



## Binnen Dansen *with a magnifying glass*

A journey from within to find my real true self through eczema struggles, stress and societal pressure.

Louise Noordam

# **Binnen Dansen** ~~with a magnifying glass~~

A journey from within to find my real true self through eczema struggles,  
stress and societal pressure.

**Louise Noordam**

Textile and Fashion Design

Royal Academy of Art,  
The Hague

11 May 2023

Student: 3273504

Supervisors: Renee van der Hoek and Steef Eman.

## To-do-read list

<b>My dear fellow <del>autoimmune disease</del> fighters</b>	3
Introduction:	
<b>Hi, it is me. <del>I am the problem it is me</del></b>	4
Chapter 1:	
<b>This is <del>my highly influenced</del> personality</b>	6
Chapter 2:	
<b>This is my <del>toxic</del> Dutch culture</b>	12
Chapter 3:	
<b>This is my <del>stressed autoimmune eczema</del> health</b>	16
Chapter 4:	
<b>This is my <del>lovely fantastic amazing</del> Copenhagen <del>experience</del></b>	20
Chapter 5:	
<b>This is ME <del>I am already?</del></b>	23
Conclusion:	
<del>Conclusion. What have I learned?!</del>	28
Bibliography <b>My teachers</b>	30
<del>Appendix</del> <b>My Accessories</b>	35

**My dear fellow ~~autoimmune disease~~fighters,**

With this thesis, I would like you to know that you are not alone. This is to give hope and motivation to every single person that is struggling and suffering from an autoimmune disease, in particular autoimmune eczema. Over the years, I have felt like the odd one out. As if there are no others with the same amount of inflammation as me, but I know for sure that there are. This is me opening up for the first time about my eczema and I would like to encourage you to do the same. There is not enough conversation about the causes and treatments of eczema, not on the news, on social media or just in general. Even most doctors do not know as much about it as those who are fighting against it. My dear fellow autoimmune disease fighters, hopefully, this thesis can provide you with insights and knowledge on how to alleviate your pain and, like me, work towards a future free of disease, stress and trauma.

All my love, **Louise**

**Hi, it is me. ~~I am the problem it is me~~**

For the past 22 years, I went through different life stages. I was carefree with a wild imagination and few responsibilities as a child. Growing up in a loving family and playing with friends at school. The typical childhood you would imagine children to have. However, I grew up in the countryside with religious parents and without a tv. I didn't experience that many outside influences other than elementary school and what my parents exposed me to.

With growing up came life changes. I started high school, a new experience, where you get more exposure to society, more pressure and more responsibilities, I and my personality changed. Wanting to get high grades and being afraid of making mistakes. 5 years of going through high school is a long time to lose carefreeness. Of course, you also become older and wiser, but I felt immense pressure from society. At the start of high school, I started to have trouble with my skin, it was autoimmune eczema. This is tough when you are a teenager and vulnerable. I became super aware of myself and how other people viewed me.

Fortunately, life continued to change and I came into the creative field where wild imaginations are encouraged again, which created opportunities and challenges. But then I was taken out of Dutch society for 3 months to live in Copenhagen, because of a dream internship. A new daily life and routine, a new society, new surroundings and a new climate. Here I felt ultra-free. The most wonderful thing happened as well. My eczema was gone and I felt a sense of calmness. I had never felt so much at ease as when I was in Copenhagen.

Unfortunately, when I went home after 3 months my eczema came back together with a thousand questions about what had changed. Could it be a different climate? Or were it the supplements I was taking during those 3 months only? The change in food? Diet is also a topic I have always believed to be linked to eczema, but in the last 4 years, it had not changed my eczema that much. However, I will not be discussing those topics, because I am curious if it was a different work environment with less stress. Or was it a behaviour change? Why I was being put back into who I was before? What started my eczema in the first place and what are the influences around me that have had an impact?

The changes I experienced after Copenhagen evoked uncertainty, pain and a mental struggle. As well as a huge topic I am dedicated to finding my answer. Are my personality and mental and physical health affected by the unwritten code of conduct of Dutch society and has having lived in Copenhagen helped me to discover my real true self, and if so, how?

Doing this by looking at Sigmund Freud's theory of the 5 stages of psychosexual Development for child development and his theory on adult personality, looking at Hungarian-Canadian physician and author Dr Gabor Maté's theory on how stress and trauma fuel diseases, INSEAD professor Erin Meyer's theory on cultural differences. Further, Albert van Veen, a Dutch-registered psychologist for NIP Work & Organization and also a trainer recognized by the CRKBO for career education talks about the unwritten rules in society and professor emeritus, author and clinical psychologist Jordan Peterson talks about the relationship with your parents. Bessel van der Kolk, a Dutch-American psychiatrist and emeritus professor with more than thirty years of research gives insights into how the body keeps the score and post-traumatic stress. And by looking at French historian and philosopher Michel Foucault's theory from his book *Prison, the Gaze of Surveillance*. On top of looking at experts, I also talked to my sister to give a more personal perspective. And throughout the thesis, I link to the research of my design process, which includes childhood items and memories.

## **This is ~~my highly influenced~~ personality**

The word personality is often used when describing someone and their unique characteristics. What it consists of and the adjectives used to describe it differ from person to person. Personality according to the Cambridge Dictionary is:

‘Personality’ – *noun* - /ˌpɜːsənˈæləti/

A special combination of characteristics or qualities in a person that forms an individual’s distinctive character. Shown by the way a person thinks, feels and behaves.<sup>1</sup>

Personality can be a vague phenomenon; to understand personality, there are different psychoanalysis theories to explain and make us understand. Austrian neurologist Sigmund Freud founded these psychoanalysis theories in 1896. He stressed that all our experiences get stored in our unconscious and will be remembered. Experiences from our past can resurface in our thoughts and dreams throughout our lives, and they can influence our behaviour. Freud theorized that dealing with traumatic memories can be done by revealing them and starting a conversation to free ourselves from them and live more freely.<sup>2</sup> To figure out how my personality is affected, it is important to understand what personality is.

One of Freud’s most popular theories is *psychosexual development* on how we go through different stages as a child and the influence this has on who we become. Or Freud’s psychoanalytic theory on *the unconscious mind* which explains the elements of personality: id, ego and superego. He published this theory in 1923<sup>3</sup>. These two theories created the base for other personality theories.<sup>4</sup> Kendra Cherry, psychology author and psychosocial rehabilitation specialist,<sup>5</sup> has written multiple articles explaining Freud’s theories in detail. She states that according to Freud psychosexual development has five stages: the oral stage, anal stage, phallic stage, latent stage and genital stage. The driving force behind the stages is pleasure and libido. Freud argues that each stage in your childhood is linked to a development in your personality. In the first stage, oral, you develop trust and comfort, because from the age of zero to two you are most dependent upon your caretaker. Secondly, the

---

<sup>1</sup> Cambridge Dictionary

<sup>2</sup> Qtd. by Sprouts 7:11

<sup>3</sup> Freud

<sup>4</sup> Cherry, Freud’s theories

<sup>5</sup> Approved and referenced by New York Times, Psychology Today, The Telegraph, Huffington Post, Business Insider and The Guardian.

anal stage ages two to three where you learn to control your body through toilet training. The development of your personality in this stage is linked to the approach of the caretaker. Ideally, the child feels capable, creative and productive instead of shame, obsession and chaos. In the phallic stage, age three to six, you discover the difference between females and males.<sup>6</sup> Freud claims that the id of your personality rules the first three stages of your development. Your id is created unconsciously and driven by desires, needs, basic urges and immediate gratification.

According to Freud's theory on the unconscious mind, the id is followed by the development of your superego and ego. Your superego operates on a pre-conscious level and is developed from seven in stage 4, with latency from seven to puberty.<sup>7</sup> Here you learn about values, hobbies, interests, relationships and social skills. We want to become good moral citizens. This stage is important for your self-confidence. A negative result from this stage can lead to immaturity and being unable to create a fulfilling relationship as an adult. From puberty till death, we experience the last stage, genital, in which we develop our sexual interest.<sup>8</sup> As well as the development of our ego, where we operate on a preconscious and conscious level. The ego is the balance between the id, your sexual desires, and the superego, your need to obey social norms. To quote Freud himself: "The ego stands for reason and good sense while the id stands for untamed passion."<sup>9</sup>

Cherry writes about Freud's theory that the positive outcome for your personality is caring about others and finding the balance for all areas in life. If you have had the perfect childhood, your adult personality will not have any flaws. However, if there is a conflict or trauma in any of the five stages, this can lead to complications and difficulties in your personality later in life. For example, depression, addictions or over-dependence. This means that every single situation and experience you have in your childhood has an influence on your personality and who you become, even if they are unconscious. According to Freud your ego and superego are also fully formed at this stage and your personality should be completed successfully.<sup>10</sup>

---

<sup>6</sup> Cherry, Freud's Psychosexual Stages

<sup>7</sup> Freud

<sup>8</sup> Cherry, Freud's Psychosexual Stages

<sup>9</sup> Freud, 25

<sup>10</sup> Cherry, Freud's Psychosexual Stages



While Freud had carefully researched personalities, he didn't know how to reflect them towards women. He did not know what women wanted, so his theory is based on a male view and perspective.<sup>11</sup> However, since every single person is unique and individual, no matter their gender, I believe Freud's theory can be applied towards humans in general.

So I as a woman can also put my personality development through these five stages. At first, it makes me realise that the development of my id during the oral, anal and phallic stages went positively. My parents as caretakers were patient and calm without implementing any stress upon me as a child. My mom breastfed me during the oral stage and the anal stage I also was not forced. I received enough attention since my mom was always home with me and my siblings. We played and were creative together. My dad was mostly at work, but still gave us all of his attention.



*Fig. 1. Me and my family playing outside in front of my dad's company. I am on the scooter and my dad walks in the background. Schipluiden, 2003.*

*Fig. 2. Me sitting on a throne*

During the phallic stage around the age of three to seven, I remember having a diverse circle of friends consisting of boys and girls, which later only consisted of girls from the age of nine. The first stages of trouble in my development started during this stage. It is still a clear memory. I was six years old and started learning how to read. I was asked to read out loud a small part of a text while the rest of the class was listening. I don't know what happened exactly, but I got super anxious and nervous

---

<sup>11</sup> Cherry, Freud's Perspective on women

that I could not see the text anymore and while crying tried to read the text. Ever since this moment, I always experienced anxiety when it was my turn to read. Up until the end of high school, where the sentences were still dancing in front of my eyes when asked to read out loud.

In the next stage, the latency, from age seven to puberty during elementary school I received a lot of judgement from my peers. This stage also caused an error in my development. My interest in experimenting with clothes did not always get appreciated by my classmates. I remember getting bullied for the shoes I wore or my choice of trousers. I often cried in the car on the way home from school. They made me feel different and left out. Looking back I was discovering my interest in fashion and I was not influenced by the standards society had for the way of dressing. Even though now, it all looks quite normal.



*Fig. .3.4.5. Pictures of me expressing myself with clothes over the years. 2007, 2009, 2009*

However, this did make me extra eager to receive the feeling of acceptance and wanting to be liked. Even though it did not influence my confidence as an adult. It did influence my ability to create a fulfilling relationship. It is very easy for me to detach myself from friends. While I care and spend a lot of time with friends, I often change friends as I go through life. Why? I am not sure yet. As Freud claimed, a big influence on our personality during this latency stage is our social skills and our wanting to be good moral citizens.<sup>12</sup>

Hungarian-Canadian physician and author Gabor Maté has a twenty-first-century view that adds to Freud's theory, but with a simpler take on childhood development.

---

<sup>12</sup> Cherry, Freud's Psychosexual Stages.

He specialises in trauma, mental health, autoimmune diseases, addictions and childhood development. Maté states that a child has four basic needs, one being able to strongly attach to a parent. Two is not having to work for the relationship with the parent, so a child can rest in security. Three is being able to experience their emotions fully and fourth is being able to play freely in nature. In his opinion, these are essential for human beings. Maté explains that children in our Western society have to work to be accepted. Children have to be smart, good, behave, good-looking and not be angry. Children are also told not to be themselves and to suppress who they are to be accepted and fit into society. For example, when you tell a child not to be angry or throw a tantrum, which is perfectly normal for a two-year-old to do. What a child understands is that they should not show this emotion to be liked. He states that our Western culture already has set children up for failure. That is supposed to be constructed in a way for children to correctly develop through Freud's stages.<sup>13</sup>

Gabor Maté argues that if you honour children's natural developmental needs instead of following the societal view and agenda, a child will develop beautifully. A child will be curious, spontaneously interested, gain mastery and find joy in learning. However unfortunately that is not what our society does. We put pressure on children and demotivate them.<sup>14</sup>



*Fig. 6.7.8. Picture of me, Louise Noordam, age 5, playing outside, Schipluiden, 2005.*

---

<sup>13</sup> Roll 28:57

<sup>14</sup> Roll 1:30:13

Maté's view adds to that of Freud, a child's early experience becomes a template for their personalities and their interaction with the world. But in addition, Maté highlights the importance of attachment and above all authenticity.<sup>15</sup> He states that the personality we have developed is usually not our real true selves, since it is highly influenced by society's standards and by the defence against the loss of attachment.<sup>16</sup> After putting on paper my early life challenges, I realise that it has affected my future self and led me to start my adulthood already scarred, influenced and unauthentic.

---

<sup>15</sup> How To Academy Mindset. "Dr Gabor Maté" 37:41

<sup>16</sup> How To Academy Mindset. "Dr Gabor Maté" 43:45

## This is my ~~toxic~~ Dutch culture

For over 22 years I have been surrounded by Dutch culture and society. I grew up in the Dutch countryside, near Randstad.<sup>17</sup>

As well as having a family where everyone is Dutch for generations. This means that I am highly influenced by everything Dutch. You could

stereotypically think of eating sandwiches with cheese every lunch, camping in the south of France in summer, learning to bike at two or three, ice-skating at four and swimming at the age of five, eating fried snacks or sitting in a circle with family for birthdays. Living next to cities with canals, but in between the ultra-flat cow fields with a view of a windmill. Or my love for liquorice.



Fig. 9. My home in the country side, Schipluiden, 2022.



Fig. 10 From left to right my sisters Viola, Celine, Chantal and me, cycling and playing in front of my dad's greenhouse, Schipluiden, 2006



Fig 11. Me, Viola, Celine, Chantal and friend Joyce, Ice-skating in front of our house, Schipluiden, 2008.

As Erin Meyer, INSEAD professor and author, explains in her book *The Culture Map*, the place you come from affects the way you communicate, interact with others and view certain situations. Every culture has a different way of handling things. Even countries located close to each other on the map can differ completely.<sup>18</sup> Freud states that your personality is developed according to your surroundings and social

<sup>17</sup> The Randstad, City Ring, is a roughly crescent- or arc-shaped conurbation in the Netherlands, that houses almost half of the country's population. [nl-prov.eu/regional-offices/Randstad-region]

<sup>18</sup> Meyer, 24

influences.<sup>19</sup> And Gabor Maté states that all our afflictions are a representation of the environment and culture we live in.<sup>20</sup>

A research report *Thinking of the Netherlands Social and Cultural Report* from the Dutch Social and Cultural Planning Office and Professor Kim Putter analyses and describes the Dutch identity and also talks about what makes the Netherlands the Netherlands in full detail. The report states that we, as humans, need to feel like we belong somewhere and feel connected. Hence why we identify with the country we grow up in. Also giving mostly the same examples as I was.<sup>21</sup> However, it does not include the hidden Dutch influences, those subtle things that are not often talked about. Certain standards that the Dutch society has established and are followed by most Dutch citizens. This creates a way of interacting and behaving. Let's call it the unwritten code of conduct of the Netherlands.

Albert van Veen, a Dutch-registered psychologist for NIP Work & Organization and also a trainer recognized by the CRKBO for career education, further explains some unwritten rules of our society. Van Veen states that these unwritten rules are there for us to create a clear idea of what we can expect from each other in different situations and circumstances, so communication with others can go smoothly. But van Veen also argues that there are rules that do not help or make it easier at all. He calls them "personal rules poured into concrete". Rules that our brain could subconsciously tell us of things we cannot do or say. Some of the examples he gives are: "I cannot show my weakness. I cannot make any mistakes. I have to work hard and do my best. I cannot say no. I have to be positive. I cannot react angrily. Good is not good enough."<sup>22</sup>

I completely resonate with all of these statements, but this is different for everybody. When reading them it was as if he held up a magnifying glass to me and my personality. They are thoughts that I unintentionally say to myself. According to van Veen, these unwritten rules are linked to the fear of rejection, not being liked and not fitting in, which then leads to spurious behaviour and not being true to who you are and what you would like to do. As well as becoming personal requirements, do's

---

<sup>19</sup> Cherry, Freud's Psychosexual Stages

<sup>20</sup> Roll 1:13

<sup>21</sup> Sociaal en Cultureel Planbureau, 5-6

<sup>22</sup> Veen

and don'ts, instead of guides.<sup>23</sup> The result of this magnifying glass is a realisation of other thoughts and unwritten rules that have affected me and my personality.

Referring back to the timeline of events in my life when I introduced myself. The big effects happened at the start of high school. I started to experience the pressure of high grades, wanting to do everything to the best of my ability and needing to fit in. I went to a completely different high school than all my classmates from elementary school, so it was kind of a restart after being bullied. So I had to make sure I did not feel left out again. Suddenly so much is expected of you, you are 12 and the to-do list becomes longer and longer, the pressure higher and higher as the years went by and the tests more important for your future. The two most important exam years were the most stressful and therefore for me also the worst. The unwritten code of conduct I felt and experienced in a Dutch high school went accordingly: I have to fit in and be liked by everybody. I have to follow the norm. I have to be nice and polite. I cannot upset anyone. I have to obey all rules. I cannot be late. And I was never late in all 5 years of high school. I have to study hard. I have to get high grades. I cannot interrupt a teacher. I cannot be angry. I cannot miss a class. I have to hand everything in on time. I need to have everyone's approval. I have to be good. As a consequence of following these rules, I lost a sense of freedom. The bubbly and expressiveness I had before high school sizzled out. For example, instead of saying whatever I wanted, I second-guessed my answers or input in a conversation. I felt a lot of pressure to not make any mistakes.

Then there is the case of feeling like I do not fit into the social norm when I do not live my life like others my age. For the countryside and Randstad area where I grew up in the 2010s, it was like you are not normal if you do not drink before eighteen and start partying. It is not cool when you do not have a tv at home and are not allowed to watch Harry Potter with witchcraft. You are not cool if you don't play a sport. You are weird when you come from a family of five children, but four is ok. So strange that you are not up to date with the current music trends. You are too well-behaved and not experimental enough.

Van Veen confirms the idea I have on how these rules and social norms cause you to suffer and also states that one appreciation or compliment does not

---

<sup>23</sup> Veen

change how you still feel the need for approval. It puts an unnecessary amount of pressure on ourselves.<sup>24</sup>

Gabor Maté ideas add another layer to this pressure society view. He states that for healthy human growth and development, western cultures are not so supportive. The values, culture and expectations we make for people are toxic to healthy development. Maté says this because he sees more and more people getting mentally ill, sick, addicted, dying or overdosing. And according to him, this is a direct representation of our toxic Western culture.<sup>25</sup> And when the place we grow up in affects us, that means the Dutch society and culture for me are partly responsible for any unhealthy afflictions, as well as influencing who I have become.

---

<sup>24</sup> Veen

<sup>25</sup> Roll 3:08



## **This is my ~~stressed autoimmune eczema~~ health**

The Dutch society I grew up in created a toxic unhealthy environment for me and caused me to start my adulthood scarred, influenced and unauthentic. Being bullied in my early development stages as well as receiving a high amount of pressure from unwritten rules have had a big impact on me. Causing me to lose my authenticity. Luckily for me, Gabor Maté has more to say about this with a health perspective to help me learn and realise. His knowledge speaks to me because of the autoimmune eczema I have been struggling with and hurt by for the last ten years. The first signs of the inflammation on my skin started to show when I was twelve years old, the start of high school and the high amount of pressure. It only became worse and worse as time passed. First my eyes and inner arms. Later my face, neck, chest, hands, whole arms, inner legs and scalp.

Maté talks about the link between trauma and illness during his appearance on the Rich Roll podcast in the episode *Dr Gabor Maté On How Trauma Fuels Disease*. He states that there are tens of thousands of scientific studies on how people's biology get affected by emotions and environments. Social conditions, stress, trauma, genderism, racism, and inequality can all have a physiological impact on our immune systems, our guts, our hearts, our hormonal apparatus, and our nervous systems.<sup>26</sup> To understand Maté theories on trauma, he explains trauma as a wound and not an event. Trauma comes from the Greek word for wounding.<sup>27</sup> Growing up without having your essential emotional needs met and lacking attachment and authenticity can leave you emotionally wounded. Which our Western society fails to meet and purposely gambles with.<sup>28</sup>

Gabor Maté sees a rise in autoimmune diseases, a condition where the immune system turns against itself and starts destroying.<sup>29</sup> Think of rheumatoid arthritis, lupus, multiple sclerosis, chronic fatigue and autoimmune eczema as well.<sup>30</sup> Maté noticed that the development of an autoimmune disease is linked to stress, people's coping styles and suppression of emotions. He states that people get

---

<sup>26</sup> 5:45

<sup>27</sup> 8:47

<sup>28</sup> 9:10

<sup>29</sup> 12:43

autoimmune diseases when they are not allowed to be their real true selves to survive and fit in with families and society and they do not know how to have healthy anger. When you suppress this anger it does not go away. No, our emotions turn against us, which then leads to the self-destruction of our immune system.<sup>31</sup> Leaving us out of balance.

Expressing emotions is something I do have difficulty with. I usually describe myself as always happy and positive, never expressing any anger towards anyone. Now I am realising that I do this out of protection for fear of not fitting in and not wanting to upset anyone. I have quite a people-pleasing personality, I think about others' emotions before my own. I have noticed that I sometimes feel guilty when I am angry or annoyed with someone like I am scared that in return they will get upset with me instead.

Gabor Maté mentioned the song *Only the good die young* by Queen written as a dedication to Freddie Mercury and everyone who dies too young.<sup>32</sup> Maté explains the title *Only the good die young* as the ones that suppress their anger, want to always be good and fit in, never disappoint anybody and feel responsible for how other people feel, are the ones that tend to get ill and die young.<sup>33</sup> This can lead to stress, forcing you to assume a different persona than your true self, and suppressing your feelings.

According to Maté stress or inflammation has three components, the stressor an external event and the physiological stress in your body, adrenaline. In between the external and physical stress are our unconscious beliefs and interpretations that cause stress. An internal emotional dynamic that we cannot control.<sup>34</sup> The way to relieve yourself of this stress and trauma and to heal is by getting to know who you are and being who you are. Become your authentic self.<sup>35</sup> My autoimmune eczema could very well be a response to the stress caused in my body. Showing me that I am not living like my real true self. Instead, I took on a different role to fit into society and caused myself a whole lot of pressure.

The stressor in this case comes from a toxic system where everyone is focused on each other instead of themselves. People judge and create opinions

---

<sup>31</sup> 12:43

<sup>32</sup> McDonald

<sup>33</sup> How To Academy Mindset. "Dr Gabor Maté" 16:40

<sup>34</sup> How To Academy Mindset. "Dr Gabor Maté" 53:35

<sup>35</sup> How To Academy Mindset. "Dr Gabor Maté" 1:01:18

about each other, instead of not interfering with someone's life. French historian and philosopher Michel Foucault's theory, *The Gaze of Surveillance*, gives a great metaphor for our modern society that is suffering from constant observation. He wrote his theory in 1975 while being inspired by the image of the panopticon, which is the 'perfect' prison. A circular prison where inmates are kept in total visibility creates self-disciplined prisoners living with the threat of surveillance, a real power structure.<sup>36</sup> This is a metaphor for our society because, in this kind of prison, you experience a constant feeling of being judged by the normalizing gaze. The same gaze that makes you try to fit into society and put this in combination with a lot of mentally challenging rules. No wonder you lose your real true self. Foucault, Maté and Freud all saw the influence this has on our body and personality.

I previously explained the effects of cultural influence on my authenticity. However, when talking about a gaze of approval, my family's gaze also comes to mind. Living at home with my parents and wanting to have their approval on everything I do. Even though my mum and dad are supportive of my work, and what I do and are not strict at all, I consciously feel their gaze and presence. They are very aware of what I do on a day-to-day basis. Since they are quite religious, there is this voice in the back of my mind "What would my parents think?" They have a clear vision of what is right and wrong and taught this to my siblings and me. And in addition, my grandma makes comments about how I should not dye my hair, the orange it is now, every time I see her or other statements forcing her opinion. When talking with my older sister Celine Noordam about our family and her experience with the gaze of approval. (Noordam, Celine. Interview, 12 January 2023) She states that at family gatherings she does not share any personal information unless someone asks, to not be judged. Celine mentions that uncles, aunts, grandparents and cousins usually talk about what you are going to do and never about what you already can do. Especially the older generation, who are used to the structure of studying, immediately finding a job and starting a family.

A controversial, far-right Canadian psychologist, author and emeritus professor of psychology at the University of Toronto Jordan B. Peterson has an interesting point of view on the relationship with your parent's once you have grown up. According to the Guardian, he is a controversial professor. Mostly, because he

---

<sup>36</sup> Qtd in Tynan, 187 -189

uses conspiracy theories in arguments or talks negatively about feminism or gender identity.<sup>37</sup> So not all of Peterson's theories are in line with my way of thinking. However, he does challenge your thoughts and makes you rethink what you know. Peterson questions why our parent's opinions have so much power over us compared to the opinion of other people of the same age. We treat our parents like they know everything, kind of a god image. They know the answer, and they know what you should do. He calls it a judge who is always watching you. At a certain point and age you know just as much as them, that's the point when you cannot find the answers to your questions in your parent's house. You have to go looking elsewhere and live more individually to grow.<sup>38</sup> This is how I am currently feeling. I feel stuck at home. I was ready to move out of the house a couple of years ago, but due to financial reasons, it was not a possibility. So I have not been able to spread my wings and find my individual life. For years I asked my parents what I could do to cure my eczema, but it has not helped.

So now I am looking for answers elsewhere and explaining to them what I am learning. What I will tell them is that I have been wounded by trauma in my past and lost my real true self to the need of having to fit in and follow some unwritten rules that unfortunately have had an impact on me.

As a result, I started to develop autoimmune eczema as a sign of inauthenticity, because my immune system started to turn against me. Now, to heal my trauma and wounds I have to find out who I am, while not seeking the approval of others.

---

<sup>37</sup> Lynskey  
<sup>38</sup> Qtd in Chaos & Order

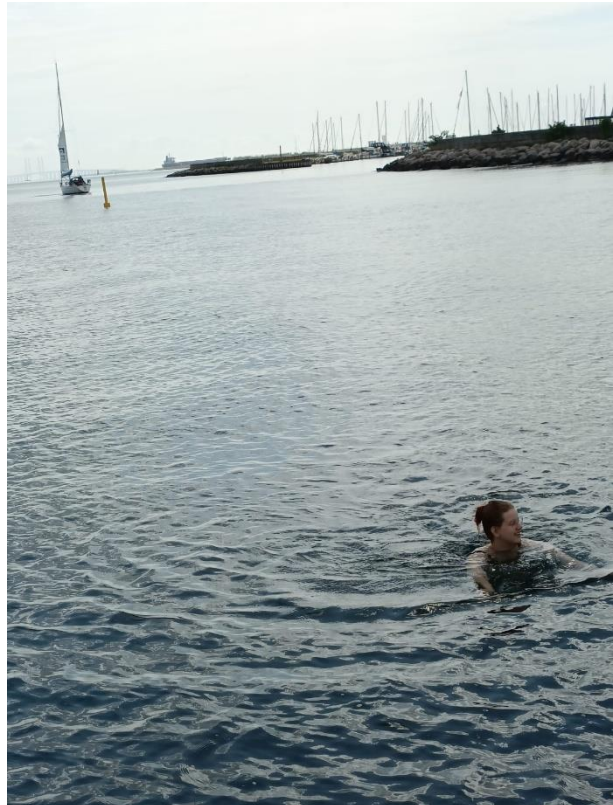
## **This is my ~~lovely fantastic amazing~~ Copenhagen experience**

Three months in Copenhagen in the spring for an internship trip and my ten-year-old autoimmune eczema is completely gone, completely. I started noticing the changes three weeks into being in Denmark. The dry patches on my face were gone. And slowly week by week my hands started to heal until suddenly it was completely gone. A sense of calmness came to me, I was able to swim in the warm spring water and started wearing shorts and short sleeves without thinking of the exposed skin. Looking into the mirror without noticing the pain on my face. Only a soft baby skin that felt so new. What had changed? Because that winter, a couple of months earlier, I went to the doctor with a cry for help, because the eczema was too painful to handle.

There are studies of people that get spontaneously better, but Gabor Maté argues that is not as spontaneous as one thinks. There is one thing that they all have in common. They all become authentically themselves and stopped pleasing the people around them and found what they needed with

themselves. Maté states that you can heal from your autoimmune disease if you get in touch with your real self and take control of your own life. As well as getting in touch with your healthy anger. The conditions that you think are chronic and incurable, are fortunately not.<sup>39</sup>

So there I was in a foreign country in an unfamiliar city. Around people with no pre-information about who I am. Getting a fresh slate for a new first impression and being able to make new friends and show them just me. I was taken out of my toxic Dutch culture and placed into a different daily life. Living in a city where the people



*Fig. 12. Me swimming in the cold spring water after years of no swimming, Copenhagen, May 2022.*

---

<sup>39</sup> Roll 33:06

don't speak your language. Copenhagen allowed me to feel free and experience new things. I was able to discover a part of my real true self. I started partying more and dressing more freely and I even dyed my hair an even brighter orange. Even just going for a swim in the morning gave me a sense of freedom. Or the fact that there is no one around to report to or knows what you are doing in your day. No more gaze of approval, but just a gaze of just not knowing who you are and that I am not Danish. Even though I still had a lot of responsibilities during the internship like at home. I felt a difference in pressure since the final result was not up to me. My eczema must have gone away because I started living without stress and was far away from the traumas that I experienced in the Netherlands. I had not realised this had happened until I was home again.

My sister, Celine, was the only one that visited me during my stay abroad. When I asked her if had changed, she answered that she noticed that my way of thinking had changed. I focused only on what I was doing at the moment and did not worry about the tasks that still need to be done. She thinks it is because I came there to support and help in a company, instead of being the designer and leader of a project, like with my art. (Noordam, Celine. Interview, 12 January 2023). I have to agree with her about only thinking about what needs to happen at that moment. When I am at home, I am usually already thinking about what needs to happen in the next week or next month.

Sadly, after such an amazing experience and newfound happiness, my eczema came back within a couple of weeks of being home. Leaving me with a big question mark in my head as to why this is the case, feeling helpless and lost. Bessel van der Kolk, a Dutch-American psychiatrist and emeritus professor with more than thirty years of research into post-traumatic stress and clinical practice, gives an inside to why this could have happened. Van der Kolk is well known for his book, *The Body Keeps The Score*, which highlights the influence of traumatic stress on our bodies. He explains how your body and brain are reshaped by trauma.<sup>40</sup> Van der Kolk states



Fig. 13. My hand showing the left over scarring after the eczema is gone.

---

<sup>40</sup> Kolk

that your body does not recognise trauma as a past event, but it thinks the trauma is still ongoing and happens over and over again inside of you. Leaving your autoimmune system, mind and brain in constant stress, which makes it more likely for you to develop an autoimmune disease. It also makes you overreact to current stresses.<sup>41</sup> He clarifies that trauma can change your brain and view of the world.<sup>42</sup> Meaning that the trauma stays with you, even long after it has happened. Your body literally keeps a score of the events that have happened to you.

So for me, coming back to the place of all my traumas must have triggered a response. Back under the pressure of Dutch society and around people with a certain perspective of who I was. Without being aware yet of the trauma I had been living with, I went slowly back into my fake self. Wanting to be liked, needing to please people, telling myself the unwritten rules and wanting to fit in. As well as starting back with academy work, needing to produce good work and giving myself a high amount of pressure and workload. As a result, my immune system was the victim and my emotions turned against me again, causing my autoimmune disease to break through.

However, all these questions did give me the inspiration to look into my past and start the journey to learn the causes of my troubles. And with the months passing by and my eczema getting worse and worse, it was time to look into the why. It is time for my body to lose the score.

---

<sup>41</sup> The science of Success 8:52

<sup>42</sup> Kolk

## **This is ME ~~I am already?~~**

Now I am on a new journey to find my real true self to live autoimmune eczema-free and live life to the fullest. Gabor Maté states that a disease can be your teacher. It tells us that we are not living our authentic life, but instead are living a life of self-suppression. I have to agree with his statement.<sup>43</sup> My eczema has been a teaching mechanism for me. It has taught me about diet and what certain foods can do for you or it let me be able to trust my instinct more and not follow the mainstream way of thinking. If I had, I would for example have used the steroid creams that my doctor described for me last winter, which is bad for many reasons.<sup>44</sup> I have been teaching myself and learning about eczema since the start of its existence in my life. With religious parents, the first solution was not the doctors, which I am now very grateful for. So it was googling, reading, and trying out a lot of different things. And with nothing working, I kept researching, which eventually led me to veganism and even more extreme food exclusions after an EMB-blood test, which test insufficiencies, allergies and intolerances. This test also showed me that I am 90% influenced by stress, which was a big eye-opener as well.<sup>45</sup> Especially now with Gabor Maté confirming the influence of stress. But after three years of veganism, my eczema did not go away, but within three months in Copenhagen it did.

Again listening to Maté's words, they advise me to let go of victimhood to achieve control of my life. To heal you have to recognize what happened, but not let it define who you are. Trauma is not what has happened to you, but what has happened inside of you as a result of what happened to you.<sup>46</sup> My autoimmune eczema is an inflammation from the inside that shows me that I am not living like my real true self yet. Maté states that I will be able to heal that wound at any time.<sup>47</sup> And even writing this, is me becoming aware of my trauma and leading me to heal. Another tool to heal and grow that Maté gives is that vulnerability allows you to grow. He says: "vulnerability is our capacity to be wounded." If you are hurt in your childhood, then being vulnerable is too painful and we shut it down and stop growing. Being able to be vulnerable again can help you heal your trauma.<sup>48</sup>

---

<sup>43</sup> Roll 15:20

<sup>44</sup> Topical steroid creams are most commonly prescribed to treat eczema and mimic the effects of hormones. Reduces inflammation and itching, and allows the skin to start healing. [medicalnewstoday.com]

<sup>45</sup> EMB blood test result

<sup>46</sup> Roll 52:25

<sup>47</sup> Roll 53:09

<sup>48</sup> Jay Shetty Podcast 11:47



Bessel van der Kolk discusses the importance of finding the calmness within yourself as a tool to heal, with all sorts of methods like doing Yoga, Chi gong, and learning how to control your breath and body movements. This is seen as alternative healing in our Western culture, but in China or India, it is an age-old method to heal the body. The thought behind it is, that if you learn how to manage your body, get in touch with all your senses and learn how to not let the disturbance of trauma affect you. Making you feel calm and safe within.<sup>49</sup> Two other alternative methods Kolk describes that could help are the use of MDMA ecstasy and EMDR<sup>50</sup> eye movement. However, I won't be going into detail about those.<sup>51</sup>

This is the first time I have fully discussed and picked apart my past or fully acknowledged my eczema difficulties. My graduation collection *Binnen Dansen*, which translates to Dancing Indoors, is an amazing therapeutical tool to analyse my past, current and future self. Inspired by happy carefree moments from my youth and influences from Dutch society's rules, translated into my current self. *Binnen Dansen* refers to dancing with my siblings through the living room when we were young.

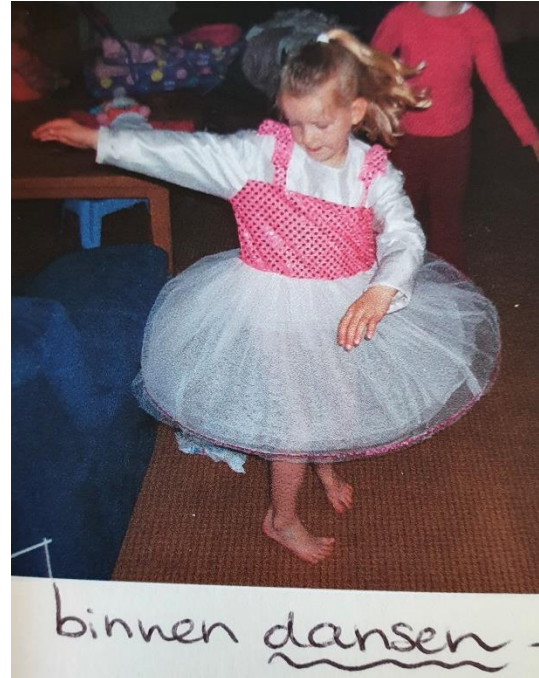


Fig. 14. Me dancing indoors, *binnen dansen*, in the livingroom, *Schipluizen*, 2005



Fig. 15. Celine, Me, Viola and Chantal dancing indoors, *Schipluizen*, 2007

<sup>49</sup> The science of Success 23:21

<sup>50</sup> EMDR, Eye movement desensitization and reprocessing therapy is a mental health technique where you move your eyes in a specific way while you process traumatic memories. [ [my.clevelandclinic.org](http://my.clevelandclinic.org) ]

<sup>51</sup> The Science of Success 28:45

*Binnen Dansen* has allowed me to be vulnerable and start my journey to healing. I am grateful to know that being vulnerable is a tool to restore my wounds. It makes me realise and relive what has happened and has again been a teaching mechanism. Even though my eczema is back and knowing that I am not living an authentic life yet, I have hope that with all the information gained, I will be able to find my true self and live with calmness within myself. *Binnen Dansen* has turned the negatives from my life into positives. Using my memories to create a colourful, happy and vibrant collection that truly represents who I am at the moment. For example, my childhood notebook has drawings that I

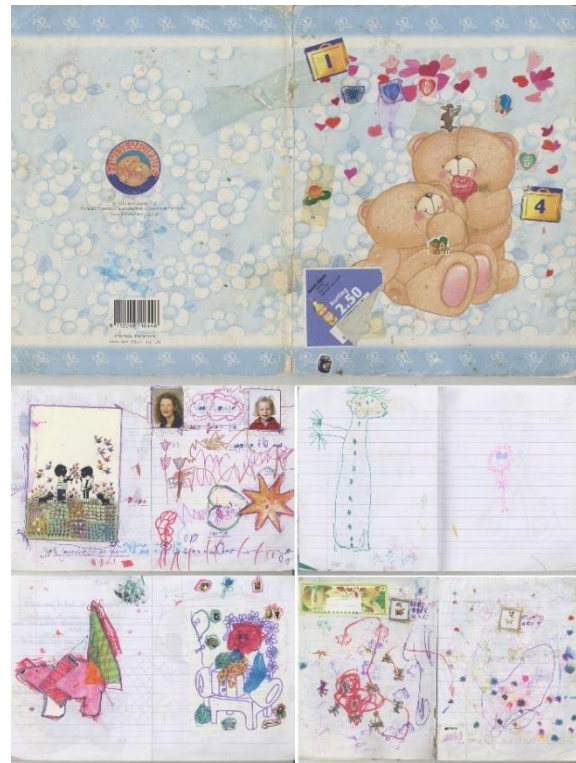


Fig.16. Childhood artbook made by me, Schipluiden, 2003-2004

created when I was three and four years old, a period of my life when I had no worries or pressure. The attempt to recreate the free expression, but then from my current self, made me realise how difficult it is to not overthink it all. Also taking pictures from myself when I was young that are linked to happy memories, is a way of letting my old self free and giving her a new chance to live. In the hope of gaining her calmness and vulnerability again.

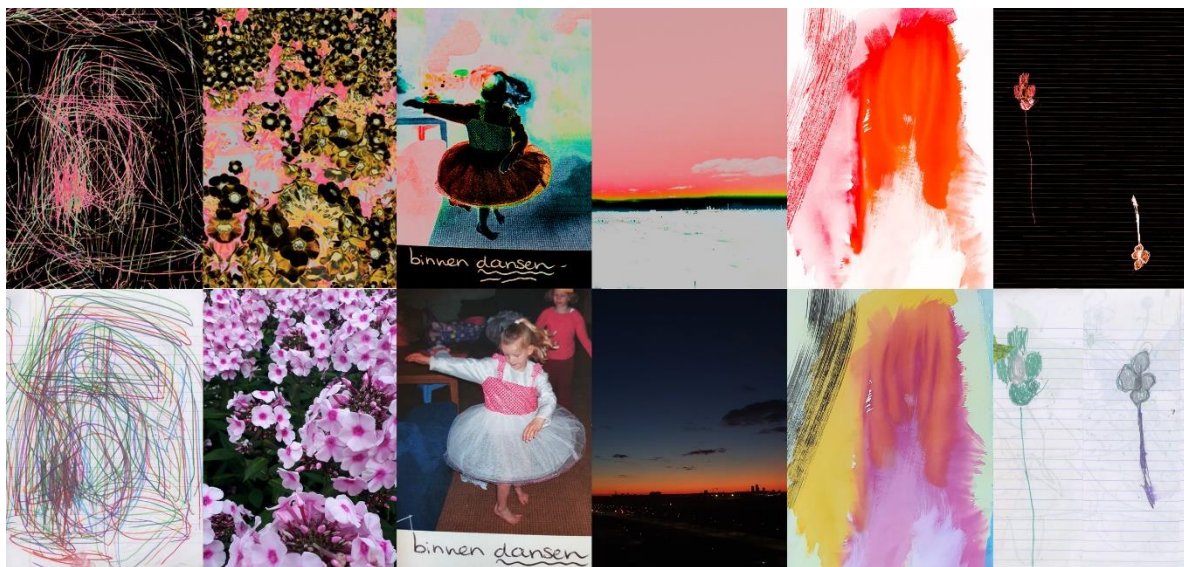


Fig.17. A selection of the prints developed for my collection, using images from my childhood artbook, Copenhagen photos, me dancing indoors and a painting I made in 2022.

The same goes for silhouettes where I go back to my younger self and when I tried on the clothes from the grown-ups in my life. The adults who know it all and are there to teach. Then there is the society that I would like to turn upside down in the hope that it someday changes or loses its rules.



Fig.18. An overview of all my designs for my collection, Binnen Dansen. From left to right look 1 to 9.

Look 1: wearing an upside-down pleated skirt, as an act against societal norms.

Look 2: wearing my dad's suit pants as a young girl.

Look 3: wearing my mum's fitted dress.

Look 4: wearing an oversize men's shirt, sleeve held up with a bow.

Look 5: wearing my mom's big coat in my favourite colour yellow.

Look 6: wearing my grandma's 'Chanel' jacket with a long skirt.

Look 7: wearing dad's pinstripe suit.

Look 8: wearing my grandma's pencil skirt a with blouse.

Look 9: wearing my mom's fancy gown with a big bow.

All looks: wearing oversized shoes secured with bows, inspired by when I used to put on my mom's heels, which were too loose on me.

And the glass accessories show the vulnerability and fragility of my true self and the difficulty of controlling how it changes and is influenced. Even though I still have autoimmune eczema and am not living like my real true self yet, I can use all of my ability to learn, grow and find my calmness, authenticity and vulnerability to heal my wounds.

## ~~Conclusion~~, **What have I learned?!**

What a learning journey this research has been, I am grateful for everything this thesis has taught me. From reliving my childhood memories to having hope for the future.

What I have experienced in my childhood has influenced my personality and who I have become. I learned this from the important experts referred to in this thesis. They all thought me something different that in the end it all together gave me a full understanding of myself.

According to Sigmund Freud, your personality development has five stages and the events that happen during those stages become a template for your personality and your interaction with the world. In my case, it was being bullied and wanting to fit in, because of the need for approval.

According to Erin Meyer the society and country you grow up in have a direct influence on the way you communicate and interact with others. So, having mostly Dutch influences means that I am guided by unwritten rules that the Dutch society has in place. These are rules that we subconsciously tell ourselves and cause us to suffer. A toxic system where we are focused on each other, judge each other and interfere in someone's life.

According to Gabor Maté, our health troubles are a representation of the environment and the culture we live in. This means that my health is influenced by Dutch society. Next to that, health is also influenced by trauma and authenticity. Trauma is caused by external events, which cause a toxic system, physical stress, and also our unconscious beliefs. In my case, the constant need to be perfect, fit in and please others. He states that this can lead to autoimmune diseases when we are not allowed to be our true selves as a sacrifice to fit in with society and our families. This is because we suppress our own needs and emotions, which then turn against us and self-destruct our immune system. The autoimmune disease that I have is autoimmune eczema, so this relates to me. Showing me that I am not living like my real true self.

However, when I stayed in Copenhagen for three months, the eczema was gone. So this means that I had a period where I was living more like my real true self. Because Maté does state that if you get in touch with your real true self and take control of your life, you can heal from your trauma and therefore cure your

autoimmune disease. What happened is that I lost the gaze of approval, and was away from the pressure of Dutch society and everything familiar. But once I came back home, my eczema also come back again.

According to Bessel van der Kolk our body and brain get reshaped by trauma, meaning that the body remembers what has happened in the past and relives it. Even when it happened a long time ago. So when coming back to the place of all my trauma, the trauma triggered a response and caused my eczema to return. He also agrees with Gabor Maté that trauma inside of you can leave your autoimmune system, mind and brain in constant stress. With, as a result, having a bigger chance to develop an autoimmune disease. My autoimmune eczema shows me that I am not living like my real true self yet.

So to conclude, I strongly believe after this research that the troubles in developing my personality when I was a child, combined with the unwritten rules of Dutch society, have caused me to lose my authenticity and are the reason I developed an autoimmune disease, eczema. So yes It has been affected. And having lived in Copenhagen has helped me realise that I was living most like my real true self when I was there, but it did not completely heal me, since I went back into my old self when coming back home. So now to heal and recover from my autoimmune eczema I have to find my real true self, calmness and control in my life. Bessel van der Kolk says it is important to develop a loving relationship with your body and Maté wants me to find my vulnerability. So *Binnen Dansen* has been a great first opportunity to go in that direction.

I am happy that I do not have to reach for steroid hormone cream, which is a problem that should be addressed another time. Because I recently learned that those hormone creams can lead to even worse skin after stopping its use. Leading to TSW, Tropical Steroid Withdraw. A more extreme skin condition than eczema. This is very unknown in society and only when you experience it yourself, do you become aware. I could have had TSW as well because last year I came very close to using Steroid creams.

## Bibliography My teachers

- Academy of Ideas. "Carl Jung's Method of Self-Development – The Path of Individuation". *Youtube*. 19 May 2021. 11 November 2022. < [https://www.youtube.com/watch?v=Vx\\_60kIXLIU&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu\\_&index=4](https://www.youtube.com/watch?v=Vx_60kIXLIU&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu_&index=4) >
- Bartlett, Steven. "Jordan Peterson: How To Become The Person You've Always Wanted To Be E113." *YouTube*. 3 January 2022. 28 December 2022. < <https://www.youtube.com/watch?v=3uLDin9A9pc> >.
- Besamusca, Emmeline, and Jaap Verheul. *Discovering the Dutch: On Culture and Society of the Netherlands*. Amsterdam: Amsterdam University Press, 2010. "Bessel van der Kolk." *VPRO Zomergasten*. VPRO. 28 August 2022.
- Cambridge Dictionary, "Meaning of personality in English." Cambridge University Press. 11 November 2022. < <https://dictionary.cambridge.org/dictionary/english/personality> >.
- Chaos & Order. "Jordan Peterson – Why it is IMPORTANT to LEAVE your PARENT'S HOUSE". *Youtube*. 8 December 2021. 12 January 2023. < [https://www.youtube.com/watch?v=AQee2iSRho4&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu\\_&index=5](https://www.youtube.com/watch?v=AQee2iSRho4&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu_&index=5) >.
- Cherry, Kendra. "Freud's Perspective on Women." *Verywellmind*. Ed. Emily Swaim. 2022. Dotdash Media, Inc. 12 November 2022. < <https://www.verywellmind.com/how-sigmund-freud-viewed-women-2795859> >.
- Cherry, Kendra. "Freud's Psychosexual Stages of Development." *Verywellmind*. Ed. Steven Gans. 2022. Dotdash Media, Inc. 12 November 2022. < <https://www.verywellmind.com/freuds-stages-of-psychosexual-development-2795962> >.
- Cherry, Kendra. "Overview of Sigmund Freud's Theories." *Verywellmind*. Ed. Emily Swaim. 2022. Dotdash Media, Inc. 12 November 2022. < <https://www.verywellmind.com/freudian-theory-2795845> >.
- Coates, Ben. *Why the Dutch Are Different: A Journey into the Hidden Heart of the Netherlands*. London: Nicholas Brealey Publishing, 2015.
- Doidge, Norman. *The Brain That Changes Itself: Stories of Personal Triumph From the Frontiers of Brain Science*. United States: Viking Press, 2007.

- Family Action Network. "Gabor Maté: The Myth of Normal: Trauma, Illness, and Healing in a Toxic Culture". *Youtube*. 24 September 2022. 5 January 2023. < [https://www.youtube.com/watch?v=ttu21ViNiC0&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu\\_&index=14](https://www.youtube.com/watch?v=ttu21ViNiC0&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu_&index=14) >
- FranklinCovey. "The Body Keeps the Score: Dr Bessel van der Kolk". *Youtube*. 12 April 2022. 10 January 2023. < [https://www.youtube.com/watch?v=kHPz\\_pHR7mg&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu\\_&index=23](https://www.youtube.com/watch?v=kHPz_pHR7mg&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu_&index=23)>
- Frijters, Martijn. *De Kracht van Gedachten: Groei in Je Werk Door Belemmerende Overtuigingen Aan Te Pakken*. Van Duuren Media, 2011
- Hawkins, David R. *Letting Go: The Pathway of Surrender*. Carlsbad: Hay House Inc, 2014.
- How To Academy Mindset. "Dr Gabor Maté on The Connection Between Stress and Disease". *Youtube*. 15 August 2019. 5 January 2023. < [https://www.youtube.com/watch?v=ajo3xkhTbfo&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu\\_&index=7](https://www.youtube.com/watch?v=ajo3xkhTbfo&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu_&index=7) >
- How To Academy Mindset. "Healing Trauma & How the Body Keeps the Score – Dr Bessel van der Kolk". *Youtube*. 23 April 2021. 10 January 2023. < [https://www.youtube.com/watch?v=d\\_YApSkqsxM&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu\\_&index=22](https://www.youtube.com/watch?v=d_YApSkqsxM&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu_&index=22) >
- Independent Institute. "Jordan B. Peterson – The Meaning and Reality of Individual Sovereignty (1/2)". *Youtube*. 30 Juli 2019. 14 November 2022. < [https://www.youtube.com/watch?v=juWJIQ-IclM&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu\\_&index=3&t=1s](https://www.youtube.com/watch?v=juWJIQ-IclM&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu_&index=3&t=1s) >
- Kolk, Bessel van der. *The Body Keeps the Score: Mind, Brain and Body in the Transformation of Trauma*. London: Penguin Books Ltd, 2014.
- Kolk, Bessel van der. "THE BODY KEEPS THE SCORE, BRAIN, MIND, AND BODY IN THE HEALING OF TRAUMA." Bessel van der Kolk, MD. 2014. 10 January 2023. < <https://www.besselvanderkolk.com/resources/the-body-keeps-the-score> >.
- Lynskey, Dorian. "How dangerous is Jordan B Peterson, the rightwing professor who hit 'a hornet's nests'?" *The Guardian*. 2018. Guardian News & Media Limited. 27 February 2023. <<https://www.theguardian.com/science/2018/feb/07/how->



[dangerous-is-jordan-b-peterson-the-rightwing-professor-who-hit-a-hornets-nest](#) >

Maté, Gabor, and Daniel Maté. *The Myth of Normal: Trauma, illness, and Healing in a Toxic Culture*. Penguin Young Readers, 2022.

Maté, Gabor. *When the Body Says No: The Cost of Hidden Stress*. London: Ebury Publishing, 2019.

McDonald, Adam. "Queen – No-One But You (Only the Good Die Young) – Lyrics Meaning & Song Review". Just random Things, lyrics reviews and song meanings.WordPress. 21 February 2021. 27 February 2023. <

<https://justrandomthings.com/2021/02/21/queen-no-one-but-you-only-the-good-die-young-lyrics-meaning-song-review/> >

Meyer, Erin. *The Culture Map: decoding how people think, lead, and get things done across cultures*. New York: Public Affairs.U.S, 2016.

Ministry of Social Affairs and Employment. *Core values of Dutch society*. Pro Demos, House of Democracy and Constitution, 2014.

< [https://www.youtube.com/watch?v=juWJIQ-lclM&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu\\_&index=3](https://www.youtube.com/watch?v=juWJIQ-lclM&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu_&index=3) >.

Jordan B Peterson Clips. " Why identity isn't the only consequence of your subjective experience – Jordan B Peterson #shorts". *Youtube*. 19 April 2021. 28 December 2022. <

[https://www.youtube.com/watch?v=kQUx5Qh25iw&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu\\_&index=2](https://www.youtube.com/watch?v=kQUx5Qh25iw&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu_&index=2) >.

Philosophies for Life. "Friedrich Nietzsche – How To Find Yourself (Existentialism)". *Youtube*. 2 November 2020. 12 November 2022. <

[https://www.youtube.com/watch?v=0OIZMGEQ298&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu\\_&index=12](https://www.youtube.com/watch?v=0OIZMGEQ298&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu_&index=12) >

PsychED. "Introduction to psychology: Sigmund Freud". *Youtube*. 7 August 2014. 10 November 2022. <

[https://www.youtube.com/watch?v=XG9TPpFjc90&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu\\_&index=17](https://www.youtube.com/watch?v=XG9TPpFjc90&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu_&index=17) >

PsychED. "Sigmund Freud: The Id, Ego and Superego". *Youtube*. 10 August 2021. 10 November 2022. <

[https://www.youtube.com/watch?v=bM1sT\\_GeQFc&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu\\_&index=18](https://www.youtube.com/watch?v=bM1sT_GeQFc&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu_&index=18) >

- PsychED. "Sigmund Freud: The Psychosexual Stages of Development". *Youtube*. 1 September 2021. 10 November 2022. < [https://www.youtube.com/watch?v=xFtqODo4Cyo&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu\\_&index=19](https://www.youtube.com/watch?v=xFtqODo4Cyo&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu_&index=19) >
- PsychED: "Sigmund Freud: The Unconscious Mind". *Youtube* 26 July 2021. 10 November 2022 < [https://www.youtube.com/watch?v=q0Z7uaekc\\_U&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu\\_&index=20](https://www.youtube.com/watch?v=q0Z7uaekc_U&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu_&index=20) >
- Pursuit of Wonder. "Becoming Your True Self – The Psychology of Carl Jung". *Youtube*. 6 Oktober 2021. 28 December 2022. < [https://www.youtube.com/watch?v=uRDy4M5jl-g&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu\\_&index=1](https://www.youtube.com/watch?v=uRDy4M5jl-g&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu_&index=1) >.
- Rist, Pipilotti. *Ever Is Over All*. Two-channel video Installation. Duration: 4:07. Venice: Venice Biennale, 1997.
- Roll, Rich. "Dr Gabor Maté On How Trauma Fuels Disease – Rich Roll Podcast". *YouTube*. 5 September 2022. 3 January 2023. < <https://www.youtube.com/watch?v=AEpD2o6MZOk> >.
- Science and Nonduality. "It Didn't Start With You, Mark Wolynn". *Youtube*. 9 February 2017. 11 January 2023. < [https://www.youtube.com/watch?v=YqBhAggZGSU&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu\\_&index=6](https://www.youtube.com/watch?v=YqBhAggZGSU&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu_&index=6) >.
- Jay Shetty Podcast. "The ROOT CAUSE Of Trauma & Why You FEEL LOST in Life – Dr. Gabor Maté & Jay Shetty." *Youtube*. 24 October 2022. 4 January 2023. < <https://www.youtube.com/watch?v=OTQJmkXC2EI> >.
- Sigmund, Freud. *The Ego and the Id*. 1923
- Sociaal en Cultureel Planbureau. *Thinking of the Netherlands Social and Cultural Report*. Den Haag: Uitgeverij SCP, 2019
- Sprouts. "Freud's 5 Stages of Psychosexual Development". *Youtube*. 31 July 2020. 14 November 2022. < [https://www.youtube.com/watch?v=mhG-twzaE\\_g&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu\\_&index=18&t=455s](https://www.youtube.com/watch?v=mhG-twzaE_g&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu_&index=18&t=455s) >.
- The Brain That Changes Itself*, Dir. Mike Sheerin. 90<sup>th</sup> Parallel Productions Ltd, 2008.

The Diary Of A CEO. "Jordan Peterson: How To Become The Person You've Always Wanted To Be – E113". *Youtube*. 3 January 2022. 16 November 2022. <  
[https://www.youtube.com/watch?v=3uLDin9A9pc&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu\\_&index=10](https://www.youtube.com/watch?v=3uLDin9A9pc&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu_&index=10) >

The Diary Of A CEO. "World Leading Therapist: 3 Simple Steps To Remove Your Negative Thoughts: Merisa Peer – E154". *Youtube*. 23 June 2022. 22 November 2022. <  
[https://www.youtube.com/watch?v=bzilnhq3Mkg&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu\\_&index=21](https://www.youtube.com/watch?v=bzilnhq3Mkg&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu_&index=21) >

The Science of Success. "Healing Trauma: How To Start Feeling Safe In Your Own Body with Dr Bessel van der Kolk". *Youtube*. 20 April 2019. 10 January 2023. <  
[https://www.youtube.com/watch?v=kXv4Wobnwyl&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu\\_&index=24](https://www.youtube.com/watch?v=kXv4Wobnwyl&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu_&index=24) >

Tynan, Jane. "MICHEL FOUCAULT Fashioning the Body Politic" Thinking Through Fashion: A Guide to Key Theorists Eds. Agnès Rocamora and Anneke Smelik. London/United Kingdom. J.B.TAURIS. 2019. 184-199.

Veen, Albert van. "*Hoe eigen leefregels en overtuigingen geluk in de weg kunnen zitten.*" MD assessment coaching training. 1 April 2019. 10 January 2023. <  
<https://md-act.nl/onzekerheid/hoe-eigen-leefregels-en-overtuigingen-geluk-in-de-weg-kunnen-zitten/#:~:text=Ongeschreven%20regels%20zijn%20sociale%20regels,kassa%20dring%20je%20niet%20voor> >.

Your Parenting Mojo. "The Body Keeps The Score with Dr Bessel van der Kolk". *Youtube*. 27 July 2021. 8 January 2023. <  
[https://www.youtube.com/watch?v=dJdlvutw0WA&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu\\_&index=14](https://www.youtube.com/watch?v=dJdlvutw0WA&list=PLqtKzFKAwlebtPEQHxi-40lue4-Zkywu_&index=14) >

Zuuren, Florence J. van. *Het overtreden van ongeschreven regels: Een kwalitatief onderzoek*. University of Groningen Press: Groningen, 1 July 1985.

## ~~Appendix~~ My Accessories

Noordam, Celine, Interview, 12 January 2023.

What is my personality?

Assertive, artistic, flexible, obedient, acting, industrious, practical, enthusiastic, independent, affectionate, restless, spontaneous, entertaining

What is your perspective of me? Are what I call things you recognize in me? Is there something I'm not mentioning that would fit in? And how did you realize that I always put pressure on myself very high?

I recognize what you are describing. You learned to avoid conflict. If something you want to have or achieve in the future depends on someone else, like at school, it's practically smart to befriend them. As long as you meet the right input, you will also get the output you want. Some people don't care about that and do what they feel like now and don't care about possible disagreements that arise from it. If ~~that is without any vision of the future, it is seen as stupid.~~ You only do what you want when you know that you can rely on yourself and that others have no influence on the course. Then you can look to the future with confidence in the outcome and planning is just a tool.

How did you experience the gaze of approval from home?

During family gatherings often about what you are going to do and not about what you can already do. You've just finished studying, but it's immediately about what you're going to do next. You are proud of what you have done, but that is not enough. The older generations in particular believe that you should work immediately after your education or have a plan for the future. I had spent far too little time on myself because of school and I wanted to discover my other interests. In addition, I often avoid sharing personal information until someone asks.

How did you experience me when I was in Copenhagen? Did I change a lot?

No, you had not changed much, probably just your thoughts were different. You didn't talk about things you still had to do. What you had to do didn't matter until

you started doing it. I think that was because you were helping, rather than being the creator and driver of the project.

How do you see that I'm stressed again? How did you experience me having eczema?

Wobbly, hands move all the time, and you sigh a lot.

Want to walk spontaneously, away from the stress

You react to it by scratching because it itches. When you're stressed, you seem to let go of the control you want to have over your eczema.

You try to investigate causes and solutions, such as adjusting what you eat. I think you would like to know what the solution is, no matter the time it takes.

## EMB- Blood test result

### ▼ Stress Parameters

