

Transparency



JOE FERGUSON, PhD

PhD Clinical Psychology, Fielding University
MBA, Wharton School of Business

Subsequent to an illegal left turn from PCH onto St. Ann's last Wednesday night (guilty) I spent the better part of an hour at the corner of Gleneyre and Thalia being conspicuously interrogated amidst a sea of police cars with lights flashing before being handcuffed, stuffed in the back of a patrol car and subjected to a breath analysis that showed that my blood alcohol was half the legal limit. I had a cold, my eyes were undoubtedly puffy, red and watery, and I had just had two drinks with dinner. I was then unshackled and released, but not allowed to drive my car up the street to my home despite the test result.

So not guilty I guess, but this was prime time for commuting, midway between my office and my home, and what about the friends and clients who undoubtedly drove by during that hour and could not possibly have missed me in that scene; especially the part where I was being handcuffed? Should I hope nobody noticed or run an ad in the local newspaper about it? How would Dr. Joe handle this?

Transparency has a variety of benefits and it is almost never as painful as you fear. For one thing transparency forces you to operate in the open where it is more difficult to behave badly or to harbor poisonous resentments, and it usually opens a dialogue of some kind between you and whoever you imagine has done you wrong. If that dialogue is constructive it can sometimes transform a problem into an opportunity, or at least it can help you let it go. The alternative is often to accumulate grudges and resentments in private, which is also a popular approach.

This is just as true of the large and small conflicts that arise in the normal course your personal and professional relationships as it is in my sudden new relationship with the Laguna Beach police department, who I will now try to befriend, talk to, and work with in some constructive way. Crisis is opportunity. Trust me. Call me.

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\$150 per 70-minute session

332 Forest Avenue, Suite #17, Laguna Beach, CA 92651
(949) 235-2615 ~ DrJoe@Fergi.com ~ www.Fergi.com