

Working With Our Creative and Destructive Impulses: Understanding Aggression As An Essential Tool For Transformation

Themes For Discussion

- *What we cannot experience positively we will experience negatively.*
- *Understanding destructiveness as a part of aliveness.*
- *Exploring the hostile imagination and revenge-seeking fantasies.*
- *Developing the capacity to embody and move with aggressive force.*
- *Developing the capacity to receive and withstand aggression force.*
- *Working with 'against-ness' as an enlivening function.*

We need to recognize and understand crucial moments and encounters in process sessions and depth work, and enter into them with more trust and confidence.

We need to practice, by working '*one way and then another*', towards establishing a tolerable and useful relationship to aggression, by mobilizing both need and anger in body and mind.

We can explore the difference between life giving and mobilizing aggression, and destructive, regressive and recycling tendencies with aggression – often moving between the two.

Ultimately, we must provide our clients with opportunities to transcend old beliefs about the ruinous, dangerous or 'bad' aspects of aggression, and discover the potential for enlivening and the mutually shared pleasures of 'life force in motion'.