

THE
DAVIS FOUNDATION
FOR PROVIDING
EMOTIONAL COMFORT

Letter of November 3, 2004

Dear Reader,

During a close election campaign, the uncertainty about its outcome creates a disequilibrium that is resolved when the results are known. Unlike uncertainty, a stimulus that is positive or negative can be handled, in part, by being matched with the *partial solution* of feeling. If one's favored candidate loses, the negative disturbance will be matched with the feelings of disappointment, sadness, anger, worry, and even despair. These feelings, though uncomfortable, will lessen the disequilibrium. If one's favored candidate is victorious, the overstimulation will be matched with feelings of happiness and relief. Even positive stimuli must be dealt with by the mental apparatus so that an *optimal stimulus level* will be regained. Rumination over bad news or reliving of good news are additional partial solutions.

Uncertainty causes a disequilibrium that can't be matched with feeling because the person doesn't yet know what to feel. The mental apparatus must respond in some way to this disturbance. One frequent response is to alternate imagined outcomes. Perhaps one's preferred candidate will win. In fact, this may appear likely, and feelings of happy anticipation will occur. But this position heightens the disequilibrium that would occur if the candidate were to lose because it would cause a greater difference between the two states. Anticipation of this possibility creates its own disturbance, which the mind responds to by imagining the opposite. Perhaps the candidate will lose. But the painful feelings that follow this possibility can be dealt with by turning the thoughts once again to the prospect of winning. An oscillation between these two positions will occur and may continue until the result is known. This back and forth takes mental effort and is taxing.

Voters will experience the discomfort of uncertainty to varying degrees, depending on how much they care about the outcome. Imagine the strain it causes on the candidates!

Our Inner Guides sometimes create moments of uncertainty for the specific purpose of causing mild disequilibrium. Some of us have established communication with our Inner Guides. We may have the experience of asking a question and receiving alternate "yes" and "no" answers. The "yes" finger rises but then it goes down and the "no" finger rises. Or, with inner thought, we might get the response "I don't know." We may feel frustrated at such times, but the disequilibrium we experience enables the Inner Guide to replace maladaptive habit patterns with better ones.

If your Inner Guide is currently working silently, it may be doing so for the purpose of creating uncertainty about when and whether it will ever communicate. And it has additional ways of providing suspense. One participant recently found herself lost while driving. She reported that she had been thinking various thoughts and seemed to



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have “zoned out completely.” She then found herself at a strange location not really knowing how she got there or what to do next. Her Inner Guide had caused her to take an unaccustomed turn. But almost immediately, she located a landmark and was no longer lost. Her Inner Guide needed only that brief moment of uncertainty to unlock an old habit pattern.

An Inner Guide can cause us to forget things or lose things. We may remember or find what we wish to within a few moments, or we may be kept in suspense for hours or days, depending on the usefulness of this particular kind of uncertainty. The thought, object, or action must be associatively related to the habit pattern to be changed in order to be helpful.

A person’s Inner Guide knows how much uncertainty he can tolerate without being overly stressed. If his life is already very difficult, his Inner Guide will not make matters worse by creating additional disequilibrium. Rather, it will rely on the uncertainties that occur spontaneously. Although it takes a while to attain optimal emotional comfort, our Inner Guides want us to enjoy life as much as possible along the way.

QUESTION:

Is there a circularity to the logic surrounding the Inner Guide and how she/he works...i.e., if there is no discernible shift, that you can postulate that the Inner Guide opted to wait...seems like there is always a way to 'explain' whatever happens'...

ANSWER:

One could fallaciously explain the Inner Guide’s existence by saying that if nothing seems to be happening, it has chosen to work silently for a while. However, the theory that I have developed (which will be fully explicated in the book, *Emotional Comfort*, due out in January) logically explains why an Inner Guide might work silently, and why effects may take a while to appear (there are two different reasons).

People whose Inner Guides work silently can be skeptical of its existence. That’s fine, as long as they keep doing self-hypnosis. If they can hang in there, they will get results. They will usually begin to experience the effects of its activity within a few months. For a few, it takes even longer. Then, when changes begin happening, they may still be skeptical that these are due to an Inner Guide. Again, that’s fine, as long as they persist with self-hypnosis. As time goes on, their lives will change enormously, and their Inner Guides will eventually communicate with them.

At a recent meeting of the Board of Directors of The Davis Foundation, it was decided that the Foundation’s website should be changed. The Subscribers’ Area, which requires a User Name and Password, will be eliminated and the information which has been located there will be freely accessible to everyone.

I welcome your questions and comments, and will publish as many of them as possible. I look forward to hearing from you, either by post or at info@davis-foundation.org. If you would like to be anonymous, just let me know.

Cordially,

Judith M. Davis

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