

Disown Your Thoughts & Feelings



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Every kind of thought is in your head. The vast majority of these thoughts are entirely unconscious and most would be incomprehensible if you could somehow experience them. What might be the experience of your digestive tract, for example, which is intelligent in its own right and has about the same number of neurons as your spinal cord? Physically, thoughts are a combination of neural activity and emotional modulation, although most people prefer to think and talk about them in dramatic literary terms. The vast majority of your

thoughts and feelings are dedicated to regulating your metabolism, seeking food, friends, sex and sleep, or operating your body in a complex and dynamic environment. These indispensable thoughts that you unconsciously think work just fine without your attention, which would only confuse you both. 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. You have no more awareness of the bundles of unconscious intelligence that perform these routine miracles than you do the multitude of other mechanical thoughts and feelings you never experience either.

You view the life you think you lead from within a tiny and extremely selective bubble of conscious experience, balanced high on the pointy uppermost tip of your metaphorical brain. From within that bubble you vaguely sense the crude unconscious mass of primitive impulses, thoughts and feelings from which your personality and behavior emerge. Sometimes you hear them in the form of obsessive thoughts or feelings you would rather not experience. Every kind of thought is in your head and you are capable of any feeling 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. It is literally your *life*. Trust me. Call me.

Concise Personal Counseling

\$150 per 70-minute session

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