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**An extract of this article:**

## **I Lonelinesses**

Situations primarily involving subjectively experienced isolation, alienation, anomy, separation angst etc.

**A. Loneliness in human relations.** Interpersonal loneliness: in social development, friendships, camaraderie, acquaintances, in comparisons of oneself to others etc.

1. Spouse or life partner being or not being a part of one's circumstances.

2. Widowhood, where the experience of loss is not most crucial.
3. **Absence or presence of a loved person.**

The presented picture belongs to this point. In the following specifiers the bold text expresses, that the presented picture belongs to exactly this kind of specifier.

4. Number of roommates, e.g. single living.
5. Presence or absence of child within adult living circumstances
6. Loneliness relating to neighbourhood, e.g. indifference of surroundings, homesickness etc.
7. Number of friends, mates and acquaintances.
8. Positive tokens of distinction coming from outside of home, e.g. letters of thanks, marks of honour, awards etc.
9. Loneliness because of deformity or dissimilarity in one's appearance.
10. Available channels of information regarding treatment opportunities in the social milieu of the person seeking therapy.



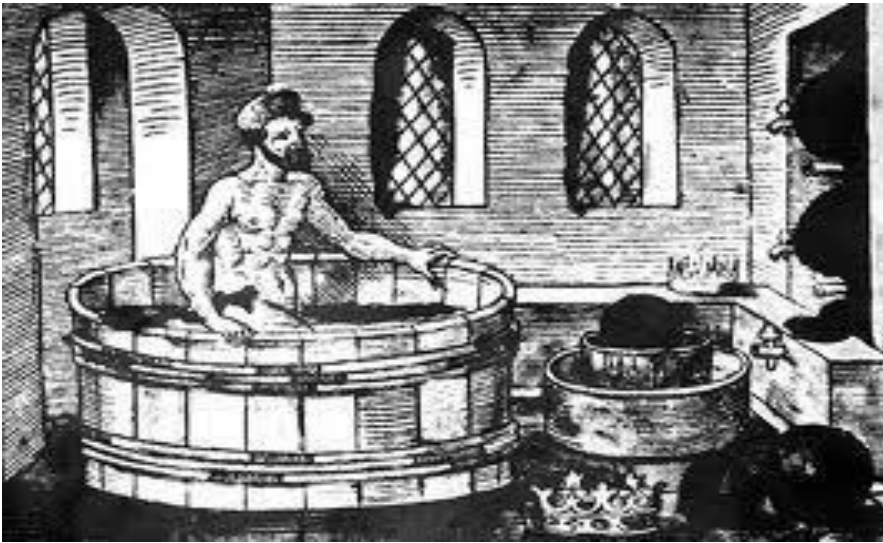
John William Waterhouse described here one famous alone human being in ancient Greek mythology Narcissus. The year was 1903.

*Loneliness in mobility / physical exercise / bodily functions.*



Edvard Munch describes in the year 1883 in one his work “the cry” the lonely wanderer, who has difficulties at least in bodily functions.

*C. Loneliness in rational functioning.*



Here an unknown artist from ancient Greece pictures the lonely Archimedes, who discovered the important law of physics.

*D. Loneliness in functioning pertaining to irrational functioning, outlook in life etc.*

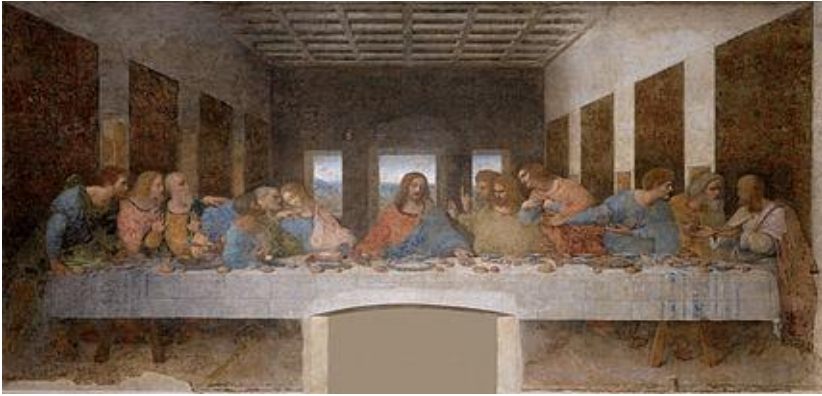


Gustave Courbet's work 1866 "The Origin of the World" describes something of the irrational and secret loneliness of human being.

**II Models**

Situations primarily encompassing opportunity to learn from models.

*A. Human relationship models.*



Leonardo da Vinci's "Holy Last Supper" from the year 1498 illustrates the model: The betrayer is often very near.

**B.** *Models / physical exercise & bodily functions.* Models involving motor development, maintenance of body fitness, relaxation etc.

1. **Models derived from physical exercise-minded environment.**
2. Models given by morning routines
3. Eating habits from the point of view of models.
4. Vitamins in nutrition.
5. The cleaning of body and the hygiene in view of models.
6. Models given by surrounding people about how to handle bodily functions.
7. Prevailing views about connection between physical exercise, psychic wellbeing and mental health.
8. Models received about relaxation.
9. Cultural models of physical exercise and health, e.g. gymnastic exercises during intervals and loitering in the streets.
10. The congenital models in bodily functions, epigenetics and other similar.



Already thousands of years ago in ancient China, the artists described the military form of bodily exercise, the parade.

**C.** *Models of rational functioning*





Already Leonardo da Vinci imitated bird's wings. His drawing is from the end of the 1400's.

#### D. *Models pertaining to view of life and irrational functioning*



Agnolo di Cosimo (1503-1572) describes happiness in "Allegory of happiness": Seven human beings in different situations like in 7x4-fields main points and two angels (good and evil/bad).

### III Actual stress situations

Situations primarily involving *all* the following factors:

- \* Something unpleasant has happened.
- \* Unpleasantness is known to continue, unless certain action is taken.
- \* The above-mentioned certain action proves to pose some difficulties.

#### A. *Stress in human relations*



Leonardo da Vinci's famous painting "The smile of Mona Lisa" from circa 1503, describes the stressful double bind expression in an excellent way .

**B. *Stress of mobility / physical exercise / bodily functions***



The statue Laocoön from ancient Greece expresses something essential about the stress of bodily functions.

C. *Stress of rational functioning*. Functioning primarily involving cognitive development, daily livelihood, housing, reflections, studying etc. from the point of view of stress.

1. Stress caused by suitability of working times.
2. Stress about cessation of work.
3. **Physical stress, e.g. noise, disagreeable odor, heat and cold.**
4. Stress of rationalization and organization, unsuitable activity level, overload of information etc.
5. Stress relating to labor union action.
6. Difficulty in acquiring a home or threat of losing it.
7. Annoying structural features of housing or environment.
8. Economic predicaments.
9. Stress of getting involved in lawsuits.
10. Contending interpretations regarding nature of self-observed symptoms, e.g. whether the pain is physical or psychic.



Ilya Repin's description of working stress of ferrymen in Volga "Barge Haulers on the Volga". The year was 1873.

D. *Stress of functioning pertaining to view of life*



A famous Luther defending a remarkable outlook of world and experiencing stress. The painting is from Anton von Werner in the year 1877.



#### **IV Punishment / disappointment experiences**

Occasions when certain behaviour has caused something unpleasant to the experiencer.

##### *A. Punishment experiences and failures in human relations*



Rubens description of being disgraced. The year was 1611.

##### *B. Punishment- / disappointment experiencing in physical exercise / bodily functions*



A famous physical punishment: Pieter de Kempeneers description of crucifixion circa 1550.

##### *C. Experiencing punishments / disappointments in rational functioning*





A practical form of punishment: eviction from home. George Caleb Bingham's painting in 1861.

D. *Punishment / disappointment experiencing in functioning pertaining to outlook on life:* in religion, dealing with values and ideologies, in ethical development etc.

1. Gloomy and depressing news from the world.
2. Remaining in obligation, reactance phenomena etc.
3. Occasions of unforgiveness.
4. Experiences of punishment due to being branded heretic, belonging to minority etc.
5. Experiences of shame after emotional outbursts, e.g. feeling of shame after having bared one's deepest emotions.
6. **Agony of conscience as a punitive factor.**
7. Vicious circle of embitterment.
8. Consequences of poor sense of humor.
9. Poorly appreciated spirit of enterprise.
10. Demeaning behaviour of those who encounter deviation and states of disturbance.



Michelangelo's "The Fall" in circa 1510 describes the accusation of conscience.

## V Losses

Occasions involving losses momentous to the experiencer.

A. *Losses in human relationships*: in social development, in chances to function with other people, self expression etc.



"The Burial of Atala", the loss of human relations. The painting was made in 1808 by Anne Louis Girodet.

B. *Losses / physical exercise and bodily functions*. Losses related to ability to move about on your own, keep- fit exercises, motor coordination, relaxation exercises etc.



Rembrandt in "The Anatomy Lesson of Doctor Tulp" from the year 1632 describes the organic loss, which is widely exploited by humans.

C. *Losses / rational functioning*. Losses relating primarily to daily living, housing, reflections etc.



“The fire of Rome” is Hubert Robert’s painting from the year 1785. It is a description of one rational loss.

*D. Losses / functioning pertaining to outlook on life:* Action primarily concerning religion, arts, emotional aspects of security, vicinity of nature, values, ideologies etc.



Here there is one example of many paintings that describe the irrational losses in wars. Sebastian Vrancx made this in the year 1643.

## **VI Avoidance or escape possibilities**

Possibilities to avoid anxiety in a way which in the long run adds to it, for example cover-up, belligerence, escape into intoxicants etc., detrimental defensiveness or coping.

*A. Avoidance possibilities in human relations:* In social development, friendships, comradeships, acquaintances, in comparisons of oneself to others, self expression etc.





Rubens painted many works of art between 1610-1614, which describe human defences. Here is "The denial of saint Peter" which happened during his walk on hot coal / during a firewalk.

*B. Avoidance possibilities in physical exercise and bodily functions:* in the use of physical energy, keep-fit exercises etc.



Michel Angelo in the end of 1400-century: "The drunken Bacchus" does not care, what important is behind him.

*C. Avoidance possibilities in rational functioning:* in work, planning, traffic etc.



J. Waterhouse (1849-1917) painted a picture of mythical Odysseus, who had found a practical method of studying human lust, in a way that the human avoidance reactions do not disturb the results. In many modern professions the aim to hold the emotions in discipline is as important as in this picture.

*D. Avoidance possibilities relating to outlook on life:* Functioning from the point of view of avoidance primarily relating to religion, values, ideologies, arts, emotional development etc.



Sandro Botticelli's painting in the year 1482: "Primavera". It describes people, which are almost autistically dreaming of spring.

## **VII Experiencing changes without unpleasantness**

Changes in circumstances that do not involve losses or failures, but are nevertheless new and momentous for the experiencer.

*A. Changes in human relations.*



Van Dyck's painting from the year 1632 "Charles and Henrietta Maria", describes a remarkable change in human relations, a wedding.

*B. Changes / physical exercise & bodily functions*



An unknown artist describes the organic changes of the end of virginity time. This work of art is situated in Cycladic Museum in Athens.



### C. Changes / rational functioning



Eugene Delacroix's "Liberty Leading the People" describes a revolution, a remarkable change in daily functions. It was painted in 1830.

### D. Changes/ irrational functioning



Michelangelo's "The creation of Adam" from circa 1510, describes a remarkable irrational change in human life.

## The paintings of one artist and modern artist

The famous Finnish painter Albert Edelfelt and a famous Swedish painter Carl Larsson have both made paintings, which are good examples to squares in 7x4-field. They are described in the Finnish book "Johdatus ihmiseen 7x4-kentän avulla" (Introduction to human being with the help of 7x4-field) (Heiska II 2016).

Then the Polish artist Pawel Kuczynski, who uses satire in his works. "Satirical illustrations by Pawel Kuczynski (28 pictures)" can be found as e-book production (<http://veryfunnypics.eu/2015/04/28/satirical-artist-pawel-kuczynski-sees-life-for-what-it-is-28-pictures/>) He describes by satirical way the madness of the modern world and presents the pictures as a way toward it or a cause. The pictures are in different order than 7x4-field but they fit well into 7x4-fields 28 squares.