

Isn't That Awful?



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Any need or desire can be expressed as a complaint. The transformation of a desire into a complaint requires the assumption that there is a code of conduct which requires some responsible party to satisfy that desire, and which designates the responsible party as socially and morally defective if they do not. Nearly everyone has a secret *courtroom-of-the-mind* in which a wise and compassionate judge rules consistently in their favor when they come into conflict with their problematic partners or children. Since there is no such fantasy venue, ongoing prosecution turns out to be a poor strategy for resolving interpersonal issues.

But people often cling desperately to their complaints for long periods of time, apparently in the misguided belief that their partners, children or parents can be convinced to acknowledge their defects and change their personality. Most people recognize and agree that this is an unfortunate and ineffective approach, except when it applies to themselves and their own *problematic other*.

It is my task as a personal counselor to help shift the focus from the problem to its resolution, which almost never entails a guilty plea or a conviction on charges of character defect. In fact, when people complain about their partners and children they are usually asking for something that is more important to them than they are prepared to admit. Catch 22. This terrible strategy is destined to fail because complaints are generally not taken as a form of communication to be reciprocated, but rather as a form of aggression to be resisted. Needs and desires can be satisfied by loving gifts given freely but complaints can only be satisfied by compliance, which nobody really wants. I can help you sort this out. Trust me. Call me.

Relief, Recovery, Resolution

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