## I am a partially qualified philosopher

## Know your power – actually know ***my*** power

## The Hero’s Journey

So, this is what the hero’s journey is. There you are, sitting comfortably in you village. It’s always a village. And somebody comes along and tells you that you have to leave the village?  
  
Why? Because you’re the chosen one. This bad thing is happening and you need to stop it, or this bad thing is going to happen and you’re the only one who can stop it.   
  
And you, you’re the only one who can do anything about it.

But our lives are full of abandoned quests.

## Wanton Go For It

This is an exercise from a very disreputable source. But I think it works – and we’ve left this bit until last because I want this to be the last thing that you’re thinking about before you leave the theatre.

### Hesitation

There’s something that you want to do. It’s something that you really want to do. But you keep hesitating. Maybe you’re putting it off, it’s a some day maybe kind of thing. Maybe you get right up to the point of doing it. You’re looking at the sign up screen. You’re thinking about downloading the app. You walk past the place every day, and you’re thinking about going in. You bought the book on how to do it. Maybe you’ve even bought the gear. But then. At the last minute, you don’t. You hesitate. You pull up short.

### Frustration

And this is very frustrating. This way that you’re behaving. It’s very frustrating. You’re annoyed with yourself. Maybe you’re annoyed with other people that you think are holding you back. Maybe you’re annoyed because

### Impatience

You’ve had it now. [Could I do this to Zadok the priest?]

### Wanton Go For It – sooner or later someone has to say fuck it

Some sociopathic tricks to help you say “Fuck it.”

## Heckling

This is shit

You are shit

Why should we list to you, you’re a fat old man?

I thought this was supposed to be comedy – tell us a joke.

## What are we gonna do now?

Nobody expects success. The great train robbers – they planned the robbery meticulously.

We’re terrible at imagining how we’ll feel.

## All stories are about a man (a person) in a hole

One way to get a story is to put yourself in a hole. Jump and justify.