Looks like you could use a hand!

I struggle with a general sense that my body is wayward, or unpredictable.

I am afraid that it will turn against me if I don't manage to tame it. As if there was a destructive force inside of me that I need to fight against - CONSTANTLY!

... sometimes it feels like I am being controlled by something external ... As if I cannot be certain that it is me who is the cause of my actions.

Rosie, you believe that you have a "self" that brings with it "free will". You PERCEIVE yourself to be an agent of a free choice - but this does not actually align with your neurophysiological reality. You believe you are the source of your own thoughts. You think that your decisions are the origin or cause of your behaviors ...

Yes, methinks ... you could frame it like that. I don't know. I just feel mechanical often. As if I had no intrinsic motivation. Sometimes I think I suffer from imposter syndrome.

... but those are false assumptions. There is no origin or source. All of your behaviors are phsiologically, materially, functionally, logically dependent on other events that preceded them in time. All of our conscious experiences, desires, actions and the choices that result from them are caused by events of which we are not conscious, and which we didn't bring into being intentionally.

Take for example my kleptomania. When Café Answer was still open, I compulsively stole little spoons there. Every time I went, I took one. I have a collection of tiny spoons at home. They are all entirely useless to me. They sit there, in a drawer, catching dust, because they have no purpose in my life. You understand? I don't need them! And yet, I continued to steal them. Each tiime, immediately after I had successfullly stolen a spoon, it lost its mysterious draw. What had seemed to be the most desireable object, was now merely a useless device to me, a tool without a function. A burden almost.

... What I desired was never the particular spoon, but the challenge of attaining it. It served as a placeholder for asserting this drive. A kleptomaniac like me reinforces a relation with the world where she is trying to evade punishment for manifesting an impossible desire.

But why should my desire be impossible? Why do I keep thinking that salvation lurks in a spoon? Would another object fulfill me and end the cycle of pretense and disillusionment?

It's all so overwhelming! WHO OR WHAT IS CONTROLLING US?!

SNIFF

I don't think I can live with this uncertainty any longer. I found the final answer: NOT TO BE

You are being quite dramatic.

A

M

I

When one feels stuck in life, it is helpful to imagine that one was physically constrained in a trap that one has designed for oneself and one could therefore escape from any time one decides to do so.

One is supposed to imagine how one has constructed it, and what it feels like to be stuck in there, and what one's personal reasons were for constructing it in the first place.

This is the trap I built, Goldie: I am trapped in a room with walls made of mirror. My body is attached to the ceiling, suspended in midair, held up by a couple of strings. I am forced to observe myself in the mirror as I am being moved by a force outside my conscious awareness.

The only way I can possibly escape the trap is by swinging my body back and forth to smash my body at the walls of the room and break the mirror. I can then use shards of the destroyed mirror to cut myself loose and run.

I built this trap for myself in order to be able surveil and ensure the quality and functionality of my actions at all times. I built it because I am afraid if I don't have strings and a mirror as tecniques for self-surveillance, I will collapse, or fall apart.

I have built this trap for myself because I am afraid that my muscles have atrophied as a result of never having used them. I fear that I am not powerful enough to escape the pull of the unconscious force that is moving me. It's perhaps a question of willpower and of trust...

<3

Shhhhh ... enough trap talk. I command the unconscious force inside you to move over and kiss me - NOW.

What are you reading?

Something witty ...

It says: "Certainty is as it were a tone of voice in which one declares how things are, but one does not infer from the tone of voice that one is justified." and "But doesn't it come out here that knowledge is related to a decision?"

It means that certainty is a complicated word, because it refers to a subjective state that suggests a relation to a universal or objective justification of sorts.

There is a distinction between the internal perception of being certain and the external system of validation that knowledge or truth should require to "pass" as such.

Couldn't it have been framed a bit differently? This whole string of thought seems a bit up in the air!

The framework DOES SEEM PRECARIOUS, but I think it is a matter of orientation whether you agree or you disagree.

"It certainly brings a new slant into the discussion. Perhaps it is just meant to move people!