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## ABSTRACT

Decisions in one's life and psychoanalytic psychotherapy

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During psychoanalytic psychotherapy, it is usual to think, following the rule of abstaining, that a client's act of decision making on his or her life (ex, work, marriage etc.) should be avoided. However, nowadays it is not realistic to limit the client's changes in his/her lifestyle by the therapeutic contract. Though, to deal with a client's decisions about his/her life contradicts the basis of psychoanalytic psychotherapy, which is transformation through verbal interaction. This paper examines that contradiction and the meaning of decisions during psychotherapy, in the case of a woman who terminated her therapy with a decision to leave her parents. I insist that it is necessary to consider the grief included in the act of decision itself, in addition to the importance of understanding and interpreting the symbolic meaning of the client's decision. A therapist has to mourn the other choice which had not been chosen by the client, to overcome the grief.

**Key Words:** acting out, somatization, dependence, masochistic caretaker

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