Illustration of overcoming symbolic rupture: Participant A, Entry One

At this point in the description of her dream, there is a sudden shift. As dark as her memories of her dream had been, they suddenly shift to a place that feels very positive, a place that makes a qualitative shift to a novel place, and this place is warm, filled with sun. “All of a sudden I jump to a whole new place. Sunny, warm, beautiful. It's Florida.” This shift, so sudden, is an instance where the stark contrast of two highly discordant meanings may lead to the construction of a high order, sign that is rich in its aesthetic sense. Here, we can see that imagining her ex-boyfriend in the shopping center with another woman (believed to be promiscuous) has a strongly negative tone. However, at the same time, she reports experiencing a “jump” in the path of her dream, where she was led to a positively valanced “sunny and warm” place. The contrast of the two leave her with one, highly abstract construct, “It is Florida.” (Florida is a state in the USA known for its year-round warmth and beautiful beaches.)

The participant continues in this diary entry to explore the meaning of the dream further, and we see a similar play of ambivalence, with the addition of the use of imagination to guide her future behavior. She writes first about how she first came to the college where these data were collected and immediately we can see a beautiful example of how thoughts about what could be offered as option for her may begin to overcome her tendency to offer ways to reorganize a relationship to the environment, guiding the person to reorganize her relationship to the environment.

I write: “I transferred to school here. I'm nervous to be alone but excited for my new chapter and journey in life.” In this quotation, we see the ambivalence between negatively valanced anxiety at being alone, contrasted with an unqualified anticipation of possibility of being excited for what this new life—one without Frank—may bring. See figure below:

"nervous to be alone<=>excited for a new chapter in my life"

This is an ambivalence which 'begs' to be overcome. And from this ambivalence, indeed a new sense of self seems to be emerging. She writes of how her emotional experiences, still in part, is ‘sad’. Her heart is 'burning'. She continues, "I want to forgive him. I want things to go back to the way they were. ‘Simultaneously, she also expresses that she realizes this more “feeling” based statement isn’t going to serve her well in the long run. She immediately follows the previous statements regarding a desire for things to return to a contrasted with a ‘normal’ or even with others who are more emotionally "cool". Her hearth is a site of her more immediate feelings, but her ‘head enterer and says to her, “move on.” In the participant overcoming the ambivalence between these two, she arrives at a new sense of herself, and how she relates to the environment.

She decides, “Maybe I should transfer schools.”

'Heart “forgive him”'  =>  'Head “move, maybe transfer schools”'

Participant A, Entry two

Next comes another diary entry. In it, we can see that the participant is still working with the symbolic creative process described above. She makes a qualitative shift to a novel place, and this place is filled with sun, doing well in school. I'm happy. I don't want to go home. Jumped forward two years and I'm


