The Replacing Guilt series

Preliminaries

- Half-assing it with everything you've got
- Failing with abandon

1. Fighting for something

- Replacing guilt
- The stamp collector
- You're allowed to fight for something
- <u>Caring about something larger than yourself</u>
- You don't get to know what you're fighting for

2. Drop your obligations

- "Should" considered harmful
- Not because you "should"
- Your "shoulds" are not a duty

3. Half monkey, half god

- Working yourself ragged is not a virtue
- Rest in motion
- Shifting guilt
- Don't steer with guilt
- <u>Update from the suckerpunch</u>
- Be a new homunculus
- Not yet gods
- Where coulds go
- Self compassion
- There are no "bad people"
- Residing in the mortal realm

4. The dark world

- Being unable to despair
- See the dark world
- Choose without suffering
- Detach the grim-o-meter
- Simply locate yourself
- Have no excuses
- Come to your terms
- Transmute guilt into resolve
- The best you can

• Dark, not colorless

5. Fire within

- Stop trying to try and try
- There is no try
- Obvious advice
- The art of response
- Confidence all the way up
- <u>Desperation</u>
- <u>Recklessness</u>
- <u>Defiance</u>
- How we will be measured

Related

- On caring
- The value of a life
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Conclusion.

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