Stations on the Via Dolorosa of the illusion of good enough endings

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Abstract:
In this lecture I focus on the prevailing aspiration to reach a "good enough ending" in analysis, a concept that is partly realistic partly illusional. I will relate to some of the obstacles that interfere with achieving this yearned for goal, leading to endings that are far from the misleading illusion of the good enough termination, that many of us hold, and are many more than are commonly reported. I will dwell on characteristics, obstacles, blockages, dreads within the analysand, within the analyst and in the space in-between, which lead to endings which are far from good enough, according to any criteria we might choose. The main obstacles I will reflect upon are: failure to distinguish between "real" versus "similar to"; emotional excess; depleting/emptying out of internal resources and toxemia of therapy/analysis; fascination with certain levels of mind versus neglect of others; osmotic pressure for oneness and the terror of perfection; malignant nostalgia.
Reflecting on such complex facets in the analytic process is relevant not only for a deeper understanding of illusions we and our analysands hold with regard to endings, but also, implicitly, to the understanding of illusions, beliefs and myths we and our patients have regarding any beginnings.