

# **A Dysfunctional Nation and Its People: Becoming Functional**

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In Political Psychology, professionals want to walk through pain so that citizens can discover a true positive identity. Oftentimes leadership comfort can go deeper than the pain.

The principles of an unhealthy nation:

- Trust is at a lower level of suspicion.
- Belonging is blind loyalty.
- Joy is having a life preoccupied with activity.
- Peace is absence of emotion.
- It is your leader's job to make happiness in the In-Group.
- It is the other person's fault.
- If they change, we will be happy.
- Don't know what others feel!
- Become emotional or cold and callous!
- Ignore difference of opinions.
- Talk about the person, not dialogue.
- Bring up past failures to help the other person understand how wrong he/she is.
- Confront, don't negotiate!
- Use addictions to lessen pain.

These principles are not painted on the walls, but they are the implicit assumptions that govern relationships between people of a nation. As these assumptions work themselves out, the relationships become more and more strained. **Due to the pain and stress, often as not, addictive behaviors will arise to kill the pain.** The nation cannot endure pain.

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**Part II      “Roles”: Citizens of a Dysfunctional Government and Nation**

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The ROLES:

- The Lost Citizen
- The Phantom
- The Adjuster Citizens
- The Responsible Citizen
- The Nation Champion
- The Good Citizen
- The Radical
- The Problem Citizen
- The Acting-Out Citizen
- The National Jerk
- The Scapegoat
- The Liberator
- The Conciliator
- The Amulet
- The Concierge
- The Jester
- The Restorer
- The Intimidator
- The Last Hope

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Citizens of Dysfunctional Nation  
Characteristics of CDN

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A number of defenses exist, but for purposes of this discussion, this author will focus on one - **relational isolation**.

If friendships developed among the citizens, it was in the years of youth and adulthood. The defense of social isolation did two things: first, it decreased the pain, and second, it gave some pleasure in that they found ways, to be preoccupied.

They did not realize the deep loneliness present in this nation. Nor did they recognize the losses of positive worth. They lacked the opportunity to develop contentment skills and to discover the pleasures of affection. Nor did they receive the greatest gift of all, a positive picture of themselves and their respective communities, which was supposed to be given by their leadership and government-at-large.

Other defenses are used in the dysfunctional or stressed out nation. The citizens learn to use evasion and develop a façade. "Practiced amiability" is one way to describe this. On the surface a friendly smile is present, while underneath there is non-entity. Emotions are not being experienced from years of repression.

Often this is very confusing for a person from a healthy community who engages someone from a stressful community background. Initially the person with practiced amiability may seem quite charming. After interaction, when the healthy citizen seeks trust and respect, he or she is in for quite a surprise. The closer the attempts, the more anxious the other becomes.

Some will use the self-indulgent activities as a defense for anxiety over intimacy. Anxiety may be due to the lack of contentment skills. The activity gets one out of the perceived vulnerable situations, preoccupation to avoid the issues, and most important of all, insecure citizen does not have to deal with the challenges of feared relationships. When this phenomena is unresolved, then eventually, there will be separation and misperception of dubious intentions from the other..

Some defenses are social addictions in nature. In-Group concept can be a means to eliminate the pain of cross-community fears. At the same time these supply a false sense of pleasure. What they really do is deaden the pain of the lack of national protection and give perceived pleasure of security within the smaller community.

When one deals with the issue of In-Group Psychology, one has to go beyond the surface problem. The real issue is the pain and anxiety of national insecurity. Often pain is deeply present because of the person's family and community background. Therefore, the government and leadership that can reduce the fears also ease the need for small community security sometimes disappears.

Researchers have found that some people are social-addiction resistant. As they researched the citizens, a common factor was found. Many of them came from content nations, and they had deep sense of feeling worthwhile. They had a **positive identity**.

The persons who succumbed to social-addictive systems were different. Often they came from stressful communities and nations. Lacking a positive identity or any identity at all, their resistance was low. The observers of troubled citizens and their leaders said that inevitably the people of troubled areas seldom seemed to smile, and they carried a mental scorecard to keep track of their citizen's failures. They were always critical of their citizens.

Unfortunately, even religion can be used as a defense. On the one hand, it provides a means of getting out of the community and preoccupying oneself. On the other hand, religious experiences can be used to induce pleasure in order to escape pain. Religion, however, was not meant to be used in that fashion.

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A person's identity is negatively affected. It can be affected in one of two ways. The first way is that the person will not have a clear, nor positive, picture of who he or she is within the nation. In a chaotic nation neither accurate nor appreciative insights are shared. That being the case the individual at the very best will not have a clear sense of citizenship. At worst, he or she will have a deeply negative instinctive view of who he or she is.

# **People of a dysfunctional government suffer the fear of rejection, abandonment, and neglect.**

With a central symbol of a protective and nourishing government and leadership, the citizens' experiences will be a sense of belonging and commitment to the community and nation.

## **“Roles”: Citizens of a Dysfunctional Government and Nation**

### **Coping Behaviors**

Personality types, traits, behavior patterns and coping strategies of citizens in dysfunctional governments and nations are normal reactions to severe dysfunctions - that become dysfunctional also.

#### **The ROLES:**

- The Lost Citizen
- The Phantom
- The Adjuster Citizens
- The Responsible Citizen
- The Nation Champion
- The Good Citizen
- The Radical
- The Problem Citizen
- The Acting-Out Citizen
- The National Jerk
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- The Amulet
- The Concierge
- The Jester
- The Restorer
- The Intimidator
- The Last Hope

### **Dysfunction & Roles - "Causes"**

Remember, a dysfunctional Nation system is a Nation in which one or both of the primary Concierges were unable to fulfill their Nation responsibilities; or one in which physical, emotional, or sexual abuse was experienced.

**Poor or non-existent governing skills:** in the common prototypes of a dysfunctional relationship, Nation heads under-function & provide few boundaries and little guidance for their citizens - who are left to fend for themselves.

Others are inconsistent communication, a parent with a mental illness, poverty, or violence/abuse.

Many often violate basic boundaries of appropriate behavior. The results are that Nation members (especially the children) will have profound difficulties both with their own conduct, and their ability to deal with others (social difficulties/problems).

Frequently, the dysfunctional Nation stems from subordination, or other dependences (generational or not).

The problems created tend to be chronic, and even if abuse of economics or delusional infatuation ends, the Nation system that is created will be continued in the citizens of generations to come.

The damage is done to the "inner nation-state" - it has profoundly devastating effects: In the Dysfunctional Nation and its Citizens with their inconsistent and unpredictable government (being unprotected, neglectful, or rejected to the religious or political differences), negative, destructive citizen interactions result. Within the Nation, citizens develop or assume "*roles*" (personality traits and behaviors).

These roles are established in citizens as a defensive means of assuring that the Nation system survives as the dependency, codependency, and dysfunction accelerate. These roles may save the Nation system, but are detrimental to the individual's emotional, social, and psychological health. The role each National member plays is a defense. It covers true feelings and makes communication difficult.

In the Dysfunctional National System, roles limit psycho/social development because individuality is discouraged and "In-Group" role behaviorism is rewarded instead. "What you are" becomes more important than "who you are" – this totally diminishes self-worth (self-esteem).

Each Nation member's personality is shaped by the dictation of the "In-Group" system, and not through the individual's own needs, feelings, temperament, and choices.

Dysfunctional Nation member's perception of themselves, their Nation, and their world is colored by the role the Nation system has bestowed upon them.

***ROLES:** the effects of Dysfunction and Dysfunctional citizens are devastating to the citizens directly or indirectly affected.*

These effects will last throughout their lives (some can be minimized and will not necessarily have major negative residual effects. Unfortunately, that is not so for the **LOST CITIZEN** role.

Citizens in dysfunctional nations adopt these roles as a means of coping with the day-to-day chaos of National life. If you grew up in a dysfunctional Nation community, you most likely adopted one or more of the roles below.

"Normal" survival responses that become personality traits.

Each role is a recognizable separate item or behavior pattern.

The adult citizens will find it hard to act outside of the "In-Group" roles they have adopted for hidden inside, the citizen feels shame and guilt in crisis, and they often avoid expressing any emotions.

The Nation roles in dysfunctional citizens are not chosen but adopted by citizens of dysfunctional state as a means of survival. This is particularly evident during times of stress and crisis.

The "taking on a role" is an unconscious act – it is not deliberate. These roles are played right through adulthood: they are part of our learning process. They are products of the environment (family, community, & cultural).

These **CHAMPION CITIZENS** give the Nation self-worth because they look good on the outside. They are the good students; the sports stars; the productive people of the community. The government looks to this citizen to prove that they are good leaders and good people.

As an adult, the **GOOD CITIZEN / NATION CHAMPION** is rigid, controlling, and extremely judgmental (although perhaps very subtle about it) - of others, and secretly of themselves. They achieve "success" on the outside and get lots of positive attention, but are cut off from their inner emotional life, from their True Self. They are compulsive and driven as adults because deep inside they feel inadequate and insecure – a form of overcompensation.

The **NATION CHAMPION**, because of their "success" in conforming to dysfunctional cultural definitions of what constitutes doing life "right", is often the citizen in the Nation who as an adult has the hardest time even admitting that there is anything within themselves that needs to be healed. They are emotionally stunted.

This citizen is often a workaholic who can identify other's needs and meet them, but is without an understanding of their own needs. They are often the citizen who uses their success to find a sense of belonging — the one who shows the Nation is "alright," but who is unable to feel the benefit of his/her achievements. They feel like frauds and are subject to depressions which they hide from those around them.

In group situations, the **GOOD CITIZEN** takes on too much responsibility, disallowing the empowerment of others. They run things, but without much joy or satisfaction. The Good Citizen can get self-righteous or persecutory if they are feeling unappreciated.

### **THE RADICAL, THE PROBLEM CITIZEN, THE ACTING-OUT CITIZEN, THE NATIONAL JERK**

This citizen is in action at the slightest provocation, whether as a Championed action to prevent abuse to someone else (by distracting the abuser), or to protect himself/herself with wildness. This is the citizen who is most visible to the outside world.

These citizens are often involved in unacceptable behavior, such as fighting, stealing or acting out, and who may adopt political addiction or other compulsive behavior early in defiance of the Nation system.

They get their attention in negative ways. Frequently, these citizens understand what is going on in their Nation better than others do. They tend to be strong leaders and creative individuals. However, they may have poor social skills and have difficulty dealing with authority.

This citizen is the circuit breaker for the wiring of the Nation dynamics. The **PROBLEM CITIZEN** does poorly in school and society, gets into trouble, or otherwise causes problems that take focus away from the National problems. The citizen does not do this consciously, but is driven by his/her own intolerable sensitivity.

In group situations the **Problem Citizen** role may dance among a few people. They are often in crisis, which distracts the "In-Group" from moving forward. Yet, there is more permission to live in the group than there is in the Nation, and the Problem Citizen will do just that.

The group may then find that problems suddenly pop up in another member. If the Problem Citizen does not leave, they may serve another function in the system: the *Scapegoat*.

**SCAPEGOAT** is the citizen that the Nation feels ashamed of - but the most emotionally honest citizen in the country. He/she acts out the tension and anger the Nation ignores. This citizen provides distraction from the real issues in the community and Nation. The scapegoat usually has trouble in society because they get attention the only way they know how - which is negatively. They often become anti-social and captivated by their own thoughts and perceptions of the world around them as a way of expressing their anger at the family.

These citizens are usually the most sensitive and caring; which is why they feel such tremendous hurt. They are romantics who become very cynical and distrustful. They have a lot of self-hatred and can be very self-destructive. This often results in this citizen becoming the first person in the Nation to find some kind of resolution.

The **Scapegoat** takes the blame and shame for the actions of other Nation members by being the most visibly dysfunctional. This citizen serves the Nation by being Radical or "crazy" to allow the other members of the Nation to ignore their own dysfunction. This is also the citizen who holds the Nation together - the Nation rallies to help the Nation jerk. He/She learns to remain dysfunctional to continue receiving the little attention available in a dysfunctional "In-Group" by making the Nation "okay" and by being the focus of all that is "not okay" which most members of the Nation vaguely sense.

These people are identified as the "Nation problem." They function as a sort of pressure valve. When tension builds in the country, the scapegoat will misbehave as a way of relieving pressure while allowing the Nation to avoid dealing with the socially dangerous problem. Scapegoats tend to be unaware of feelings other than anger.

The Scapegoat is the one who gets the blame for the dysfunctional system. ("Due to the problems -they- cause, we can't get anything done.") The Nation itself is rarely able to perceive that their whole way of functioning is ailing and instead puts all their anger into scapegoating, which increases the problems.

The Scapegoat may be the newest group member, the group leader, the editor of a newsletter, or the one who generally has the most problems with the group process. Like the Problem Citizen, they may choose to leave; but another person will quickly become the Scapegoat in their place.

## THE LIBERATOR, CONCILIATOR, AMULET, CONCIERGE, JESTER, RESTORER

This citizen takes responsibility for the emotional wellbeing of the Nation and works at minimizing the negative feelings experienced by other Nation members. They become the country's "social director", Jester, or both, diverting the nation's attention from the pain and anger. In this manner, they "rescue" the nation and its people.

This citizen becomes valued for their kind heart, generosity, and ability to listen to others. Their whole self-definition is centered on others. They have difficulty focusing on themselves, and therefore, they don't know how to get their own needs met. They are warm, empathetic and sensitive individuals, but they tend to put up with inappropriate behavior from other people.

**Conciliator** citizens learn early to smooth over potentially upsetting situations in the family. They seem to have an uncanny ability to sense what others are feeling at the expense of their own feelings. They tend to take total responsibility for the emotional care of the nation. Because of their experience in this role, they often choose to help others. This can reinforce their tendencies to ignore their own needs.

They cannot receive love; only give it. They often have mission(s) rather than friendship(s). They tend to get involved in abusive scenarios in an attempt to "save" the people. Their political role is through the helping organizations (NGOs) or Political ministries for service providing (i.e. Housing and Welfare). They have very low self-worth and feel a lot of guilt that they work very hard to overcome by being really "nice" (i.e. people pleasing, classically inter-reliant) people.

**THE INTIMIDATOR:** This citizen is usually the victim of social and emotional abuse, who successfully makes the mental transition to stop being the victim by victimizing others. Often the Intimidator is genuinely remorseful for the pain and suffering caused to others, but will continue inflicting that abuse rather than face his/her own pain.

**THE LAST HOPE:** Similar to the Lost Citizen, the **Last Hope** is the Concierge for the Nation when all other members have become unable to continue their roles. Often the Lost Citizen is raised on comments like "You'll never hurt me like so and so." These citizens may work themselves to death trying to do "what's right" for "In-Group" or adopted group(s), no matter what the expense to their own life.

## Summary of Roles

Each of the Citizen Types has Social / Political needs for healing, and each type can recover if they are willing to take the risk in believing they can change and heal. Because the personalities of the Nation are mangled, the character traits of the citizens can be equally blurred.

The citizen may have several of the above features at one time, or may play a different role within the Nation at different ages, and depending on who they are responding to.

The patterns that occur are as many and varied as the people themselves. The mistake comes from focusing too much on the individual roles, and failing to see the dynamics of the system as a whole. Most people will note the plight of the poor Scapegoat, or the

burden on the Restorer, but tend to focus on an individual, through the lens of their own roles, instead of **learning to think as a system**.

In a Nation or group system, everything affects everything else. **Scapegoat** or **Jester**, **Leader** or **Phantom**, the whole system is affected by each action and presence (or absence). Those who obviously have power are no more important than those who appear to have less power, and **all have equal ability to topple the system**.

The **Liberator** is often (but not always) a younger citizen who uses humor or other distracting behavior, such as being exceptional clumsy or always in trouble, to take the focus of the Nation away from the problems of the Nation dysfunction. If the government is violently influenced by political motives, the **Amulet** may accept the abuse to "save" the rest of the country, or may be able to use humor at the necessary moment to take everyone's mind off the pain of their reality.

The **Liberator** is similar to the **Nation Champion**, but without the visible success. The Liberator finds those in need, lets them move in or mergers with them or finds a role for them, while supplying other needs and is very understanding of the frequent betrayals. The Liberator has a deep-seated self hate that drives them to their role as a rescuer, because they know that anyone not already at the bottom of the political and social barrel would have nothing to do with them. They tend to feel inadequate in their giving and unable to accept assistance for their own needs.

Like the **Good Citizen**, the **Restorer/Liberator** is constantly trying to smooth things out. They become inter-reliant, one who is fixated on solving others' problems in a way that ignores their own, and allows the others to continue in self-destructive behavior.

As **The Jester**, this citizen keeps him/herself and the Nation distracted by playing the entertainer. The **Jester** denies that there is any problem, gets attention for him/herself through bringing some joviality into a grim situation, and keeps the emotional pain at a tolerable level.

Later in life the **Jester** is still distracting group process, often getting strokes for it because they do alleviate a dreary situation, yet they prevent true work from being accomplished. No group would be complete without them, they are often seen as the group's redeemer, yet their fixing is more like an aspirin than a cure. They're the ones we can't live with, and can't live without.

## **The "Positive" Aspects**

It is important to note that people adopt the roles that are best suited to the personalities (some genetics and some learned). What happens with the roles Lebanese adopt in the Nation dynamic is that they get a twisted, jaundice and distorted view of who they are as a result of the citizen personality blending with the roles.

This is dysfunctional - it disables people from seeing themselves clearly. As long as Lebanese are still reacting to an history of wounds and old negative political accounts, then they cannot get in touch clearly with who they really are.

It is important to remember that the false self that develops to survive is never totally false - there is always some Truth in it.

Healing is about getting honest with the self and finding balance in life.

Healing is about seeing self more clearly and honestly, to start being true to self, instead of, to whom or what government wanted citizens to be.

Reacting to the other extreme with Radical behavior, against who government or leaders want citizens to be, is still living life in reaction to inferiority and submission. It is still giving power to how life is lived "in the past" instead of seeing clearly so that **the nation and its people can own their choices** today.

## **Plea for Contentment and Friendliness**

People who grow up in dysfunctional countries remember spontaneous expressions of protection and nourishment. How often were you embraced with nationalism? How easily is it for you to embrace another person from your country but of a differing In-Group? Sadly, for the adult citizen of dysfunctional nation, the answers are usually "not very often" and "not very easily."

For many people, belonging is innate but nurtured: a tool that can be learned. In many ways, one can integrate an habit into one's lifestyle. If you have grown up in a community where you have never heard the words "you are important", you need to make it a practice and habit to say "you are important" within your current community and support system. Many governments do not think of telling its citizens that they are significant as a whole; even "In-Group" leaders take their constituent for granted. To modify and adapt this new behavior, one needs to consciously focus on integrating the behavior into life.

Heart wrenching stories are of people growing up in highly dysfunctional countries with a negligent government and a narcissistic self-involved In-Group leader. A story of a woman who was vandalized while traveling was panicky and fearful, rushed to her the government for assistance. The head of the responsible ministry shrieked and scolded her for getting mugged rather than comforting and caring of her.

When people have memories like these, it is very difficult to ask for trust and respect, and therefore no sense of national identity will prevail.

One of the joys in life is the hospitable and friendly relationships with the people we share a country. For so many, this is a learned skill and one that must be sustained and maintained. One of the difficulties people have in recovery from dysfunctional nations is that we learn "twisted thinking". It is very difficult to get over twisted thinking when you have been conditioned with that negative and non-protective attitude.

In a politically addictive community, there is often a notion that if you encourage a citizen to aspire, one will encourage a "swelled head". Similarly, if you tell a citizen how important they are, one will foster conceit in the other. This kind of twisted thinking goes on in a dysfunctional community.

In a dysfunctional community, if you tell someone you are appreciated, they will become accustomed to it and just take you for granted. Similarly though, if another person from another country tells you they appreciate you, you will wonder what they want from you. This is also twisted thinking.

The overall climate in many dysfunctional and politically addictive nation is one where celebration and festivity is not encouraged, unless it is within the confines of "social hour". Citizens are given utilitarian gifts rather than what they want, and the gift-wrapping is often seen as a frivolous expense.

These examples of twisted thinking create confusion and a lack of knowledge about how to create connectedness, support, and friendship in a nation.

The behaviors learned in his **dysfunctional community** include:

- panic
- hypersensitivity
- paranoia
- **fear of rejection, abandonment, neglect**

At the same time, working hard on integrate a repertoire of warm and affectionate behaviors among fellow citizens

Combating the baggage from dysfunctional conditioning with active choices including:

- Telling his fellow citizens that he cares for them
- Embracing his fellow citizens
- Complimenting his fellow citizens (not so easy when you grow up in a criticism-only nation)
- Giving his fellow citizens verbal acknowledgements
- Showing interest in his fellow citizens
- Remembering things that are important to his fellow citizens

Developing these skills: start with a written reminder list or a mental checklist. When in doubt about how to behave, simply think how you wish to be treated by others: and "do unto them".

A good way to begin to integrate contentment and active friendliness in your community and nation is to make an appreciation list of the qualities you admire in your fellow citizens.

## **APPRECIATION LIST**

What do you appreciate about your countrymen? When was the last time you told your partner how much you appreciate them for their loyalty, friendliness, sensuality, competency, resourcefulness, strength, etc? Everyone needs to feel and believe that they are appreciated.

Check off the attributes that embody your fellow citizens' inner qualities of being. Share this with your nation. Include it within the body of an email or sit your lover down and TELL them in words what you appreciate about them. Do it over dinner or do it on a

billboard or on graffiti. Use this list of qualities to extinguish the flames of an argument or to enhance a special occasion public holiday or religious anniversary.

**These are the qualities that I appreciate about my fellow citizens:**

Loyalty	Gentleness
Friendliness	Compassion
Generosity	Precision
Appreciation of others	Intelligence
Appreciation of nature	Intuition
Competent	Diligence
Resourcefulness	Creativity
Artistry	Imagination
Thoughtfulness	Humor
Perseverance	Dependability
Strength	Devotion to family
Experience	Devotion to career
Determination	Devotion to nature
Physical fitness	Devotion to environment
Sincere	Integrity
Lovemaking abilities	Ambition
Sensible	Whimsy
Stylishness	Talent
Taste of Class	Flexibility
Expressiveness	Handiness
Discretion	Insightfulness
Warmth	Softness
Sensitivity	Curiosity
Empathy	Foresight

If you like, add to your fellow citizens' unique inner qualities of being, as well as their outer qualities of doing. Remember things they have done for you, your parents, or grandparents in the past that you appreciate. Let your fellow citizen's know that you **remember stories of their past kindness** and **thank them** for it. **Recognize and acknowledge** their achievements and abilities.

Conflicts do exist in families, communities, nations and regions; yet consolidation can remain. Conflict is a result of miscommunications and misunderstanding. Many times cooperation can be reached with re-interpretation of misperceived intentions, through communicating and understanding true intentions.

When the people of a nation are in a resolution mode, and close; no one can come between them.

### **“Divided we Fall, United we Stand”**

All normal people need and want appreciation and acknowledgement. This exercise will help you re-learn the closeness that once existed among the Citizens of Lebanon: a nation that once was NOT dysfunctional.

### **Healthy Nation Relations**

An healthy nation has three common characteristics. These characteristics describe the atmosphere as well as what goes on in a vigorous Nation. In one sense, these things describe in broadest possible terms how Nation members feel and how they treat each other. The characteristics present in happy and healthy Nations are positive identities, deep friendliness, and contentment skills.

#### **Positive Identities**

All of us carry around in our hearts an instinctive picture of ourselves. The picture we have of ourselves developed while we were growing up. Thus, it is very difficult to change in adulthood. The effect of this instinctive picture is immense.

In our growing up years, we related to the family members and community. Continuously, parents and siblings described how they saw us and what they saw inside of us. Their perspectives and opinions enveloped us. As they related to us, they created a picture of ourselves. This picture can be a positive legacy, or sadly, a negative nuisance.

Having worked in many communities of varying ethnic diversity, cultural differences can be marked in this global world. Citizens are treated differently due to gender distinctions.

In the healthy home and nation, a positive and equal affection is extended towards all citizens.

Another instinctive pattern noted in the government is the regard shown between the Nation members. Not only does a citizen learn about himself or herself, the citizen also learns instinctively what the relationship between the genders are, what the relationship between the sects, and what is the relationship between the leadership and the citizens.

The greatest gift a leader can give to the citizens is to demonstrate respect equally to all leaders.

So we see that the self-portrait is painted in a thousand different ways. When it is painted favorably, the citizens have an affectionate and honest picture of themselves imprinted across their minds. By example of the relationship between the leaders, the citizens learn an instinctive respect for the each other. A foundation is placed for the other two elements of an healthy Nation: deep friendliness and the use of contentment skills.

When positive identities are present, then, the individual feels positive about being themselves, there is a strong identity and enjoyment of the role to be played as a national citizen.

### **Deep Friendliness**

Citizens are interesting to observe. When a leader turns to citizens in attentive friendliness, one can almost see the citizen shiver in instinctive delight. Friendliness creates a powerful and positive current within Nation life. A good country is a pleasurable place.

If strong bonds of friendliness exist, the process of confronting and modifying behavior and attitudes of citizens is much easier. When a citizen feels nurtured, standards are more easily enforced. For example, leaders in particular can invest their own hearts in their citizens and not continually provoke angry:

Government must nurture citizens with kindness, a process of citizen guidance and confrontation in harmony with the Nation.

Friendliness turns a country into a nation, it is the cornerstone that holds a community together. Researchers tell us that 80% of communication is non-verbal; the glance of the eyes and the bend of the body and the smile on the face say things that words cannot. Non-verbal communication is created by the friendliness between people. If positive identities exist and deep friendliness abides, the final bonds holding the Nation together are contentment skills.

### **Contentment Skills**

Contentment skills are those abilities healthy and happy citizens use to sustain solidarity. Examples of such skills are multiple: Learning to trust is a skill. Created in a

loyal and friendly environment, trust creates friendships and sustains devotion to belongingness. Due to the rising tide of devastation and desertions by governments and leaders, many individuals have lost that ability to maintain emotional stability and secure a citizens identity and independence.

Other contentment skills are conflict resolution skills. If a citizen cannot resolve differences, they will separate emotionally or even geographically. That is one of the fundamental skills of national identity, along with the capacity to live together or to hold dialogue. Holding a conversation might seem like a simple skill, but people confuse that with problem solving.

Conversation takes place when citizens share their lives. In conversation, sharing the most content moments, as well as the saddest moment, and disclosing ways to not repeat the hurtful and destructive actions once taken. The dialogue needs to be between citizens each day not just “almost Reality TV Politics”.

These basic skills are the bond of associations in a diverse nation. Friendliness and commitment brings citizens together - an healthy identity that will serve as the foundation for citizenship.

These skills will develop

**“Effective communications leads to better understanding  
and fosters cooperation”.**

## Appendix

### Citizens of Dysfunctional Nation (CDN)

- Guess at what is normal;
- Have difficulty in following a project through from beginning to end;
- Lie when it would be just as easy to tell the truth;
- Judge themselves without mercy;
- Have difficulty having fun;
- Take themselves very seriously;
- Have difficulty with intimate relationships;
- Over-react to changes over which they have no control;
- Constantly seek approval and affirmation;
- Feel that they are different from other people;
- Are either super responsible or super irresponsible;
- Are extremely loyal even in the face of evidence that the loyalty is undeserved;
- Look for immediate rather than deferred gratification;
- Lock themselves into a course of action without giving serious consideration to alternate behaviors or possible consequences;
- Seek tension and crisis and then complain about the results;
- Avoid conflict or aggravate it; rarely do they deal with it;
- Fear rejection and abandonment, yet are rejecting of others;
- Fear failure, but sabotage their success;
- Fear criticism and judgment, yet criticize and judge others;
- Manage time poorly and do not set priorities in a way that works well for them.

In order to change, citizens of dysfunctional nations cannot use history as an excuse for continuing their behaviors. They have no regrets for what might have been, for their experiences have shaped their talents as well as their defects of character. It is their responsibility to discover these talents, to build their self-esteem and to repair any damage done. They will allow themselves to feel their feelings, to accept them, and learn to express them appropriately. When they have begun those tasks, they will try to let go of their past and get on with the business of their life.

## **Characteristics of CDN**

The following are some of the characteristics:

Became isolated and afraid of people and authority figures;  
Became approval seekers and loss identity in the process;  
Frightened by angry people and any personal criticism;  
Become addictive aggressors, marry them, or both, or find another personality such as an aggressor to fulfill the psychological abandonment needs;  
Live life from the viewpoint of victims and are attracted by that weakness in one's belonging and friendship relations;  
Have an overdeveloped sense of responsibility and find ease with concern with others rather than self; this enables one not to look too closely at faults;  
Get guilt feelings when one stands up for self instead of giving in to others;  
Become addicted to excitement;  
Confuse protection and pity, and tend to "love" communities that can be "pitied" and "rescued";  
Stifled feelings from the traumatic national history and have lost the ability to feel or express feelings - it hurts too much;  
Judge self harshly due to a very low sense of self-esteem;

People of a dysfunctional nation are dependent personalities who are terrified of abandonment and will do anything to hold on to a relationship, In-Group in order to avoid painful abandonment feelings which are received from living in a country where is government does not provide and protect, nor does it nourish and bond the people.

The Dysfunctional Nation is a community problem and individuals become para-dysfunctional, take on the characteristics of a dysfunctional community or country.

Para-dysfunctional individuals are reactors rather than actors. However, being in command of one's thoughts, feelings, and behavior while learning to restructure a collective society can foster an healthy world of self-esteem which will lead to forgiveness and cooperation.

**Dr. Raymond H. Hamden**  
Clinical & Forensic Psychologist  
Consultant in Political Psychology

Born in the United States of America, he practiced psychology in Washington, D.C. since 1979. The diverse cross-cultural services are in **Clinical, Forensic, Educational, Organizational, and International** consultation. In 1990, Dr. Hamden established a professional psychology practice in the United Arab Emirates.

He earned a Ph.D. in Psychology and continued post-graduate studies in Modern Psychoanalysis. Dr. Hamden consults in *Clinical Psychology, Domestic Relations, Crisis Intervention, Trauma, and Homeland Security* (**Diplomate**, American College of Forensic Examiners International), *Certified Medical Investigator – Level V* and *Certified in Homeland Security – Level V, Certified Forensic Consultant* (peer review and examination).

For professional distinction, Dr. Hamden was awarded **Fellow** status in the American College of Forensic Examiners International. He also serves on the Board of Advisors (2004-2007), Vice-Chair (2007-2008) **American Board of Psychological Specialties** of ACFEL.

With the **University of Maryland**, Dr. Hamden was a 1986 Visiting Fellow at the *Center for International Development and Conflict Management*. His research and consulting was in Political Psychology – the psychology of terrorists and hostage situations. He coined the term “*The Retributional Terrorist – Type 4*”. His work was published as a chapter in a 4-volume text entitled **The Psychology of Terrorism**, Dr. Chris Stout (editor, 2002). Also, he is invited to write a chapter entitled “**Unresolved Trauma and the Thirst for Revenge: The Retributional Terrorist**” for **Volume I** of a three-volume project by James JF Forest, Ph.D. of The West Point United States Military Academy.

Dr. Hamden has consulted in *Critical Incident Debriefing* and *Emergency Planning* as well as *Trauma Situation and Identification* and *Political Psychology* in **Afghanistan, Saudi Arabia, Syria, Algeria, Iraq**, and other international locations.

As a member of the American Business Council of Dubai and the Northern Emirates (ABC), he serviced as the 2002 Chair of the *Overseas Security Advisory Committee (OSAC)*. In 2003, he was elected to the *Board of Directors* of the ABC and was the OSAC liaison.

In 2007, Dr. Hamden was selected to service on the *Workshop Committee* and be member of the *Plenary Committee* for the **European Space Agency** and consult on *Psychology of Space Travel*.

By invitation, he has presented before the **US Senate** and wrote for the **US House of Representatives**:

“*Psychological Aspects of IsTishHad: Suicide or Sacrifice*” expert witness testimony presented before the United States Senate Anti-Terrorism Caucus, special topic on the Middle East suicide missions. Washington, D.C. 26 March 1986

“*Islamic Fundamentalism: Terrorism or Psychological Resistance*” written testimony submitted to and published in the series of HEARINGS before the subcommittee on Europe and the Middle East of the Committee on Foreign Affairs, U.S. House of Representative. Washington, D.C., Fall / Winter 1985, Page 416-425.

Other expert presentation include

*Psychology of Terrorists: 4 types*

Seminar/workshop presented at the September 2006 Conference  
American Board of Certification in Homeland Security

*Psychology of Safety: a challenged perspective*

Seminar/workshop presented at the September 2006 Conference  
American Board of Certification in Homeland Security

“*The Retributional Terrorist - Type 4*”. University of Maryland - Center for International Development and Conflict Management, College Park. Archives, Fall 1987

Dr. Hamden has appeared as an expert in international media: ABC 20/20, Al Jazeera English TV, ABC Good Morning America, National Public Radio, CNN, BBC, Al Arabiya, Canada AM, and many others; local networks have regularly called on his professional analysis and testimony in various topics on psychological profiling and critical incidents.

Under the auspices of the Emirates Medical Association, Dr. Hamden was the 2003 President of the Emirates Psychological Society which coordinated the *1<sup>st</sup> Middle East / North Africa Regional Conference on Psychology* (MENA RCP). The International Union of Psychological Sciences (IUPsyS) in collaboration with The International Academy of Applied Psychology (IAAP) and The International Association of Cross Cultural Psychology (IACCP) selected Dr. Hamden as *President* of the MENA RCP held December 2003 in Dubai, United Arab Emirates.

Newly developed, *In The Psychologist's Chair® with Dr. Raymond Hamden*. This program debuted in Dubai, with a season of VIP guests, topics, and helpful ideas. Having published in several magazines weekly and monthly, he had a weekly Psychology segment on English Radio (Emirates Radio2). On Arabic Radio (ARN, 98.9 FM) he was featured from September 2001 to July 2002. Currently, Dr. Hamden consults as a Media Psychologist to various media sources.

He is *Director* of the Human Relations Institute in Dubai Knowledge Village. Dr. Hamden is a **Life Member** in the Association of Psychological Sciences (formerly American Psychological Society), International Society of Political Psychology, International Council of Psychologists, and American College of Forensic Examiners International.