

Your Life Story



JOE FERGUSON, PhD

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

Even honest autobiography is historical fiction. It is not that the life story you believe and tell is untrue, but only that it is so selective and interpretive. Consider how it evolved. Selective attention and discrimination begin at birth, as the infant sorts through what William James called the *blooming, buzzing confusion* of raw sensory stimulus. Over the first months of life, you learned to interpret chaotic patterns of sound and light as objects and events, some of which turned out to be people or animals. Unless you are autistic, you eventually developed a theory of other minds and what those minds might be thinking. The terms in which your theory of mind was formulated were drawn from your family, your language and your culture; all of which could have been very different. Once it had been formulated, your life story defined your relationship to the world, and therefore also the manner in which the world can cross you up.

It is remarkable that you can tell a coherent story of your life in a few hours, with no preparation and regardless of whether you have done this before. I solicit spontaneous life stories all the time and they flow effortlessly from everyone. If I listen properly they provide the terms in which your personal dilemma can be properly understood, and the terms in which it must therefore be resolved. Resolution may involve changing some aspect of the world, reinterpreting some aspect of your situation, or reformulating your life story in some way. Your “true” life story is not fixed in the way it seems to be. You can make major editorial changes without compromising your honesty or integrity in any way, and you should. Trust me. Call me.

Concise Personal Counseling

\$175 per 70-minute session ~ Walking Distance From St. John's College
(505) 913-7159 ~ DrJoe@Fergi.com ~ www.Fergi.com