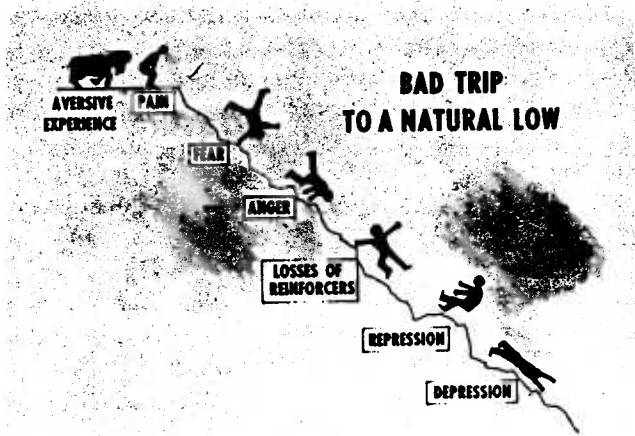
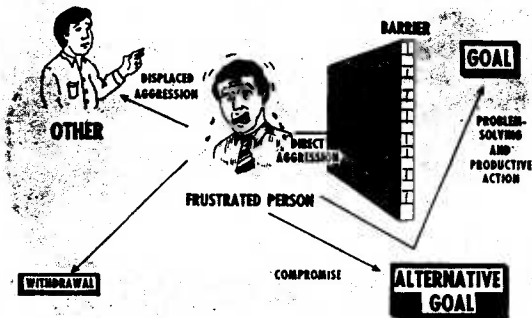


It's 4.30am 24Sept75 and I've just let the dog out. He hesitated on the threshold upon discovering it's raining like cats and you know what, but his motivation-- i.e., his internal incentive--was adequate to prevent withdrawal: he decided that the pain of the rain was a lighter thing than the guilt if he messed on the kitchen floor. As for his third option, viz. continued sphincter action ("repression"), the prospect of success is absolute zero not because sooner or later he'd decide to relieve himself of this level of misery but because the internal pressure continues to increment the misery toward the explosion point, just as in people's bodies...and souls....So why did I get up? The negative sanction: I'd rather get up now and open the door than get up later and clean up the floor. But obviously I'm staying up, typing this: why am I staying up? The positive sanction: Today I begin a new Pastoral Counseling Integration Seminar, and the dog incident gave me an angle of entry I thought I might try, and couldn't find out whether I should unless I were to stay up and write this thinksheet. Also, the incident of successful advance into the wet, cold, and therefore cruel world contrasted in my mind with something I went to bed with last night, viz. concern for a person who has extreme and usually self-canceling reluctance to cross the threshold: a habitual withdrawer. When I let Tippy out, the incident and the person were integrated by a visual memory, yesterday's input of this diagram [Lansford, Box 8711, San Jose CA 95155: "Audio-Visual Products"]:

But when I looked up the diagram a minute ago, I didn't find "withdrawal" on it...so I looked further in the catalog and found this diagram (the diagrams having become roughly superimposed in my subconscious):



MAJOR ADJUSTIVE RESPONSES TO FRUSTRATION



There's a big deal going on here, and a little deal. The big deal is the human "mind" with its awesome potential for storage, scrambling images/ideas, attention coupled with repression, dialog between conscious and unconscious and between

+ and - forces ["reinforcing" and "aversive"] to thought and action. The little deal is my cooperating, consciously and habitually, with this perpetual miracle: I "reflect" and "meditate" from the dog's bladder and everything else in God's creation, and "contemplate" God perpetually in another and penetrating dimension of consciousness ("prayer")--a little deal, because it's my nature; an intermediate size deal because it's my will, my commitment, my joy, and my way of usefulness to my fellow creatures.

EXERCISE: On the back of this thinksheet, do consciously and with articulation what I did unconsciously and grossly, viz. merge the two diagrams, the one on self-canceling response to pain and the one on flexible response to frustration. In your experience and in the light of your knowledge and skills, does pain always lead either to creativity or to fear: isn't apathy repressed pain? And anxiety repressed fear? And hostility repressed anger? And is there a syneidic image that will replace the fall and the wall so as to combine, visually, the experience of pain+frustration? Finally, how might the diagram you come up with be useful?