

A Review Study of Satir Survival Coping Stances

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Abstract – Survival coping stance is an important part of Satir Family Therapy theory. According to the individual's different feelings and attitudes toward self, others and the situation when coping with stress, survival coping stance can be classified as congruent stance, placating stance, blaming stance, super-rational stance and irrelevant stance. In recent years, scholars in China and abroad have conducted a lot of researches on the development of communication stance scales and the use of communication stance theory to modify individual or group interventions. These studies have shown the importance of communication stance theory and the need for further empirical research.

Keywords – Satir Theory; survival coping stance; the main techniques; measurement.

I. SATIR SURVIVAL COPING STANCES

Communication stances is the key concept of Satir model, short for survival coping stances, which refers to the way we communicate and cope with conflict, stress, intimate relationships. Survival coping stance is what Satir summarizes about how people treat others, their environment, and themselves under stress, coping stances can be divided into congruent stance which is a healthy stance. and dysfunctional coping stances, the congruent stance There are four types of inconsistent coping stances: placating, blaming, super-rational and irrelevant, which keep people from expressing their true feelings, being themselves, building self-esteem, and connecting with each other. (Satir, 1988, 1991; Banmen, 2002)

The four inconsistent coping stances were unhealthy

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stances that people developed in order to survive because their basic unmet desires (to be loved, to be accepted, to be recognized, and to be affirmed) were not satisfied in the early life experience of individuals, that is, a set of automatic modes developed for survival. When their desires are satisfied without affecting their survival, people developed sincere and consistent survival coping stances.

Scholars believe that personal survival coping stance is affected by family environmental factors and family rules. Individuals learn how to deal with and survive in the interaction between their parents and their native family, that is, they learn what kind of survival coping stance to adopt. As the individual growth, their interpersonal circle also continued to peripheral development, interpersonal connections are varied and complex, when individuals in dealing with others (teachers, elders, peers, etc.), they will still be natural and don't even know it to use in the original relationship of society by the survival coping stances attitude, that is to say, people will use their society survival coping stances attitude in the interaction with parents, to communicate with others, and build relationships.

Coping stances are not personality categories, that are modes of surviving under stress situation. Most people have one major coping stance when they are under stress. while they actually use all four coping stances depending on the circumstances and relationships in which they find themselves. For example, a person might blame at home but super-reasonable at work.

People's survival coping stances came from learning, imitating or coping in their family at the initial stage of their life. A person does not use a certain survival coping stance in a fixed way. When the frequent use of a certain communication stance brings pain to them, people may change their communication stance. For example, a man who always use flattering stances may begin to blame others because of persistent depressive mood, a very sensible people may also be converted to interrupt because of the accused of communication object, but most of the time people will only please, accuse, super reason or interrupt the improper way of communication between the four circles,

unless the individual learned sincerely express myself consistently.

The placating coping stance means to the person who pay more attention to others and the situation, but less attention to themselves during communication. In behavior, they are more likely to obey and approve others and rules, and they will feel angrier, wronged and hurt emotionally. In view, pleasers will feel that they are not important and unworthy, while others and situations are more important.

People with the blaming coping stance focus more on the situation and themselves and less on the needs and feelings of others. Their hostility is often expressed by judging, ordering, finding fault, blaming, etc. People who hold this stance mainly feel anger, repressed injuries, which easily lead to muscle tension, grief, arthritis, asthma, etc. Their inner monologue is "Everyone else is wrong," "No one understands me," "I am only valuable if I make others listen to me," "We must not show weakness."

People with the super-reasonable survival stance are able to focus on the situation but lose sight of themselves and others. In behavior, they mainly show apathy, serious and superior expression, rigid stances, etc. Their main feelings are hypersensitivity, fear of loss of control, loneliness, which may lead to cancer, skin disease, back pain, etc. On the level of the opinion, they think that "people must obey rules," "Things should go on as planned", "One must be intelligent".

People with the irrelevant survival stance are unable to focus on the situation, themselves and others. In terms of behavior, they show missing the point, inappropriate behavior, they are easy to wander, easy to change the topic in conversation with others (sometimes by telling jokes), and tend to use the escape way when dealing with pressure. Their main inner feeling is fear of loss of control, loneliness and isolation, which can lead to neurological diseases, diabetes, constipation, etc. On the level of the opinion, they think that "Nobody cares about me" and "There's no place for me".

People with the congruent coping stance are able to communicate and cope in ways that involve themselves, others, and the situation. In their behavior, they express themselves sincerely and consistently, taking into account the feelings of others and the demands of the situation. Because of their consistence, usually they are confident, peaceful and content. Their inner monologue is "Everyone is important." "I am valuable".

II. THE MAIN TECHNIQUES OF IMPROVING CONSISTENT COPING

Satir believed that each person has enough resources and energy to grow and eventually become a more complete "person", a high self-worth individual who is more consistent, harmonious, and responsible for himself, others, and the situation. The main techniques used to improve consistency survival coping stance are:

Interactive component analysis techniques

These techniques are used to take a closer look at the internal communication processes. Once understanding and following our own internal processing, we can change our defenses and rules about comments to be more consistent.

The interactive component analysis technique begins with six question-and-answer questions. The questions are: what did I hear and what did I see? What explanation have I given to everything I see and hear? How did I feel about this explanation? How did I feel about these feelings? What defenses did I use? What rules did I use in the evaluation?

Parts Party Techniques.

This technology believes that a person is composed of many different parts. Due to the contradictions and conflicts between different parts within the individual, the energy of the part that is not accepted and affirmed cannot be used. Therefore, the goal of this technology is to break those taboos of "should" and integrate various resources in the heart into a harmonious state.

The basic process of this technology is to acknowledge, to accept, to transform and integrate. Acknowledging is to understand the hidden parts of the label "shouldn't" to make clear the parts that once felt vague and hazy; Accepting is a commitment to learn how to accept them based on understanding them, making these parts relevant to others and reinforcing them; Transforming is to liberate these impermissible parts and to allow us to harness their creative energy in a collaborative and nurturing way. Every part of us contains the wholeness of our being; Integration is the transformation and integration of our different parts, gradually gaining a holistic view of our parts, we begin to

understand each part of ourselves.

Truth telling training

Following the inner integration, it is more vital to show up, care for your emotions, feelings, and ideas, and do so both inside and outside. Individuals who receive truth-speaking training are better able to express themselves and learn to reject. Saying true words training to make is line and state training and joint method training is a consistent manner of communicating.

Under the pressure of others, the fear of rejection, dislike, embarrassment, or embarrassment makes it difficult for an individual to truly see himself or herself. This fear prevents the body from listening to the heart and the body, and tends to give rise to a sense of powerlessness and worthlessness. The practice of telling the truth is to reach out the expectation deep in the heart of the body through a natural expression, which is helpful to cultivate or enhance the body's ability to communicate with others, to cope with pressure, and to improve self-responsibility. Truth-speaking training is a science-based therapy that builds Bridges and Bridges to consistent communication.

Weather forecast

True and consistent expression should not only consider the individual emotion, but also take care of the situation and others. The weather report in Satir Model is an effective way to communicate with other people when they meet or make suggestions. The advantage of weather forecast is to tell the other party in advance about the impact of the next words on the other party, so that the other party has a psychological preparation. The contents that can be expressed in the weather report are: A. express appreciation, gratitude or excitement; B. express worry, happiness or confusion; C. make complaints or suggestions; D. provide new information; e. put forward hopes, wishes or blessings

Family remodeling

The technology is an intervention that helps people reintegrate into their place in the historical and psychological matrix of their family of origin. In short, it means that the body of a family member is placed in the space, and one of

the family members plays the role of director to determine the position of each person. The vivid scene formed by the family sculpture represents the person's symbolic view of the family relationship.

The theory of family remodeling technology assumes that complex interpersonal systems are imprinted in compressed metaphorical form and stored in the form of images that form an individual's mental image of the world. The four steps of this technology are as follows: sculpting the original family of the client; sculpting the original family of the client 's father and mother; sculpting the dating, courtship and wedding scenes of the client's parents; and sculpting again the original family of the client. The goal is to create a new understanding of parents through family sculpting, especially the sculpture of the parents' family of origin, so as to let go of the unfulfilled expectations and satisfy their internal needs in the present life.

"Only by understanding the past can we form a discussion of the present." Satir said (1991) Family remodeling is a highly creative therapeutic technique by physically displaying the defensive survival coping stances used by the individual in the past as another way to promote awareness and change perspective. But it is important that with family remodeling, the counselor must ensure that there is a good therapeutic relationship.

Satir meditation

In the Satir model, meditation is an intervention to promote change. It is the time that individuals spend with themselves, and the psychological experience it brings is also very rich. Satir typically introduces a period of meditation at the beginning or end of a work session, leading individuals to focus on their breathing, experiences and feelings, which she sees as an effective way to connect with the self and lead to intuition (Banmen, J.,2009). Long-term practice of meditation helps to increase the individual's power in the present moment and awareness of the body and self.

III. MEASUREMENT OF SURVIVAL COPING STANCES

The development of Satir Survival Coping Stances

Scale is currently in the exploratory stage. Scholars in China and abroad have compiled the survival coping stance questionnaire. Lee developed Satir Congruence Scale, (Lee, 2002) which is mainly used for clinical evaluation and has a certain degree of reliability and validity. However, the subjects of this study were trainees attending Satir workshops or those seeking personal development and therapy, so the scope of the scale was limited. Chinese scholars Liang Yunfang (2009) and Lu Junke (2011) respectively compiled the college students' questionnaire of survival coping model in dormitory. The questionnaire consisted of five factor: splacating, blaming, super-reasonable, and irrelevant, and consistency. There are a total of 30 items in the six items under each factor. The reliability and validity are appropriate, but not reasonable.

Lu Yiman compiled Interpersonal survival coping Scale (2009); Guo Ge compiled the Satir Communication Stance Scale (2011), which is divided into five sub-scales: splacating subscale, blaming subscale, super-reasonable subscale, irrelevant, subscale, consistency subscale. The first four subscales all contain three dimensions of words, behavior and emotion, while the consistency subscale contains two dimensions of words and feeling, with a total of 47 items. However, the reliability and validity of the questionnaire were not satisfactory on the whole. Zhou Ming (2013) further compiled Satir Communication Stance Scale on the basis of Guo Ge's scale, which has good reliability and validity.

IV. THE RELATED RESEARCHES OF SATIR SURVIVAL COPING STANCES

The empirical research of Satir Model is mainly the intervention researches, in which the empirical researches of Satir Communication Stances are also reflected.

Group intervention research. Englander-Golden (2002) used Say It Straight Training to effectively help individuals refuse drugs, reduce crime, improve the quality of family life, and improve moral deficits. The technique can also help patients stabilize their emotions, establish a good doctor-patient relationship, and improve therapeutic outcomes. Chen Haiqin's application of family remodeling technology (2008) shows that this technology has significant effects on the improvement of college students' self-esteem and

interpersonal relationship, and can effectively alleviate parent-child conflicts with good lasting effects. Wang Jiajia (2010) has used weather forecasting technology to significantly improve patients' ability to cope with cancer and their quality of life after cancer surgery. Deng Mingxing (2011) and others used meditation techniques to effectively improve the mental health of people in the compulsory isolation period of drug rehabilitation. In addition, some studies have shown that family remodeling techniques can improve closeness and adaptability of Internet addicts, and improve implicit self-esteem of heroin addicts. Wu Yanxia et al. (2014) found that the group counseling of Satir Model could significantly improve the self-esteem level and interpersonal relationship of those adolescents with internet addicted, and the effect had a certain sustainability. Du Yufeng et al. (2014) conducted an intervention study on 30 middle school students with Satir Family Therapy Model, in which all their families were required to participate. Bian Huimian (2018) used Satir group counseling model to improve middle school students' self-esteem and to interfere with their internet addiction. The results showed that the Satir Family Model could significantly improve the internet addicted adolescents' dependence to the internet of and enhance their social function and adaptability.

A number of studies have shown that Group intervention in Satir related technology has significant effects on the level of interpersonal relationship, the improvement of communication ability and self-esteem, as well as the improvement of self-worth, moral sense and happiness, and the sustained effect is good.

Case studies. Individualized treatment of suicidal adolescents, women who were sexually abused in childhood, and people with alcohol addiction and depression has resulted in significant improvements in mood, behavior, and a new sense of self. Compared with group intervention research, the power of case study is slightly weak, and the effect is mainly reflected in improving mood and self-acceptance.

In the intervention study of using Satir Family Therapy Model to intervene adolescent's Internet addiction, by helping to change the communication stance among family members, Du Yufeng et al. (2014) make the child have higher self-worth, self-esteem, more choices, more self-acceptance and self-responsibility, and enhance their social function and

the ability to adapt, so as to reduce the dependence of addiction teenagers on the network. In Qi Zhenya's master thesis (2018), she solved the Internet addiction problem of the subject by helping his family to construct a new model of communication stance and improve the family function.

V. SUMMARY

There are many researches on individual intervention and group intervention using communicative coping stance theory, but there are few researches on the mechanism of intervention effect.

There are more discursive analyses and fewer quantitative studies. This may be related to the lack of valid measurement scales. Although both Chinese and foreign scholars have developed scales on communication coping stances, few scales have been able to be recognized and endorsed by a wide range of experts and scholars and are widely used.

The data analysis methods for quantitative research on communication coping gestures are relatively single, and most quantitative research on communication coping gestures uses SPSS for independent sample T-test, correlation analysis, ANOVA, multiple regression analysis, etc. Future research can try to use PLS-SEM for analysis.

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