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The Phantom of the Psyche: Freeing Ourself from Inner Passivity

Peter Michaelson

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The phantom of inner passivity filters our perceptions of reality and distorts our sense of self. It binds us to a second-hand experience of ourself.

Inner passivity, which affects men and women equally, is much more than just our difficulty in standing up for our rights. It is complex and mysterious, concealed in our psyche beneath feelings of being helpless, overwhelmed, and indecisive.

This unconscious screening system contributes to feelings of being defective or unworthy, and it plays a role in procrastination, failure, and addictive and compulsive behaviors. It is a factor in hundreds of symptoms, including anxiety, fear, anger, and depression.

Free of inner passivity, we connect with out creativity, self-expression, and capacity for intimacy. We clear the way for the fulfillment of our courage, integrity, compassion, and love-and for reunion with ourself.

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