

Your Multiplicity



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When you say you are not sure what you think about something, you are revealing the nearly universal but mistaken assumption that you are a singular person with a singular set of thoughts and feelings. In fact, your singular identity is a persistent illusion that arises at the very tip of an ancient pyramid of diverse neural activity. Much of your cognitive machinery is dedicated to selecting among alternatives, each of which must be represented more or less distinctly somewhere in your brain before it can become a candidate for selection. Indeed, there must be some neural mechanism that actively *advocates* each

possibility. These are the voices within you. Taken together they constitute your thinking. You are not sure what you think about something because you harbor every sort of thought about it simultaneously. You both love *and* hate your partner, your family, your friends and your career. Your task is to decide whether to stay or move on, and how. Reason and logic can be helpful here, but you should not expect them to relieve you of the ultimate decisions. You *do* have a singular literal voice, however; the one that comes out of your mouth. You can use it in conversation to explore, rationalize and decide in a more systematic way than is possible inside your solitary head. In conversation, reason and logic can play a larger role. Conversation is the exclusive vehicle of personal counseling and psychotherapy.

Like creative brainstorming in science, engineering and the arts, the best results can always be harvested from the richest field of possibilities and impossibilities. Ambivalence and multiplicity are good things, and even essential to a point. Creativity also requires a reliable executive mechanism for responsible decision making and effective action when the proper time comes. This is a manageable process and it can be very productive. Trust me. Call me.

Concise Personal Counseling

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