

Fragment 3

In the beginning was anxiety

Even if anxiety seems to be an episodic situation where reason or thought are paralysed and the body is overtaken by something that is more than fear, it is structuring. From beginning to end, Lacan situates it as coming from the real. First, as the effect of the "entry of the subject into the Real"¹, cut of the symbolic over the real, whose effect is "the pure being of the subject"²; an entry through subjective destitution into the constitution. At the end of his work, he places it in the Borromean knot as a displacement of the real onto the symbolic³, as well as one of the names of the father⁴.

The structuring of anxiety "... produces as a signal in the ego, on the basis of *Hilflosigkeit*, to which it is called, as a signal to remedy"⁵. Answers, always insufficient, are the phantasy that offers a false self and symptoms, either thought as an objection to the order imposed by the discourses, or as a solution to the lack of sexual relation, or as the jouissance of the unary traits. It is these answers to which psychoanalysis aims at on the level of truth and the true saying of the ones of the jouissance of the real unconscious. This is what marks the ethical path of analysis, not only for surpassing the horror of knowing, but also because it allows us to take a position in the face of what is more structural and structuring.

If the end of analysis implies a passage through subjective destitution, via knowledge, a period of anxiety is inevitable; this implies an extra effort on the part of the analysand, and on the part of the analyst, not to give up his place. Putting words through the mill allows the analysand to recognise himself, to know that he is constituted by this distressing material. The device allows an exit, it makes anxiety speak.

A device that is always open to the possibility of its imminence, since the real is endless. Thus anxiety, among others, is an affect that does not deceive about the end of an analysis, it is a sign of the approach to the unnamable real, after the spoken turns of the lying truth; it is not the last thing, but it is an index of the path towards the exit door, which implies the necessary passage through the subjective destitution to which language itself has subjected it, but this time by the way of knowledge that necessarily has effects in the reduction of anxiety.

Anxiety can be poeticised in the manner of Werther: "Do you not recognise the voice of the exhausted, fainting, hopelessly sinking creature...", but it is up to the analysts to give it the structuring status it deserves, if they intend to grasp it in their patients, when the journey brings it to the surface or when it is at the entrance of an advent of the real.

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¹ Lacan, J. , "Remarks on the report of Daniel Lagache : "Psychoanalysis and personality structure", *Écrits*.

² Lacan, J. Seminar 6, Desire and its Interpretation.

³ Lacan, J. Seminar 22 RSI. Lesson of 10 of December 1974, unpublished.

⁴ Ibid., Lesson of 13 of May 1975.

⁵ Lacan, J., Seminar 6, Desire and its Interpretation.