

Dark side of self help

In the age of quick fixes and promises of miracles, where we can design our physiology and chose our reality, it is aggravating that we are not able to design our feelings. Wouldn't it be wonderful if we never felt shame, guilt, anxiety, fear, if we were never in the wrong? The quintessence of human struggle is described in the story of tower of babel, we collectively wish to reach the ultimate state of godlike being, to have ultimate control over our lives and the world. This desire is often heavily monetized upon by multi-billion-dollar industries. Our unattainable search for perfection our intrinsic fears and insecurities can be harvested infinitely. The crop of your fears is money. No matter how hard we try, we will always be fallible and at various points in our lives at odds with the world and others. This is the nature of the ego centric institution of self. This is the nature of "I" because the "I" separates us from the rest and being separate means being alone, and being alone means being vulnerable. And the outcome of this inevitable aloneness is fear, when we are scared, we are needy and needy people buy things.

Buy a new cup size and men will love you, buy this book and you will never have to deal with a painful relationship, sign up for this program and you will be a millionaire. Underneath it all, is one consistent message, you are not enough, you are vulnerable, you are a victim. The internet is flooded with pseudo psychology articles about "how to spot a narcissist", "are you in an abusive relationship?", "get rid of toxic people". The truth is that popular psychology has monetized on one consistent variable in human nature, we desperately want to be loved, hence we are afraid to look at unlovable parts of ourselves. In this state we will buy anything that tells us we are not the cause of our anguish. The truth is we co create emotional realities with one another, we are responsible for telling the other where our boundaries lie, what we are willing to accept, what feels tolerable. Statistically clinical level of psychopathy in general population is only about 1 percent. Yet, every woman who is divorcing, is divorcing a "narcissist". Every time we are in an argument with someone we pick and chose a mental health label we don't truly understand to describe the guilty party, every time a friend points out a short coming, we have a "realization" that this is a "toxic' friendship. Yet only one percent of us is in fact personality disordered, and I would say about 100% of us have at some point experienced some form of abuse in a relationship be it in a work, family, friendship or romantic setting. This leads to only one conclusion; we all have been abusive to someone at some point in our lives! But how many of us have gone to bed thinking "oh goody! I abused this person real good today, yay for me!" again, only 1%.

So how then, did we end up being so bad when we are so good? A multibillion-dollar self-help industry convinced you that you were a victim! You told yourself you were being treated unfairly. We justify rage through the lens of victimhood. Nazis used the collective sentiment of German victimhood after the first world war, to justify demonizing Jews, Soviets used disadvantaged populous to galvanize hatred toward the bourgeois. More fully we inhabit the narrative of victimhood more blind we become to our own abusive actions. So, if you find yourself frequently deleting friends from your Facebook, if you are encountering "narcissists" every time you enter a relationship, if you think you are surrounded by "toxic" people, if you are reading 100 self help books and posting memes about how bad others are,

chances are you are the problem. Put down the magnifying glass and look in the mirror, it's ok, the world is painted with light and shadows, we were never supposed to be made of light alone, we would be invisible.