

C546. Well, not very long till vacation now, is it?

S546. Let's see, when is it, a week or so?

C547. Just a week, I guess.

S547. Well, I've been noticing something decidedly new. Rather than having fluctuations, I've been noticing a very gradual steady improvement. It's just as if I had become more stabilized and my growth had been one of the hard way and the sure way rather than the wavering and fluctuating way.

C548. M-hm.

S548. I go into situations, and even though it's an effort, why, I go ahead and make my progress, and I find that when you sort of seize the bull by the horns, as it were, why it isn't so bad as if you sort of deliberate and perhaps — well, think too long about it like I used to. I sort of say to myself, "Well, I know absolutely that avoiding the situation will leave me in the same old rut I've been taking," and I realize that I don't want to be in the same old rut, so I go ahead and go into the situation, and even when I have disappointments in the situation, I find that they don't bring me down as much as they used to.

C549. That sounds like very real progress.

S549. And what pleases me is that my feelings are on an even keel, steadily improving, which gives me much more of a feeling of security than if I had fluctuations. You see, fluctuations lead you from the peaks to the valleys, and you can't get as much self-confidence as when you're having gradual improvement.

C550. M-hm.

S550. So that the harder way is really the more satisfactory way.

C551. Then you're really finding a step-by-step type of improvement that you hadn't found before.

S551. That's right. I never - I'd always had a fluctuating thing before. I would either be all released or all inhibited. Well, I feel that this is something that I'm earning rather than something that comes from my involuntary whim.

C552. And you have really earned it in more ways than one. I mean, you've earned it by making a pretty deep-seated choice, and then you go ahead and earn the different satisfactions that come along too.

S552. Well, that's the best way, and at the rate I'm going now, I realize it won't be over a month or two before I'll be completely fixed up.

C553. I think there's no doubt about that, and my only question about that statement is that probably you've made it longer than it

S553. Of course, I don't know much about estimating these things, but I can sense a real wave of progress. But I know what to do with myself now.

C554. Yes, you're almost at a point right now where you have changed your direction and you've discovered some new ways of tackling your situation, and that's almost those are the fundamentals that you need.

S554. I had a very interesting acid - sort of an acid test that I think might interest you. I bumped into a former girl friend whom I hadn't seen in some months—well, it's been longer than that,

over a year I guess - and I used to get very a large number of neurotic satisfactions with her. She increased my neurotic pleasures and also gave me more neurotic pain. And we were very attracted to each other, but broke up, and I found myself making a resolve to see if I couldn't get her to go with me again. Of course, she's somewhat wary of me now. (Laugh.) But I wanted to— I found myself desiring to get new and healthier satisfactions with her, rather than go back to her on the old basis. I felt that that would be a very good acid test- I mean, since we usually think of going back to something as going back to it the way it was before, but I find myself reacting differently to her. Well, it's like any situation — it isn't so much the situation that counts, but how you react to it. I mean, you can react to it neurotically or you can react to it healthily.

C555. You wanted to sort of test out and see whether you really had changed as much as you thought you had.

S555. Well, no desires first.

C556. I see. it wasn't so much that I felt the healthy

S556. It wasn't a case of having a doubt, then wanting to test myself.

C557. Well, that's true. M-hm.

S557. Then I had another interesting acid test. I had two jobs lined up, and the fellow who was to help didn't show up with the camera. Ordinarily that would have disappointed me very much, but I handled it pretty satisfactorily, I thought. I had a special camera coming in from —, but the fellow had some sort of delay and wasn't able to make it. Of course, I would have to watch myself in a situation like that — that is, that might be neurotic satisfaction that I wouldn't have to go through with the job, but

C558. Well, you're getting more ———

S558. Well, at any rate, it perhaps wouldn't be necessary to analyze the satisfactions on every occasion, since there is improvement anyway. After all, in the last analysis I don't suppose you can analyze it — you have to have other evidence besides the feeling itself. I mean, just a feeling of satisfaction - it's very hard to label whether it's neurotic or otherwise, unless you look at other data too.

C559. M-hm. That's true.

S559. I mean, just the feeling per se, without reference to your other behavior patterns, isn't going to give you any answer.

C560. And you're the one that knows really whether or not this particular experience was more in the nature of growth or more in the nature of an avoidance, and I would feel very certain that you know that you are reacting quite differently from what you would have before.

S560. Well, a thing like this doesn't happen overnight. C561. No.

S561. There'll be a few neurotic satisfactions, but as long as they keep getting less and less and there aren't any wild fluctuations well, I feel much more secure than I did before.

C562. Yes, they're likely to be I mean, you can find a certain amount of fluctuations, to be sure, but I don't think it's the kind of road on which there's any basic turning.

S562. Well, you know where to roll up your sleeves and what to do about it if you do find yourself slipping.

C563. M-hm.

S 563. My parents' reaction might interest you. I had my dad drive me down. He wondered why I had to make an appointment. I told them, and they got rather upset. They might put the pump

on you. You see, they have a resistance to psychoanalysis for two reasons: one is, they feel a certain amount of guilt that they had something to do with my condition; and secondly, they value the religious way of cure, and so they want me to feel that I should pray and let God do it that sort of thing.

C564. And you've found it somewhat more satisfactory to do it yourself.

S564. That's right.

C565. Well, if they should get in touch with me, I'm afraid I shall just refer them to you.

S565. Well, I didn't know what you'd do in a case like that. I wanted you to know that I had told them. I thought that would be the best thing, to tell them. amusing in a way — they — you see, they believe in a strictly free will, in the fullest sense of the word. Well, they have that sort of — rather a mixed up ideology there that is God rules things, but one of His gifts is free will, which you can even use to turn against God that is, by his consent, in the larger sense of the word. So yet at the same time they have a sneaking feeling that they didn't raise me right, which is one of the reasons that I—I mean, they look at me rather askance like I'm a queer bird — yet they subconsciously blame themselves. But they don't extend that to blaming their own parents for what they did to me, see? (Laugh.)

C566. M-hm.

S566. So I have a hostility there. So they're praying, and when they see me more ambitious, why, they'll give credit to prayer, and so everything will be all right.

C567. Well, you can take that. I mean, if that's the thing that's satisfying for them to believe —

S 567. Why, it doesn't matter to me. I'm very tolerant of other persons' feelings. The main thing is, as long as I live at home, I keep things reasonably smooth.

C568. And I suspect you feel that with some of the changes that you're making in yourself, probably things will go smoothly in relation to them.

S568. M-hm. Well, they'll be pleased about me getting a defense job. You see, they don't like photography — they think it's sort of a loose way to live. Of course, I like it because you don't have to work very many hours and make a good deal of money in relationship to the hours, but they have a puritan belief in work per se. But I want to get into an industrial plant anyway, because of the war, so it's working out all right for a different reason. My motive is different from theirs, but the results will be the same. And I've canvassed the town enough now — made my initial contacts in the photographic field so that I can do it part-time now — do it in the evening. When you first hit a town, you have to make the opening contacts to sell the idea of the thing. Then you make a follow-up contact to set a definite date. I've already made my initial canvasses to do in the evening, and I want to hook my way into the office out there at the plant make myself very valuable to the program.

C569. Do I gather that you have a pretty good chance of getting something there now?

S 569. Oh, yes, I can get on there. See, I worked at a similar job in I went out there last summer and got a job.

C 570. I see.

S570. But just being an ordinary workman's not enough. I've got some ideas about production efficiency — how the assembly lines can be speeded up, and something like that will make a person very valuable, so that I can serve my country and incidentally myself.

C571. (Laugh.) What's more — you're getting into what will probably be a fairly challenging situation, but meeting it.

S571. Yeah. M-hm. The any kind of a job like that would be valuable just from the psychological viewpoint alone.

C572. M-hm.

S572. Of course, some work's awful monotonous that's where I get pretty impatient that way. But the higher up you go, the more interesting it becomes. I don't like a lot of mechanical detail, but I'm going to keep all I get from out there, and in about a couple weeks I'm going to walk into the production office with an idea.

C573. That arouses my curiosity. You say in a couple of weeks does that mean you're not going to take your trip, or after you come back from your trip?

S573. No, we aren't going to go after all. (Explains his change of plans.)

C574. Well, that sounds as though you'd made a good deal of progress, and you're laying quite a lot of sound plans for the future.

S574. Yes, what I want to do now is to be a valuable man in defense work, and do photography on the side, and work on my novel.

C575. You keep bringing these surprises in intentionally, I think. (Laugh.)

S575. Hm? Well, it's the way I feel. I mean, a lot of times I feel well, not very ambitious, and then I don't get my ideas, but when I feel my growth like I have been, why, I get more and more ideas - more and more plans. What's that about intentionally — you think I

C576. No, I'm just curious. I mean, you hadn't mentioned any novel before. You're actually working on one, or just contemplating one?

S576. I have the idea well worked out.

C 577. Good.

S 577. It's along the Hamlet theme. (He discusses the plot in some detail.) I want it to be sort of a thoughtful tragedy even though it does have a pessimistic theme, I want to bring out all of these social and psychological implications.

C578. Well, that sounds like— certainly like material for a novel.

S578. And it might have a timely appeal.

C579. M-hm.

S579. You see, right now, the literature of today will reveal the dawn, but there'll be a blackout before the dawn. I mean, that's the movement of the times.

C580. M-hm.

S580. Take now the work that has looked into the future has been of such a fantastical nature that it doesn't have any real meat. Such things as Lost Horizon, things like that, have all been very fantastical a brave new world, that sort of thing. But I have a gift of expression with words, and I want to use it.

C581. You're really going to try out this new self of yours, aren't you?

S581. I've always felt that I could do two things; one, be satisfactory to myself, and I feel too that I could get a certain amount of social recognition, which will be an inevitable by- product of one's own self-satisfaction and self-achievement. I don't want to be famous per se. I believe my desire there is that it helps you to gain social goals and to have social prestige. I prefer to get the satisfaction from self-appraisal, and then public acclaim as a means of enabling you to achieve your social touchdowns, as it were.

C582. Well, that all sounds good.

S582. Well, I know that I'm a dynamo when I get started, and I have done some written work, and I've had some very different professors, and they all said that I had a knack of working with words, and expressing my ideas - my use of vivid metaphors, and so forth.

C583. And now you're willing to take the chances that are involved in trying to really do something along that line.

S583. Well, I don't know as it's exactly a gamble - I mean

C584. Well, I was thinking that perhaps before it was a little too much of a gamble for your self-esteem, and so on, and now you're more willing to enter into a lot of these things.

S584. Well, in case I had manuscripts rejected, you mean? C585. Yes, I suppose that'd be one kind of thing. And even more than that, the willingness to make the actual attempt. S585. Well, that's the main thing. You see, it had been awfully hard for me to sit down.. When I'd sit down I'd find that I-I mean, I'd feel that I wasn't getting any pleasure and I'd get very restless and perhaps write a little bit — then I'd go out to a night club and try to get some sort of pleasures. But now - when you feel right inside, you don't mind spending a quiet evening at home — you don't have to go out and seek that sort of a pleasure. Of course, I'll always enjoy night life, but it won't be such a compulsion. It's interesting how the same behavior can mean such a vastly different thing inside.

C586. That's right. (Pause.) M-hm. Yes, the things that happen to you or some of the things you do may be the same things, but they can look very different when your own viewpoint is changed, or your direction is changed.

S586. Well, I'd like a night club to be something that I can take or leave — not something that I have to haunt night after night. I find myself losing the urge to drink, too. I have known that that's what would happen to me. I can predict pretty well those things, and I knew that my urge to drink would lessen as I got healthier. That's one of the things that made me feel so tragic, because I could see so mean clearly what I might be, and of course that added to my motivation to do something about it.

C 587. M-hm.

S587. So I have a feeling that I may be rather famous at least, I'll be pleased if I do something important.

C588. Yes, I think that's entirely possible, and I think too that you could face the fact of not being too famous if it worked out that way, because -

S588. My self-satisfaction comes first, and if you have self-satisfaction and money, you don't need fame to achieve your goals. I mean, fame helps — when your name— move people around more. I mean, they're anxious to do your bidding-anxious to please you, anxious to identify themselves with you that sort of thing. But the actual applause itself would mean nothing to me if I didn't have my own self-satisfaction. If I know I'm all right, and the world boos, why, that's a lot better than my inward dissatisfaction with the world's applause.

C589. Yes, that's quite true.

S589. But as long as a fellow has it in him, he might as well play to the public, as there are some pretty nice plums there and a certain amount of public recognition. But if you lean on public applause alone, you're in for a lot of ups and downs there. I mean - you've seen people that live entirely, you know - for the spotlight, and while the public's applauding, they're 'way up, but just let something happen, they aren't able to weather it.

C590. They live by extreme fluctuation. M-hm.

S590. They're not able to take public criticism. So I feel that that's a two-edged sword, to overvalue those social opinions.

C591. Well, it sounds as though today you're feeling pretty sure of your own progress and you certainly have taken a lot of steps in the direction of progress.

S591. Well, it isn't just only today—it's been - I mean since our last meeting there's been a steady improvement.

C592. Oh, yes.

S592. When I have felt the negatives coming on, I've done something about it.

C593. M-hm.

S593. And in the act of doing something about it, I've actually felt the improvement taking place. Even in the act of dialing a number to make a business contact, I can feel the surge of improvement that I wouldn't have felt if I hadn't actually done the act.

C594. M-hm.

S 594. Does that sound pretty sound to you?

C595. Yes, it does.

S595. Well, I feel that this is a technique that can be de- pended upon. It isn't the involuntary sort of improvement that I used to have.

C596. And it can be depended upon in large measure because you're the one that selected the road and you're the one that decided that's where you're going to go.

S 596. Yes. I feel good about that. I felt that I was work- ing for myself, and you gave me some signposts, of course, but I feel that I made the decisions, and I don't think that you feel that I detract from you when I say that.

C597. No, not at all. Matter of fact, it's my deepest con- viction that I can't help you—I can't help anybody, but I can sometimes create an atmosphere where the person can help themselves.

S597. M-hm.

C598. And the- you had gone a long ways in helping yourself when you— before you ever saw me, and decided, "By gosh, I'm going to do something about this!"

S598. You're sort of a pioneer in this, aren't you? Is this largely your own technique?

C 599. Oh I don't know. It seems to work, at any rate.

S599. I haven't kept up so much with the latest psycho- analytic techniques.

C600. Well, there certainly are many others. I think that a good many different people have been working toward some- what the same point of view.

S600. Well, perhaps some day I can bring you a copy of my novel.

C601. (Laugh.) Right. I'd be delighted to get it. Well, now, you're feeling really pretty confident of your own ability to handle this. I would like to leave the notion of further contacts up to you. That is, do you want to come in again or

S601. That's the thought I had — that I felt that since you were so busy and that I had made this improvement, that if there would be any problems arise, I perhaps could call in and make an appointment. But I feel that in the main the regular appointments will no longer be needed.

C602. I would feel that, too. And I shall be doubtful if you need others. Though, if you find that you want to come in some time next month- - all right, call me, and I'll be glad to have you come in, but my guess is that you've got this thing pretty well where you want it and

S602. I had a feeling—I had read some literature that these things took months and oftentimes years, and I got to thinking mine has been amazingly short, but nevertheless, after all, that need not invalidate things—the fact of it being a relatively short period.

C603. Well, you see, there's been some progress along that line too.

S603. Speed is what counts.

C604. I think part of the reason is I wouldn't pretend and you wouldn't pretend that your problems are all solved or anything of that kind—I think though that you have found the direction you want to move and the kind of approach that you can take to work toward that goal; and surely problems will come up — probably quite difficult problems, but I think that you're — you have the tools that you want to meet those problems now.

S604. Sure, that's the main thing.

C605. I think that sometimes people have felt that this sort of thing should solve an individual's problems, and consequently, if you're going to try to do that, that does take years.

S605. Well, as I see it, it's giving a person a technique to help himself letting him work things out on his own and that one of the nice things about it is that it makes problems interesting rather than disheartening, and you have your growth, so that's better than life without obstacles and problems.

C606. That's right. That's right. There's

S606. There seems to be something deeper grained in the satisfactions. When you're healthy, why, you get a kick out of problem solving and finding a way of overcoming obstacles.

C607. That's right. If you have a fairly clear-cut notion of what you're working toward, then obstacles are just an interesting challenge to battle through or solve in one way or another. And life would be very empty without them, I think. Be like the old fashioned pictures of heaven - just golden streets and nothing to do.

S607. M-hm. I just I was wondering about - (There follow some personal questions asked of the counselor, which have been omitted because of their identifying nature.) I've often thought lately if I weren't somewhat too old or had had a different kind of training, I might like to go in for psychological work myself. I can always do it in an amateur way.

C608. Yes. You have a good deal of insight into other people, I think, as it is.

S608. And I can work it into my writings too.

C609. Yes. I was interested in the account of

It had a good many
your novel.

S609. M-hm. I'm going to write a novel about a psychoanalyst, too—I had that in mind. Maybe you might see a ghost of yourself in print some time.

C610. (Laugh.) Don't make it too identifying. (Laugh.)

S610. Well, we've got a bargain there.

C611. O.K. (Pause.) Well, it's been very nice to

S611. This has certainly been a fine experience for me.

C612. Well, I always feel that I get something out of it, too.

S612. Well, I hope that even though you have been very busy, you felt that finding time for me was worth while to you.

C613. Very much worth while. Very much.

S613. Fine.

C614. O.K. And good luck to you.

S614. The same to you.