Day 30: Tolerating Uncertainty

In Theory: Within the psychodynamic tradition, therapy does not deliver a person to certainty about who they are, what they feel, or what they should do. What it offers instead is the capacity to remain in an open question without it becoming unbearable. To sit with what is unresolved and unclear, without needing to force it into a shape it has not yet taken. This is not passivity. It is a capacity built slowly through repeated contact with not knowing. And even here, there is always more that remains unspoken or not yet formed, dreams not yet thought about, associations not yet followed, feelings that appear only at the edge of awareness, and what might happen between people that has not yet taken shape.

In Experience: You walk into the new year carrying everything you have always carried. Perhaps a few things that were previously outside your view are now slightly within it. The expectation of a clean break with the past is replaced by a quieter, more enduring capacity. Nothing has been neatly settled, nor does it need to be. You remain unresolved and still can live.

In Thought: A problem that needs a solution can be lived with. A relationship that is not perfect can still be good enough.

In Print: McWilliams, N. *Psychoanalytic Psychotherapy: A Practitioner's Guide* (2004)

In Attention: Notice nothing. Bring what you found.