

Focused psychoanalysis
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Through the life one buys stuff to satisfy some immediate or long term need. While time passes some of those things are broken and thrown out, some remains are kept "as the memory", some "as can be used". Some of items are out of use because there is no need any more and thrown or given out, some kept "just in case". Some devices are still useful even we know that more effective once already available.

One day you might decide to make some order in this trash storage that use to be your home and turned to be your mass.

SO, you start inventarisation

You take things one by one and remember where it came from and what for, was it useful or was not... You make you decision to use it (may be even in a different way than you use to), to keep it or to throw it.

You might find some important stuff that you have forgotten about and lots of useless. As result you can have more alternatives more effective utilization and more space.

Just like that!

Is emotional life that much different from your flat full of whole life collected things?

Is it really?

So passing Stage 1 (Observation) you most likely fined out that you have few types of difficult to control reactions in area chosen to change. Let's go forward with it!

For instance, my hypothetic vis-à-vis reports:

- I feel anxiety as my working day comes to the end. It's like I have to do something otherwise Mr/Mrs So and So will be disappointed and unhappy with me. Yes! I know I better go home right away. I told and even wrote it to myself thousand and one times, but...
- Ok! This is the think you find in the closet. Useless? Always being? Are you sure? Newer could fight with it? Are you really have to? Newer done different? So. Let's put emotions little aside and go step by step.
 1. What are possible purposes of this behavior? What for you overstay at work?
- ...to be good, responsible employee... to satisfy Mr/Mrs so and so, so they would not punish me... to feel needed and important...
- If you go home instead of staying at work what results to come?
- Diner... wife will be tired and talk about her day nonstop... Son will be excited about my presence. He is great and I love him but I'll be tired and he will demand to play with him and give him attention. It will irritate me...
- Ok. Your decision is to stay at work and to be good and needed and not to go home and be irritated by need to give attention while you are tired. What are those expectations, beliefs, mottos or rolls that guide your choice?

- I feel good if go sleep knowing that everything done, if I finished all I planed. Well, people will not trust me if I do not do or reject to do what they are expected. They will never ask me again and never reward. I fill fulfilled when others need me. It's a good feeling.
- What believes and expectations behind alternative?
- I have to go home as a good family man. When I go home it suppose to be my time, my private life.
- Well, let's resume.
 - o Plans have to be accomplished
 - o you have to do all what people expect and ask you to do to make them trust and reward you
 - o good family man goes home right after work
 - o when you go home it is your private time

is this correct?

- Yes
- If so, when, from whom and how did you learn those rolls?
- First and second are obviously from my father. Hi lived so himself and taught me strictly. When I did not accomplish my home assignments he did not let me sleep before I would. He told it matter of honor and self-respect to fulfill responsibility. I actually newer got it, why it my responsibility, but it was what parents expected. When I became moody when father asked me to do something he would just step back and stop talking to me before I'd apologies.

Speaking about the therd one, I remember mother regularly blaming dad for being late from work. I guess she was jealous as he spent more time with his work and friends. Forth one is also from mom. She always protested me in front of dad, saying that it is important to let me experience some life and joy of childhood: "he will get enough of work in his life and already works hard in school" – she reasoned him...

So now, as you reed this example, you can answer to some of those questions regarding yours topic.

1. what are the possible purposes/ intentions of behavior patterns, that you want to change?
2. what could be results of alternative behavior/s?
3. what expectations, rolls and believes are behind you actual and wished behavior?
4. When, from whom and how you learned each of those? Describe as much as you fill to.
5. Have you ever behaved differently? How? When? What were results?