TMFRs

Let's make sense of yer stupid fucking brain

Perspective Examination & Edit

Understand where your beliefs come from.

Spring 2022

Do you have good evidence for that?

PERSPECTIVE EXERCISES

Hey Fuckers! Time to get down to business, huh? Let's do some work. Let's talk about trying to break down, verify, and manage our Perspectives.

The first thing I want to say today is, when someone's perspective doesn't match yours… visualize what that actually means.

Their neural information is different and/or differently connected than yours.

That's it. That's all. They aren't more correct than you. They aren't a brain authority. And their thoughts seriously mean nothing about your thoughts. Two brains will fire in dissimilar ways, and they have zero effect on one another. Until, ya know, the mouthrunning starts.

So, if you don't want to get all fucked up by other people's perspectives… ya know… don't ask for them. You don't have to explain yourself to others. A lot of the time, it doesn't help for others to explain themselves to you.

If you don't see things the same way, cool. Let it be. What fucking difference does it make which cells got strung together for you, but not for them, or vice versa? None difference. Literally, this world is FILLED with billions of brains that disagree with yours every single day. And as long as they aren't hurting each other, what does it matter?

If someone's brain IS hurting yours - trying to bully your perspective - well, they've got a self-validation problem, huh? This isn't about YOU. It's about their uncertainty, requiring support from YOUR brain. Even when they try to frame it the other way around.

So, just remember that. First and foremost. Your Perspective is yours and yours alone. VIsualize it locked up in a briefcase, if you'd like. You can share it when it seems necessary for business matters. Otherwise, that's no one's fucking business at all. And your documents will never be identical to anyone else's. But that doesn't mean you've done bad work.

Alright, got that out of the way… now let's talk about the other side of this. How DO you determine if you're carrying good perspective or not?

Well, no guarantees, but I got some nonprofessional ideas for you.

Let me start by saying…

This is a tough "exercise" month, because it could send you spiralling through events you want to forget. It could leave you wonderin gif you're making shit up. OR it could make you more outraed and embittered than ever, seeing again how you were definitely correct, now that you've relived the whole nightmare.

SO… ya know… 1) I'm hesitant to put anything out on this topic. 2) as always, don't listen to me. I'm not a professional. I can only tell you how I work with my brain. I'm not liable for anything you do that fucks yourself.

But here's what I CAN say about healthy Perspective.

If you go back and double check your work, make sure that all the pieces are valid, and have no outside influences making the whole thing worse than it needs to be…

I don't know, I'd say you can sleep soundly with that story in your head, and not worry about trying to contradict it for the sake of constantly proving this equation plausible.

It's the Perspective you have, until you have new information to reshape it. And that's that. As long as you ARE reassessing your views on some regular bases - updating them as possible, instead of shutting out new details and remaining rigid - then… alright. Good on you.

So let's run through some quick reminders of what you can do to help yourself help yourself examine your Perspectives for accuracy and helpfulness.

Consta "why?"

Look, point blank… you can't always trust your brain and body's FIRST responses to things, because they're going to be low-level, fear and emotion-based, easy to grasp, points that pop up in your head and body.

So, you should get used to asking yourself one question, all the time. "But why?"

Why do I feel that way?
Why do I think that?
Why do I remember it that way?
Why does that seem like the only option?

And are any of those answers a bit wonky?

A lot of the time, you'll find out that they definitely are. The responses will be a lot of "I don't know! Because that's how my head works! Because that's what's always happened!"

But, "WHY do you think THAT? IS this the way it's ALWAYS happened?"

Answer, "no."

And from there, you have a jumping off point for reconfiguring a more helpful, accurate, less generalized, perspective of doom.

"WHY do you assume that a work problem is the same as a personal problem with YOU?"

Because that's how people make me feel.

WHY.

Because they don't show me respect and leave me out of important conversations.

WHY.

Because… well maybe… I keep my head down and try not to speak up very much. Maybe they don't think I want to be included or have anything to add.

And WHY do you act that way?

Well, that's how I was trained to act at home or around strangers. It's safer not to say anything. But the emotions that surround both of those memories are the same… being cast aside because I wasn't good enough.

So is the Perspective that everyone personally hates you at your work a valid one? Now it seems like… maybe… not so much. Maybe this is an ongoing trend from early trauma, replaying in your current life, pulling in evidence that actually has another explanation if it wasn't heavily linked to old, bad times.

Hm.

Next question: So do you want to keep that perspective? Or maybe do some experiments to see if you can change the outcome, by changing the trauma-derived behavioral pattern?

Right.

So there you go, just ask "why" and ask "why" to your answers to "why" all the time. And you'll find out that your responses are kindof garbage a lot of the time, when life has generally been built on a trash pile. And you know my recommendation… write it out. So you can't dispute your answers after you answer them.

Another thing to do with pen and paper is…

Chaining

I mentioned it in the last Implications episode, but another approach to this with more of a "backwards" direction is using Chaining.

You just write down the thought that's bothering you. Either the jumping off point or the final conclusion you come to that's really weighing on your brain. You stick it in a bubble or a cloud. And then you write down the thought that leads to or from that thought, as it flows through your brain, and you connect the two. Repeat, repeat, repeat, until you get all the thoughts out. And then, examine them. Are there any gaps in logic? Leaps from one event to one assumed meaning? Old memories that are actually popping up to fill the void, mostly unnoticed? Disproven thoughts or reactive emotions, still influencing the grand scheme of things?

You put your thoughts down first, and ask "why," looking at the connections, later.

So…let's say you write down "Everyone is ignoring me at work."

"They don't like me."

"They always leave me out."

"I can't do anything right, even though I try so hard."

"Even when I do, they don't see it."

"It's a losing battle, because everyone is against me from the start."

And then you go back and take a look at those points. Is EVERYONE ignoring you at work? All the time? Do you KNOW that they don't like you? Or are you picking up old vibes? Or focusing on a weird word they said? Or feeling the echo of other bullying experiences, reverberating through your body as a growup? Are there any instances when they DIDN'T leave you out? Or times you WERE recognized for doing something right? Is there really that much evidence of your constantly doing wrong? Are you certain that this is how everyone feels… or… is this how YOU feel? Chronically? Probably from another source or five of unpleasant life lessons?
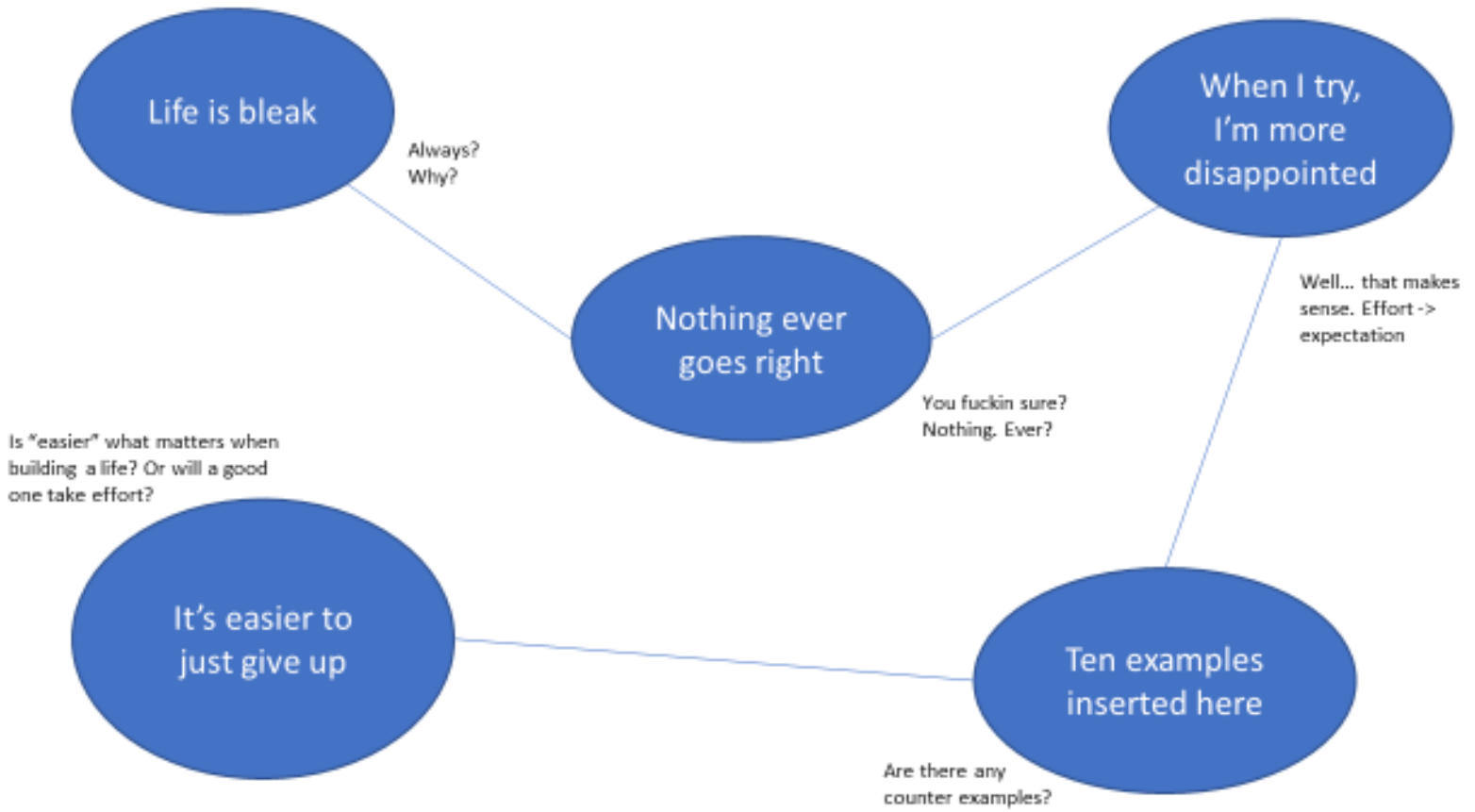
Oh, yeah…. There's a ton of evidence… I feel like shit ALL the time, because I still have toxic relationships in my life that remind me of my early years feeling valueless. It has less to do with my work situation and a lot more to do with my brain always assuming that people find me to be "wrong." Which allllll goes back to how and where I grew up.

Welp. Time to form a new perspective, Fucker. The one you made early on isn't incorrect, but it isn't helping you to carry into every interaction today.

Chaining. It's helpful. Map your thoughts and look for miscalculations.

Speaking of which, let's get into…

Chaining Example:

Life is bleak

Always?
Why?

When I try,
I'm more
disappointed

Nothing ever
goes right

Well... that makes
sense. Effort ->
expectation

You fuckin sure?
Nothing. Ever?

Is "easier" what matters when
building a life? Or will a good
one take effort?

It's easier to
just give up

Ten examples
inserted here

Are there any
counter examples?

Event mapping

Now this is one we talk about at the end of the year, in a way. It's figuring out WHAT your perspectives ARE, based on where YOU BEEN, on a congruent timeline.

You know how I prompt you to write about your year, so you can wrap it up and proceed into the next one with a clean brain? I've been telling you to create an annual Perspective (or several), essentially.

And I maintain that this is super helpful. It forces you to update your perspectives and understand what you can let go of.

To do it, you write out a timeline in some fashion. Vertically or horizontally, for as much time as you deem "relevant to the fucked up event."

Then you map everything out. What happened beforehand that correlates to the upsetting time? What happened during? Afterwards? What are ALLLLL the relevant factors that contributed, in some way, whether it was on this physical plane of reality or an internal event in your head.

For instance,

November: I left my old job because my boss was an abusive asshole.
December: My boyfriend pressured me to get a new job to help balance his irresponsible spending.
Later December: We had a terrible holiday, I applied for this one in a state of complete dismay and desperation.
January: The interview went well, but I was a wreck. I feel like they could sense it on me but hired me anyway.
February: The job was feeling lonely and tense. I didn't feel well instructed or liked.
March: I had that run-in with my coworker throwing me under the bus. Everyone is pissed at me now. And yet, they won't tell me what to do to make it better.

So… looking at this all together… I think we can see how maybe the prior job was a bad start. There are some unhealed wounds around expectations for boss abuse. The relationship is ALSO abusive, which put you in a state of subservience and fear when looking for a new position.

The job interview was anxious and upset, which somehow went over okay with the potential employer, and set you up for feeling like an imposter who's walking on eggshells right out of the

gate. Also, hints at their potentially subconscious desire to hire someone who was a little easy to fluster, perhaps.

So, the detected "vibe" around the office may or may not have been accurate. There was a problem with one coworker, who was definitely an ass… BUT… does that verify all the prior perceptions, OR are those perceptions perhaps a bit self-perpetuating and self-fulfilling, due to a lot of outside factors that were already in motion prior to this job ever being a reality?

Hm. Information to chew on.

And writing it out as one story, pulling in events that you otherwise might not pay attention to, will help you get to the nitty gritty of what was really building in your brain. "Face value" can miss a lot of underlying points.

Try it. See if it helps. At a minimum, it'll help you keep your autobiographical view of Self in line.

And, uh, that's another big point here.

Body-brain alignment check

So the thing with Perspective is… it'll spin out your head or your body or both. And detecting if those energies are congruent with each other and your Self - the governing energy that manages both of the above - will give you a lot of insight to the accuracy of the perspective.

Meaning.

Sometimes your body has the perception that its in danger, and starts doing wild shit, right? Your energy jumps 20 levels, you start shaking, your heart starts pounding.

Sometimes your brain does the same thing. You get all mentally agitated, dizzy, your thoughts fly in a million directions.

Stop. Notice. Ask questions.

Sometimes, only one of them is operating on this frequency. You have a mismatch between what you FEEL and what you THINK. Those are pretty easy perspective problems to spot, because it's blatant.

"I don't know why I'm so body-anxious today, I know that everything is fine."
"I don't know why I'm so brain-wild today, my body feels excellent."

Well, your conscious or subconscious is assessing something differently. You're accepting a story that probably isn't very accurate, considering you only got a half-system verification response. So, what is it?

Search your body. Search your brain. Lean into what you're feeling in both. Figure out where the connection isn't right.

Hint: It might NOT be your body. This is possibly one of those "listen to your instincts" situations. Your head might be missing out on some perceptions that are giving your body a different perspective on the safety of this situation.

But. The less obvious problem is when your brain AND body are in alignment, but they aren't in alignment with your SELF.

If they're both lit up like me on a bad Friday night, well, is that fitting with who you are? What you're doing? What you believe?

If you tap into that energy deep in your core, the one that gives you power and somehow whispers words of wisdom to you, that "karmic" thing we carefully talk about here… what's it saying?

IS this in line with what you know to be true? Who you're becoming? Your larger perspectives on life and living?

Or… is there an old memory janking things up? An old thought pattern, bringing you back ten years? Someone else's judgment, overriding what you've determined for your Self?

Like… "Do I believe that everyone really hates me, I can't do anything right, and it's correct for me to respond like a slave of the slaves of capitalism?" Or… "Do I know that I deserve more than this, there's nothing wrong with me, I'm doing my job, and I'm not here to break my back for anyone who spits in my direction?"

Feel that Self energy rise up, empowered, and ready to reset that Perspective.

Lots of questions to ask, and a lot of practice that might be necessary. But when your brain, body, and self are on different pages, this is a helpful thing to notice.

Verify or reject?

So, once you go through these little exercises… then your job is to decide "do I accept or dismiss this perspective?"

Are my perceptions as accurate and neutral as possible?

Is my perspective leaving room for the unknown?

Or is everything an assumption built on another, built on another, based on what I saw very very early on and accepted as a truth about myself and my life?

Is something missing? Is there information I haven't been provided, now or way back then?

When I add that in, how does everything shift?

With my adult, strong, Self, how do I feel about it?

Does it seem aligned with my greater goals and experiences?

Does this perspective help me get where I want to go?

If not, How does it BEHOOVE you to see it this way? Why have you been relying on this perspective? What function has it served?

What function would you rather be filling, on your path to being a living organism, undefined by what has happened before, just because it happened before?

Determine… if your Perspective suits you anymore. Or if it's holding you back.

And therefore, what view would be a better fit?

What evidence do you need to create THAT perspective?

And keep in mind, you might have to experiment with faking it in the smaller details, until you gather the proof to remakin' that whole summary statement.

But, you CAN. And furthermore, you GET TO. You GET to decide your own outlook. You GET to validate or off-write what works or holds you back. You GET to reassess and edit your original thoughts. And, actually, your life sortof depends on it.