

# Climate Change



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**Y**our mood is determined by the events of recent days and by your assessment of how well you handled them. Patterns in your mood over time constitute an important aspect of your personality, which modulates the quality of your whole life and determines whether or not you are loveable. Your mood is like the weather and your personality is like the climate. People often want to change their mood without changing their interpretation or response to the situations that actually determine what their mood is. This can only be accomplished with psychoactive drugs, which operate directly on your mood but carry the risk of catastrophic side effects. So it is usually better to either *change* your interpretation or your response to specific situations, or else to *accept* the mood that accompanies the benefits you receive from your current approach.

This presents a dilemma when you are closely attached to the thing you need to change; such as alcohol or drugs, food or sex, money or work, cherished habits of thinking and behavior, or even your identity and values. The calculus of short term sacrifice for long term benefit is private, personal and not entirely rational or conventional. When analysis threatens cherished attitudes and behavior, one common strategy is to avoid or manipulate the analysis itself. This can be accomplished by diverting attention onto some decoy issue, by challenging or distorting the facts of the matter, or by simply refusing to look at it. A better strategy is to examine the whole situation carefully before either making decisive changes or honestly accepting the consequence of your legitimate values and preferences. Like the question of global warming and what, if anything, should be done about it. Either approach will improve your mood and eventually your personality, which will make you happier and more loveable. Trust me. Call me.

## ***Relief, Recovery, Resolution***

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