

# “I owe so much to those I don’t love.” Affects and constraints in the analyst’s thinking

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## **Abstract Content (EN)**

In the poem *Thank-You Note*, Wislawa Szymborska thanks those who, not being loved by her, do not compel her into a dramatic mental involvement; with them she feels free. The poet uncovers a paradoxical element that permeates the analytic work. On the one hand, distance, neutrality – the Freudian *Indifferenz* – would seem to be necessary conditions for the analyst's mental freedom, his or her evenly suspended attention, which is, in turn, a prerequisite for the patient to acquire his/her own mental freedom, both in associations and with respect to the symptom's compulsion. On the other hand, it is also true that thinking, to be creative and alive, must be underpinned by deep affective currents and that the necessary involvement in those links of love can lead the analyst to feel his or her mind occupied by constraining elements, a sort of heteronomy of thinking.

Through the clinical case of a patient who deeply prompted the analyst to reflect on the mental involvement in the links of love, I will delve into the paradoxical aspects of the dialectic between relational freedom and constraints of thinking, which belong to the discourse of love, as they reveal themselves in the clinical situation.