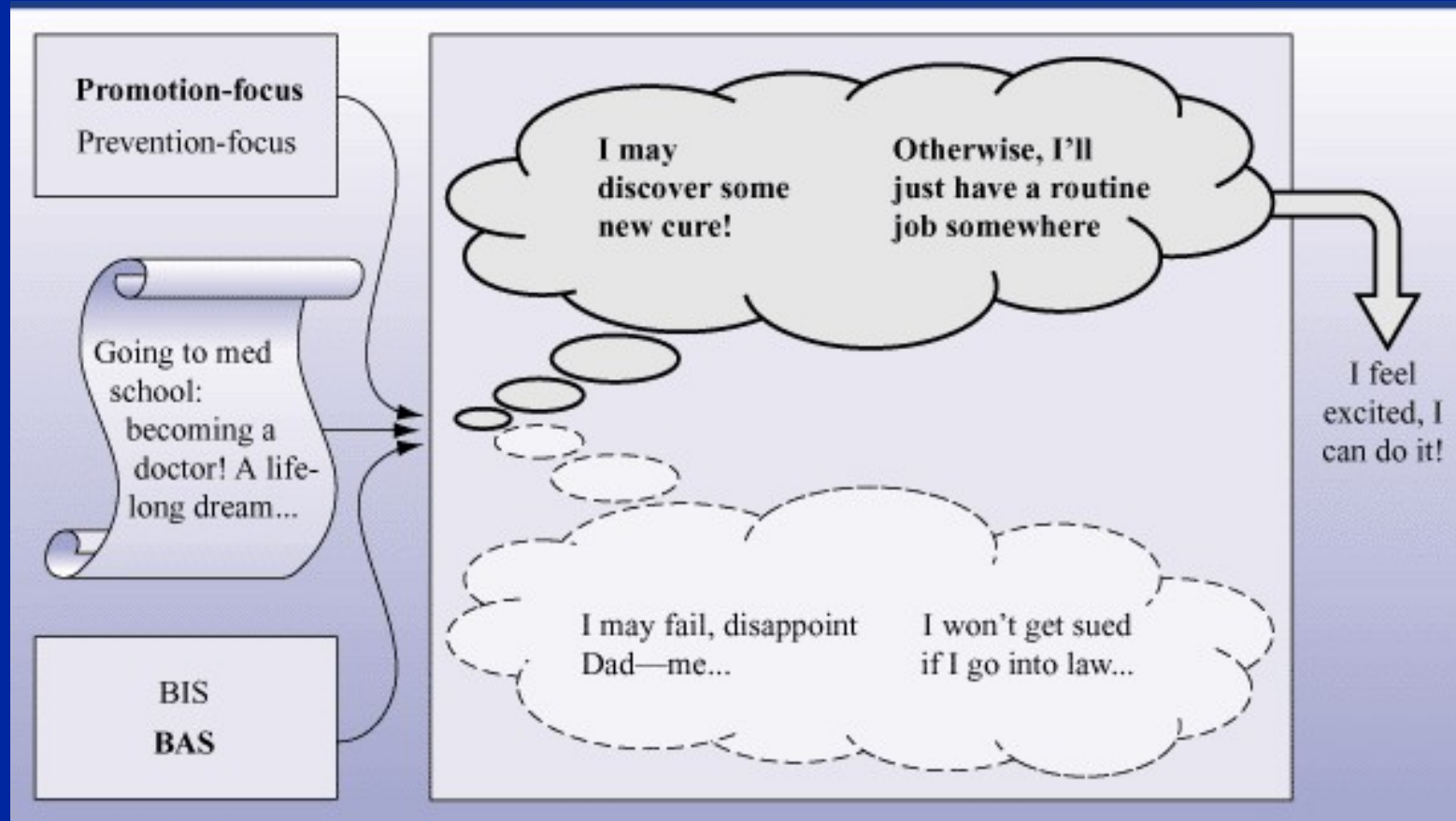
Speaker's Comfort Level



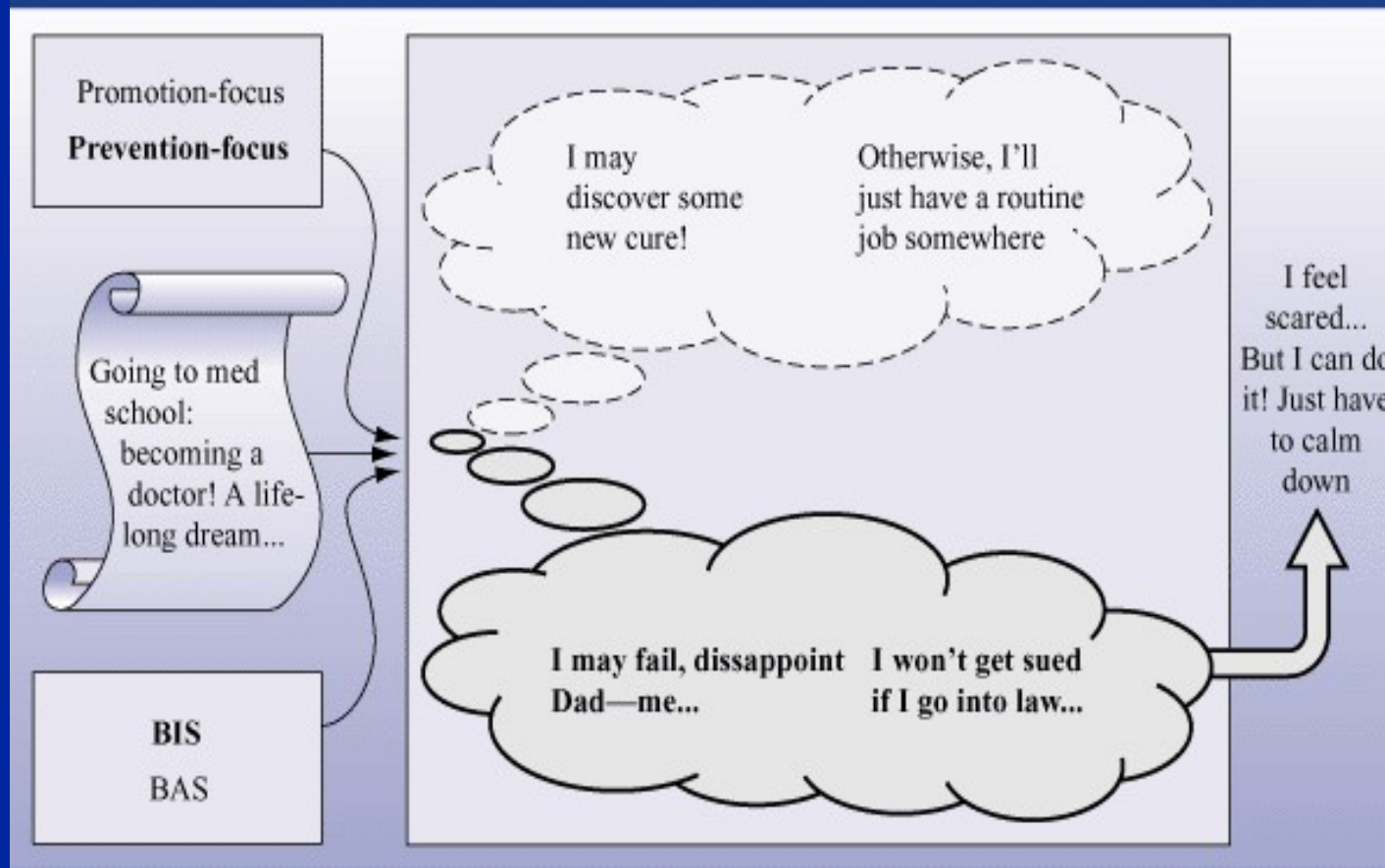
Speaker's Difficulty



Are Shy People Less Promotion-focused?



And More Prevention-focused? Equally Adaptive



**Is Self-doubt and self-criticism necessarily
harmful?**

**Negative aspects of the self-concept may
be essential for optimal functioning
(Markus, 2000; Kwan et al., 2004)**

Individualism Gone Awry?

Does shyness become a clinical problem because our society currently disavows and rejects sensitivity and cooperative and collaborative vs. dominant or aggressive behavior?

Shyness, particularly in males, is negatively stereotyped in the U.S.

When someone is less competitive and more concerned about others' evaluations, look at their motives and values as well as their behavior.

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*Is Dominance the Only Value We Endorse?
Is this the Only Value We Want to Live By?*

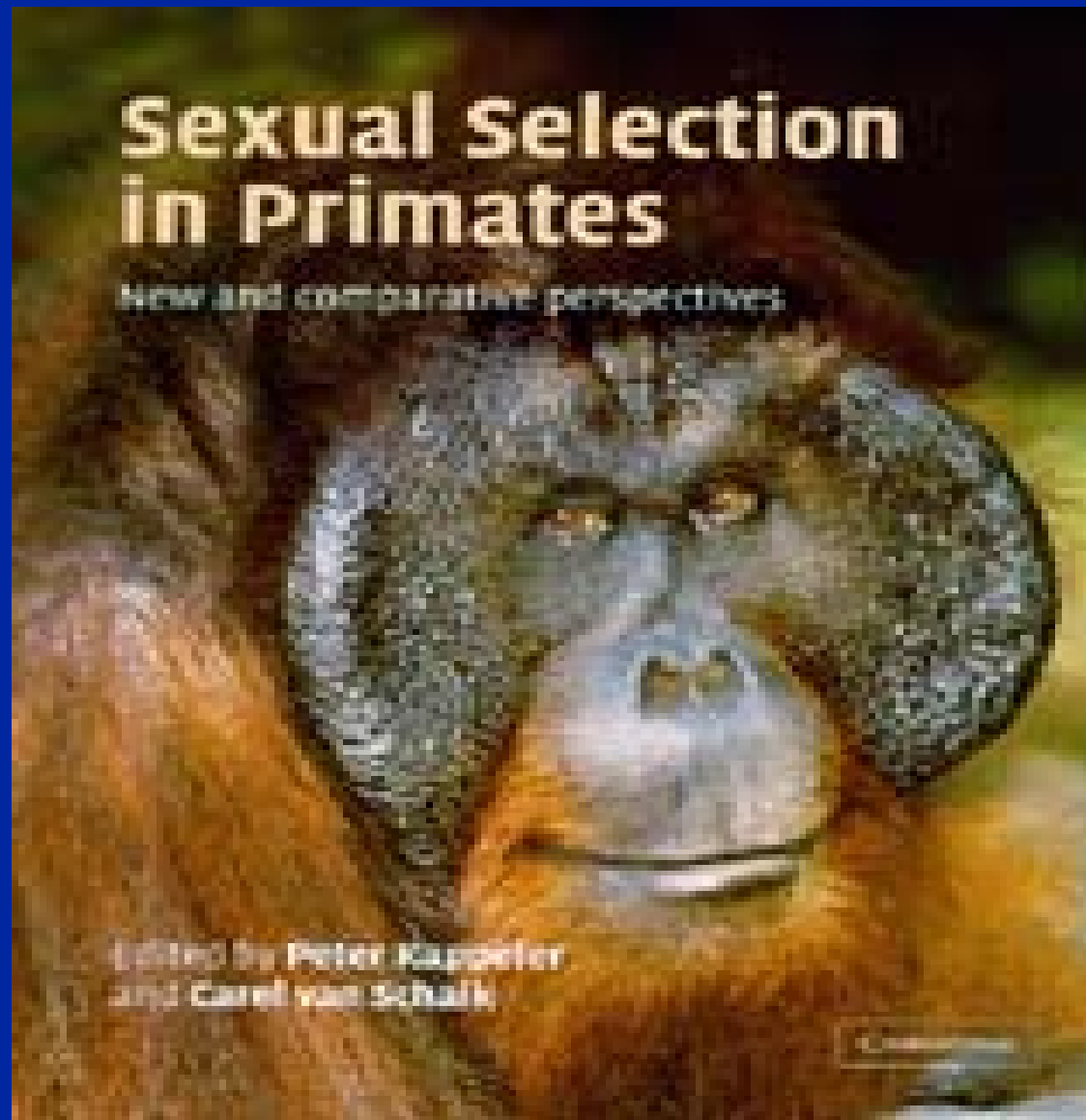
Are the Shy Exceptional Leaders?

Shy individuals may also be our reluctant, socially responsible leaders of the future.

Jim Collins (*From Good to Great*) called people like this level five leaders. They successfully guided companies through times of intense change and challenge.

Courage means we do things in spite of being afraid.

I do not see many behavioral deficits in the Clinic. When people are accepted for themselves they demonstrate skilled social behavior.



Tournament Species (Sociobiology, Sapolsky)

Males advertise good genes

No child care

Males have higher levels of promiscuity

Female primates exercise choice through stolen copulation



*Siamese fighting fish
don't court females who saw them lose fight.*

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Losing can be a problem

Pair-bonding Species (Sapolsky, 2004)

Mate for life

Both want mates with good parenting skills

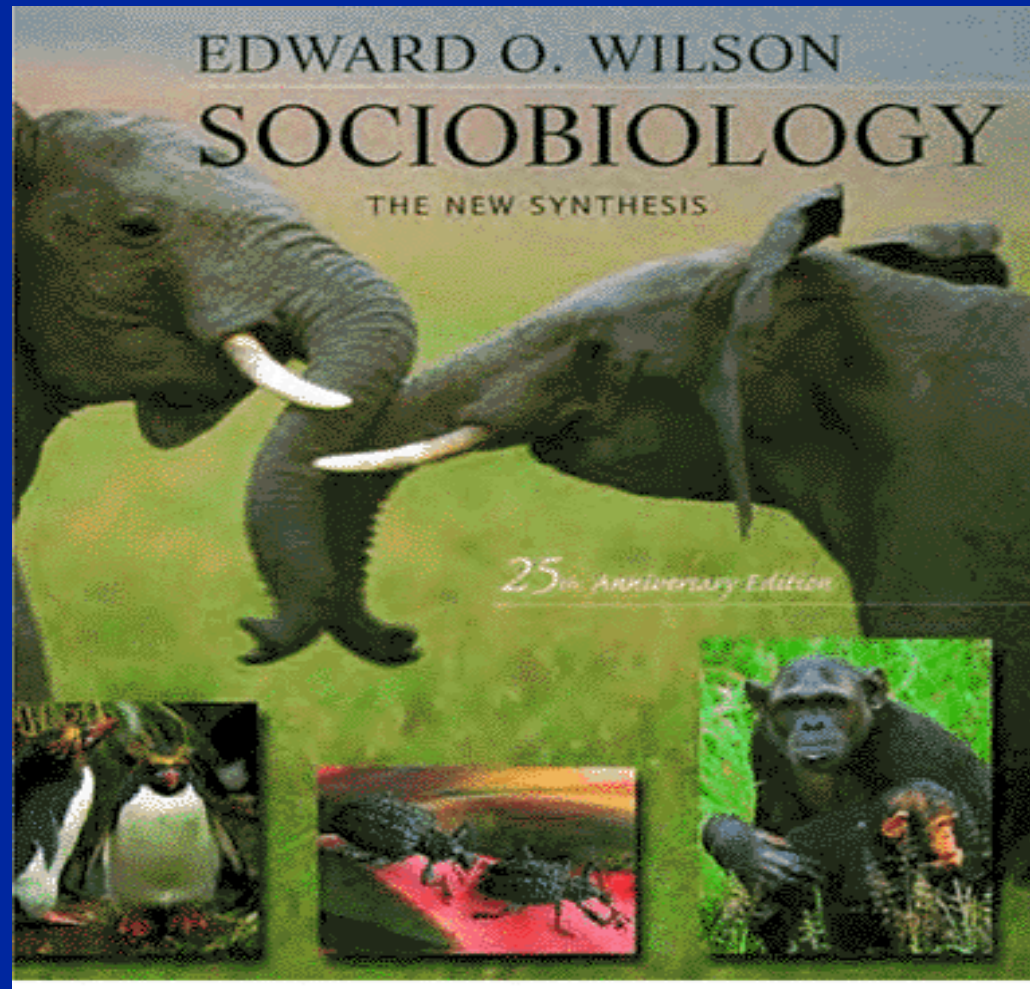
Males identical to females

Both do everything: parent the offspring, defend the nest, forage for food.

In Humans lots of sex to cement pair bond.

Bems' research with humans showed that the more education you had the more likely you were to be androgynous, that is, to display both masculine and feminine traits. Are those that are androgynous our pairbonders?





Humans

A mix of tournament and pairbonding species

David Buss studied 20,000 people from around the world. Asked what traits they looked for in partners.

Men wanted younger women of child bearing age, secondary sex characteristics (physical attractiveness)

Women wanted older men who were financially successful and had resources.
(Rank access model)

However, the top pick was someone who was kind.

Are Shy Males Pairbonders?

Are highly dominant males a tournament species?

Are shy males a pairbonding species?

Shyness is a basic human emotion, a blend of fear and interest, even awe. Perhaps we need to respect it.

FEMALES EXERCISE CHOICE

Vision: From Quiet Rage to Quiet Revolution

The Prison Study showed us that we can make anyone shy, anxious and symptomatic, even terrified. Studies of terrorism and torture have made that point horrifically.

The Shyness Clinic has shown me that shyness can be reduced, and that even the most socially avoidant, given the right conditions, will show us what they know.

Some people see shyness as a individual disease. I see it as a societally constructed problem. It is our problem. When human vulnerability is denied, people go underground, don't participate, and we lose valuable human resources.

A World that Values Shyness

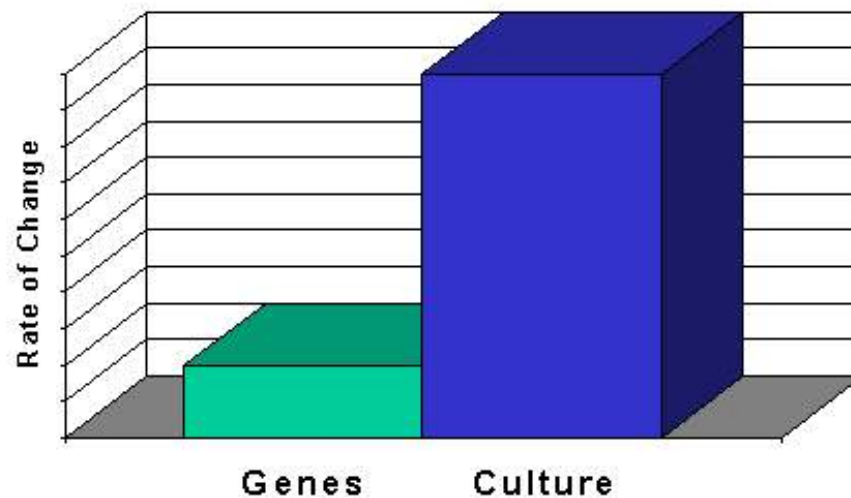
This is our jigsaw classroom. Each different temperament has something to offer. We need to listen.

In a democracy we need to know what people think.

People feel shy when their social identities are threatened for any reason, race, sexual orientation, gender status, and temperament.

It is our responsibility as much as theirs to see that they participate.

Natural vs. Cultural Selection



Vision: A Shy Revolution

Clinicians see shyness as a disease, a belief encouraged by drug companies. I see a culture in trouble.

We need to focus on and nurture the strengths of those who are shy, starting in childhood in schools and families. We need to focus on their strengths in therapy.

We cannot afford to lose their participation in our democracy.

America is now known as one of the biggest bullies on the block. Terrorism and torture show us that everyone is vulnerable, and any of us can be bullies.

My midnight fear.....

Remember.....

The future depends on what we do in the present.

Mahatma Gandhi

Try not to become a man of success but a man of value.

Albert Einstein