

Therapy i

underscores

Well I think instead of viewing logic and emotion as something that

Two things that are working together

I view them as sort of separate identities

Separate parts of me

As if they're sort of against each other

I have this logical side um

It's pragmatic and it's basically been running things for a while

And then, um

And recently I've started to get in touch with my emotional side um

They both seem to have a say in making decisions and um

I guess that's what leads me to believe that

I don't know if they're working together I think um

I prefer

I want logic to make my decisions

I think having emotion making my decisions um is

I don't- I don't know

I just don't think that's gonna go well for me if my decisions are entirely based on emotion

And I don't really know how I can get these two personalities to work together

They've always worked together

You need to remember that they've always worked together ever since you were a toddler

And even now into your teenage years they've always worked together

You can't separate them