

C190. Well, how goes the battle today?

S190. I got your point right after I left the office the last time. The notion came to me that all aspects of the personality should be owned - that is, should be regarded as myself, and I was under the impression that if the neurosis were regarded as an undesirable alien and I kept making a deportation struggle that there would be a resentment there and it would just entrench itself all the more deeply.

C191. M-hm.

S191. So I thought perhaps that this approach might be better - that is, we would say that we were all citizens as it were, and what are we going to do to make it a better country - working together?

C192. M-hm.

S192. So I've - in other words, I realized that to try to shove it out of me, as it were, would be resisted as - well, it would just be like - sort of like getting rid of a valuable portion of the personality. I mean, after all, it's my nervous energy there-

C193. M-hm.

S193. - and any attempt to shove it out or get rid of it would be an amputation, as it were, of the personality, so that -

C194. You feel that perhaps it is a part of you after all.

S194. Yes, and that I ought to change those - that is, to look upon the therapy as a change in personality rather than a getting rid of. It seems that with that in my conscious mind, there won't be so much resistance to the change as if I regarded the change as a throwing away of something.

C195. M-hm. And has that - you'd again like to look at all the intellectual aspect of that - has that made any difference in your - feeling about things, and so on?

S195. Well, I've adopted a nonintellectual concentration of it in my odd moments. I try to achieve a feeling of unity toward all aspects of my personality, and at the same time, not necessarily take them as they are without trying to change them, but at the same time not to regard myself as me and the enemy, but rather to make the me include all aspects. And it's a sort of a getting together with the negatives, and I don't know exactly how to make them change into positives, but at least I decided not to try to shove them away, because it'll be - I feel that there's some sort of resistance to loss there, that it makes the negative feelings entrench themselves just that much more deeply when you make an effort to shove them away, I think.

C196. M-hm.

S196. Now, on the other hand, I felt there might be a tendency perhaps on the other extreme to adopt too much of a Popeye attitude - "Well, I am what I am, and that's all I am," and well, that's that. That's all right philosophically, but I don't think it would be all right psychologically.

C197. Well, particularly not since you do feel quite strongly, I think, that there are pretty diverse forces, or forces working toward diverse goals, as far as you're concerned. You can't pretend more unity and more satisfactoriness than is there.

S197. Well, what I mean was, I didn't want to get a placid self-satisfaction out of it by saying, "Well, I am what I am." I don't want to get self-satisfied, otherwise there won't be any motivation for a change. My work had a setback. The camera needs some more repair. It won't be ready till next week, but I think I can get ahold of another one. I notice I made an effort to locate another one, rather than wait till next week, till the first one gets fixed.

C198. Do I understand that you really wanted to get to work on that?

S198. Yes, I think that that would be the indication there. See, I could have waited till next Wednesday, until my own camera gets fixed, but I went out this afternoon and got one lined up from one of the downtown supply houses.

C199. That really means something.

S199. Yes, I thought that it did. I went over and talked to the manager quite a lot. It needed a good deal in the realm of persuasion there, it was a very unusual request. I felt that I talked him into completing negotiations so that I won't have to wait till next week.

C200. And that makes you feel pretty good, I presume?

S200. Oh yes. You see, I believe that some weeks ago I would have said, "Well, I believe I'll wait till Wednesday," and just seized the pretext to remain inert, but -

C201. Something makes it different now?

S201. Yes, there is a barrier there, but not an insurmountable one. I walked in, anyway, and started talking to the manager.

C202. That sounds like quite a step.

S202. Well, I believe it is. Heretofore I've had to have circumstance more or less force me, or some outside force to sort of prod me into things, but I took the initiative. Of course, there is a pressure, but not a specific one.

C203. You could have gotten along without doing it.

S203. Yes.

C204. Sounds as though there must be more of a story behind that.

S204. Well, I don't know. I seem to be fluctuating now, I have periods where I have a lot of negative feeling, and then periods where I don't have so much. I seem to be fluctuating around the previous norm. And perhaps my parents' attitude was an incentive there. They have a sort of notion that I should do photography as a sideline and have some sort of a job- sort of a regular job. They feel this way- that regularity in hours has a great value to them and that you should be subjected to the discipline of a certain routine. I've always had a spontaneous sort of life and no regularity at all. It's been very much of a sore point with them, and they're going to leave town on a trip and they want to make sure that - well, they want to lock up the house and they want to make sure that I've enough to get by on board and room - they don't - they want to use all of their money for the trip, rather than give me any. So making me get a job - that might have in turn put the pressure on myself to get the camera. But anyway it happened, and I got a release there. I just finished with that camera deal just before I came here. Of course, I get a habitual euphoria before my interview, anyway. I wake up feeling well - now this is the day when I achieve another milestone with my psychology, and I feel in a good mood all day.

C205. M-hm.

S205. I don't feel any resistance to coming to the interviews - I thought perhaps I might. It doesn't seem to be working that way. But sometimes after the interview I have a worse fluctuation. But at least I am fluctuating - I think that I would rather fluctuate than have it a monotonous condition.

C206. Then, of course, that fluctuation is something very, very real, isn't it? I mean -

S206. Oh, yes.

C207. - you have courage enough, and it must have taken quite a little to decide, "I'm really going to do something about this," so you came in to see me. Then - as you were saying last

time - then on the other hand, you sort of trick yourself out of making use of it sometimes by feeling good in advance, and all that. I mean, you do fluctuate, but certainly there are very definitely the two parts of your motivation, very closely balanced.

S207. Yes, that's right. And I find on the upswing, things that would very definitely appall me to do, I do very nonchalantly - I mean, I actually enjoy doing them. It doesn't - things that I dread when I'm in the nadir I do at very zestfully on the upswing. Perhaps actually get an enjoyment out of the social contacts of meeting people and in inducing people to cooperate with me in whatever enterprise I might have in mind.

C208. Any other things that have happened, or other elements that you want to talk about?

S208. Oh, I'm somewhat worried. Since the last interview, I didn't hear from one of my girls in -, and I got the feeling that perhaps - the older feeling that I mentioned to you the other time, that perhaps during my absence, somebody else was getting in there, as it were. But I got a letter from her today. She's holding down three jobs - works from early in the morning till pretty near midnight, so that made it all right.

C209. That's an excuse. And that adds to your feeling that everything's going pretty well today, eh?

S209. Mm, ys, that's a factor in there. Although I have very illogical feelings of jealousy. My relationships with girls have been such that they have given what to a rational man would be every assurance of love and fidelity, and at the same time, I have an intensification of negative feeling, with imagery of infidelity when I don't have any evidence for such feelings or thoughts. And I imagine that that's a means I take of intensifying negative feelings, because that way I get all the negatives of sex with none of the counteracting positives, so it seems to bite in deeper, as it were.

C210. Yes, you feel that you tend to punish yourself, perhaps, by some of those feelings?

S210. Well, I wouldn't know whether it would have a punishment motivation - there isn't any conscious thought of punishment. Shall we say that I have a desire to make my condition worse, and that imagery -

C211. and you make yourself miserable, in a sense.

S211. that imagery goes along with the worsification.

C212. M-hm.

S212. along with the worse negatives, I should say. So I feel that that's a means that I take to make myself react in that direction. I mean, that sort of imagery seems to be especially painful. That is, I think that's about one of the most painful thoughts I could have - would be a girl that I was interested in sexually being unfaithful to me.

C213. That greatly torments you.

S213. Yes, that makes the negative feeling very intense. Then, of course, I compensate there to a large extent. I get a joy out of going after other fellows' girls as a sort of a compensation there, which gets me in a lot of hot water. But my ideal would be that I feel that the ideal reaction would be this that it wouldn't particularly matter to me if the girls that I had a sexual relationship with—if they would have someone else, I would like to have no reaction to that. In other words of course, I suppose that could be carried to extreme. I imagine if a fellow loved a girl with all of his personality rather than just sexually, why, he would have a certain amount of possessiveness. I suppose those attitudes can be overdone, although on the other hand, I have sometimes thought perhaps it's a compensation thought- that monogamy was not necessarily a sine qua

non of love, and the highest form of human relationship is to feel that I can imagine a husband and wife having other affairs with perfect frankness, and yet not wanting to break up their marriage, yet always sort of being each other's preferred one, though not necessarily each other's only one. But at any rate, I do want to rid myself of the neurotic aspects of jealousy there, and of possessiveness.

C214. M-hm.

S214. But that's a bridge, of course, which can be crossed when it arrives. I'm convinced of this — that after my cure, if I am possessive, it will be a much less painful form of possessiveness and will not be destructive. Do you recall the scene in *Gone with the Wind* where Rhett thinks that his wife is having an affair? Now, he doesn't like it, but at the same time, it seems to make him more aggressive, rather than make him lie down.

C215. M-hm.

S215. So perhaps that would be a healthy reaction.

C216. Do I understand that you feel that in your case it torments you, but it doesn't tend to make you aggressive, is that it?

S216. Well, the way I have been, if I had evidence of that, it would be so painful to me that I wouldn't want to see her again.

C217. M-hm.

S217. That is, that imagery would constantly be before me- make me very pained. Of course, those things can be rationalized to a certain extent - that is, you can say that a girl's promiscuity says nothing about you, but only describes her.

C218. But you feel in your case that that very definitely isn't true I mean that

S218. That I take it personally, you mean?

C219. Well, and you feel that way many times, even when you have no real evidence of her promiscuity.

S219. Yes, I do. I get the feeling — and then of course I tend to have an Othello-like reaction there — to seize on every little bit of evidence and twist it. But what was I going to say? (Pause.) I've always had a feeling that women were inclined to be promiscuous anyway that it's only out of social pressure that they idealize monogamy. I think to a large extent that's lip service. And I've also had the feeling that a woman's loving a man does not necessarily guarantee her sexual fidelity to him. I've had experience with several married women

C220. M-hm.

S220. I can't relate the experiences — I mean they're all regarded as very loving wives, and so on, so it has made me skeptical on that score. I've never had any direct any evidence of its happening to me when I was on the other end of the stick, but as I say, I don't need the evidence — so the feeling is just as real, whether I have any evidence or not. But that seems to be about the most intense—I mean, that is the imagery which is associated with my most intense neurotic feeling. I can't imagine any worse neurotic pain, and oddly enough, the girl can be a tramp - the only prerequisite seems to be a sexual attraction- I don't have to admire her, don't have to respect her, don't have to love her, don't have to have any affection for her. As long as my libido goes forth, it's a torture to me to think of her having relationship with anyone else.

C221. You feel that has a pretty direct and important relationship to your whole pattern, don't you?

S221. Well, it seems to me that the imagery that goes along with the utmost of negative feeling would have a bearing on it, some way or other. Since that imagery is associated with the negative at its worst, I can imagine that it has some sort of significance.

C222. Yes, I think so, too. You like so much to talk in rather general or intellectualized terms about some of these things I mean, about fidelity of women in general, and so on, that it is perhaps a little hard to see what some of those connections might be. Can you cast some of this more in your own frame of reference, in regard to your own experience, and so on?

S222. Well, my own experience has been — I have a very easy time in attracting women. Always had a lot of success there, and a great many of them seem to love me pretty completely, that is, it isn't just a sexual thing with them of course.

C223. It's different for them than your own feelings toward them?

S223. Well, I think that they have a heart interest there - at least, they give the evidence of it, but I imagine that's sort of a sugarcoating. Most women, either to themselves or to others, would not acknowledge a pure sexuality- they would want it sugarcoated, as it were, with love. That is - I have found a few girls who say frankly that they can have sex without love, but most of them seem to feel that it's nobler to have love along with it— that love makes it beyond good and evil that sort of thing. And I've never been dropped by a girl. I've always been the one to do the dropping. And I've never had any logical evidences at all of their infidelity it just seems to be a phantasy of mine that I build up. Is that what you meant by getting out of the general?

C224. Yes, that does help a little. In other words, you do get a good deal of you get a more comfortable feeling that you have dropped the girl than you would if she had dropped you.

S224. Yes, I would prefer it that way. I want to get over that. I don't want to have my ego tied up with such things. I want to make my ego tied up more with artistic achievement rather than with the vagaries of human emotion.

C225. Keep yourself fairly clear from getting deeply involved in any emotional relationship?

S225. No, I want to have deep experiences, but I want to be psychologically healthy enough that any outcome of those experiences — even the worst possible outcome, would not be a neurasthenic blow to me. That is, I would want to be able to take any outcome, as it were, and the way I have been, I feel that if I had a disastrous love affair it would be a higher price than I would want to pay for it. Of course, I realize that being neurotic heightens the chances of disaster anyway that is, that a healthy fellow is both able to take a disastrous outcome and also at the same time has less likelihood of it happening; so that you get both edges of the sword when you're in an undesirable psychological condition. More likely to get dropped, and it will hurt you more.

C226. Well, I wonder - can you tell any more about why you feel it would hurt you so if you really became involved in one of these affairs and then it didn't turn out too well?

S226. Well, I don't know what we can say as to the why of a feeling. I just know that it would intensify my abdominal pain, as it were— what I've been describing to you, and I imagine I would feel inferior too. I mean, I'd probably react to my friends- I mean they would — they'd probably gloat about it, since it would mean a downfall to me, who have always had such success - I think they would seize the opportunity to gloat-I think they would needle me.

C227. M-hm.

S227. So one aspect would be partly ego, and mostly I think that—just pure pain.

C228. At any rate, what you're saying suggests, or I get the feeling a little bit, that these affairs and so on have given you quite a sense of achievement, in one respect. I mean that you can attract most women; you can get them interested in you, but your own interest in them is pretty definitely limited to

S228. Yes, I don't know whether to call it a sense of achievement. Some fellows I know have a definite conquest angle there. One of my friends in has that to a very exaggerated degree; that is, he goes after girls more than his libido calls for that is, he goes after them just for the sake of conquest. I don't believe I regard it as an egotistical achievement. I think I could perhaps better describe my reaction as an artistic kick I like the process of using my amatory technique, and I get an artistic kick out of that sort of like a trumpet player I would in a jam session, where he wasn't trying to set the world on fire he was just playing his horn like he felt and enjoying the artistic technique of it.

C229. You feel that you're a skilled artisan or a skilled musician in that sphere

S229. Yes.

C230. but you mustn't become too deeply involved, either.

S230. Well, not till I've achieved my cure. Then, of course, I feel that I can take anything. If it does have an undesirable outcome, why, it's not going to wreck me. (Pause.) Then too I have a sort of a fundamental — sort of realization of human behavior— that it is subject to variations anyway, and that I feel that the enlightened man should not find that a source of sadness. That should be one of the realities of life which should be accepted. Personalities do change, and even though people do stick together, they might not necessarily have the honeymoon feeling all throughout their lives. That can change to something else—something no less valuable, but at least I feel that the healthy mind is not saddened by changeability.

C231. You feel that if you were healthier, you could take it as well as dish it out, is that it?

S231. Yes.

C232. be more adaptable.

S232. And then I wouldn't have these worries, and even if the actuality did occur, why, then I could take it all right. But this way I worry anyway. It's purely a case of phantasy.

C233. It's pretty hard for you to assimilate even these imaginary infidelities.

S233. Yes. They're just as real to me as if they were actual. And, well, my relationships have been with somewhat the exuberant sort of girl anyway- the uninhibited and exuberant type. And, of course, there's much more chance for infidelity with that sort of girl anyhow. But then, of course, they make better sexual partners. It's just a case of not being able to have your cake and eat it too. Then, of course, I have a great sadness there when my technique works so well up to a certain point, and then to have the inhibition blocking me is, of course, very hideous irony there to me. (Pause.) I worry constantly during the making process, — whether I'll be able to function properly, and all that sort of thing.

C234. M-hm. You don't feel quite sure of yourself in that kind of a situation.

S234. Yeah. I don't know but what I might have difficulties sexually that would make me look ridiculous.

C235. Again, a part of that, I take it, is the fact you just would find it awfully difficult to take anything that struck at your ego - that you would feel humiliated.

S235. I cast it in egotistical terms, but it goes a lot deeper than that. Well, I feel an acute sense of something very fundamental in life being wrong so it would go deeper than a petty ego deflation. It's just

C236. Deeper, but along the same line, is that it? I mean, that you feel that there really is something quite basically wrong with you this is just one relatively lesser manifestation of it?

S236. Well, I feel that sex is very fundamental in life and that the least a man can do is to be a good copulator; that should be one of the fundamentals. Of course, he should be a lot more, of course, if he does have the potentialities, but at least any animal can do that.

C237. That's one of the reasons why it strikes you so hard if there is if you have some doubt or some uncertainty as to your own abilities along those lines.

S237. Yes, I feel that there's something fundamentally wrong there something wrong with the very foundation, as it were- that any other achievement I might have would not be adequate compensation for a blocking in that fundamental field. I used to think that perhaps I would become an ascetic go in entirely for intellectual life, and so forth, but I couldn't bring myself to value that wholeheartedly. I had the definite conviction that no intellectual achievement could make up for that fundamental blocking there. (Pause.) I want to be a healthy animal first of all, then I feel that the super-elements there will grow out of that healthy foundation. I feel that any achievement that was the result of overcompensation would be pretty unsatisfying, no matter how great the achievement, no matter how great the world's applause. My private knowledge of that fundamental blocking would bring me down so much that the world's applause wouldn't make up for it.

C238. In other words, you've got to have some respect for yourself on a pretty fundamental basis, in order to have any achievements in any line.

S238. M-hm. Of course, I overvalue sex now as a direct result of my inhibition. That is, I think more about it than I would if I didn't have the inhibition, but I want to put it somewhere between food and music. It has well, you could make the analogy that it is somewhat like food; it's sort of a physical gusto, and on the other hand, it also has the artistry of music about it. And I feel that it can have an important place without being dwelt on, as it were.

C239. M-hm. You feel that somehow you've failed to give it the proper balance that it should have, somewhere between food and music, is that it?

S239. Well, I know that I haven't been able to get the gusto from it. So that, as an experience, it's very definitely dampened, you see, by the negative. But I know that that's the place it would assume if I were in a healthy condition. Of course, I'm talking now just about the more or less semi-permanent affairs - I feel that a great love with the right girl would be very important in my life, if I had a healthy psychological condition.

C240. But, as I gathered it from last time, when some opportunities come along for possible real love, you have tended to avoid them.

S240. Yes, that's entirely correct. I feel this way, as closely as I can analyze it—I don't want to enter into anything great as a psychological cripple. It would be very disheartening for me to compare myself with the ego image- that is, I would have an ideal self and my real self, and the contrast would be very distressing to me, most particularly in a situation of great love. So that I wouldn't want to enter into it unless I were my best self.

C241. M-hm. You feel you just wouldn't have a great deal to offer to a great love, perhaps.

S241. Yes, that's right. I'd feel that I'd be going along in low gear, as it were. But I definitely want to have a great love or loves, as the case may be.

C242. You want to, but nevertheless, you have a little concern over whether you could pay the price.

S242. That's a peculiar terminology, in a way. Whether or not I would want to pay the price, or whether or not I would have the money, now which do you mean?

C243. How would you put it?

S243. Whether or not I would have the money. Still you could put it another way. There's sort of a fluctuation there in my evaluation of it. Let's leave that analogy a minute. I would feel very disheartened were I to be in that situation, because I would constantly compare it with the ideal — that is, compare my real self with the ideal and be very aware of the blockings in my feelings and my actions. I'd feel that I couldn't be the great lover that such a situation would require.

C244. And that has some parallel in your feelings about other things, doesn't it? I mean that, here you are at your present status, and 'way up here is the ideal as you would like to see it, in regard to job or love or any one of several different things.

S244. M-hm. That's right. Sure, you could put it in any field.

C245. And that any bridging of that gap seems pretty hopeless.

S245. I put it in the sexual field, because I think that's where it had its origin — if that isn't where it had its origin, at least the central dynamo of sex is the thing that is being inhibited, and of course that inhibits all, when you inhibit the dynamo.

C246. M-hm. Well, I guess our time is nearly up for today. Just before I came in, I looked over my calendar, and I'm not sure whether it conflicts with your plans or not. The next hour I had down was Thursday at four.

S246. I was wondering now — I may be working from now on- you see, I haven't been doing any work. Do you ever have any consultations in the early evening?

C247. No, I try to avoid that. But it might be possible.

S247. Well, I might only have evening hours open, although I don't know for sure now, but I was just wondering in that eventuality, if you would ever be able to take me in the evenings.

How about - just would Monday at five up then?

C248. I think that might be possible. happened to think of another thing - be a possible time for you, or will you be tied

S248. Monday at five? Yes, that's all right.

C249. Monday at five would be all right. All right, let's make it Monday at five, and I guess probably we'd better settle these as we go along, anyway. We won't try to set another time.

S249. All right.

C250. I'll sort of tentatively save Thursday at four, but we'll see

S250. I'm going to— I'll probably be working on Monday that's a good night, but that won't take place until about half past six anyhow, so ——

C251. All right— five o'clock'd be O.K. (Both stand up, preparatory to leaving.)

S251. Well, how do I compare with others in my progress,

C252. I think you're definitely making progress, and the kind of thing that has more significance to me than some of the intellectual and philosophical aspects are the things that you do in the



realm of feeling and action. I mean — I'm interested that you had guts enough to go talk to this fellow this afternoon and so on. And it's as we discuss

S252. Well, it didn't take any guts. I mean, that's the nice part of it. I didn't have to force myself.

C253. M-hm.

S253. That's just my reaction there.

C254. And it's some of those things that

S254. Do you want to leave any thoughts with me to dwell on between times, or don't you use that sort of technique?

C255. Oh, sometimes I do, but I often find it doesn't mean very much.

S255. M-hm. I see. You just want me to come in and talk about the things that I feel -

C256. Yes. I might make this kind of a suggestion — that when you find your symptoms rather bad or leaving you - I mean either way, when they're coming on or leaving you the more honestly you can ask yourself, "What's this getting me?" the more progress you might be able to make.

S256. That's a good thought. Just to take the full responsibility for my feelings—say, "I'm the one that's making myself feel this way, and what is this feeling getting me- what good is it doing me?"

C257. M-hm. Sometimes that-

S257. Now I'm — I've done a little work with self-hypnosis, and I find that I can induce a quite interesting stage there. I raised a blister on myself one time by suggesting a cigarette burn.

C258. Well

S258. And I don't know what to do about that—we might go into that some time if you want to

C259. Well, I think that- well, we'll see - we can talk that over. I think that has somewhat limited therapeutic value.

S259. Yes, it doesn't last long.

C260. It has a lot of influence on various elements

S260. I get quite a good trance state-