



## ***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)