

Peter Michaelson

Author of Freedom From Self-Sabotage

The Phantom Of The Psyche Freeing Oneself From Inner Pabivity

Peter Michaelson

The Phantom Of The Psyche Freeing Oneself From Inner Pabivity:

The Phantom of the Psyche Peter Michaelson, 2002 The Phantom of the Psyche Peter Michaelson, 2017-05-05 Inner passivity a common characteristic of the human psyche distorts our sense of self and binds us to a second hand experience of ourselves This psychological condition which affects men and women equally is much more than just our difficulty in standing up for our rights It is a complex and mysterious aspect of our psyche concealed beneath our feelings of being helpless overwhelmed and indecisive Inner passivity contributes to feelings of being defective or unworthy and it is a factor in hundreds of symptoms including anxiety fear anger addictions compulsions and depression Inner passivity is often experienced as a sense of inertia or as a lack of foresight or vision It hides out behind the problem and the pain of being indecisive yet it can also be a factor in hasty decisions. One of its primary emotional symptoms is the feeling of being overwhelmed while one of its common behavioral symptoms is procrastination. We can experience inner passivity as the sense of having no power as the feeling of being stuck or unable to move forward in our life and as an inability to make something happen It is present in the feeling that we re always playing catch up or running late in the impression that life is a losing battle or in our worrying and emotional preoccupations concerning the uncertainty of life Inner passivity also is the culprit in our failure to create a vision or a plan for our success and it can also be an enemy that snatches defeat from the jaws of victory Generally we can say of inner passivity that we allow it to dictate and degrade our everyday experiences We gain a distinct advantage when we identify inner passivity as a psychological condition or as a stage of our personal development Once we identify it in this clinical sense we re able to step back from the limiting self defeating symptoms it produces thereby establishing some conscious separation from our symptoms Otherwise the symptoms of inner passivity low self esteem for instance feel so much like our essence as if they represent who we are or who we think we are Without separation from our symptoms the symptoms can define us in our own mind and thereby limit us Free of inner passivity we connect with our creativity self expression and capacity for intimacy We clear the way for the fulfillment of our courage integrity compassion and love and for reunion with our self Books In Print 2004-2005 Ed Bowker Staff, Staff Bowker, Ed, 2004

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