

# Chapter 1

## On Delusion

### 1.1 Theory of Mind

This is how you mentalize , or understand other people's minds. How do you understand how, from people's behavior, their inner lives. If you were first-person, in their shoes, what narratives would make you act in the way they do? This is impaired by disassociation which 'stereotypes' and labels people according to a script. It is essentially one's faith in an existential soul.

*Low Theory of Mind: The girls in my class never raise their hands, this must just be a girl thing*

*High Theory of Mind: There must be some narrative factor that makes raising hands different for these girls than it is for me*

Theory of mind impacts yourself not only in that a more complex understanding of yourself helps you better understand others, but in that when people treat you a certain way, it allows you to comprehend how they are reacting to images of themselves, how you can see how their response is/ or is not a reflection of you.

### 1.2 Trauma / Triggers

Trauma is an event which impairs theory of mind by causing you to disown a piece of yourself. A trigger is a moment that repeats it. The ejecting of pieces of yourself is done via a delusion and disassociation. This creates the stereotypes which consist disassociation.

Ex: When someone hurts you and you choose, or are forced to choose not

to express anger back to them, you disassociate them by assigning these actions to their identity. By this way they go from ‘existential human’ to bully. Their new identity of a bully consists of the aggression that you disown to avoid conflict.

A sexual assault victim may disown their sexuality thinking of relationships as exclusively sexual to separate their concept of self and intimacy from sex in their minds.

### 1.3 Disassociation

A defense mechanism by which you gain control of a situation where you have none, by removing you from your body and producing a dreamlike, alternate reality, narrative-like state. Your vision often blurs, and your body is flooded with opioids. Ex:

*You are at a party and someone looks at you funny. You disown a piece of yourself about your face or looks... "If only I was prettier, or had a different body" and causes you to disassociate that person into a mean individual. This prevents you from feeling full fear.*

### 1.4 Delusion

A delusion is a proxy-reality created by an inability to fully experience an emotion. Say you feel an emotional response of 85 fear on a scale of 1 to 100, where 100 is being buried alive, and 1 is not being scared at all.

However, your **Theory of Mind**, or emotional conception of reality, can only handle 50 fear. You then enter a delusion of strength 35. A delusion is neither an alternate reality nor a false belief, it is a unique anti-emotional state which prevents other emotions from appearing.

A deluded person has impaired empathy for others.

*“Here is an example of a schizophrenic talking to himself. It would be somewhat wrong to suggest that that individual is talking to a person in a ‘world of his own’ or “keeping himself company”, as it “voids the space where both company and an awareness of its absence may be registered”(Gipps 2022, pg. 93). In this case the delusion of self-talk seems to be a delusion that prevents the development of loneliness from happening by putting the person in an in-between state.*

## 1.5 Addiction

A Delusion of control where you think you can manipulate a valuable substance/object that you desire in order to control other parts of your life/emotions. However, the substance actually only actually puts you into a dissociative state, and produces withdrawal symptoms.

*Ex: Alcoholics initially believe that they can use alcohol to make things more enjoyable or to escape bad emotions, only to have themselves controlled by the substance.*

The actual act of consuming their addictive substance is only a small fragment of being an addict.

Addiction consists of the

- Self-loathing,
- Preparation
- Consumption,
- Experience of Drug
- Hangover/Recovery.
- The self label of addict.

All of these mental behaviors serve as one gigantic disassociate state. It isn't about the alcohol, it's about the alcohol proxy-reality that forms a delusion. Alcohol is not actually desirable in of itself.

*One day, Toby starts drinking alcohol, and with his sense of fear suppressed, Toby begins to talk more freely and confidently at parties. Yes, he plays a character, people are surprised at how engaged Toby is and he begins to have a lot more fun at parties. In reality, with Toby's fear suppressed, he doesn't have to make himself vulnerable in his interactions and lose control over how people see him. With alcohol, not only does he not feel fear, he is not truly vulnerable and responsible for his actions. Toby continues to drink and needs alcohol to feel normal versus confident,*

*and his life is consumed by it. As Toby begins to become more addicted to alcohol, he begins to feel more fear again, but this fear has to do with obtaining alcohol to feel normal rather than fear at losing control over how people see him.*

*With Toby now obsessed with different types of alcohol and consuming it, he ironically has complete control over his restricted life. His life has now restricted itself to searching for and consuming alcohol, and in this narrow life, he never has to feel true fear at being judged for who he actually is. He has a new identity as an addict. Yes, Toby feels a compulsion to drink, and can abstain from drinking, but the addiction is more than just his relationship with the substance. The addiction is merely a maintenance of his delusion which comes from his relationship with a poorly developed sense of fear. Toby might abstain and have the physical anxiety come back, or replace the drug with another, but the entire drama of his addiction and procurement of drugs creates a world where he never has to feel the full fear or emotional range he is evading. All addiction follows this structure of maintaining a constrained emotional range via delusion.*

## 1.6 Treating Delusions

You can treat a delusion by addressing the underlying trauma via therapy, and expanding the emotional range of the patient, or

**Inverting the Delusion:** You invert a delusion by realizing that you were never in control of the Delusion, you were controlled by it. Instead of thinking that you are using alcohol to have a good time, or to medicate emotions, realize you are controlled by an addictive poison, and moreover you are controlled by your addiction to disassociation.

Instead of using sugar to control your taste and enjoyment of a meal, realize that sugar is just another flavor that has the added effect of making you want more of it. Also realize that the most these drugs offer is emotional suppression, and not genuine emotional change.

This works because the core of addiction is disassociation dependency. As disassociation is about control, realizing you are controlled by the disassociation frees you from it.

This method is used in the books *The Easy way to Stop Smoking/Drinking*

## 1.7 Narcissism

Narcissism is the delusion in which one feels they are the only person in the world. Their life is a dream, and the people that surround them are no more reality than the fantasy of a book. Or more accurately, a state of reality so impaired it becomes partially indistinguishable from fantasy, at which point social relationships begin to take on a dreamlike quality. People act in social situations, but a narcissist's lack of faith in this existential soul, one becomes an equal actor with no connection to others and by extension reality. The dreamlike quality of it comes from emotional repression, mostly anger, guilt, or shame. As others are actors, all of their actions must be a result of your persona. You are entitled to the world, and everything in it by the certainty of your death.

The issue with this perspective, is that it is no perspective at all. This illusion of control over others and, seemingly bold breaking of social norms is actually a prison of being controlled by an inability to totally experience emotion and handle the perspective of others. Ironically, the hyper-logical Narcissist is entirely controlled by their emotions, and is unable to interact with anyone or anything which does not validate their self-image, which regulates the emotional prison.

### 1.7.1 Inversion of Narcissism

The key to escaping Narcissism and the control it gives you over others and how they see you and treat you, is the realization that you were never in control. You do not choose Narcissism, it is inflicted on you as a post-traumatic stress condition, it is fundamentally addictive, a cocaine-like state. The addictive portion of Narcissism is the addiction to disassociation. Disassociation functions to numb you from the present moment, but by exactly the same vector it makes all non-dissociative moments seem pointless and devoid of meaning, while dissociative activities (such as rational problem-solving, listening to music, reading, running, lifting more appealing, as opposed to non-dissociative habits like team sports.

This disassociation addiction is the root of all mental illness , and especially Narcissism. It is important to realize that disassociation is completely unnecessary. Every moment which you think you must disassociate, is the addiction of disassociating compelling you. It does not make you happy, help you think better, nor help you work through complex emotions. It is important to realize that whatever perceived benefits to be gained from

disassociation, whether that be a godlike omnipotence over the world, or special insight into a person's character, it is ultimately ephemeral , and nothing more than a numbing of one's body.