

**Inclusive Therapy:**  
A gentle way to dissolve  
resistance, reduce ambivalence to  
change and increase therapy  
results

**Bill O'Hanlon**  
[BillOHanlon.com](http://BillOHanlon.com)  
[GetYourBookWritten.com](http://GetYourBookWritten.com)

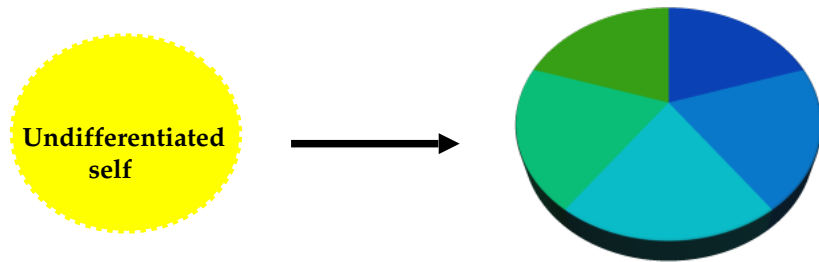
**Discovering  
Inclusive Therapy**

**Obsessions  
dissolved**

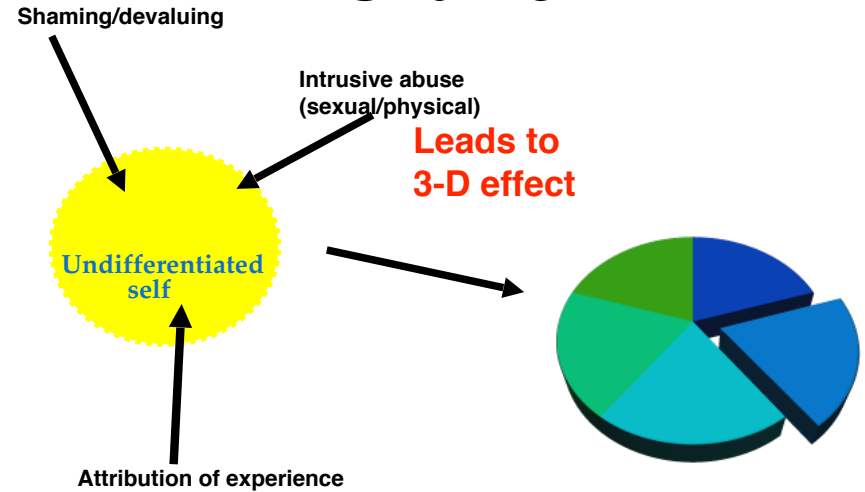
**Un-differentiated  
Un-boundaried Self**



# Typical development process leading to integrated self

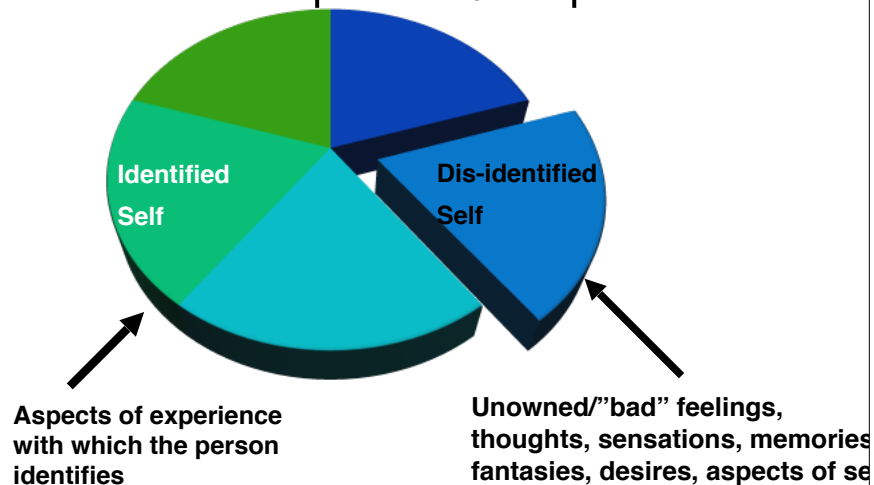


# Split Happens: Intrusion, Devaluation and Shame



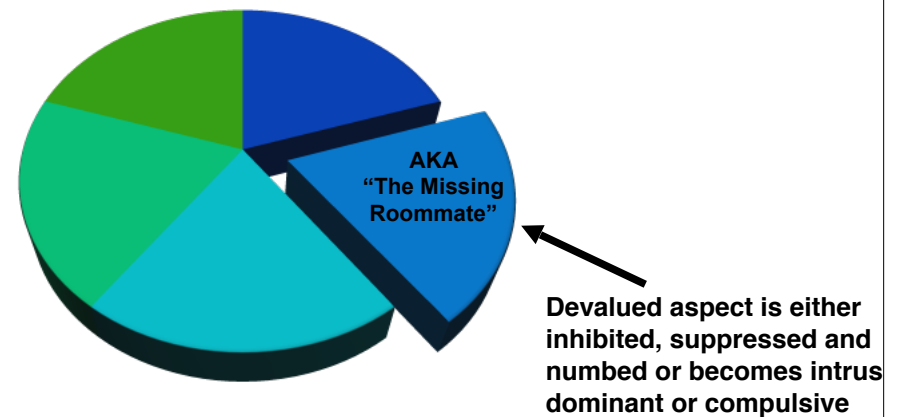
# 3D Effect:

Dissociated/Disowned/  
Devalued Aspects/Experiences



Inhibition or Intrusion

# Intrusion or Inhibition



# Inclusion Level 1

## Permission #1

To

You can  
It's okay  
You're okay if



# Inclusion Level 1

## Permission #2

Not to have to

You don't have to  
It's okay if you don't  
You're okay if you don't



# Hand dancing

# Inclusion Level 2

## Inclusion of seeming opposites

You can and not

Opposite polarities  
Previously incompatible  
experiences/traits



**“Do I contradict myself?  
Very well, then I  
contradict myself. I am  
large, I contain  
multitudes.”**

**—Walt Whitman**

**“In logic, no two things can occupy  
the same point at the same time,  
and in poetry that happens all the  
time. This is almost what poetry is  
for, to be able to embody contrary  
feelings in the same motion.”**

**—Donald Hall**

**“Anger and tenderness—my selves.  
And now I can believe they breathe  
in me as angels and not as  
polarities. Anger and tenderness—  
the spider’s genius. To spin and  
weave in one moment anywhere.  
Even from a broken web.”**

**—Adrienne Rich**

## **I Am Not I (Jiménez)**

**I am not I.**

**I am this one  
walking beside me whom I do not see,  
whom at times I manage to visit,  
and whom at other times I forget;  
who remains calm and silent while I talk,  
and forgives, gently, when I hate,  
who walks where I am not,  
who will remain standing when I die.**

**I'm shy except when I'm not**

## **Inclusion Level 3**

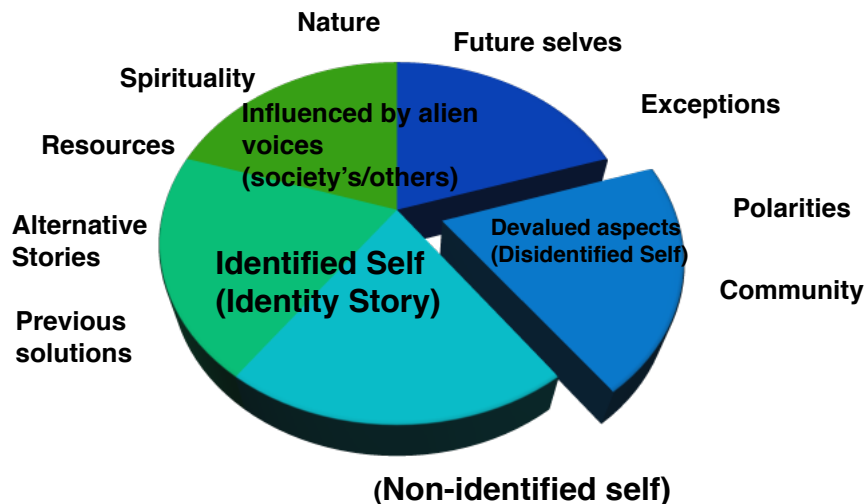
### **Exceptions**

That's the way it is, except when it's not

**Moments of exception  
Including the opposite  
possibility  
Recognizing complexity**



## **The Inclusive Self**



## **Where to Apply Inclusion**

### **Injunctions**

**Restraining - Can't, shouldn't, won't**

**Compelling - Have to, should, will, must**

**Be, think, feel, know, notice, do, talk about**

# Undoing Injunctions

## Determine the injunction

Sex is bad.

It's not okay to get angry.

I have to relax or stop obsessing.

## Use any or all of the inclusive methods to undo injunctions

"It's okay to be connected and sexual."

"It's okay to get angry (be thunder and lightning) and not always be sunshine."

"You don't have to relax. If the obsessions are there, you can just let them be there."

# 3 Levels of Inclusion

- ✓ **Permission**
  - **To**
  - **Not to have to**
- ✓ **Inclusion of (seeming) opposites**
- ✓ **Exceptions**