

Resolving Approach-Avoidance Polarities

Another way of thinking I've found useful is to ask myself, *What is the wish?* and *What is the fear?* which opposes the wish. Next I ask myself *What has kept the protagonist from resolving this issue?* Finally, *What's in it for the protagonist not to resolve the issue?* that is, 'What is the secondary gain?' See Table 4 below.

One may construe the TEMPTED plot (No. 3) entirely in this fashion, for in temptation there is always a desire which has been opposed, the affective quality of which is 'fear.' What keeps the temptation alive? What are the consequences if he says 'yes,' and what are the consequences if he says 'no.' How does it happen that it is better to remain in limbo rather than resolve the issue one way or the other?

Answers may likely be found on either side of the TEMPTED category, REGRET (No. 2) on the one side, nicely illustrated in the Garden of Eden story from the Bible, and on the other side DISCOVER (No. 4), that is, to come to terms with who I am, for I may not be who I thought I was, and this will take some work, to see what the implications are for me in the future. An important part of the task is self-acceptance, which may find its beginning in director and group acceptance.

In normal development exactly this same process is underway. The parenting figures are the initial source of injunctions and sanctions by which children live, but when we reach our teens more and more, to great parental consternation, we hand that function over to our peers. We all know the conflict this stirs up. What happens is that the peers often support our wishes, giving us strength to make a freer decision to replace one where obedience is a foregone conclusion. Not that we necessarily always yield to our desires, but we do so for reasons we've made our own rather than having them imposed upon us. In our spiritual odyssey we may apply imperatives fitting the situation. See Table 3 below:

1. liberate=go	2. regret=suffer	3. tempt=take?	4. discover=see
8. descend=sink	7. appeal=please	6. confuse=overwhelm	5. puzzle=mystify
9. dissipate = act out	10 addicted=swallow	11. deviate=violate	12. abandon=desert
16 .judge=condemn	15. avenge=get even	14. rival=beat	13. afflict=doom
17. control=dominate	18. sacrifice=forfeit	19 pursue=quest	20. venture=risk
24. transform=heal	23 .mature=nurture	22.transcend=overcome	21. ascend=rise
25. rescue=save	26. associate=befriend	27. love=share	28. celebrate=praise

Table 4: Approach-Avoidance, Counterscript, Secondary Gain

What's the wish?	What is the fear?	Delays Resolution	Secondary gain
1.Liberation: emancipated free.	I'm vulnerable, unprotected	I stay because I'm needed.	someone watches over me.
2. To be , exonerated, forgive, to be forgiven	Nothing I can do will ever be hard enough on me.	I don't do a thing for myself. I don't deserve it.	only a good person could feel so bad.
3.Tempted. I want it, I'll take it.	Internalize parent-figure need will turn his/her back on me.	savoring temptation in fantasy but not seeking in action	I'm made that way. How can I help it?
4.Discoverer. To know who or what I am	that I am who or what I'm afraid I might be	I collect evidence showing suspicion is absurd	I can maintain my illusions about me
5.Detective. To see through cons and coverups	I'll find out and I won't like it. I wont and they'll laugh	Fails to follow-up clues. Vacillates unpredictably	Feel sorry for me. They've made a fool of me.

6. Confused. What does it mean? Where do I stand?	It will never make sense and I'll never be free of burden	Fails to distribute responsibility, or follow thru with it	I'm a heroic, self-sacrificing sufferer Expect nothing.
7. Petitioner. Hear my plea. Vindicate me. Stop them.	I'll be refused and be worse off than I was before.	Delays appealing or fails to follow thru on suspect's motives	I am the tragic victim of great injustice
What's the wish?	What is the fear?	Delays reaction	secondary gain
8. Casualty. Stop falling. Regain lost paradise.	In no way will anything ever be as good as it was	Rescue me. Believe that I'm in trouble	Coasts on old achievements. I'm on borrowed time
9. Abdicator, 'bomb out.' Squashed. How far can I go?	I get no respect. The bottom is about to drop out	Arranges to be where someone can bail me out	I tie others to me. I 'win' by showing it's hard to help me
10. Addict. To feel no pain, anxiety, to be numb, stoned	Pain and anxiety break thru. I'm overwhelmed. Can't get what I need.	Minimizes extent of the problem, seeks company of those of like character	warm feeling I am loved and all is well Don't blame me. I don't remember.
11. Betrayed. To be loved, important, needed, protected	Someone will find out. No one will. He'll quit, not stop. I'll be alone.	I keep the secret. I believe the threats. I must protect the family	I sacrifice myself for others. I'm special. I deserve no more than this
12. Deserted. To be with someone, To have a relationship	No one's there. No one cares, No one else will ever love me like that	No reason to look for someone new. I carry the torch. I live on the past	I've a ready reason for not reaching out or responding when others reach out

13. I've been oppressed. Help me, I've been hurt	It's more than I can bear. I'll go down. No one will hang in	I won't seek help and if offered I won't take it	This is why I haven't achieved. Be sympathetic.
What's the wish?	What is the fear?	Delays reaction	Secondary gain
14. Winner or runner up. Got the trophy, acclaim	He'll defeat me. No one will remember how well I've done	Must keep winning or they'll think I was just lucky	Proving repeatedly I am who I think I am, Competition.
15. Avenger I've got to get even	Can't count on them Must do it myself	I choose situations where I can't do it	He deserved it. Life God or world unfair
16. Judged. To be exonerated, confirm my unworthiness	I'll believe this is what I deserve, that they're right	I don't stand up for me. I take refuge in silence	You care like someone did. We've got a relationship
17. To be in charge. Power. dominator.	I'll slip up. Another will take over.	So much in control I don't learn other alternative	I live in a neat world. No surprises
18. Self-denier. To please ideal self.	Sacrifice not welcomed. Alone.	Staying on the brink of decision	Others impressed by heroism, guts
19. Pursuer or Seeker. To elude hunters.	I'll never find him, her or it. All in vain. I'll be caught.	Person or goal is very near.	They see me as dedicated, faithful, determined.
20. Risk taker. To be brave. Adventurer.	That if I let down my guard, I'll lose.	Must keep coming out on top	I've lived and died heroically
What's the wish?	What is the fear?	Delays reaction	Secondary gain
21. Achiever I'm a can-do person.	That I'll be able to go no higher	Can I do it again, at so high a level?	Cherish memories. Live in past.

22. Over-comer. I come from behind.	I'll almost but not quite make it	I can smell victory when no one does	Recognition for persistence
23. Nurturer. To be good parent, child	To disappoint, Not to turn out right.	To run into a series of setbacks	I did my part. Don't blame me.
24. Healer. Healed Shaman, charismatic	I'll not be able to let go of my role	Inner critic nags till I do what I should	Hopeless case too far gone. Help!
25. Rescuer. Savior, Hero	I'll miss by an inch. I should push	The vulnerable keep finding me	At least I tried. How about you?
26. Includer. To be a friend, team player	I'll be isolated, not assertive enough	identified with both polarized persons	Seen as loyal even when ineffective
27. Lover, Loved, to possess, be possessed	I'll love in vain. for it won't be reciprocated.	Mixed success or success for a time	Proves others' expectations unreasonable
28. Celebrate Be thankful, enjoy	I cannot win in the long run. Entropy	Ever welcome to company of others	What happens shows world is bad