

- COPYRIGHTED CONTENT -

MASTERING MENTALIZATION

Taking, Gaining, Shifting and Shaping
Perspectives Through Basic, Affective and
Strategic Mentalizing

Volume II Affective Mentalizing

To Simulate and Project

Anique van der Putten

Edited by Dennis Weyrauch



Copyright © 2022 Anique van der Putten

All rights reserved. This book or parts thereof may not be reproduced in any form, stored in any retrieval system, or transmitted in any form by any means—electronic, mechanical, photocopy, recording, or otherwise—without prior written permission of the publisher, except as provided by United States of America copyright law. For permission requests, write to the publisher, addressed “Attention: Permissions Coordinator,” at the email address: info@appliedtom.com

Edited by Dennis Weyrauch

Book cover image and book design by Anique van der Putten



Publisher: ToM PRESS

ToM PRESS is an imprint of the Center for Applied Theory of Mind

First published 2023

Mastering Mentalization: Volume II, Affective Mentalizing

ISBN: 978-989-53691-3-3 (paperback)

Other volumes:

Mastering Mentalization: Complete Volume

ISBN: 978-989-53691-1-9 (hardcover)

ISBN: 978-989-53691-0-2 (paperback)

Mastering Mentalization: Volume I, Basic Mentalizing

ISBN: 978-989-53691-2-6 (paperback)

Mastering Mentalization: Volume III, Strategic Mentalizing

ISBN: 978-989-53691-4-0 (paperback)

Copies of this book may be ordered from www.appliedtom.com



- COPYRIGHTED CONTENT -

MASTERING MENTALIZATION:
VOLUME II, AFFECTIVE MENTALIZING

Contents

| | |
|--|-----------|
| Introduction | 1 |
| SECTION I. MENTALIZATION | 17 |
| Guilty or Not? | 17 |
| Three Levels of Mentalization | 24 |
| Six Dimensions of Mentalization | 31 |
| Neurological Underpinnings of Mentalization | 35 |
| Development of Mentalization | 44 |
| Contributing Mental Functions | 48 |
| Mentalization Competencies: Advantages, Impediments and Avenues for Enhancement | 50 |
| Mentalization Code of Conduct | 57 |
| SECTION II. AFFECTIVE MENTALIZING | 63 |
| Chapter 1. Attitude Toward Affect and Affective Understanding | 63 |
| Introduction to Affective Mentalizing | 63 |
| Animotophobia | 67 |
| Affect | 69 |
| Important Social Functions of Expressing Emotions | 70 |
| Mentalizing About Basic Personal Affects | 72 |
| Mentalizing About Social Affects | 75 |
| The Impact of Affects on Mentalization | 77 |
| Attitude Toward Affect | 79 |
| The Relationship Between Attachment Theory and Affective Attitude Affective Understanding | 81 |
| | 87 |

| | |
|--|------------|
| Improving Attitude and Understanding Regarding Affect: Advantages, Impediments and Avenues for Enhancement | 91 |
| Chapter 2. Empathy and Compassion | 99 |
| The Dark Triad | 99 |
| The Light Triad | 106 |
| Affective and Cognitive Empathy | 109 |
| Empathic Distress | 114 |
| Other- and Self-Compassion | 115 |
| Empathy, Compassion and Affective Mentalizing | 118 |
| Cultivating Empathic and Compassion Practices: Advantages, Impediments and Avenues for Enhancement | 121 |
| Chapter 3. Affective Communication | 129 |
| Borderline Personality Disorder | 129 |
| Affective Explaining | 137 |
| Sending Affective Messages | 141 |
| Receiving Affective Messages | 147 |
| The Interrelationship Between Affective Mentalizing and Affective Communication | 153 |
| Detecting Signs of Fight, Flight or Freeze Mental States | 154 |
| Affect Regulation | 156 |
| Affective Communication Skills: Advantages, Impediments and Avenues for Enhancement | 157 |
| SECTION III. MASTERING AFFECTIVE MENTALIZATION | 167 |
| A Metacognitive Learning Approach | 167 |
| Eight Steps to Mastering Mentalization | 170 |
| Establish a Mentalization Competency Baseline | 171 |
| Indicia of Well-Developed Mentalization Competence | 176 |
| Recognizing Poor Mentalization Competence | 179 |

| | |
|--|------------|
| Recognizing Pseudomentalization | 182 |
| Designing Strategies to Master Mentalization | 184 |
| Linear, Cyclical and Holistic Learning | 186 |
| Nine Mentalization Maxims | 190 |
| Index | 193 |

- COPYRIGHTED CONTENT -



www.appliedtom.com

TM CENTER FOR APPLIED
THEORY OF MIND