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My key motivations are that I want to express myself and my individuality, to create and surround myself with beauty, to maintain certain moods and feelings, to withdraw to protect my self-image, to take care of emotional needs before attending to anything else, to attract a "rescuer".

My basic desire is to understand myself, my basic fear is being defective. The need for self-understanding induces me to allow my emotions to surface and examine these emotions in order to understand myself. When I achieve self-understanding, my need is satisfied and a balance is reached. When I do not examine closely my emotions, I start to not understand myself. This increases the need for self-understanding, which helps me to again examine myself. My fear of being defective can cause me to ignore my true self, allow my emotions to overwhelm me, and indulge in wild fantasy about myself. When this happens I understand myself even less, which further increases my fear.

By being aware of the things that frighten me, I can assess whether fear is helping or negatively impacting my life. For instance, a fear of not being good enough may sometimes motivate me to take action in a positive way, like by being more diligent in pursuing my goals than others. However, living with fear not only prevents me from living life to the fullest; it also has a significant negative impact on my energy, health, and my close relationships, if not kept in check. The good news is that I can face my fears. There are simple things I can do right now to see that recurring fearful thoughts don't keep me from living the life I want to live.

I fear abandonment and rejection. I don't dare to give my partner much space because I feel that I don't have what it takes to keep my partner close without a short leash. I have a tendency to crowd my partner. Crowding my partner and not demonstrating my faith in his judgement and integrity, have the effect of driving him away. I am at a stage of my relationship, the beginning of courtship, where crowding feels natural. But I have to make sure that I am not suffocating him. I distrust and feel suspicious of my partner, which has the result of me having a smothered partner who does what he can to get some fresh air. By crowding my lover to the extreme, I am setting up a self-fulfilling prophecy. So as not to threaten my relationship, I do a little work on myself - I boost my self-esteem, catch myself thinking too negatively, tame the green-eyed monster, and I do some reality checking to see if I tend to over-react. I try to find out what it is that makes me feel threatened. Is it that my partner doesn't treat me well or intentionally provokes jealousy? Or perhaps he is not attentive to my needs or runs away as soon as I try getting close? If so, I need to discuss it with him. If the problem lies within me, I need to deal with my feelings of insecurity and learn to leave my partner some breathing space.