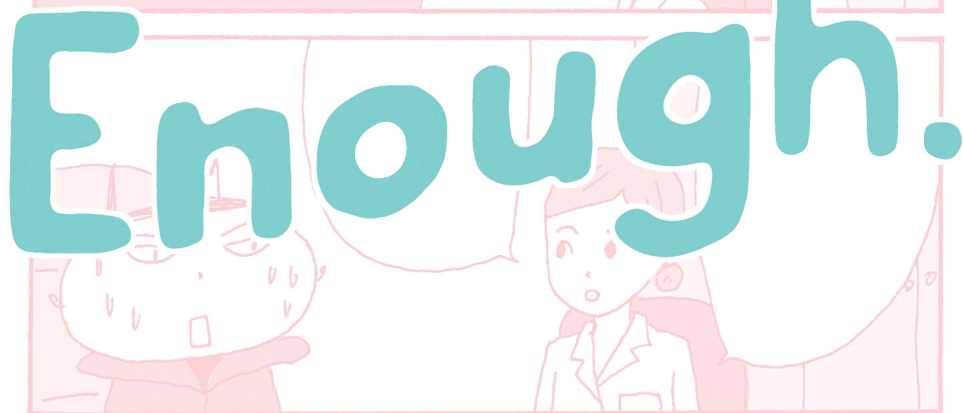
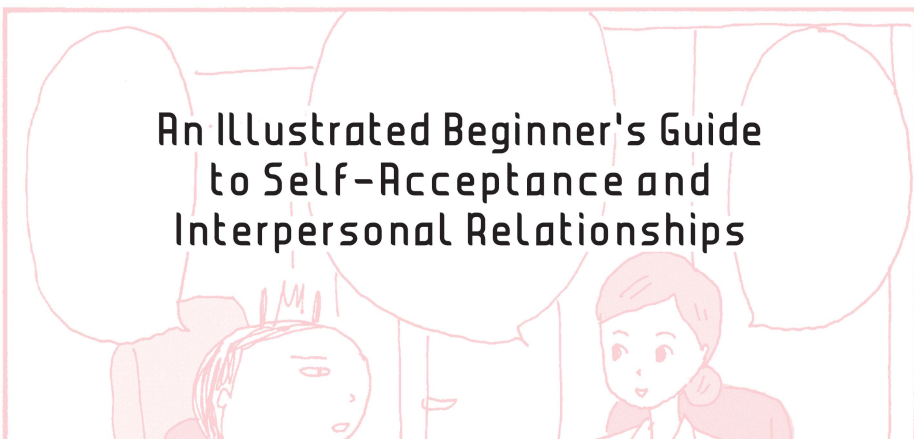


Tenten Hosokawa • Hiroko Mizushima



An Illustrated Beginner's Guide
to Self-Acceptance and
Interpersonal Relationships





Tenten Hosokawa • Hiroko Mizushima

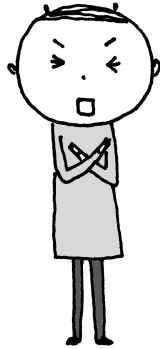
I'm Enough.

An Illustrated Beginner's Guide
to Self-Acceptance and
Interpersonal Relationships

LAST GASP

*HEY... HAVE YOU TRULY
ACCEPTED YOURSELF?*

NO
WAY!



ACCEPT
MYSELF?
I JUST
CAN'T!

I'M TENTEN
HOSOKAWA,
A MANGA
AUTHOR.

IN 2006,
I CAME OUT
WITH A BOOK
ABOUT MY
HUSBAND'S
DEPRESSION.
IT WAS CALLED
MY S.O.
(SIGNIFICANT OTHER)
HAS DEPRESSION
AND IT BECAME
A BESTSELLER.



BUT
INSIDE,
I WAS
THINKING...

I
CAN'T DO
ANYTHING
RIGHT.

I'M SO
WORRIED
ABOUT
HOW
OTHERS
SEE ME.

I
ALWAYS
GET
JEALOUS
OF
OTHERS.

I CAN'T
EXPRESS
MY
OPINIONS
CLEARLY.

I DON'T
LIKE
SOCIALIZING.

I
OVERTHINK
THINGS
AND GET
NOWHERE.

WHY,
I'M THE
DREADFUL
QUEEN OF
NEGATIVE
THOUGHTS!

MAINLY,
I HAVE
NEGATIVE
THOUGHTS
ALL DAY
LONG.

OH
HO
HO
HO
HO



I KNOW
NORMAL
PEOPLE LIKE
CHEERFUL,
BRIGHT
INDIVIDUALS.
SO I
DESPERATELY
TRY TO KEEP
IT LIGHT
AROUND
OTHERS.



KEEP IT
LIGHT.

ALL
SMILES

Lightbulb
that makes
me shine
brighter

KEEP IT
LIGHT.

DON'T YOU
DARE SHOW
YOURSELF,
TENTEN.

HOLD IT IN,
TENTEN.

SIGH.
AND
YET...

I COULDN'T KEEP IT LIGHT LIKE A NORMAL PERSON TODAY... AS USUAL.

SHLUMP

So hard...
So tired...

WHY CAN'T I ACT NORMAL?

Lightbulb quickly burns out

A character with a large head and small body is slumped over on the floor, looking exhausted. A lightbulb lies on the floor next to them, with an arrow pointing to it and the text "Lightbulb quickly burns out". The character has a sad expression and is surrounded by vertical lines indicating stress or fatigue.

I KNEW IT!

URGH

I AM A FAILURE...

The character is slumped over with a lightbulb on their head, looking dejected. The sound effect "URGH" is written above them. The character's body is slumped, and their head is resting on the floor.

IADARG

I WANNA BE SOMEONE WHO CAN EXCEL AT ANYTHING!

I WANNA STOP BEING SUCH A FAILURE!

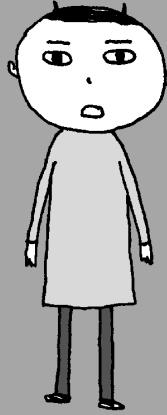
A close-up of the character's face, showing large tears streaming down their cheeks. The character has a very sad and frustrated expression. The background is dark with vertical lines.

ONE DAY,
I REALIZED

...

THAT'S
RIGHT.

MY MOM
USED TO
SAY...



YOU'RE A
CHILD WHO
CAN'T DO
ANYTHING,
SO YOU
DON'T HAVE
TO DO
ANYTHING.

YOU
SHOULD PUT
YOURSELF
DOWN IN
FRONT OF
OTHERS.

EVEN
WHEN YOU'RE
HAPPY OR
DELIGHTED,
DON'T LET
ANYONE SEE
YOUR JOY.
DON'T TELL
ANYONE,
EITHER.

THE
SECRET TO
GETTING BY
IN LIFE IS TO
PERFORM A
NEGATIVE
SELF.

MOM

LIFE HAS
NOTHING
GOOD TO
OFFER
ANYWAY.

SO YOU
SHOULD
LIVE
EACH DAY
WITHOUT
HOPE.

LIKE A
GOOD
KID...

...I LISTENED.
I LIVED JUST
AS MY MOM
INSTRUCTED.

BUT, LIKE...
MOMS DON'T
NORMALLY
SAY THOSE
KINDS OF
THINGS.

Wait,
really
?!
SHOCKED



SHOCKED



THE
PERSON
WHO
RAISED THE
SPLENDID
QUEEN OF
NEGATIVE
THOUGHTS
WAS NONE
OTHER
THAN...

...MY
MOTHER.



DA-
DUMNN
DUMNN

UTTER
SHOCK!!

I
THOUGHT
ALL MOMS
WERE LIKE
THAT...

HUH...

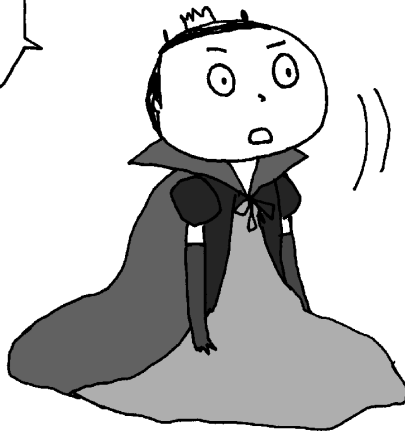
WOBBLE
WOBBLE



SO
THAT'S
A LIE.

OH,
THEN THAT
MEANS—

I DON'T
HAVE TO
FEEL LIKE
I CAN'T DO
ANYTHING?



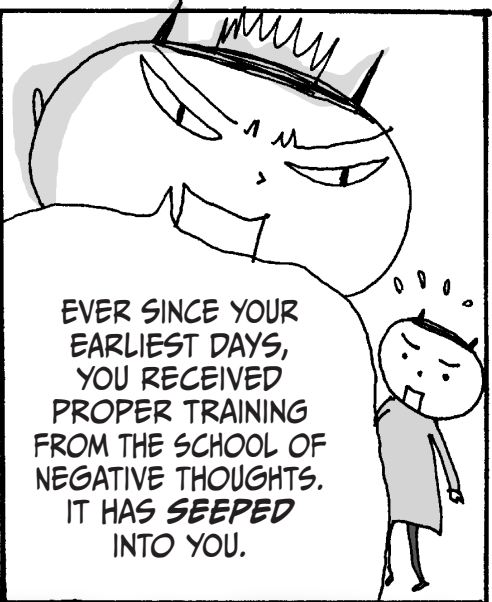
I CAN
BE HAPPY,
DELIGHTED,
AND ENJOY
MYSELF LIKE
A NORMAL
PERSON?



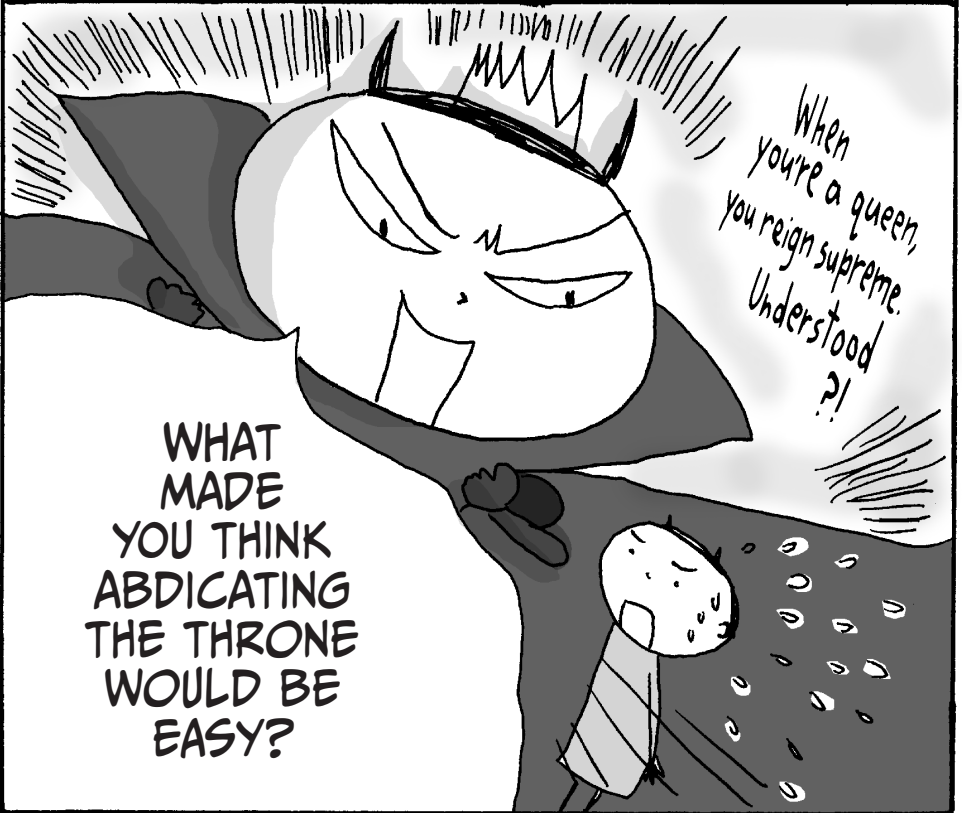
My shadow

WHAT ARE YOU, STUPID? YOU THINK PEOPLE CAN CHANGE... JUST LIKE THAT?

GASP



EVER SINCE YOUR EARLIEST DAYS, YOU RECEIVED PROPER TRAINING FROM THE SCHOOL OF NEGATIVE THOUGHTS. IT HAS SEEPED INTO YOU.



WHAT MADE YOU THINK ABDICATING THE THRONE WOULD BE EASY?

When you're a queen, you reign supreme. Understood?!

YEAH,
SERIOUSLY...
I'M
ALREADY
MIDDLE-
AGED.

46
years
old →



I HAVE
UTTERLY,
PROFOUNDLY,
BECOME
THE QUEEN
OF NEGATIVE
THOUGHTS.
AT THIS AGE,
I GUESS...

...I
COULDN'T
POSSIBLY
CHANGE.



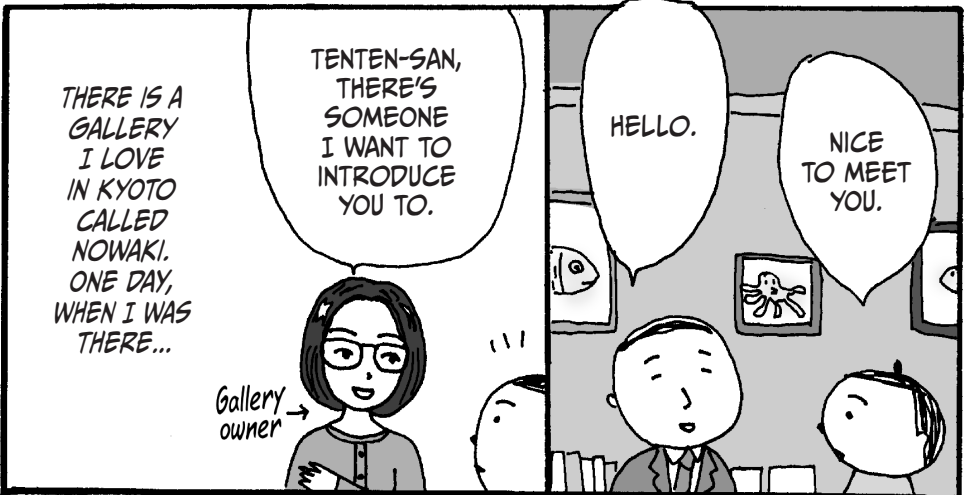
S
P
L
O
O
S
H

SO THIS
IS THE
REST OF
MY LIFE?

THERE'S
NO WAY
TO MAKE
MY LIFE
EASIER?



I BROADCAST
MY TROUBLES
THROUGH MY
BOOKS AND
ONLINE.



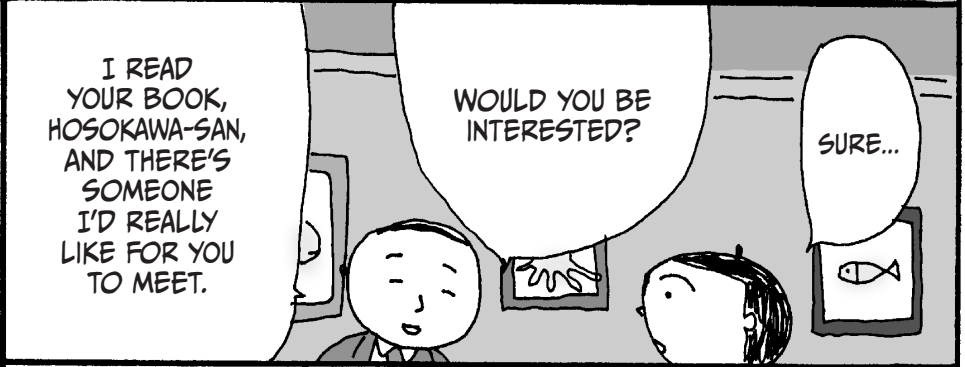
THERE IS A GALLERY I LOVE I LOVE IN KYOTO CALLED NOWAKI. ONE DAY, WHEN I WAS THERE...

TENTEN-SAN, THERE'S SOMEONE I WANT TO INTRODUCE YOU TO.

Gallery owner →

HELLO.

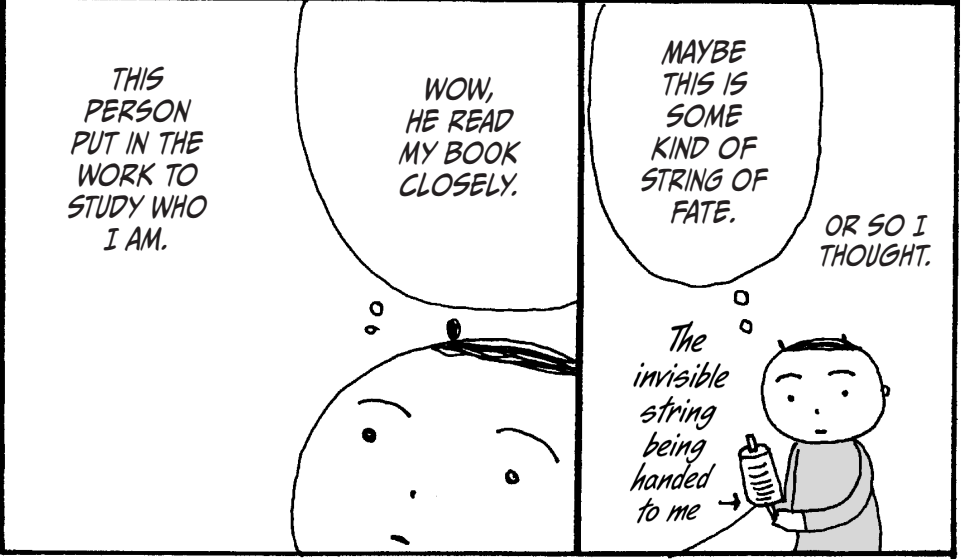
NICE TO MEET YOU.



I READ YOUR BOOK, HOSOKAWA-SAN, AND THERE'S SOMEONE I'D REALLY LIKE FOR YOU TO MEET.

WOULD YOU BE INTERESTED?

SURE...



THIS PERSON PUT IN THE WORK TO STUDY WHO I AM.

WOW, HE READ MY BOOK CLOSELY.

MAYBE THIS IS SOME KIND OF STRING OF FATE.

OR SO I THOUGHT.

The invisible string being handed to me →

IT FELT LIKE
A STRING THAT
COULD PULL ME
OUT OF ALL THIS,
SO I OPENED A
NEW DOOR.

KA-
GNK



HELLOOO?

I'm Enough.

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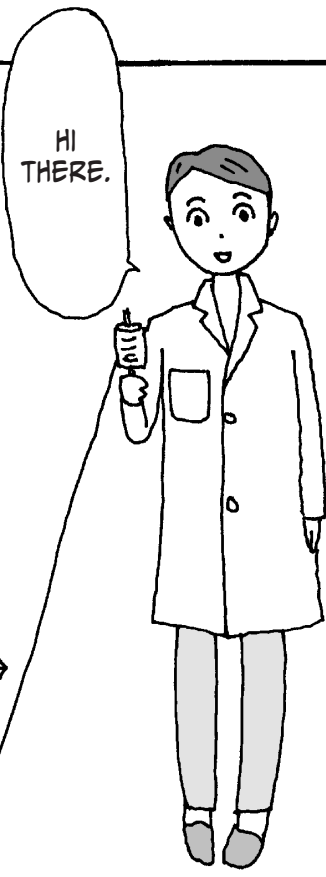
PART 1: Problems

Negative Thoughts Are Okay



Tenten Encounters
Interpersonal
Psychotherapy

THE
PERSON
BEHIND
THE DOOR
WAS...



**Dr. Hiroko
Mizushima**
Psychiatrist

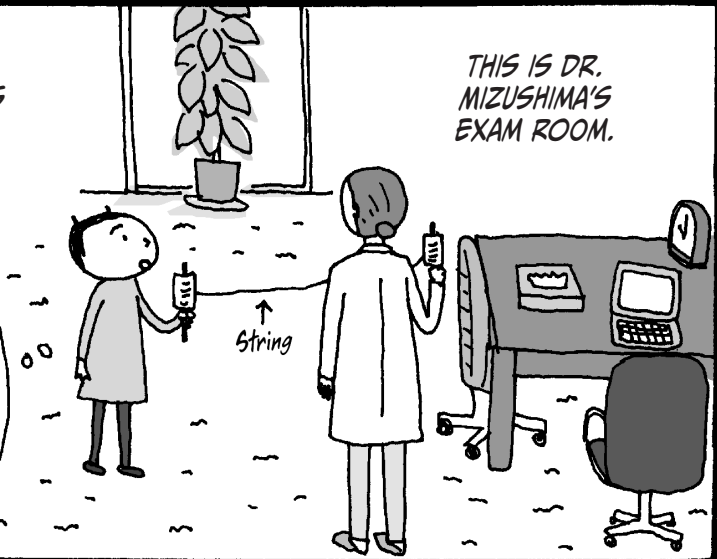
Keio University School of Medicine graduate (MD). After completing residency in the university's Department of Neuropsychiatry, she went on to serve as a Member of the Japanese House of Representatives from 2000 to 2005, where she fought to implement many laws. Now, she is the director of an Interpersonal Psychotherapy clinic, an adjunct lecturer at Keio University School of Medicine, and the director of the International Society for Interpersonal Psychotherapy. In Japan, she is a leading figure in Interpersonal Psychotherapy.

String →

WOOOW.
SO THIS IS
WHAT IT'S
LIKE!

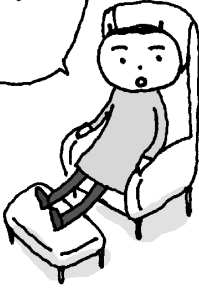
THIS IS DR.
MIZUSHIMA'S
EXAM ROOM.

IT'S MY
FIRST TIME
BEING
IN THIS
KIND OF
SPACE.



String ↑

WHAT DO YOU USE THIS BIG CHAIR FOR?



↑
Recliner with an ottoman

OH, THAT'S FOR MY PATIENTS WHO MAY BE UNWELL, OR ARE UNABLE TO SIT UPRIGHT.



WHY IS THERE A HEIGHT CHART ON THE PILLAR?

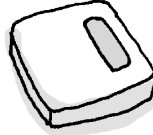


SOME PEOPLE REQUIRE PHYSICALS.



USUALLY, I TALK TO MY PATIENTS HERE.

I HAVE A SCALE HERE AS WELL.



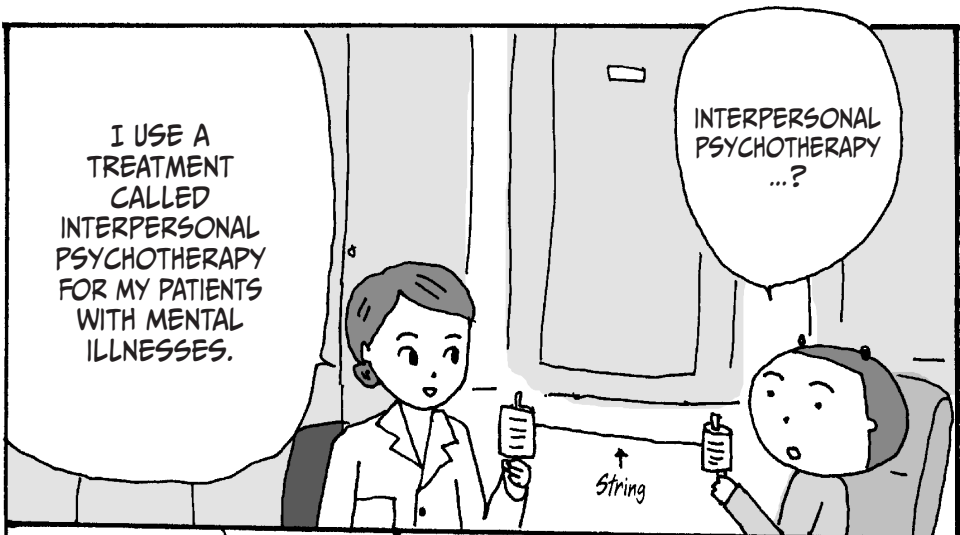
Doctor
↓



Patient
↖



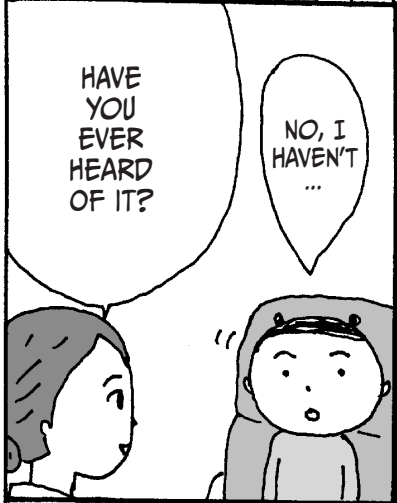
WOOOW. THIS CHAIR'S SOFT, TOO!



I USE A TREATMENT CALLED INTERPERSONAL PSYCHOTHERAPY FOR MY PATIENTS WITH MENTAL ILLNESSES.

INTERPERSONAL PSYCHOTHERAPY ...?

↑
String



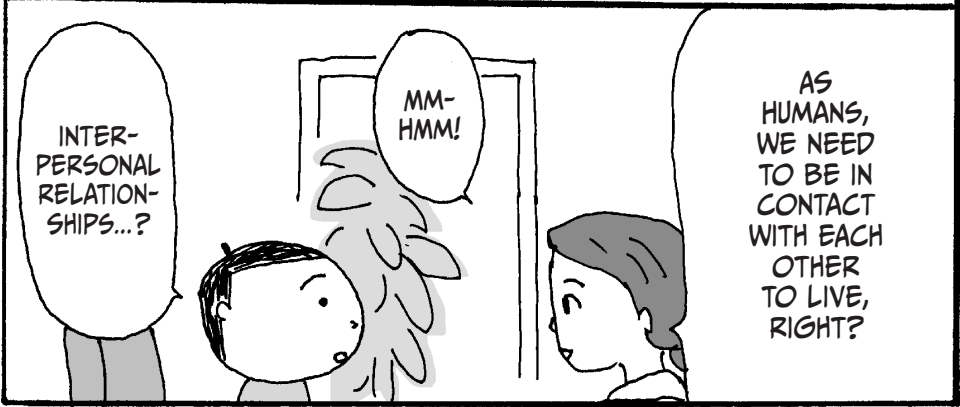
HAVE YOU EVER HEARD OF IT?

NO, I HAVEN'T ...

INTERPERSONAL PSYCHOTHERAPY IS A TREATMENT THAT FOCUSES ON HOW...

MENTAL HEALTH ISSUES CAN ARISE FROM INTERPERSONAL RELATIONSHIPS, BUT CAN ALSO BE RESOLVED THROUGH INTERPERSONAL RELATIONSHIPS.

THAT'S THE GIST OF IT.

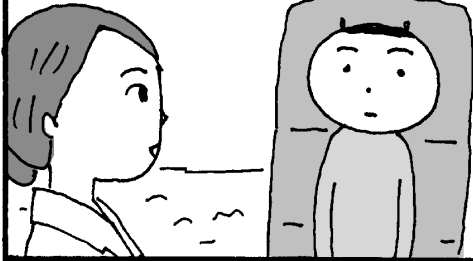


INTERPERSONAL RELATIONSHIPS...?

MM-HMM!

AS HUMANS, WE NEED TO BE IN CONTACT WITH EACH OTHER TO LIVE, RIGHT?

BEING
IN CONTACT
WITH OTHERS
ACTUALLY GIVES
RISE TO MANY
PROBLEMS.



OH,
I AGREE.
I'M NOT
REALLY A
PEOPLE
PERSON...



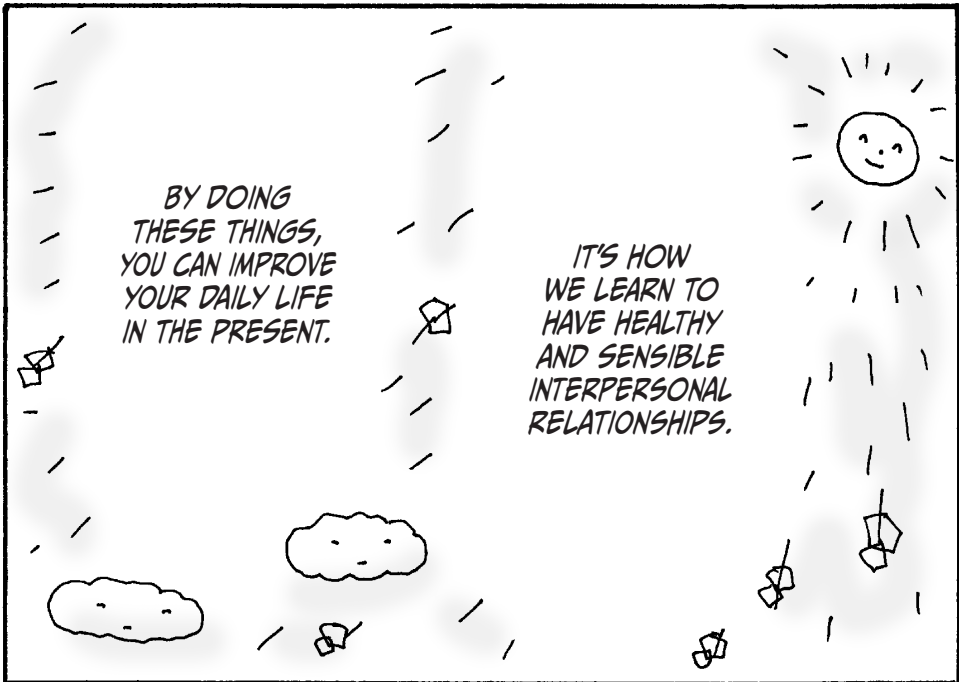
THROUGH
INTERACTING
WITH
OTHERS...



...AND
COMMUNICATING
WITH THEM,
YOU CAN
BECOME
AWARE
OF MANY
THINGS.



IT HELPS
YOU BEGIN
TO TRUST
NOT ONLY
YOURSELF,
BUT ALSO
OTHERS.



BY DOING
THESE THINGS,
YOU CAN IMPROVE
YOUR DAILY LIFE
IN THE PRESENT.

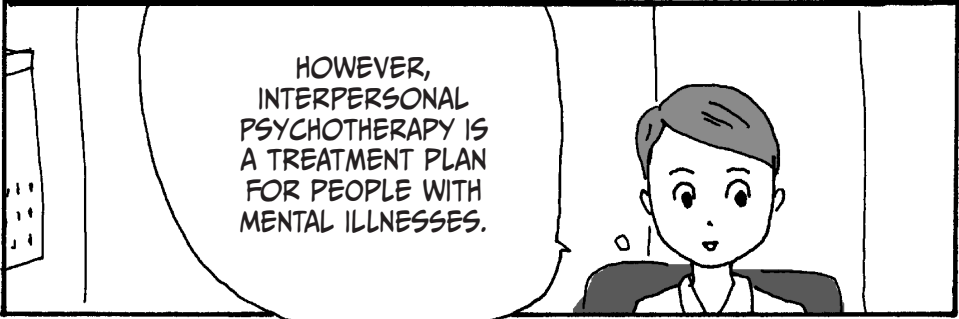
IT'S HOW
WE LEARN TO
HAVE HEALTHY
AND SENSIBLE
INTERPERSONAL
RELATIONSHIPS.



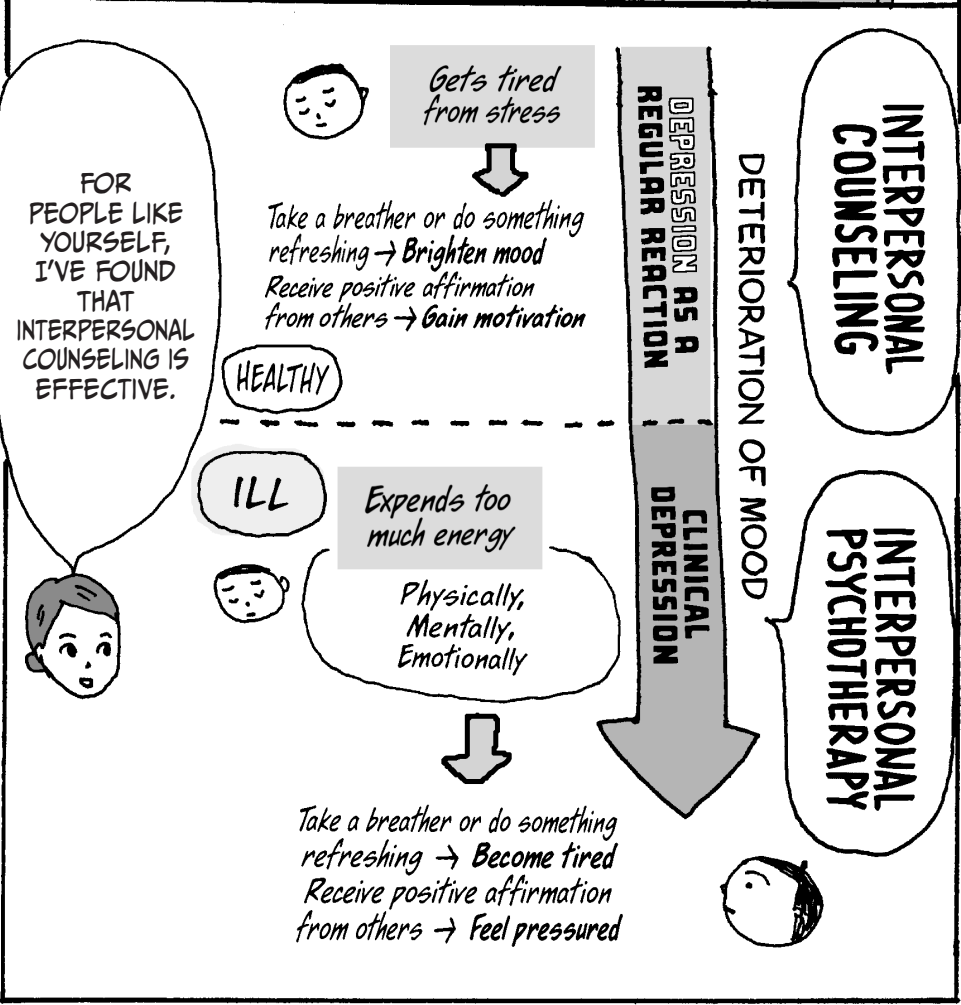
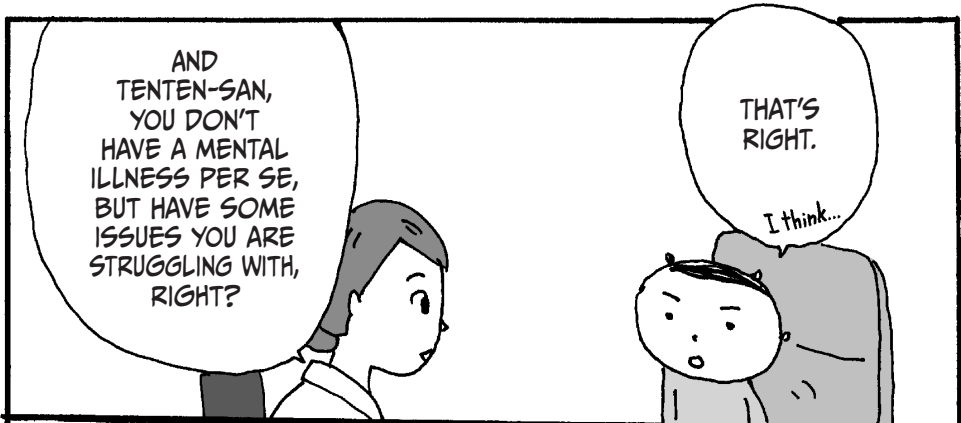
SO EVEN
SOMEONE LIKE ME—
WHO HATES SOCIALIZING—
COULD TAKE PART
IN INTERPERSONAL
PSYCHOTHERAPY?

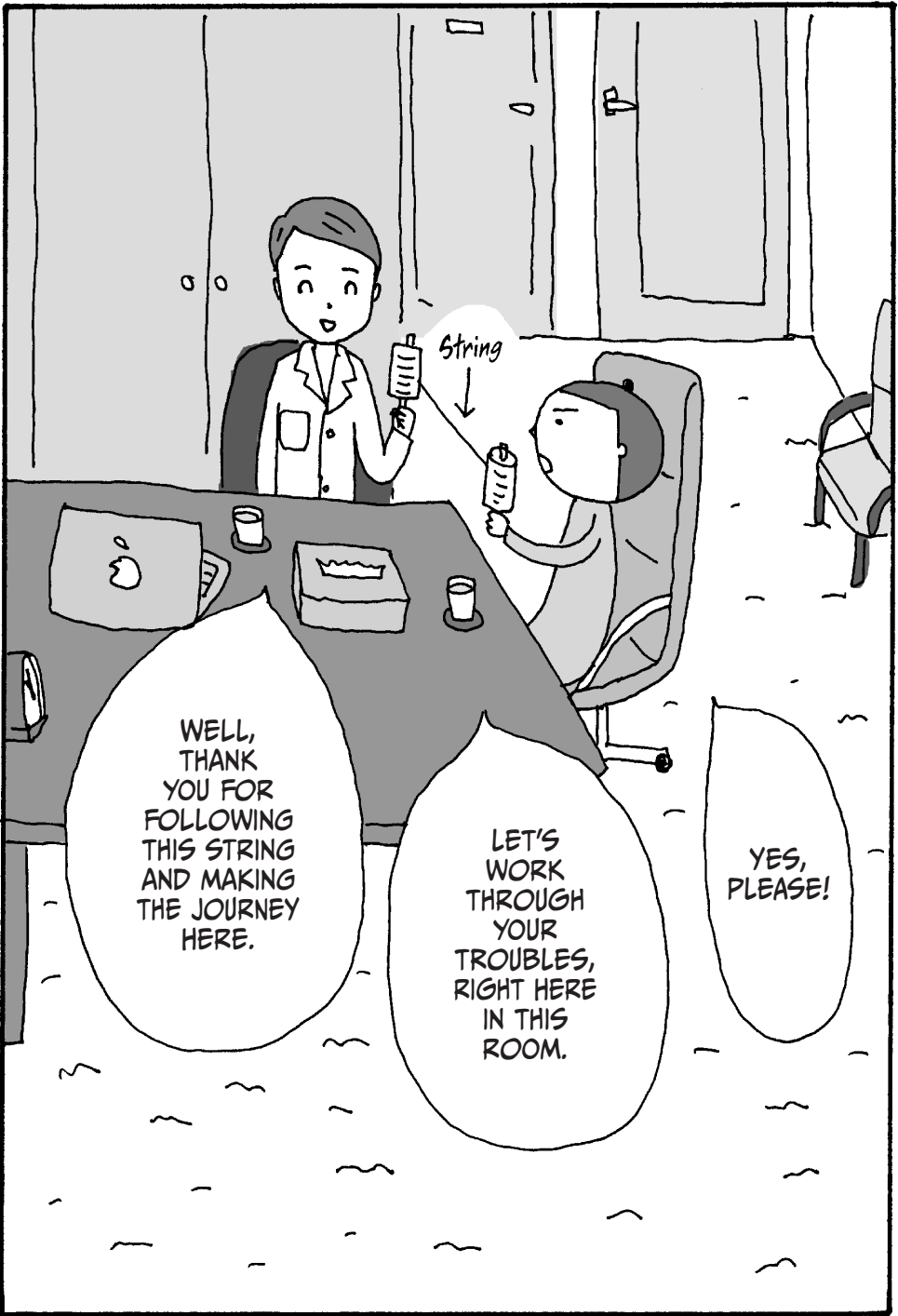
Umm...

I BELIEVE
THIS MIGHT BE
PARTICULARLY
HELPFUL FOR
INDIVIDUALS LIKE
YOURSELF.



HOWEVER,
INTERPERSONAL
PSYCHOTHERAPY IS
A TREATMENT PLAN
FOR PEOPLE WITH
MENTAL ILLNESSES.





What's Interpersonal Psychotherapy?

Hello, I'm psychiatrist Hiroko Mizushima. I specialize in a mental health treatment called Interpersonal Psychotherapy (IPT). IPT was first established in the US, and I brought it over to Japan more than 20 years ago. Since then, I have worked to promote IPT treatments, research, and knowledge; I have also trained medical professionals in IPT. Of course, as a doctor, I do prescribe medication, but my treatments mainly focus on IPT. Due to a myriad of reasons, medication may not be suitable for some individuals. In those instances, I rely on IPT to treat the patient instead.

column



IPT was developed in the United States near the end of the 1960s. Now, it has quickly become popular not only in Japan, but also across the globe. There is a reason why so many countries have taken it up and found it effective. I believe it's because this treatment works off of something that is **universally true**.

“What is it,” you ask? To put it simply: **We, as humans, are hugely impacted by the interpersonal relationships closest to us.** Our self-awareness of who we are is cultivated by the relationships we have with the people around us. When our interpersonal relationships are going well, our self-esteem grows. When our interpersonal relationships are stalemated, we begin to feel like failures.

For example, when you look at an illness like depression, its onset and development is hugely impacted by the nature of surrounding interpersonal relationships. On the flip side, the illness itself can have a huge impact on surrounding interpersonal relationships as well.

Thus, an IPT treatment course would be as follows: **Decrease the stress you receive from interpersonal relationships and increase the power you receive from interpersonal relationships.**

Like with any medication, IPT has been verified as an effective treatment through rigorous clinical studies. Scientifically speaking, its effectiveness as an evidence-based psychological treatment stands alongside methods as well-known as Cognitive Behavioral Therapy (CBT is a treatment that focuses on teaching patients how to recognize patterns of behavior, as well as how to adapt or cope with situations).

In Japan, CBT is prioritized and is covered by insurance. However, when it comes to severe depression, eating disorders, and PTSD, the data shows that IPT outperforms CBT. I firmly believe that IPT will soon be covered by insurance as well. **That's how solid and effective IPT is as a treatment, and it has garnered international praise.**

Now, I imagine many of you reading this book may relate to Tenten-san. Perhaps you are feeling like “I’m struggling a lot with life, even though I don’t have a serious mental health condition...” (I certainly extend a very warm welcome to those who have conditions, too!) Well, in this book, I will provide practical applications of thinking in the IPT framework. For those of you who, like Tenten-san, feel that life is quite hard, my hope is that this book can be of use to you.

Tenten-san is the Queen of Negative Thoughts due to influences from her mother. This may sound like an extreme example. However, I think many people have been judged and pigeonholed while in the process of personal growth—being told things like, “Hey, *this* is just who you are.” In addition to these types of self-centered judgments, obstacles to personal growth can also look like the following: Being compared to others, being told what “normal” people should do, being forced to agree with the values and outlooks of the people around you, etc.

I believe this results in consistent issues with self-confidence and low self-esteem, as well as individuals quickly turning towards self-denial and self-invalidation, often in response to what others say.

As I spoke with Tenten-san, I thought to myself, “Not only is she a perfect person to introduce IPT frameworks to, she’s also a perfect person to introduce *it!*” Tenten-san and I first met quite a while back, but even now, I feel the positive effects of that encounter continue to grow and grow. I was so happy when she told me that, “I’m gaining confidence, little by little!” The data shows that, **while IPT is a time-limited treatment plan, the effects it has on daily interpersonal relationships will continue to grow and grow, even after the plan has been completed.**



PROBLEM 1

Life's
Hard
When
You're
Negative!

YOU
MAY NOT
KNOW IT,
BUT I'M
ACTUALLY
THE
QUEEN OF
NEGATIVE
THOUGHTS!

FWSH
TWIRL

AND
I HAVE
NO CLUE
WHAT
TO DO!

OKAY,
TENTEN-SAN,
WHAT
WOULD
YOU LIKE
TO DO?

WELL
I'D LOVE
TO TAKE
THIS GUY
DOWN!

oo

FWIP

I
DON'T
LIKE
NEGATIVE
ME!