

# Affect regulation mentalization and the development of self

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**How does the process of mentalization relate to the development of personality disorders?** Many studies confirmed that adults with borderline personality disorder experience impairments in the ability to mentalize, which led to the creation of a mentalizing model of borderline personality disorder, according to which mentalization disturbances in situations of attachment-related stress or arousal are the ...

**What are the difficulties with mentalization?** Lack of ability to mentalize or problems in this process can lead to difficulties in interpersonal communication, overcoming accumulated stress and social adaptation. Such problems are also found in some mental disorders: pathological personalities, eating disorders, stress-related disorders, etc.

**What is mentalization the concept and its foundations in developmental research and social cognitive neuroscience?** Mentalization as a function and construct is defined as a specific form of imaginary mental activity related to the perception and interpretation of human behavior in terms of mental states motivated by intentions-e.g., needs, desires, feelings, beliefs, and goals (Fonagy and Target, 2006; Allen et al., 2008; Fonagy and ...

**What are examples of mentalization?** For example, a father is trying to mentalize his daughter's state of mind when he is wondering about her being quiet at dinner and considering that her behavior may be related to her not being allowed to see her friends or him not having time to watch a movie with her after dinner because of his work.

**What are the stages of mentalization?** 1) First-order mentalizing: mentalizing of others' mental states from the perspective of the self (i.e., self-other); 2) personal second-order mentalizing/higher-order mentalizing: mentalizing of how much others can mentalize one's mental states from the perspective of others (i.e., other-self); and 3) vicarious ...

**What are the 4 dimensions of mentalizing?** Fourfold dimensions According to the American Psychiatric Association's Handbook of Mentalizing in Mental Health Practice, mentalization takes place along a series of four parameters or dimensions: Automatic/Controlled, Self/Other, Inner/Outer, and Cognitive/Affective.

**What are the deficits in mentalization?** Mentalization is the capability of individuals to understand the mental states of themselves and others. Patients with Borderline Personality Disorder (BPD) are characterized by deficient mentalization abilities, which result in impaired social functioning and distorted self-identities.

**What is the difference between mentalization and empathy?** Although mentalizing and empathy have both been conceptualized in various ways, most researchers tend to agree that the term “empathy” describes the affective process of sharing someone else's emotions (e.g., Hoffman, 2000; Singer & Lamm, 2009)<sup>1</sup>, whereas mentalizing refers to the cognitive phenomenon of reasoning about ...

**How to improve mentalization?** There is evidence that mentalization can be improved in patients through therapy, and some therapy methods such as mentalization based treatment and transference-focused psychotherapy are commonly used in therapy with patient groups characterized with deficient mentalization, such as borderline personality disorder, to ...

**What is the goal of mentalization?** The goal of mentalizing is for patients to not only better understand themselves but also to improve theory of mind regarding others and to think about what may be driving other people's thoughts and behaviors.

**What is affective mentalizing?** Social cognition involves psychological processes that allow humans to make inferences about other people. Among such processes, affective mentalizing (or cognitive empathy) is defined as the process of inferring

another's affective state (i.e., "I understand how you feel") (Perry and Shamay-Tsoory, 2013).

**Is mentalization a CBT?** Mentalization-based treatment (MBT) is an integrative form of psychotherapy, bringing together aspects of psychodynamic, cognitive-behavioral, systemic and ecological approaches.

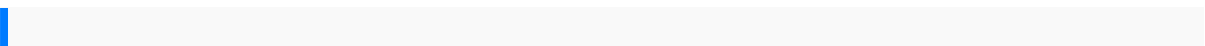
**What is the difference between metacognition and mentalization?** Conventionally, metacognition refers to monitoring one's own cognitive processes, while mentalizing refers to monitoring others' cognitive processes.

**What ages does mentalization occur?** 18 months of age, allowing implicit attribution of intentions and other mental states. Between the ages of 4 and 6 years explicit mentalizing becomes possible, and from this age children are able to explain the misleading reasons that have given rise to a false belief.

**What is an example of mentalization?**

**What is the difference between reflective functioning and mentalization?** Mentalization or reflective functioning (used as synonymous terms in the present article) indicates one's ability "to reflect on internal mental states such as feelings, wishes, goals, and attitudes, with regard to both the self and others" [1]. Mentalization can be conceptualized as a multidimensional construct.

**What are the components of mentalization?** We discuss the connection between mentalizing, metacognition, and social interaction in the context of four elements of mentalizing: (i) Metacognition-inference of our own thought processes and social cognitions and which is central to all other components of mentalizing including: (ii) first-order mentalizing- ...



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