

## Setting Ourselves Adrift, Rudderless in the Tides of the Unconscious



A friend told me a story recently about his second date with his first wife. He decided he would cook a meal at her apartment. While at the market, he could not be sure if she would like the plain chicken or a nice juicy teriyakis chicken. So, he bought both, along with all the fixings, rice, salad, vegetables, flowers, and wine.

When he was unpacking the groceries, preparing to start the meal, she noticed the two chickens; “Why did you buy two chickens...?” And before he could explain, she went off on a rant explaining to him how unnecessary this was and couldn’t he make his own decision? This treatment was so familiar to him that he remembers to this day thinking, “Well, if I can survive growing up with my mother, I can survive this.” They eventually married and a few years later divorced.



## Interpretation

The relational script is all there, in every moment. Often, we know in the very beginning everything we need to know to predict the future. My friend Rob, we shall call him, entered a five-year marriage that had all the unresolved dynamics he had grown up with. It is such a cliché to simply explain that “we marry our mothers.” Rather, I think we are drawn to situations that are unresolved in our psyches out of an unconscious drive to seek resolution. And very simply, all that is seeking to be resolved is accomplished to the degree to which we are willing to feel what is happening in the moment. All the information we need, to make better decisions, is right in front of us — if we can remain open and acknowledge what it is that we are feeling and thinking as life unfolds within and before us.

## Conclusion

It is when we voice-over, care-take, or manage the situation in front of us so that we don't have to feel, that things become complex. Our refusal to simply listen to what is occurring, trust how we feel, inquire into the nature of the other person's motivation, respecting life as it is, that significantly complicates our lives. We move into our relationships like a rudderless boat adrift and vulnerable to the winds, currents, and prevailing tides.

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