

Collateral Damage



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It's not always about us. Really. This realization can be traumatic in proportion to the size of our ego and comforting in proportion to the clarity of our thinking. Sometimes the damage we sustain at the hands of our friends, family, colleagues or beloved is due to some drama or trauma of their own that we know nothing about. There may be an old wound being reflexively protected, an old secret being silently defended, an old promise being secretly honored, an old betrayal being symbolically justified, an old lie told elsewhere and for other reasons coming home to roost, a complicated masquerade finally closing in, an old hope being nurtured, an old image being protected or something not quite distinct that was inherited or inflicted along their complicated way.

It's always complicated. There may be circumstances and history and hopes and fears that we know nothing about, even though we are so close to them in so many other ways. There may be nights and years of secret dreams and silent anguish we never suspected, even though we thought we were right there with them the whole time. They may not have meant to hurt you. They may not have meant to mislead you. They may not think that you *can* be hurt or misled or they may not think you care. Or they might understand all of this and it *is* about you after all. Can you tell the difference? Are you sure? You can see that this is critically important, right? Your situation is unique and so is theirs. Trust me. Call me.

Concise Personal Counseling

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