

Getting to the Root of the Problem

In all of us in our minds there's a world just below the surface informed by past experiences and unconscious desires. It creates a network of wants and wishes informing our motivations in every moment. You can think of your emotional life like a young tree. As it grows it is nurtured by the light and warmth of supportive experiences and whipped around by the winds of stress. Buds blossom. Branches break and mend. Wounds are opened and healed. But changes also occur below the surface beyond the trunk and leaves. There is a vast network of roots doing their own work to keep this tree anchored to the ground. It's from this underground layer that memories feelings and wishes from our past experiences seep into the soil and lie dormant. And because this layer is just beyond our conscious awareness, we call this world of the unconscious. No matter what's going on above-ground, this web of rules set up a pattern for our emotions. That's why even under the best of conditions our branches sometimes wither and we don't know why. When season after season you start seeing repeated patterns that interfere with your growth, that's where psychoanalysis can help. You can think of help from a psychoanalyst as an opportunity to work closely with a gardener, to gather your work to clear away the weeds navigating below to heal at the root of your feelings and behavior. If you've ever felt that you're caught in repeating patterns of problematic behavior or experienced unwanted symptoms of anxiety or depression, psychoanalysis can give you the tools to break free and learn how to live a rich unhindered life.

Source: <https://www.youtube.com/watch?v=NQCfUacxael>