

My Sadistic Spike



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When I was a young 49-year-old doctoral student in clinical psychology, my first area of study was *Assessment*. We were admonished not to administer the tests we were learning to our friends and family, or to ourselves. Of course this is the first thing we did, and I found this was helpful in calibrating the value of each instrument. The test I now use most frequently predicts the psychiatric diagnoses a group of psychologists would give you if they had the chance to assess you. I was

diagnosed as a narcissistic personality type with a sadistic spike in my profile. Of course I am a confessed narcissist, but I could not relate to the sadistic spike until years later, when Mary pointed it out to me. I was in a rage directed at an adult male who had attacked one of my people with what I perceived as a hostile and offensive blog post. I had written a blistering and personal counter-attack that was clearly intended to do the maximum personal damage to my target. I wanted to hurt him until Mary pointed that out.

Anger is inherently sadistic. Anger is a primitive adaptation that facilitates violence by dehumanizing the proverbial *other*. Anger disables objective reasoning by polarizing every perspective on its target. Anger induces a state of stress in the body and mind, which eventually takes its medical and psychological toll. Anger is inevitable because we are human. Regard your anger as you would a beloved animal or child. It is a simple creature. Reflect on what it wants and why it is aggrieved. Accommodate its reasonable demands in a reasonable way, then let it subside. Anger is informative and manageable. Trust me. Call me.

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