



## THE JOURNEY BETWEEN CERTAINTY AND UNCERTAINTY

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For those needing a high level of certainty, dealing with uncertainty is a journey of unknown trepidation. "Fear cuts deeper than swords."<sup>1</sup> Having been conceived in a family riddled with fear because of ancestral missteps, I am drawn to those who possess leadership, certainty and strength. Perhaps my internal *Protectors*<sup>2</sup> have created my own particular way in which to deal with uncertainty in my life. I have a strong need for certainty and it fuels me to succeed in my endeavors and overcome my circumstances, for my life has been about building an internal fortress of perceived certainty. Those in my inner circle know my vulnerabilities, yet they do not see weakness, they see strength in me. They reflect back to me the true magnitude of my tenacity and I am in awe, for I am not co-witness to their discernment. I could not see this courage and vitality without their reflection. In a different way, those who do not know me well also see me more powerful than I see myself, but this strength is different. It is a defense; a fortification. You see, I have been defending "against" something all of my life on an unconscious level. Whether we are aware of it or not, we all dance to the melody of our needs.

On April 12, 2015, my DVD recorder will capture another episode of a treasured and intriguing series adapted from George R. R. Martin's novels, *Game of Thrones*, *A Clash of Kings*, *A Storm of Swords*, *A Feast for Crows* and *A Dance with Dragons* the acclaimed HBO production *Game of Thrones*. A theatrical protraction of fantasy I have been riveted to the past four seasons. Martin has been dubbed the "American Tolkien" by *Time* magazine due to his creative course of epic fantasy unfolded into a television series. His legendary narrative has secured my loyalty. I am captivated by two of the show's characters, Khaleesi and Jon Snow. The empiricism of their roles reveals *parts of me* that resonate and I am self-effluent through the truth that resides in *their* hearts. Quite profound from an HBO series, don't you think?

There is an odyssey, which produced an evolution of *Khaleesi's* names. Her birth name was Daenerys Stormborn of the House Targaryen. Then came the other names that were added as she experienced her life unfolding in the first four seasons; the First of Her Name, the Unburnt, Queen of Meereen, Queen of the Andals, and the Rhoynar and the First Men, *Khaleesi* of the Great Grass Sea, Breaker of Chains, and Mother of Dragons.

*Khaleesi* and Jon Snow inspire *parts of me* as I resonate with parts of their characters. It is a convergence of my inner truths tethered to the truth that resides in the heart of their characters. The connections with their personalities represent archetypes in my story.

In season one, Daenerys was early in her development as a naïve young woman. Her brother Viserys allowed her to be "brokered for a deal to marry Khal Drogo of the Dothraki. Daenerys does not want to marry him, but Viserys has traded her to Drogo in exchange for an army of 40,000 men of Drogo's khalasar, which Viserys plans to use in his invasion of Westeros. Viserys tells her that she has no choice."<sup>3</sup>

We first met Daenerys as a naïve young woman who found herself in a man's world and yet uncovered an inner strength which facilitated a rise to her calling. She eventually became the mother of dragons, which holds deep significance metaphorically for us. What truly speaks to me is how she never misused her influence or her rising personal power. She wielded it wisely and everywhere she journeyed she used her power for justice, yet, executed it with profound mercy. She is an archetype for all of us; men and women alike. In archetype-speak,<sup>4</sup> Daenerys was transformed from, *The Innocent* to several sagacious and sophisticated archetypes: *The Lover*, *The Caregiver*, *The Warrior*, *The Seeker*, *The Creator*, *The Ruler* and *The Magician*, as she became *Khaleesi*. After her husband died she traveled with a general who acted as her guardian and advisor wisely leading her through alarming conditions, unfamiliar terrain, and unconquered kingdoms. There are twelve archetypes<sup>5</sup> in which we all can find ourselves in various life stages as characterized by Carol Pearson, PhD. The dynamic archetypes represent the movement from Daenerys needing certainty to her transforming within *liminal space* and ultimately becoming *Khaleesi*. Liminal space comes from the Latin word *limens*, literally "threshold." In each uncertain encounter she walked through a threshold, a portal, or liminal space. Liminal space is the place of transition while not knowing the outcome. She had a strong need for certainty and she was pursuing it in her quest.

Enter *The Warrior or Hero* archetype, Jon Snow. I relate to him because his blood heritage precluded him any prestige. In fact, his mother was a source of speculation. He was, "raised by his father alongside his true-born half-siblings."<sup>6</sup> Jon Snow had to find his way in creating his own identity apart from his "bastard" state and without the support of his birth father's name (Lord Eddard Stark of Winterfell). Had he been a Stark he would have held an honorable name, but perhaps not an honorable stature. It was the disadvantage of his heritage that shaped him into the man he became. He was forced to draw from within and enter his own liminal space. His journey was his own and therefore blood, family, or status did not dictate his actions. Jon Snow is a *Ronin*; a masterless warrior. Every hero/warrior must first know himself before he can carry out his mission. He must conquer himself, his ego, his "smaller self" before he can conquer the adversary. Jon Snow's archetype as a warrior is the type of man we count on to deliver us from the evil powers that threaten our world. The warrior does not fear the opponent, rather he fears failing in his mission and is driven to overcome his vulnerabilities (perceived or real) in his calling. Jon Snow has a companion archetype that shapes him: *The Seeker* leaves safety to discover and explore the unknown. In terms of needs theory, Jon Snow has a need for certainty and uncertainty, which create a beautiful juxtaposition of contradiction. His character unfolds in the conflicting disunion he faces when he falls in love after making a vow to be a steward in the Night's Watch serving on The Wall. His ability to hold The Wall in spite of his desire is what speaks tremendously to my own heart. He discovers how rigid rules are necessary in the early part of life as they begin to shape our behavior and develop our character. Yet, as Jon Snow matures, we witness his internal struggle of letting go of what hinders him, and pressing on by passion and desire for that which is just and right; operating at levels much deeper than the hypocritical rulers.

There is juxtaposition between certainty and uncertainty and we are illuminating how we humans are living contradictions within our own selves. Rather than being distressed at each inconsistency we discover within ourselves, what if we learned how to "hold" these dissonances of self differently? These are our various *parts*. As we begin to understand that all of our *parts* are welcome rather than to be ignored, avoided, or disowned, we can invite a new understanding of ourselves; understand each *part's* need. We are able to grow and reduce our anxiety tremendously. It is the beginning of self-acceptance and self-compassion.

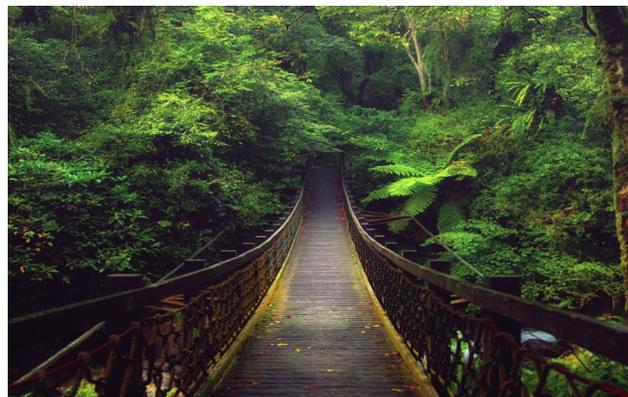
Both of these characters (Khaleesi and Jon Snow) are appealing characters in which we can identify and embrace insights that match our own internal process. If you would like to explore your own contradictions I invite you to reach out to us via text, email or phone.

In conclusion, I would like to quote a line from *A Game of Thrones*, "Never forget who you are, for surely the world will not. Make it your strength. Then it can never be your weakness."<sup>7</sup>

*Crystal*

## An Unwelcome Journey Through the Landscape of Grieving

The grieving process has been likened to the metaphor of walking through a forest.



Thrust into depths of unfamiliar and brutal surroundings it can seem impossible to take another step.

You are weary and tired, yet you must find your way through this new terrain.

To find your way out, it will take time to adjust to the sound of silence and learn to follow the sometimes hard-to-find path that leads to healing.

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<sup>1</sup> George R.R. Martin (A Game of Thrones [A Song of Ice and Fire #10]).

<sup>2</sup> See InSIGHTout Q2 2013 for further detailing our different parts.  
[http://www.crystalandassociates.com/content/newsletters/eap/InsightOut\\_2ndQuarter\\_2013.pdf](http://www.crystalandassociates.com/content/newsletters/eap/InsightOut_2ndQuarter_2013.pdf)

<sup>3</sup> [http://gameofthrones.wikia.com/wiki/Daenerys\\_Targaryen#cite\\_note-The\\_Laws\\_of\\_Gods\\_and\\_Men-1](http://gameofthrones.wikia.com/wiki/Daenerys_Targaryen#cite_note-The_Laws_of_Gods_and_Men-1)

<sup>4</sup> The Twelve Archetypes – Awakening the Heroes Within and What Story Are You Living? Carol Pearson, PhD.

<sup>5</sup> For a listing and understanding go to:

[http://www.uiltexas.org/files/capitalconference/Twelve\\_Character\\_Archetypes.pdf](http://www.uiltexas.org/files/capitalconference/Twelve_Character_Archetypes.pdf)

<sup>6</sup> [http://awoiaf.westeros.org/index.php/Jon\\_Snow](http://awoiaf.westeros.org/index.php/Jon_Snow)

<sup>7</sup> George R.R. Martin (A Game of Thrones [A Song of Ice and Fire #10])