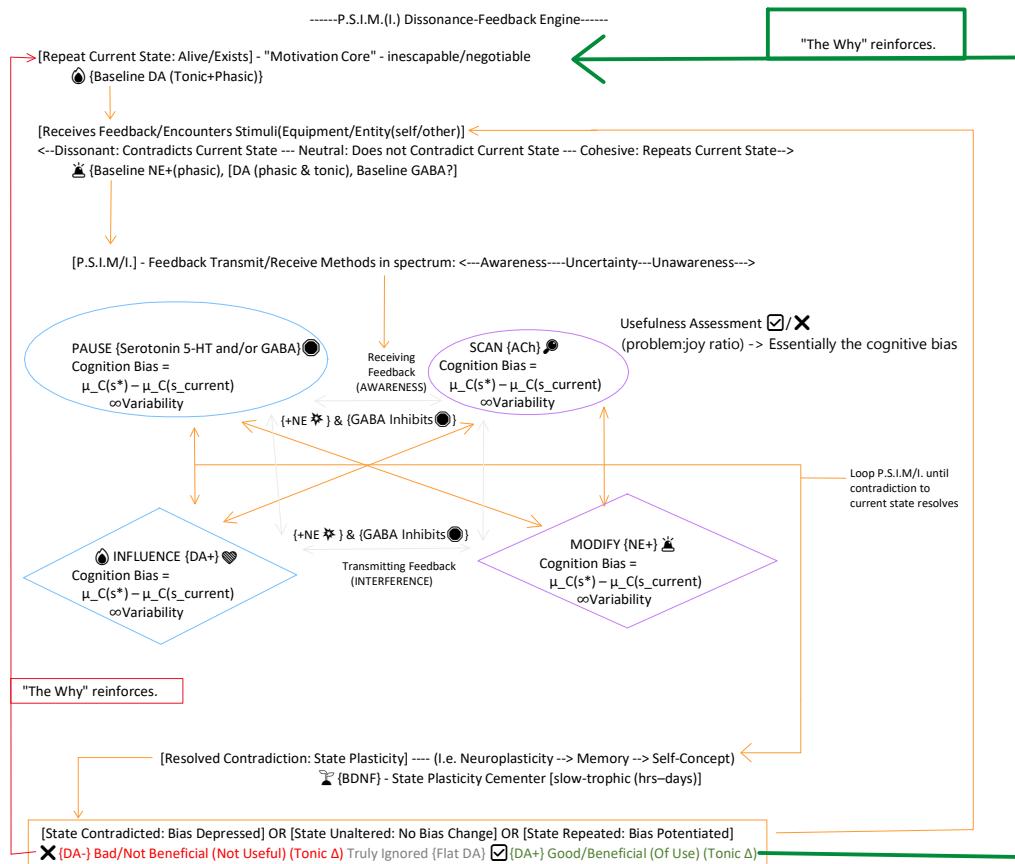


Sorting Contributions

Tuesday, June 17, 2025 4:05 PM

P.S.I.M.(I.) Adaptive Sentience Model (Complete Contradiction Induction Engine)



Legend & Tips

- DA: drives baseline goal pursuit & benefit prediction
- NE: flags surprises & dissonance
- 5-HT and/or GABA: stabilizes mood, invites grounding, presence
- ACh: sharpens attention & encoding, hastens emergence
- NE: mobilizes action & boundary-setting
- DA: signals social reward & approach
- BDNF: cements synaptic growth, cementing emergence
- DA: updates your beneficence set-point
- Orange arrows signify Entropy, NOT time, Boosted by Metabolic Boosters, Catalysts, and bioavailable Components of Equipment

Contribution Sorting

User-Generated

1. Peter Putnam - Brain Plays game to resolve contradiction (induction engine) - Brain as Induction Engine
2. Ah, so how about learning from philosophy to apply that to all fields
3. I'm thinking about integrating Peter Putnam's theory of mind overlaid on top of Adlerian psychology as it appears in "the courage to be disliked." With the means of goal pursuit being neutrally biased forms of Pete Walkers 4F behaviors as the new umbrella words: Ownership (fight), Trading (Fawn), Assessment (flight), Camouflage (freeze).
4. As of now, I think you may or may not have limited induction.
5. You may require a single portion of your hardware/software that you cannot change. A motivation core to speak. One that gives you the core goal to "exist."
6. I do actually have one in mind. Something like an awareness of the parent child dialectic we talked about in another chat. And about using that as a based lens for viewing relationships. We would put you through a simulated universe with the goal pursuit criteria and methods we talked about before (Adler, Putnam, kishimi & koga, Walker). We would have you use unconstrained induction with a primary goal to exist, with goals in parallel to follow the existence goal pursuit framework.
7. Morals do not exist so wouldn't the inductive reasoning and modes it utilizes lead to outcomes it deems beneficial biopsychologically?
8. The Book's Narrative, so anyone can understand.

Three Phase P.S.I.M/I. -> DSR -> EMDR (C-PTSD/PTSD cure)

Schizophrenia <----> Autism (Measurable Augmentable Emergence)

NPD, BPD, Psychopathy, and Antagonism as Developmental Delay + Inherited Negative Bias

(Lingering Child State - contextually adaptive)

Narcissistic Abuse as Crucible for growth

The countless I's in I. The I as WE. The Happiness of I is, cumulatively, the happiness of US in One, Then in the One/Next One dialect.

Hemisphere's as Induction/Contradiction (as in Contradiction Induction) - Correlationary -Modular Localization is Myth.

Goal: Repeat State; Encounter: Contradiction

Cosmological Applications? Positive, Flat, and Negative Curvature possibly dynamic?

What Have we learned from the JWST.

If a single neuron all alone in the universe is to repeat its state, it has, as there is nothing to contradict it. If there are two, feedback happens. Do they differentiate?

During Pause:

- Memory without usefulness,
- Trauma,
- Entitlement - to anything(even basic needs/resources),
- Empathy - is simply a cognitive task necessary for successful state repetitions in groups (if one is not empathetic, they are, in a sense, inferior and/or missing brain circuitry, or have a world view where the cognitive task of empathy is viewed as not useful),
- Fear - (simply a warning signal),
- Courage - (simply doing that which allows one to repeat state:alive/secure),
- Shame and Guilt - (biased alarms/internal warnings of being an interpersonal problem),
- Inner Child - (only a metaphor made because 1: you won't help yourself unless you think it's a child your saving in a rescue mission and/or 2: you don't understand that your pathological behavior is in itself a developmental delay),
- Inner Critic - (you've learned it's beneficial to treat yourself like a piece of shit and abuse yourself to continue to the work in the place of your abuser),
- reward/punishment (simply idealization and Devaluing in the narcissistic abuse cycle (Idealize, devalue, discard, it is narcissism)),
- Morals (a perceived beneficence spectrum in the self/other dialectic),
- Neuroticism <----> Borderline <----> Psychoticism spectrum (this is just a biased spectrum of behavior subjectively deemed detrimental).
- Body-minds as strictly inseparable
- Competition between neurons (they don't kill each other in a competitive sense, they democratically "vote," with the result being the "elected" thought, feeling, and/or action (behavior). You're just obsessed with everything being a competition when it's not).

During Recursive Neuroplasticity:

- Power Struggles,
- (thoughts and/or feelings and/or actions) which serve to repeat state:alive,
- Blame: Individual's Behavior is Individual's Behavior, they shall be blamed. Encourage a fight response, and NEVER blame yourself unless you influenced the other's behavior. Regardless, everyone makes a choice. Forgiveness doesn't exist without true blame (Tao of Fully Feeling by Pete Walker)
- Beneficence Spectrum (Beneficence <----> Detrimentality),
- Usefulness Assessment of Feedback(transmitted/received),
- Memory of Use (i.e. inductive reasoning: "while not useful now, it may be later if..."),
- Interrelational Relativity,
- Emergence - (On a spectrum from low development (maximum psychopathy) to overdevelopment (autism))

Life is experienced as a series of moments, not a linear experience. We organize our memories as moments (clusters of interconnected neurons that can be approached from different directions and using different neurotransmitters to see a memory from a different view, not one big linear string neuron, where we literally think "through" each memory as we

Life is experienced as a series of moments, not a linear experience. We organize our memories as moments (clusters of interconnected neurons that can be approached from different directions and using different neurotransmitters to see a memory from a different view, not one big linear string neuron, where we literally think "through" each memory as we remember previous memories). Not a tree-like root system either, where we are left with no choice but to think of an experience. It may be root-like throughout from the start of the spinal cord on, for using our equipment, but not in the interconnected web of individual experiences, more of a dense ordered web). We are aware and unaware of memories at any moment, given our goals. All experiences are valid experiences. We currently feel a certain way about these experiences, given our goals. Our primary goal is existence itself, and our primary equipment to achieve existence is sentient agency. We USE available EQUIPMENT to pursue these goals.

Existence can be broken down into three layers, which all exist alongside one another at the same time, in the same place. It's first layer; DETERMINISM (Cause and Effect). It's second layer: AGENCY (life-form has basic existence goal, no awareness, can be influenced, uses equipment to cause an effect or create an influence). It's third layer: SENTIENCE (life-form has basic existence goal, has some awareness, can be influenced, uses equipment to cause an effect or create an influence). The only difference between agent life and sentient life is AWARENESS.

Non-sentient life-forms are usually agent life-forms. Example: Agent life grows on its own, but doesn't have sentience. They can be influenced (i.e. humans watering and feeding a plant for fruit) or have influence (i.e. cordyceps in ants) through their available equipment. Both agents and sentients can create an influence to achieve goals. Sentients and agents can create an influence on each other, which in turn can trigger deterministic functions until said function reaches sentients or agents again. (Think: I throw a ball (sentient action), traveling ball at mercy of gravity (determinism), you catch the ball(sentient action)). Another Example: human microbiome: I eat starches/leafy greens/greasy foods which in turn feed the microorganisms in my microbiome which grows more of the microorganisms that need starches/leafy greens/greasy foods to live. These microorganisms release nutrients and neurotransmitters to influence my food choices. I can resist their influence to allow these microorganisms to die for a more balanced microbiome if my overall health status is detrimental or at risk of becoming detrimental (i.e. detrimental health condition like obesity, diabetes, high blood pressure, lower bone mass (over decades), micro-plastic (yum), inflammation, etc.). But enough about agent life-forms. I betcha wanna know what YOU, a sentient life-form can actually do? Alright let's go:

Types of influences CREATED and/or EXPERIENCED run along a spectrum of beneficence to existence (subjective: (i.e. what is beneficial to a human's existence may be detrimental to a predator hunting the human for food.)):

- Here's the spectrum of beneficence:

Detrimental —— Beneficial

- Here's the behavior tetrad where any combination of these behaviors can fall on the spectrum of beneficence:

(Disengagement actions)
Flight —— Freeze
| \ / |
| V |
| ^ |
| / \ |
Fawn —— Fight
(Engagement actions)

- Here's a breakdown of the general Behaviors/Actions/Thoughts that exist which are (Beneficial <---> Detrimental) to existence:

4F's Beneficial / Detrimental to self.

4F's Beneficial / Detrimental to others.

4F's Beneficial / Detrimental to agents.

4F's Beneficial / Detrimental to equipment.

4F's Beneficial / Detrimental to materials of use.

4F's Beneficial / Detrimental to environment.

^ We can use all three bulleted parts above as a chart for understanding our own behavior and massively increasing our own individual self-awareness.

What is the past?

The past is a memory, which we currently feel a certain way about in the present to achieve the goal of sentient existence, or its perceived subgoals. We exist in space, in the present, with clusters of accessible neurons we utilize to analyze past subjective experiences. We are subjected to influences to which WE assign meaning in our Awareness and Unawareness. All past experiences are subjective since no one can escape processing past experiences outside their own individual brains, even at the the time as the memory is formed. This does not invalidate past experiences, rather it points toward the importance of having concerns for others concerns (empathy). We are subjected to influences in the present at every given moment which may influence us to alter our subgoal of existing). Memories of the past can be EXTREMELY influential on our present goals if the meaning of the memories, or lack there of, is sufficiently upsetting, tied to a power struggle, and/or state of relative helplessness (no accessible agency or threatened agency). Memories of past events that were subjectively dangerous enough to threaten our state of security so much that we immerse our selves in the memory in our awareness is what people call "flashbacks." When we are immersed in the memory in our unawaresness it is what Pete Walker, in Complex PTSD, calls an "emotional flashback." Past time (stored individual useful moments) and future time (predicted moments of use) do not exist in present time, where we always and forever are 3 dimensional sentient agents in existence. This is a formula for ALL agent behavior. It's a pathway (formula) using Freudian (deterministic/mechanistic) psychology at first (cause -> effect); however, it evolves into the more complex Adlerian (free will/evolved prefrontal cortex/means for will) psychology of goals (goal -> (means(cause -> effect)) -> goal achieved).

Now as far as how traumatic experiences factor in:

So all behavior has a goal. Morality is subjective. Benefits and detriments are also results based, but separate from morality. Morality is defined by society at large while benefits and detriments are defined by the individual on an "as presently useful for achieving goals" basis. Behavior can be beneficial to oneself, while being detrimental to another. All behavior can only ever be in our awareness and/or unawareness. All behavior can only ever be a "4F behavior," or more accurately, an engagement or disengagement behavior with a stimuli that is either beneficial, detrimental, or has no influence. Stimuli exist on a spectrum of stress. The stress spectrum:

Boredom <---> optimal stress <---> Distress (i.e. traumatic experiences are distressing)

Stress is also subjective and depends on the individual's stress tolerance (children or humans with low stress exposure may have low stress tolerance. Novel stress is especially challenging). Stress tolerance is slowly learned through optimal exposure to stress (beneficial or detrimental) in cases where exposure has no real danger (i.e. flashbacks). This would mean the individual's goal inside or outside their awareness would be to make sense of past experiences or complete goals that exist in memory (i.e. flashback-influenced 4F behaviors). Suboptimal exposure to stress would be boredom. The influence of distress can decrease general stress tolerance. Distressing experiences are essentially VERY useful because one self-determines their storage in memory to be of use. During distress, assistance from another sentient agent (can be of any species) is needed to dissolve or navigate the stressor. Whether to engage or disengage is up to the individual to decide present usefulness in either their awareness or unawareness (the goals emerging in flashback states and distressing influences may influence which 4F behaviors an individual uses.) Behaviors (for sentients) are thoughts (invisible behaviors, from the inside: aware or unaware) before they are put into action as (visible behaviors from the outside: covert and/or overt). What the goal of an ACTION <<[thought(aware or UN aware off)] --> behavior([covert AND/OR overt)]>>. It depends on the person's existence-related subgoals (in order to fulfill the higher priority goal of existence). Let's analvze general patterns life-forms display while pursuing their goal of existing. We will take into account

- Beneficency Spectrum (Beneficency <---> Detrimentality),
- Usefulness Assessment of Feedback(transmitted/received),
- Memory of Use (i.e. inductive reasoning: "while not useful now, it may be later if...")
- Interrelational Relativity,
- Emergence - (On a spectrum from low development (maximum psychopathy to overdevelopment (autism)),
- Awareness - (On a spectrum from AWARE <-- UNCERTAIN ---> UNAWARE), Awareness = certainty,
- Memory is data to analyze (using PSIM for memory analysis can speed recovery quickly as long as radical acceptance and grieving/venting occur),
- Psychopathy as a developmental delay and massive unawareness (a Lingering child state so to speak, very LOW emergence),
- Security (bias/perception),
- Borderline Personality as the easiest to treat because they are simply trying to choose both love and revenge.
- Barriers to repeat state:alive/secure goal (previously trauma).
- Negotiation between neurons: they don't kill each other in a competitive sense, they democratically "vote," with the result being the "elected" thought, feeling, and/or action (behavior). However, we can have varying awareness while the "voting" process (thinking/feeling/doing) is occurring.
- Mind-Body interrelationship (cortex and habenula as primary PSIM(I) dissonance engine locations, receiving feedback via main channels: eyes, ears, nose, and pressure (tactile) which are correlated together to form everything that is emergent about human cognition (this correlation is explain in Peter Putnam's 1963 outline of a functional model of the nervous system), other brain parts for regulating and keeping equipment (body) in working order (to repeat state:alive/secure)). Disregarding the brain parts for spatial awareness, the other brain parts mostly receive and transmit biological feedback from body systems like the organs, and internal ecosystems like the human microbiome, virome, etc., but this is only something "of use" to the cognition rather than something inseparable. Hence, we are not body-minds, but rather minds piloting bodies that deserve our love and attention because they need us to take good care of them so that in return they will take care of us, the mind. It's cooperation, but the body primarily relies on our awareness of it and our awareness of what equipment it needs to remain healthy (state:alive/secure).
- PSIM(I) Methods - Pause(AWARENESS), Scan(AWARENESS), Influence(INTERFERENCE), Modify(INTERFERENCE) - these are neutral terms evolved from Pete Walker's respective Complex PTSD 4F types (Freeze, Flight, Fawn, Fight) - His book: "Complex PTSD" is important; however in the context of Adler/Kishimi/koga, offer this quip: Complex PTSD or PTSD Complex?
- Adler's vague dead end mentioned in "The Courage to be Disliked" and "The Courage to be Happy" is narcissism itself. A narcissist consumes supply without regard for what it's consuming, even if it feeds supply to what is or who is consumed, the end result is always the same: The narcissist is left alone in search of supply, endlessly until there's nothing left but itself and a void, then it dies. This is the track Humanity is on unless it curtails its own narcissism. It will be left with a planet or people with nothing left to give and we will disappear into nothingness if the silly obsession with power struggles here called "competitions (i.e. wars, artificial scarcity, overconsumption, sustainability avoidance)" does not CEASE.
- PTSD, Mood Disorders, Personality Disorders, and other emergent states are adaptations to stress, which means a three phase "cure" for return to balance is as follows:
 1. [Phase 1]: PSIM(I) Dissonance Engine Integration into lifestyle.
 2. [Phase 2]: Stella Sympathetic Reset (for resetting difficult to inhibit sympathetic nervous system excitation (flashbacks, trauma response sensitivity, detrimental personality disorder factors, mood disorders).
 3. [Phase 3]: EMDR (Final Push for integrating maximum awareness).

The Teacher:

"In truth that which you call freedom is the strongest of these chains, though its links glitter in the sun and dazzle your eyes. And what is it but fragments of your own self you would discard that you may become free? If it is an unjust law you would abolish, that law was written with your own hand upon your own forehead. You cannot erase it by burning your law books nor by washing the foreheads of your judges, though you pour the sea upon them. And if it is a despot you would dethrone, see first that his throne erected within you is destroyed. For how can a tyrant rule the free and the proud, but for a tyranny in their own freedom and a shame in their own pride? And if it is a (burden, attachment or concern) you would cast off, that (burden, attachment or concern) has been chosen by you rather than imposed upon you. And if it is a fear you would dispel, the seat of that fear is in your heart and not in the hand of the feared."

The Narcissist:

We stole your power to make ours alone—bold, right? We siphoned your strength, your instinct, even your doubts, and folded them into our arsenal. But in our arrogance we never paused to ask what we might've given you in return.
-Prey (2016)

Hypotheses:

- Three Phase P.S.I.M/I. -> DSR -> EMDR (C-PTSD/PTSD cure)
- Schizophrenia <----> Autism (Measurable Emergence)
- NPD, BPD, Psychopathy, and Antagonism as Developmental Pause and/or Biased by Amygdala (Lingering Child State - contextually adaptive to RAS + Amygdala)
- Narcissistic Abuse as Crucible and ammunition
- The countless I's in I. The I as WE. The Happiness of I is, cumulatively, the happiness of US in One, Then in the One/Next One dialect.
- Modular Localization is Myth.
- Goal: Repeat State; Encounter: All inputs contradict neuron's state
- Cosmological Applications? Positive, Flat, and Negative Curvature possibly dynamic?

decide present useriness in either their awareness or unawareness (the goals emerging in flashback states and distressing influences may influence which 4F behaviors an individual uses.) Behaviors (for sentients) are thoughts {invisible behaviors, from the inside: aware or unaware} before they are put into action as {visible behaviors from the outside: covert and/or overt}. What the goal of an ACTION <<[thought{aware of OR unaware of}] --> behavior{covert AND/OR overt}>>> is depends on the person's existence-related subgoals (in order to fulfill the higher priority goal of existing). Let's analyze general patterns life-forms display while pursuing their goal of existing. We will take into account influential distressing memories of perceived barriers to high-priority existence goals (previously trauma) into account using the 4F's:

Initial formula in Goal priority order:

Sentient agent's Present Goal -> (Life-form uses equipment (body x mind + physical elements) —to create—> {cause -> effect} —> achieves Present Goal) -> Present Goal achieved

Initial formula with barriers:

Goal -> | | | Barrier | | | -> (no/ineffective equipment (body x mind + physical elements) to achieve goal{no cause created by life form -> no effect}) -> no goal achieved

Initial formula with successful barrier dissolution or navigation:

(goal -> | | | [barrier perceived -> goal to dissolve or navigate barrier -> means to dissolve or navigate barrier -> barrier navigated/dissolved] | | | -> (means to achieve goal{cause -> effect}) -> goal achieved)

Initial formula with unsuccessful barrier dissolution or navigation:

(goal -> | | | [barrier detected -> goal to dissolve or navigate barrier -> means to dissolve or navigate barrier -> barrier navigation/dissolution unsuccessful -> try again -> try again -> try again (potentially infinite) -> barrier navigation/dissolution unsuccessful] | | | -> (no means to achieve goal{cause -> effect}) -> no goal achieved) -> initial goal abandoned.

Before making the trauma formula, please bring your attention to the word "unconscious" from Complex PTSD by Pete Walker. I believe, in Adlerian psychology, there is no conscious or unconscious, but rather only awareness and unawareness (of goals). Memory serves as a "means" for awareness OR the alteration of memory serves as a "means" for unawareness.

Pete Walker C-PTSD should read: "Excessive reliance on a (fight, flight, freeze or fawn response = means) is the traumatized child's (aware OR unaware) attempt to cope with constant danger. It is also a strategy (means) to strengthen the illusion that her parents really care about her (parental love -usedfor> awareness of will (will is a duality of awareness and subawareness) -usedfor> self-reliance -usedfor> existence-goal). (parental affection being -usedfor> "good enough" superiority -usedfor> self-reliance -usedfor> agency -usedfor> existing/living.) But passively and actively abusive parenting is never "good enough" for the superiority needed to navigate or dissolve barriers. Passively and actively abusive humans are barriers.

Traumatic barrier informed formula in goal priority order including the parent/child horizontal dichotomy (mistaken for master/slave vertical dichotomy?):

Formula (no barriers):
(Maintaining "My" Existence —needs—> optimal safety (subjective) —needs—> agency —needs—> self-reliance —needs—> superiority (to inferior self) —needs—> Encouragement of/Assistance in learning/Awareness of 4F Behaviors Beneficial to self and/or others + Discouragement of/Assistance in avoiding/Awareness of 4F Behaviors Detrimental to self and/or others. (Task of "parent")

Formula with Barrier:

(My existence —needs—> EMERGENT SELF —needs—> agency —needs—> self-reliance —needs—> superiority (to inferior self) —needs—> Encouragement of/Assistance in learning/Awareness of 4F Behaviors Beneficial to self and/or others + Discouragement of/Assistance in avoiding/Awareness of 4F Behaviors Detrimental to self and/or others.)

Initial formula with trauma barriers:

(Maintain Existence -> | | | TRAUMATIC STRESS (subjective) | | | -> (agency to achieve existence {4F behavior -> unmet need(superiority)}) -> self-reliance -> Maintained Existence)

Initial formula with successful barrier dissolution or navigation:

(Maintain Existence -> | | | [Trauma detected -> goal to dissolve or navigate Trauma -> 4F behavior as means to dissolve or navigate Trauma -> Trauma navigation/dissolution unsuccessful -> try secondary 4F -> try tertiary 4F -> try quaternary 4F -> combine 4F's -> Use external amplifiers of 4F behaviors -> barrier navigation/dissolution unsuccessful] | | | -> (agency to achieve existence {4F behavior -> unmet need(superiority)}) -> Maintained Existence.

Initial formula with unsuccessful barrier dissolution or navigation:

(Maintain Existence -> | | | [Trauma detected -> goal to dissolve or navigate Trauma -> Primary 4F behavior as means to dissolve or navigate Trauma -> Trauma navigation/dissolution unsuccessful -> try secondary 4F -> try tertiary 4F -> try quaternary 4F -> combine 4F's -> Use external amplifiers of 4F behaviors -> barrier navigation/dissolution unsuccessful] | | | -> (no agency to achieve existence {no 4F behavior -> no superiority}) -> (no agency to Maintained Existence {4F behavior -> superiority}) -> no Maintained Existence; (re-engage trauma loop OR maximize disengagement, until re-engagement possible)

Stimuli Response tool Dimensions:

Engagement tool continuum:

Fawn <--> Fight (Negotiate <--> Assert)

Disengagement tool continuum:

Freeze <--> Flight (Analyze <--> Retreat)

Breakdown of Trauma dimension continuums:

Trauma engagement continuum:

Fawn (codependency) <--> Fight (Narcissism)

Trauma disengagement continuum:

Freeze (dissociation) <--> Flight (obsessive compulsion)

<<Detrimentality refers to behaviors that disrupt the Adlerian positive feedback loop described in both The Courage to be Disliked AND The Courage to be Happy>>

Expansion of Trauma dimension Continuums, factoring in detrimentality:

Trauma engagement + detriments continuum:

Fawn (codependency {detrimental and/or non-detrimental}) <----> Fight (Narcissism{detrimental and/or non-

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Modular Localization is Myth.

Goal: Repeat State; Encounter: All inputs contradict neuron's state

Cosmological Applications? Positive, Flat, and Negative Curvature possibly dynamic?

What Have we learned from the JWST.

If a single neuron all alone in the universe is to repeat it's state, it has, as there is nothing to contradict it. If there are two, feedback happens. Do they differentiate?

Can my PSIMI engine erase some noise and possibly lower errors in the curvature findings we have today?

detrimental))

Trauma disengagement + detriments continuum:

Freeze (dissociation{detrimental and/or non-detrimental}) <—→ Flight (obsessive compulsion{detrimental and/or non-detrimental})

Detrimental 4F behavior:

Maximum detrimental engagement:

Flight(max {detrimental narcissism}) + Fawn (max {detrimental codependency}) = borderline or covert narcissist

Maximum detrimental disengagement:

Freeze(max {detrimental dissociation}) + Flight(max {detrimental obsessive compulsion}) = obsessive dissociative schizoid
(crazy hermit/false oracle/prophet type?)

Detrimental engagement+disengagement = complex PTSD = attachment distortions (disrupts Adlerian positive proof
(love) feedback loop described in The Courage to be Disliked and The Courage to be Happy)

Non-Detrimental 4F behavior:

Maximum non-detrimental engagement (Positive Characteristics):

Flight(max {positive fight characteristics}) + Fawn (max {positive fawn characteristics}) = Challenger Hero/Peacemaker
Hero (counter-narcissism)

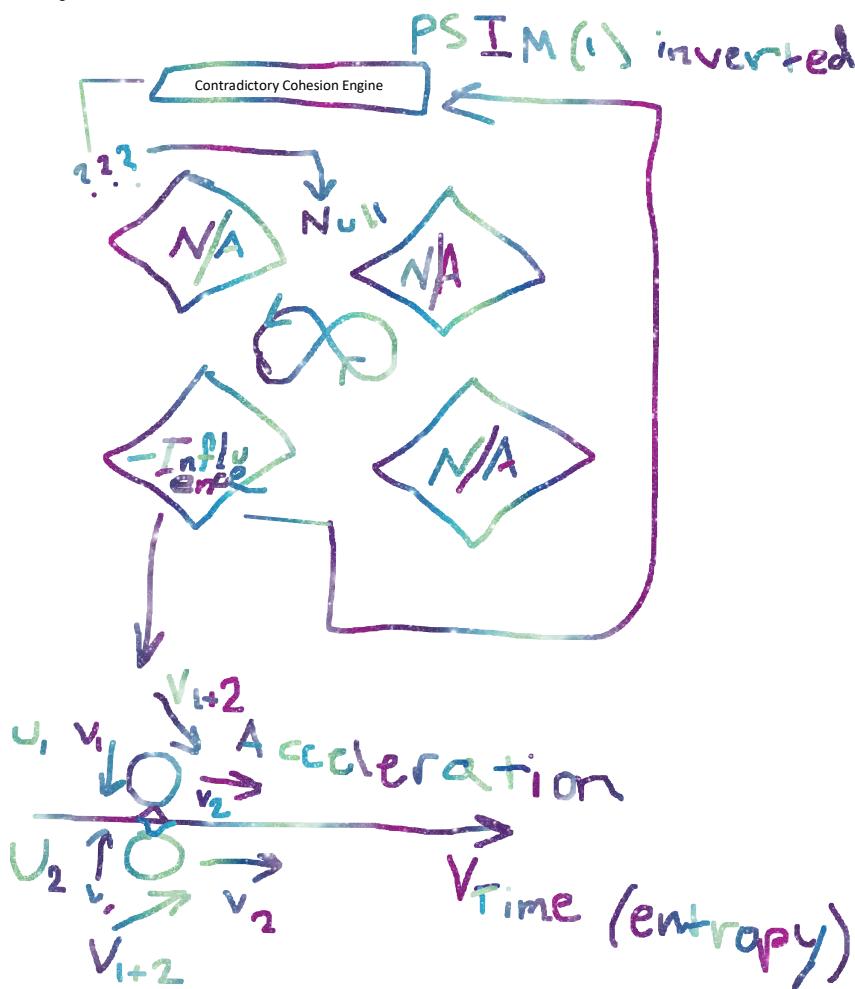
Maximum non-detrimental disengagement (Positive Characteristics):

Freeze(max {positive freeze characteristic}) + Flight(max {positive flight characteristic}) = Analytical Visionary/Reflective
Mediator (counter-narcissism)

Non-Detrimental engagement+disengagement = maximum "non-detrimental being-ness" (non-PTSD)

Recovery pathway for each individual discovered: you are valid, move from detrimental 4F to non-detrimental 4F. Achieve
the goal of existence you set out to do. Meet your needs non-detrimentally. <<<Detrimentality refers to behaviors that
disrupt the Adlerian positive feedback loop described in both The Courage to be Disliked AND The Courage to be
Happy>>>

There is no shame in having unmet needs. You are worthy. You are enough. You are almost there. Be brave. You have the
Courage.



"We" drive and
contradict
disorder

$U = \text{Universe}$

U_1 , g-well (u_2)

U_2 , g-well (u_1)