



CAUSE FOR ACTION – by Marney W. DeFoore, LCSW-S

Aristotle said, “All human actions have one or more of these seven causes: chance, nature, compulsion, habit, reason, passion, and desire.” I would like to add another two causes to Aristotle’s list. Decision and Redecision (the basic building blocks of self-image) can not be neglected in this context.

We now know that in childhood each person makes decisions about self-worth to the level of the value of one’s very existence. Eric Berne called these Script decisions. Do you know yours?

Today, as autonomous persons, we have the ability to exercise a greater control over the image we hold of self. That is, today we have a choice. Our take on this is that what were decisions then (in childhood) are choices today. That is, we are now free to either reaffirm these antique notions, or we are free to update (redecide) these ideas we created in the past. Either way, we are free.

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