

DEALING WITH FANTASIES



"internal thought experiments"

TYPES of FANTASY:

- **Anonymous Sexual Fantasy**
(fantasies about an imaginary person or partner [with permission])
- **Sexual Projection**
(fantasies about a known person)
(often involves transference and countertransference)
- **Daydreams about "Forbidden" Behavior**
(like taking the Deacon's Fund to a casino)
- **Success Daydreams**
(about being handsome, rich, famous, inspiring, athletic, etc.)

EXTERNALIZING THE EXPERIENCE:

With a life-partner:

Maybe Daydreams or Anonymous Sexual Fantasy, *if* appropriate

With supervisor or therapist:

Sexual Projection, always!

Anonymous Sexual Fantasy and "Forbidden" Daydreams,
if they involve patterns of

- repetition
- obsession
- ritualization or other acting out of the fantasy
- protection (secret-keeping)