

# Disavow Your Thoughts & Feelings



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**E**very kind of thought is in your head. The vast majority of these are unconscious and most would be incomprehensible if you could somehow experience them. What might be the thoughts of your digestive tract, for example, which has 5 times as many active neurons as your spinal cord? Your thoughts and feelings are almost entirely dedicated to regulating your metabolism or seeking food, money, friends and sex in a complex dynamic environment. You will note that, without

effort or awareness, you never put the fork in your eye instead of your mouth, exit through the window rather than the door, or mistake your spouse for a hat. Your unconscious thoughts get along just fine without your attention, which would only confuse you both.

You view the life you think you lead from within a tiny bubble of conscious experience, balanced high on the pointy tip of your metaphorical brain. From within that bubble you vaguely sense the unconscious mass of primitive impulses and feelings from which your thoughts, behavior and personality emerge. Sometimes you hear them in the form of obsessive thoughts or emotions you would rather not experience. Every kind of thought is in your head and you are capable of any emotion, attitude or act; but you are more than that. You use language and you reason about your circumstances. You decide which thoughts and feelings to endorse and which to disavow. You decide how you roll, and you even have some influence on what you think and feel. Trust me. Call me.

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