

Kindle Notes For:  
 Gestalt Therapy: Excitement and Growth in the Human Personality  
 Frederick S. Perls, Ralph Hefferline, and Paul Goodman

Loc: 3,613	8: Identifying and Alienating
Loc: 3,614	I: Conflict
Loc: 3,628	identifying with an impulse,
Loc: 3,628	spontaneous and obvious,
Loc: 3,629	there is no point in distinguishing self, id, and ego.
Loc: 3,629	accepted by the ego is an aware conflict and the exercise of aggression.
Loc: 3,630	Conflict is a disturbance of the homogeneity of the ground
Loc: 3,630	prevents the emergence of a sharp and lively next figure.
Loc: 3,631	conflicting excitements bring alternative figures into dominance.
Loc: 3,631	attempt to unify a single figure when the ground is busy,
Loc: 3,633	must result in a weak gestalt, lacking in energy.
Loc: 3,633	on the contrary, if what is chosen is the conflict itself, then the figure will be exciting and energetic,
Loc: 3,634	full of destruction and suffering.
Loc: 3,635	Every conflict is fundamentally a conflict in the grounds of action,
Loc: 3,635	of needs, desires, fascinations, pictures of oneself, goals hallucinated;
Loc: 3,636	the function of the self is to live it through, to suffer loss and change and alter the given.
Loc: 3,637	When the grounds are harmonious, there is rarely a true conflict in the choice of foreground objects,
Loc: 3,640	A strong conflict in the foreground is a sign that the true conflict in the background is alienated and concealed, as in obsessive doubt.
Loc: 3,643	The source of the danger is that a large part of the self is already apparently invested in some weak figure,
Loc: 3,644	If a new excitation is accepted
Loc: 3,645	the conflict will destroy this weak "self"
Loc: 3,646	But in fact the self is only apparently invested in the weak figure,
Loc: 3,646	the self is

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Loc: 3,646	the creating of the figure:
Loc: 3,647	self is the dynamic relation of ground and figure.
Loc: 3,647	the therapeutic method,
Loc: 3,648	self, is to insist on relating the foreground weak-figure
Loc: 3,648	to its ground,
Loc: 3,648	bring the ground more fully into awareness.
Loc: 3,649	Suppose, for instance, the foreground is a verbal rationalization that is clung to.
Loc: 3,650	what is the motive for this use of words?
Loc: 3,651	is it a manipulation? of whom? is it an attack? against whom? is it an appeasement? a concealment, of what, from whom?
Loc: 3,654	when the figure is related to its motive, new excitations suddenly appear,
Loc: 3,655	the self loses its “security” and suffers. Yet this suffering is not a weakening of the self, but a painful transitional excitement of creativity.
Loc: 3,657	Anxiety is unpleasurable, static, breathless.
Loc: 3,657	A conflict of grounds is attended by destruction and suffering; a false conflict of objects, expedients, or ideas freezes in a dilemma attended by anxiety.
Loc: 3,659	anxiety as an emotion is the dread of one’s own daring.