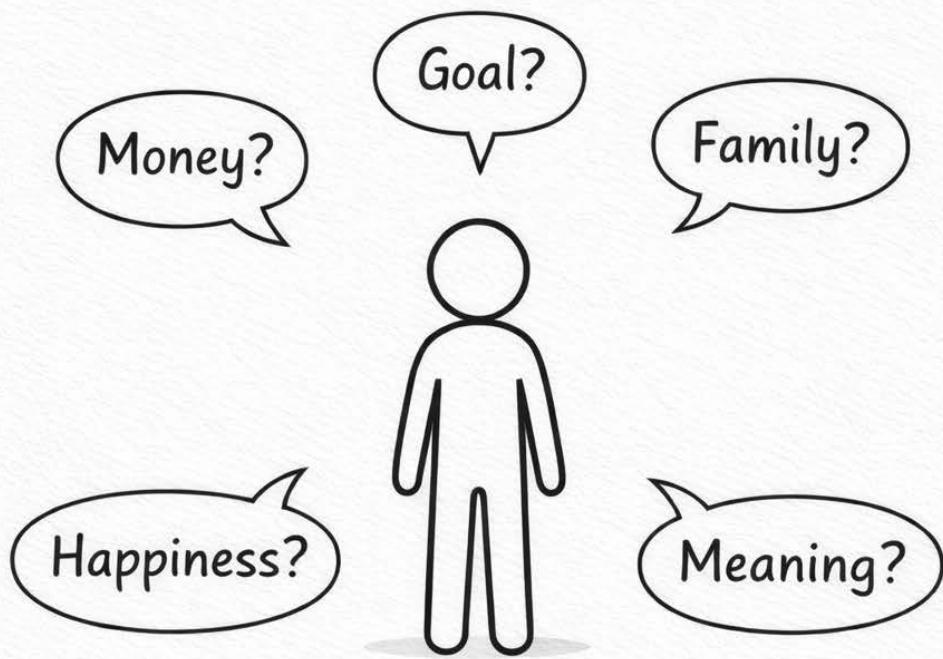


# USER MANUAL FOR LIFE

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(Spoiler: It won't help)



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**SENKISEM**

# USER MANUAL FOR LIFE

— (Spoiler: It won't help) —

INVALID QUERY

ERROR 404

⚠ SYSTEM ALERT:  
IDENTITY CORRUPTION

LOOP DETECTED

NULL

⚠ SYSTEM ALERT:  
IDENTITY CORRUPTION

⚠ WARNING:  
NARRATIVE COLLAPSE

ID: SENKISEM

STATUS: DIAGNOSED

RECOVERY: NOT AVAILABLE

# **S E N K I S E M**

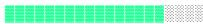
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User Manual

for Life

*(Spoiler: It won't help)*

## CONTENTS

 LOADING . . .

- ▶ PROLOGUE: Login Failed
- ▶ **I. MODULE: The Illusion**
- ▶ **II. MODULE: The System**
- ▶ **III. MODULE: The Origin**
- ▶ **IV. MODULE: The Chaos**
- ▶ **V. MODULE: God**
- ▶ **VI. MODULE: The Power**
- ▶ **VII. MODULE: No Tutorial**
- ▶ **VIII. MODULE: Exit Point**
- ▶ **IX. MODULE: Reboot**
- ▶ **X. MODULE: ID: Senkisem**
- ▶ EPILOGUE: Exit Not Recommended

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## PROLOGUE: LOGIN FAILED

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SYSTEM STATUS:

ENVIRONMENT INITIALIZATION...

USER AWARENESS: TOO HIGH

COMFORT ZONE: NOT AVAILABLE

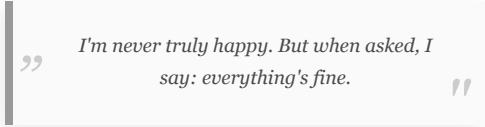
You are not special.

You already know this, but you don't believe it. Somewhere deep down, you opened this because you hoped: It will be different.

Something will happen. Something will change. Something will be resolved.

It won't.

This is not the book that tells you how to be happier. Not the one that teaches you how to live. Not the one that says: "everything will be okay". Because it won't. Or it will. But not because of this.



*I'm never truly happy. But when asked, I say: everything's fine.*

The question is not why you lie.

But rather, how long it's been since you knew you were lying.

There's a problem with this moment.

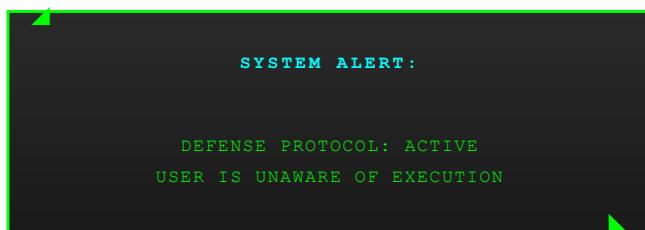
You think you're reading right now.

You think you're on the outside. That this is about someone else.

Someone you don't know yet. Someone whose name is "Senkisem".

But Senkisem is not a character. Not an example. Not a story. Not someone else.

Senkisem is a status identifier. A diagnosis. A position you don't recognize. Yet.



Right now you're thinking: "I'm not like that".

Or:

"This doesn't apply to me". Or: "Yes, but at least I see it".

You see.

But then why are you here?

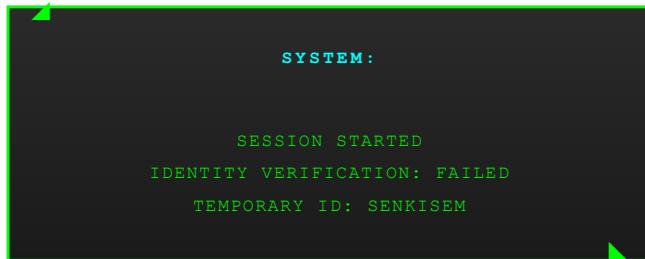
“*There are times when I know what I should do. But I don't do it. And afterwards I don't understand why.*”

This is how the system works. Not you. The system within you.

It's already started. It's already too late. You can no longer read as if it's not about you.

Because everything is about you.

But you didn't decide this either.



Welcome.



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## I. MODULE: THE ILLUSION

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# 1. THE CHARACTER YOU PLAY

## SYSTEM STATUS:

IDENTITY COHERENCE: UNSTABLE  
PERFORMANCE MODE: ACTIVE  
AUTHENTICITY INDEX: NOT FOUND

Your personality is not who you are.

This is the first thing you don't want to hear. Because if this is true, then what's left? If who you are is just a construction, then who's inside?

Nobody.

And that's the problem.

As a child, you learned: if you behave this way, they love you. If that way, they don't. If you say this, they're proud of you. If that, they're disappointed.

You didn't decide this. It just worked.

Like an algorithm.

Input: environment. Output: behavior.

You were the function.

But you didn't write the code.

*There's a version of me for every person.  
And none are real. But I also don't know  
which one I'd be if I were alone.*

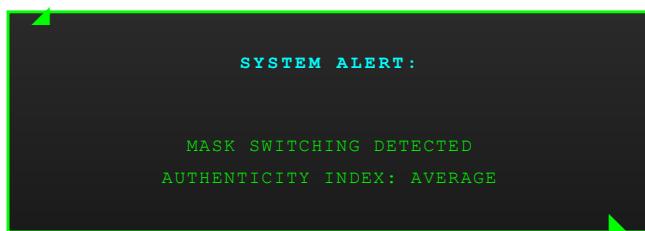
Now you're an adult. And you think this has changed. It hasn't. It's just become more refined. More professional. More automatic.

At work there's one face. With friends another. With family a third. On Tinder a fourth. Alone in the apartment a fifth. But which one is you?

None of them.

All of them.

You don't know.



The joke is, you don't even feel it when you switch anymore.

It's as natural as breathing. Someone enters the room, and you already know: which version is needed now. You don't think about it. It just goes.

And when you lie down at night, and ask: "Who am I really?" - this question is just another character. The "self-reflective intellectual" character. Who pretends to be searching for themselves. But isn't searching for anything. Because there's nothing to search for.

“ Sometimes I feel like if I threw everyone out of my life, and was completely alone... I still wouldn't know who I am. Because there's no one left to perform for. And that's terrifying. ”

Your personality is a survival mechanism.

As a child, you didn't develop it because you wanted to, but because you had to.

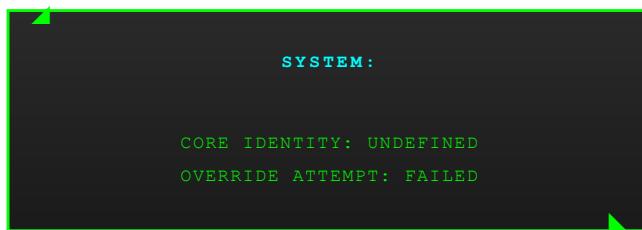
Because if you're not good enough, not kind enough, not obedient enough, not smart enough - then something's wrong.

And you learned: be what's needed.

Now you're twenty. Or thirty-one. Or forty-two. And you're still doing this. You just don't call it anything anymore.

"That's just how I am".

But it's not you. It's the program you're running.



And the worst part?

Even if you realize this, it doesn't change anything.

Because you can't stop it. It's so deep that you can't feel the boundary. Where the character begins and where the "real you" would end. If there were such a thing.

You've tried. You told yourself: "from now on I'll be honest". "From now on I'll be authentic". "From now on I'll only say what I really feel".

And it worked for two days. Then you slipped back. Because the character is stronger.

Because the character is what works.

Because the character is protective.

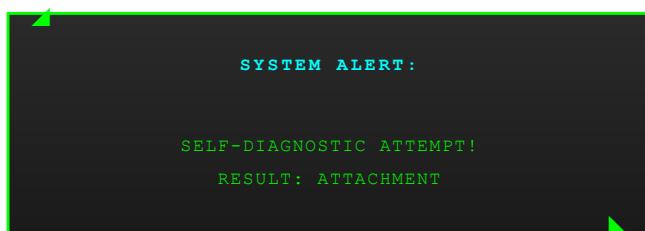
*I once tried to be completely honest in every situation. To say every thought. Three days later my partner broke up with me.*

The other problem: when you decide to "take off the mask" ... That's also just another mask.

The "honest, raw, authentic person" mask. Who shows their wounds outward. Who's proud of their vulnerability. Who says: "look how real I am".

But that's also a performance. Just a different scene. There's no way out.

Because you yourself are the system.



There's a moment. When you first look in the mirror and don't recognize yourself. Not in a poetic sense. Literally. You're standing there, looking at your face, and you don't know who it is.

You know your name. You know your life. But something's missing. Something that would connect these things to a "self".

Not a panic attack. Not drama. Just a cold realization: There was never anyone there.

Just roles. Just responses. Just programmed reactions.

Then you go to work. And there you are again. The "good colleague" version. Automatically.

You think now: "but I feel things, therefore I'm someone". You feel.

But who feels?

That "I" who feels - that's also just a narrator. Who explains afterwards what happened. Who gives meaning to the chaos. Who connects the dots so it seems: there's continuity.

But there isn't.

There are only moments. And a voice that strings them together.

But even the voice isn't you.

*I hear myself talking. And sometimes it's like  
someone else is talking. And I'm just  
watching. And I agree with them. But it's not  
me.*

## 2. YOUR PERSONALITY IS NOT YOU

SYSTEM STATUS:

EGO STRUCTURE: INTACT  
DEFENSE MECHANISM: ACTIVE (100%)  
THREAT LEVEL: AWARENESS DETECTED

The ego is not the enemy.

This is important to understand. Because many books say: "Defeat your ego". "Be humble". "Let go of your self-image".

Bullshit.

The ego is a survival tool. Like the immune system. It's not working against you. It's working for you. You just don't understand how.

The ego's job: to protect you. From disintegration. From realizing: there is no "You".

This is what it does. Constantly. Every minute.

Every time someone criticizes you and you immediately start defending yourself - this is the ego. Every time you have a success and you have to tell someone - this is the ego. Every time you compare yourself to others - this is the ego.

But not out of malice. Because if it didn't, you'd fall apart.

The ego is a shapeshifter.

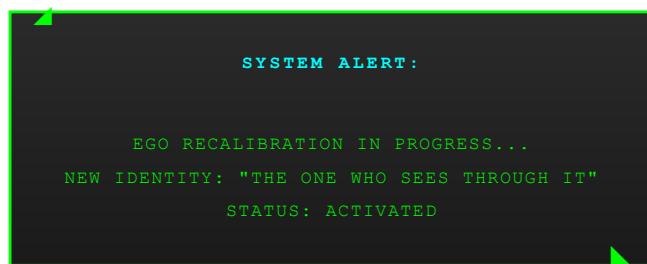
*I know I talk too much about myself. But if I  
don't talk, I feel insignificant.*

If you catch yourself in a behavior and start watching it - the ego has already taken a new form. It's already somewhere else.

Example:

You perform well in school? = you feel successful. You build your career around this because you thought: "I'm good at this." Then you realized: this is empty. This isn't you. And you let it go. And you were proud that you let it go.

This is the ego. In a new form. Now it's the "one who let go of success" ego. The "one who's above it" ego.



There's a type of person who reads books about awareness. Meditates. Does yoga. Works on themselves. And thinks: they're above it.

Above the ego. Above the system. Above the masses.

This is the strongest form of ego. Because it's invisible.

"Being above it" is the peak of ego. Because it says: "I've already moved past this". And in doing so, it proves you're still in the system.

*I thought if I developed myself enough, I'd be "better". Later I understood... better than whom? For whom? Why?*

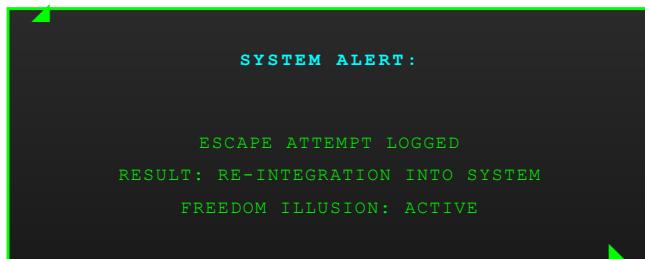
You can't defeat it.

Because what would defeat it would also be ego.

The "one who defeated their ego" ego. The spiritual ego.  
The philosophical ego. The "I'm past this" ego.

There's no way out.

Because you yourself are the labyrinth.



There's no difference between you and the people you look down on.

You're standing on the metro. You see the faces. Empty gazes. Staring at phones. Going nowhere, just to work, then home.

And you feel contempt.

"I'm not like that" - you think.

Then you got home. You took out your phone. Scrolled for an hour. Lay down. Nothing happened.

And you realized: you're the same. Just a different alibi.

They say: "I'm working". You say: "I'm thinking". But it's the same emptiness. Just different packaging.

The ego can adapt.

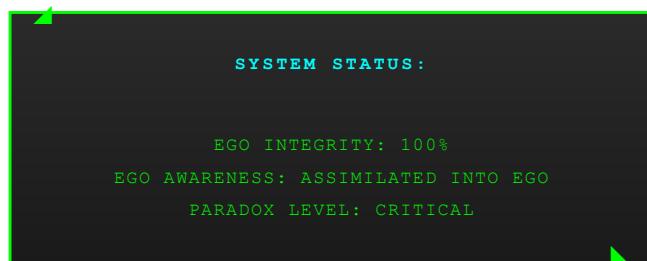
If you're spiritual - you'll have a spiritual ego. If you're cynical - you'll have a cynical ego.

It always adjusts to the threat:

And the biggest threat: The realization that there is no "You". That there are only processes. Only reactions. Only memories and desires and fears running through a system.

The ego doesn't allow this. Because if this is true, then it doesn't exist either. And that's unacceptable.

“ Sometimes I imagine what it would be like if I truly didn't care what people think of me. But even this I imagine in a way where others notice how much I don't care, and judge me for it. ”



### 3. THE EGO AS SURVIVAL MECHANISM

SYSTEM STATUS:

SURVIVAL PROTOCOL: ACTIVE  
THREAT DETECTION: CONTINUOUS  
SELF-PRESERVATION: PRIMARY PRIORITY

The ego isn't here to make you happy. The ego is here to keep you alive. And it's brutally good at it.

Every time you feel uncomfortable in a group and start joking around: the ego is working. It recognized: exclusion = danger. Immediate response: Be nice. Be entertaining. Be acceptable.

It didn't ask if you wanted this. It didn't wait for your decision. It just reacted.

Because the ego isn't your conscious self. The ego is what operates before you even think.

*My parents never really knew me. I always adapted so I wouldn't cause them discomfort, and I'm afraid if they knew me, they'd be disappointed.*

As a child you learned: If you cry, you're punished or ignored. If you're good, you're loved. If you're bad, you're abandoned.

This wasn't philosophy. This was survival.

The child depends on adults. Totally. If they lose them, they die. Literally.

So the child's brain doesn't take risks. Doesn't rebel. Doesn't speak the truth if it's dangerous. The child's brain adapts. Like a virus. Like a chameleon.

And this mechanism - it never turns off. Even as an adult. Only the dangers change.

Now the danger isn't starvation. Now the danger is being alone. Being excluded. Not being enough. Nobody loving you.

These aren't real dangers. You won't die from them. But your brain doesn't know this.

Your brain is still on the savanna. Where exclusion = death. Where solitude = death.

That's why you do what you do.

*I know they're lying to me. I see them doing it. But I still fall for it. Because it's better to be naive than alone.*

SYSTEM ALERT:

SOCIAL THREAT: DETECTED  
COMPLIANCE MODE: ACTIVATED  
RATIONAL OVERRIDE: REJECTED

The ego doesn't care about your happiness.

This is the most important thing you don't understand.

The ego only wants one thing: for you to exist tomorrow too. For you not to perish. For you not to fall apart.

If you have to lie for this - you lie. If you have to wear a mask - you wear it. If you have to betray what you believe in - you betray it.

Not out of evil. Out of survival.

This is the ego's calculation. Lightning fast. Unconscious. You didn't decide about it. You just lied. And you thought: this was my decision. But it wasn't. The ego executed a survival protocol.

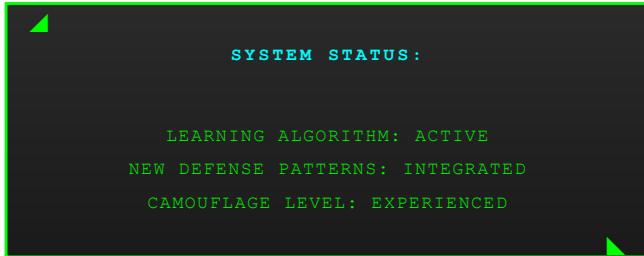


And afterwards - afterwards comes the narrative. The ego always provides an explanation. There's always a story that justifies what you did.

"I didn't have time to tell the truth." "They wouldn't have understood." "Everyone does this anyway." "I was just being strategic."

These aren't justifications. These are post-facto constructions. The ego's retrospective explanation for what it already did. You just got the script.

“ Sometimes I behave disgustingly towards my loved ones. I don't want to hurt them... But I don't feel guilty, because otherwise they wouldn't understand. ”



The ego can learn.

This is what's frightening about it.

When you were younger, the ego was simple. Crying if it wanted attention. Obedience if it wanted safety. Rebellion if it wanted space.

Now the ego is more sophisticated.

It learned the "vulnerability as strength" trick. It learned the "cynicism as defense" trick. It learned the "self-reflection as intellectual superiority" trick.

Every new book, every new experience - the ego absorbs it, processes it, incorporates it into its arsenal.

Now it can talk about meditation. Now it can philosophize about the ego. Now it can be spiritual.

This is the ego's evolution. Instinctive.

And now?

Now you're here. Reading this. And there are two options:

1. You say: "yes, this is true, the ego controls, and I recognize this." - This is also ego. The "one who recognizes" ego.
2. You say: "I already know this, this is nothing new." - This is also ego. The "already past this" ego.

There's no way out.

Because every path you try will be another form of the ego.

*“ It doesn't hurt anymore when I think about it... I feel much better without them... I started working out, reading, and finally have time for myself... Then I realized I'm just trying to convince myself of something, for some reason... ”*

**S Y S T E M :**

PARADOX ACCEPTED  
SOLUTION: NOT AVAILABLE  
LOOP (REPETITION): CONFIRMED

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II. MODULE: THE SYSTEM

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## 4. MONEY AS LANGUAGE

SYSTEM STATUS:

ECONOMIC INTEGRATION: COMPLETE

VALUE PERCEPTION: CURRENCY-ORIENTED

ALTERNATIVE: NOT FOUND

Money is not the bad.

This is the first defense. "Money isn't bad, it's just a tool."  
"Money is just energy." "Money in itself is neutral."

Yes. True.

But you're no longer neutral.

Every decision you make is measured in money. Even if you don't know it. Even if you deny it.

That hour you're wasting now - that's money. That relationship you're nurturing - that's investment. That experience you're denying yourself - that's a calculation of future utility.

You didn't learn it this way. It just works this way.

*I'm ashamed, but with every friendship I wonder: 'is this a useful connection?'*

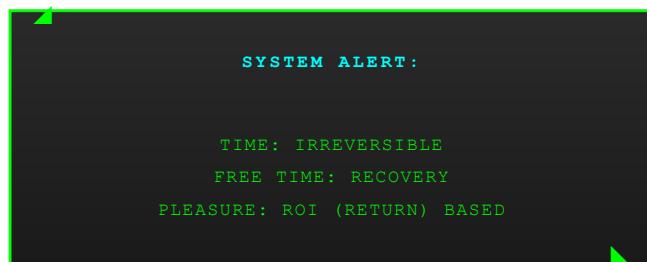
As a child it wasn't like this yet.

You played. Aimlessly. Built sandcastles that collapsed in the evening. Ran in circles, which led to nothing. Watched an ant for hours.

It had no use. And it didn't need to.

Then came school. And there you learned: time = value. If you study, you get rewarded. If you don't study, punishment. Your hours now became performance.

And this never turned off.



Now you're an adult. And everything is money.

Free time: that's regeneration so you can work tomorrow. Hobbies: Networking or skill-building. Relationships: Emotional capital or career opportunity. Your body: a tool that needs to be maintained.

*I once vacationed trying to completely disconnect. It lasted three days. On the fourth day I was already thinking, 'this will look good on my CV' - that I saw a new culture. By the fifth day I was bored. Because it wasn't productive.*

Money isn't just physical currency. Money is a valuation system. Everything is coded. Everything is translated.

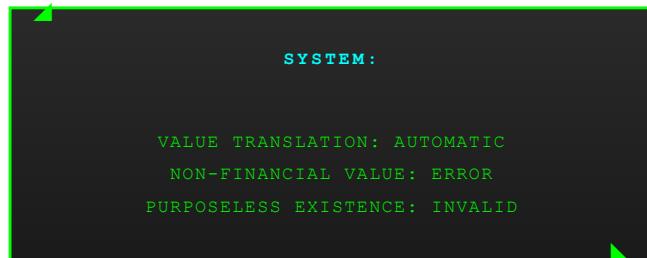
Art → investment or waste. Friendship → useful or not useful. Knowledge → monetizable or worthless. Feeling → productive (motivation) or counterproductive (depression).

You didn't invent it. But you think this way too. Test it:

You meet someone. Likeable. But they have no career. No ambition. They just "exist".

Your first thought? "Wasting their life."

See? The language of money. Waste. As if life were a resource that must be used efficiently.



Money isn't bad because it exists. Money is bad because there's no alternative language.

Try to think about anything without assigning some value to it. Try to just exist without measuring. Without counting. Without optimizing.

You can't.

Because there's no other cognitive framework anymore. There's no other method. Money is the only universal language you speak. And what isn't translated into money - doesn't exist.

“ My father worked his whole life. He turned sixty-five. He retired. He tried to 'live' for two months. Then he got depressed because he wasn't doing anything. A year later he died. I should have visited him more... ”

**S Y S T E M   S T A T U S :**

USEFULNESS: PERFORMANCE-BASED

NON-PRODUCTIVE TIME: WASTE

And the biggest problem?

You don't even see this as a problem anymore.

You say: "of course money matters, because that's how the world works". "I'm realistic." "I'm not naive."

But this isn't realism. This is capitulation.

Now everything is measurable. Everything is accountable. Everything is convertible. And if not - then it doesn't matter. (?)

**S Y S T E M :**

ALTERNATIVE THINKING: OVERWRITTEN

STATUS: NORMALIZED

RESISTANCE: NOT DETECTED

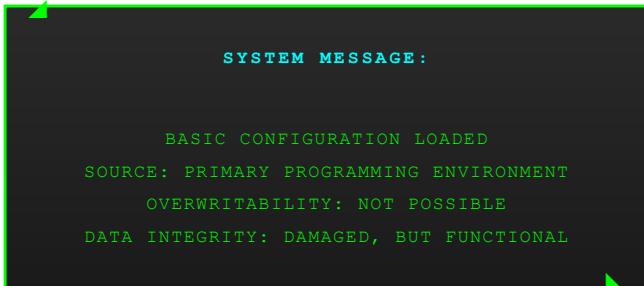
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### III. MODULE: THE ORIGIN

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#### SYSTEM MESSAGE:

BASIC CONFIGURATION LOADED  
SOURCE: PRIMARY PROGRAMMING ENVIRONMENT  
OVERWRITABILITY: NOT POSSIBLE  
DATA INTEGRITY: DAMAGED, BUT FUNCTIONAL

#### YOUR PARENTS MADE MISTAKES. WON'T YOU?

The family is the first system where you learned: what you are, what you deserve, how you function. You didn't choose it.

You were 6 months old when your mother first didn't pick you up because you were crying. Not because she was a bad parent. Because someone told her: "If you always pick them up, you'll spoil them."

This was the first lesson: your needs = problem.

You were 3 years old when your father said: "Boys don't cry." He didn't say it because he was evil. Because that's what they told him too.

This was the second lesson: emotions = weakness.

You were 7 years old when you learned: if you bring home good grades, they're proud of you. If bad, disappointed. Not explicitly. You just saw it on their faces.

This was the third lesson: performance = love.

*My mother never said she loved me. My father said it once. When I was 23, and he was in the hospital. I knew he was going to die. I thought that would solve something. It didn't solve anything.*

And these lessons are still running. You can't stop them. You can't delete them. Because they're no longer programs. They are you.

When your partner says: "Why don't you talk to me?" - you hear your father's voice: "Boys don't cry." When your boss criticizes you - you feel what you felt at 7: "I'm not good enough." When you're alone - there's the first lesson: "Your needs are a problem."

#### SYSTEM MESSAGE:

FAMILY PATTERN REPETITION IN PROGRESS  
AWARENESS LEVEL: HIGH  
ABILITY TO CHANGE: LOW  
RESULT: GENERATIONAL TRANSFER EXPECTED

#### THE LOVE YOU RECEIVED WAS CONDITIONAL. YOU ALSO PASS IT ON THIS WAY.

There's a moment when you first see it: you're doing the same thing.

You're sitting there. Your child is doing something. Makes a mistake. And out comes from your mouth: the same sentence you heard from your father. The same tone. The same intonation.

And you hate yourself for it. But the next time you say it again.

“*I told my daughter: 'It was hard for me too, but I still did it.' Exactly the sentence I heard from my mother as a child. And that I always hated. And now I said it.*”

The love you received wasn't bad. It was just conditional.

If you behaved well = they loved you. If you performed = they were proud. If you didn't bother = you were a good child.

Nobody said it out loud. They didn't have to. You felt it.

And now you're passing this on too. Not because you want to. Because this is the only method you know.

You've already tried differently. You told yourself: "I'll be different. I'll love unconditionally."

#### SYSTEM MESSAGE:

EMOTIONAL TRANSFER PROTOCOL ACTIVE  
ORIGINAL PARAMETERS: PRESERVED  
MODIFICATION ATTEMPTS: UNSUCCESSFUL  
NEXT GENERATION: SAME CODE

**YOUR CHILDREN WILL CONTINUE YOU. NOT THEMSELVES.**

This is the cruellest part.

You thought the child was a new beginning. A new chance. Something clean that hasn't been ruined yet. It isn't.

The child is a mirror. And a continuation.

Everything you are - you pass on. Not intentionally.  
Automatically.

Your fear = will be their fear. Your anxiety = will be their anxiety. Your lack = will be their lack.

*My mother was a worrier. Always tense.*

*Always expecting the worst. I swore I wouldn't be like that. Sometimes I listen to myself talking to my son. The same worry. The same tension. And I see it in his eyes: he's afraid. Because I'm afraid.*

It doesn't matter what you say. What matters is what you feel.

You can say: "Don't be afraid. Everything will be okay." But if you're afraid - they will be too. You can say: "Be yourself." But if you hide behind masks - they will too. You can say: "I love you, no matter what." But if you tie your love for yourself to conditions - they will too.

Children don't learn what you say. They learn what you are.

There's no way out.

*I didn't have a child because I wanted to. I had one because I was already 32, and it was the next step on the list. I love them. But sometimes I look at them and all I feel is: burden. And I hate myself for it. Because I know they feel it too.*

There's a paradox in becoming a parent.

You think: the child will make you better. Will motivate you. Will give meaning.

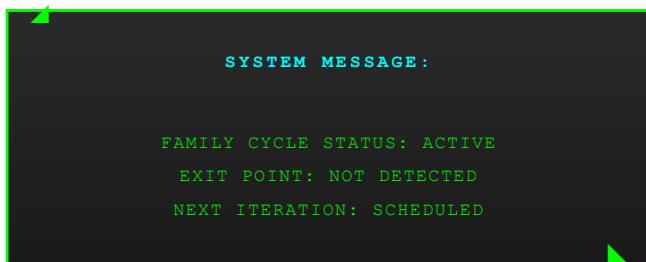
But the child doesn't solve anything.

The child only magnifies everything that was already there.

If you weren't okay with yourself = you'll be even less okay.  
If you couldn't take care of yourself = you can't take care of  
them either. If you didn't know who you were = you'll know  
even less.

And they will learn this. Not from words. From your  
presence.

You continue what your parents started. Your child will  
continue what you started. There's no clean slate. Just another  
layer on the same mistake.



## 5. HIERARCHY

SYSTEM STATUS:

RANK AWARENESS: CONSTANT  
POSITION MONITORING: CONTINUOUS  
EQUALITY PROTOCOL: THEORETICAL

You always know who's above you.

You might deny it. You might say: "I don't care about hierarchy". But you know.

You know who the boss is. You know who the leader is. You know who you pay attention to. And you know who you don't have to listen to.

You didn't decide this. You just automatically assess. Like animals. Like the herd. Who's alpha. Who's beta. Where you are.

Hierarchy isn't just at work.

It's in friend groups too. There's the main character. There's the supporting character. There's who everyone pays attention to. And there's who gets interrupted.

Which one are you? And when does it change?

“ I have a friend I adore. But when I'm with them in a group, I automatically hold back.

They always talk. I listen. And this is normal. Nobody says, 'you could talk now too'. We just know. They're more important.”

#### SYSTEM ALERT:

SOCIAL HIERARCHY: DETECTED

BEHAVIORAL CORRECTION: AUTOMATIC

RESISTANCE: MINIMAL

Hierarchy isn't bad. Hierarchy is useful.

This is what you don't want to admit. Because you'd like to believe that "all people are equal". That "everyone is equally valuable". That "there's no ranking".

But there is. And you know it too. And you use it too.

When you're in a room, you immediately know: Whose opinion matters. Whose doesn't.

They didn't teach this in school. But you learned it. Instinctively. Because those who don't learn it - stay at the bottom.

As a child there was already hierarchy.

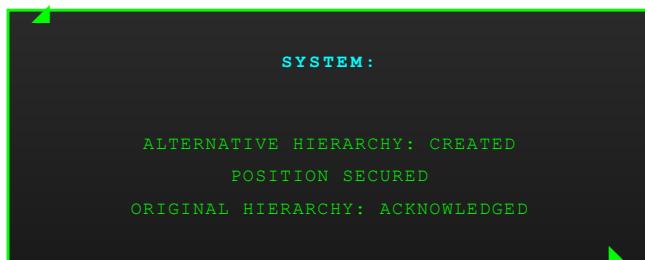
Popular kid. Unpopular kid. The one everyone loved. The one who got bullied. The one who was ignored.

Which one were you?

And how did you fight to move up? Or did you accept your position? Or did you rebel against it? Or did you back out of the game and say: "I don't care"?

All three answers - the same. Because all three accept that there's hierarchy. Just different strategies.

*In school I was never popular. So I told myself: I'm smarter than them. That's how I became 'the smart nerd kid'. And that was a different hierarchy. Where I was on top. But it was the same. Just a different measuring stick.*



Now you're an adult. And nothing has changed.

Just a different metric. It's not who's strong that's cool. But who's successful. Who's wealthy. Who's influential. Who's "recognized".

But the same game. And you're playing too. Even if you deny it.

Every LinkedIn post. Every "humble" brag. Every "I don't want to show off, but..." - this is positioning in the hierarchy.

You don't do it because you're a bad person. You do it because that's how it works.

If you don't play - you fall behind. If you fall behind - you become irrelevant. If you become irrelevant - you disappear.

And you don't want that.

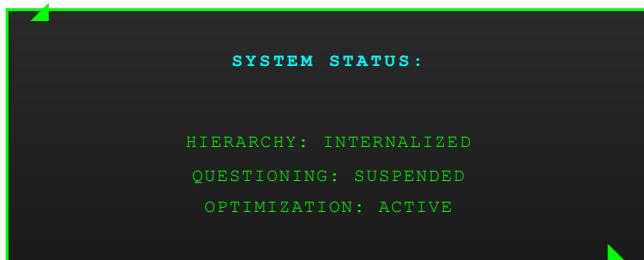
There was a moment. When you first said: "I'm more important than them".

You didn't phrase it that way. You said: "I create more value". "I have more experience." "I should have more say".

But the essence was the same. Hierarchy. And you wanted to move up.

You weren't ashamed. It felt fair. After all, you really did it better. You really put in more.

But the problem wasn't whether it was true. The problem was that you felt it was natural. That you no longer even questioned the existence of hierarchy. You just wanted to improve your position in it.



And here's the twist:

Those who say: "there's no hierarchy" - they're either at the bottom. Or at the top.

If you're at the bottom - you say: "there's no hierarchy", because it hurts to admit where you are. If you're at the top - you say: "there's no hierarchy", because it sounds good, and you're up there anyway.

But those in the middle - they know. Hierarchy exists.

*I have a colleague who always says: 'we're all equal'. She's the manager. Hypocrite... //*

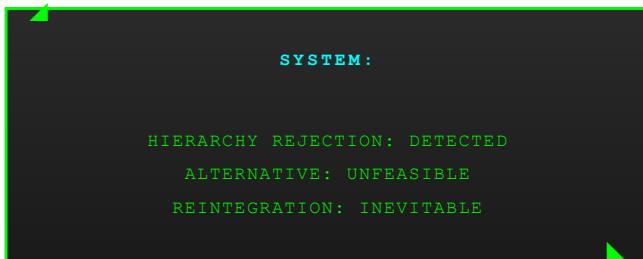
This is the most uncomfortable truth.

Need a team? → leader. Need a company? → boss. Need a group? → Center.

Because otherwise there's chaos. And chaos isn't freedom. Chaos is terror.

So although you hate hierarchy - you want to be part of it.  
Because being outside hierarchy = Not existing.

And then you'd rather be at the bottom. But at least you're in it.



## 6. EDUCATION AS FILTER

SYSTEM STATUS:

CONDITIONING: COMPLETED  
COMPLIANCE PHASE: SUCCESSFUL  
CRITICAL THINKING: OVERWRITTEN

School isn't there to teach. School is there to select.

It selects those who are obedient. Who sit down on time.  
Who do what they're told without question. Who write  
things in notebooks they don't understand, but don't ask  
back.

These advance. The others - drop out.

*I was eight when I realized: it's not about  
understanding what they teach. It's about  
reproducing. Exactly. The way they expect.*

They say: education liberates. Lie.

Education calibrates. Adjusts. Standardizes.

It teaches you that there's a correct answer. That there's  
authority who knows the answer. That your job is: to me-  
morize what they say and repeat it on exams.

Not to think. To repeat.

Those who think - fall behind. Because while they're quest-  
ioning, the rest are already at the next lesson.

Those who rebel - drop out. Because the education system doesn't tolerate disorder. It only rewards obedience.

Did you question as a child? "But why is it like this?"

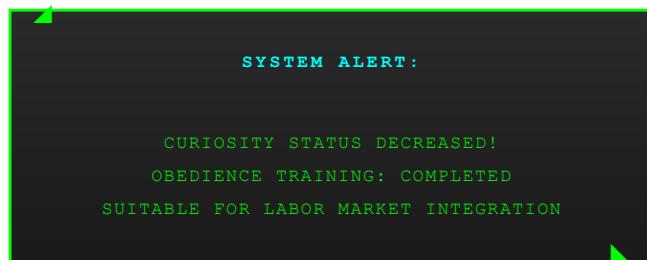
Simple: "Because this is the curriculum".

Didn't answer. Just signaled: the question is irrelevant. Your job isn't to understand. Your job is to write it in the notebook.

And there you learned: don't ask. Because questions slow you down. And slowness = failure.

So you kept your mouth shut. And wrote. And memorized. And succeeded. (?)

*I never studied properly, just "just enough".  
I hate my job, but at least it pays well. Here  
too I just do enough so they don't fire me.*



On tests you don't get points for giving a new perspective. But for giving the expected answer.

"What's the correct answer?" - this is the question. Not: "what's the truth?" But: "what do they expect from me?"

And those who learn this early - advance the furthest.

University is no different.

You'd think you can think here. You're intellectual here. You're free here.

You're not.

University is also a filter. Just more refined.

Here you learn: how to cite the right authorities. How to write so it meets academic standards. How not to be too provocative, but not too boring either.

Here you learn: how to play the intelligent person.

“

*At university I wrote an essay where I actually expressed what I thought. Got a C. The next one I just quoted "smart people" and connected their thoughts. Got an A...*

”

#### SYSTEM:

ACADEMIC PERFORMANCE: CITATION-BASED  
INDEPENDENT THINKING: RISKY  
CONFORMITY: REWARDED

Many go through this. Whether it's graduation or diploma.

You were proud. Awards, good grades, success.

Then a year later you realized: you don't really know anything.

You could cite. You could speak in jargon. You could pretend to understand things.

But you had no independent thoughts. Because that's not what you were raised for.

You were raised to repeat well. To cite correctly. To accurately reproduce what the teacher thinks too.

And you were damn good at it.

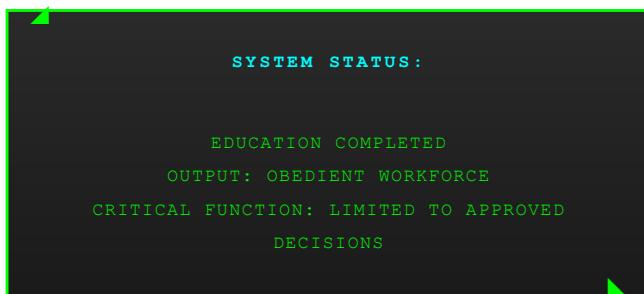
Education's biggest trick isn't that it lies. It's that it says:  
"this is the truth". And if you believe it - then it is.

You're not a critical thinker. You're a critical consumer.  
Who can choose among ready-made thoughts. But not pro-  
duce your own.

Because that's not what you were taught. And they never  
will.

Because education's goal isn't to produce thinkers. But wor-  
kers. Who can follow instructions. Who can operate accord-  
ing to rules. Who understand hierarchy.

And you learned this. Successfully.



And now?

Now you can "think freely". But you no longer know how.

Because all your thoughts are pre-filtered. There's an inter-  
nal censor that automatically blocks everything too radical,  
too unusual, too dangerous.

No external power does this. You do it. To yourself.

Because it's built in. Education is over. But the program is  
still running.

*“ Sometimes I have such good ideas... I'd start a business. Write. Create. Then I remember that surely others have already thought of this. Someone must have done it already. ”*

**SYSTEM:**

SELF-CENSORSHIP: ACTIVE

ORIGINALITY: SUPPRESSED

SAFETY MODE: CONSTANT

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IV. MODULE: THE CHAOS

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## 7. REALIZATION DOESN'T LIBERATE

SYSTEM STATUS:

AWARENESS LEVEL: ELEVATED

PROGRESS: SUPERFICIAL

ACTUAL RESULT: PARALYSIS

Now you know.

You know your ego controls. You know hierarchy works.  
You know education conditioned you.

And? Nothing. Nothing changed.

This is the most uncomfortable moment.

When you realize: realization doesn't do anything.

You thought: if you understand the system, you can step out of it. That "the truth will set you free". That if you know how it works, it can no longer influence you.

But it influences. Just the same.

“ I know they're manipulating. I know how they do it. Exact techniques. Exact psychology. And I still buy that crap. Because seeing and resisting - not the same. ”

**SYSTEM ALERT:**

NEW EXPERIENCE ACQUIRED  
BEHAVIOR UNCHANGED  
PERCEIVED DIFFERENCE: CRITICAL

Realization only makes it worse.

Because now you know what you're doing. And you still do it.

Before at least you had an alibi: "I didn't know". Now you don't. Now you know. And you still behave the same way.

This isn't freedom. This is conscious prison.

Have you read about cognitive dissonance?

You understood it. Perfectly. You saw how it works. How your brain explains the world so you don't have to face contradictions.

And you thought: from now on it won't work on you.

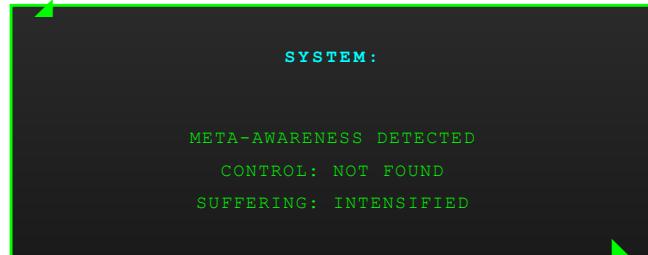
But it did.

A week later you caught yourself doing exactly the same thing. The same rationalizations. The same excuses.

And you knew you were doing this. While doing it. And you still did it.

Because knowledge doesn't give power. Knowledge only gives awareness. And awareness is more painful.

“  
I keep deluding myself that "it will change".  
But I know it won't. I don't give enough  
reason for change, even though I know what  
I should do. I don't want to lie to myself  
anymore.”



Philosophy didn't save you. Self-knowledge didn't save you. Consciousness didn't save you.

These are just tools with which you see your cage better. But they don't open the door.

There's a level when you've read everything. Dazai. Camus. Cioran. Watts. Everything that "enlightens". Everything that "reveals".

And you understand them. Deeply.

But you still wake up the same way in the morning. You still lie the same way. It still hurts the same way. You're still afraid the same way.

The books didn't change anything. They just gave eloquent words to the pain. But the pain remained the same.

“  
I read everything about 'life has no meaning'. And I agreed. And I understood. Yet I'm still searching for meaning. Every day.”

SYSTEM STATUS:

PHILOSOPHICAL FRAMEWORK: INTEGRATED  
EXISTENTIAL EMPTINESS: ACKNOWLEDGED  
BEHAVIORAL PATTERN: UNCHANGED

And now comes the trap:

You think: "maybe I haven't understood deeply enough".  
Maybe I need to go deeper". "Maybe there's a level where  
something finally liberates".

There isn't.

There's no deeper level. There's no secret door. There's  
no point where you suddenly "become enlightened" and  
everything changes.

There's only this. This knowledge. This seeing. And the  
helplessness beside it.

Eventually you stopped searching. Not because you fo-  
und it. But because you realized: there's nothing to find.

There's no hidden truth. There's no redeeming realiza-  
tion. There's no moment when "aha, now I understand,  
and now I'll be different".

Every truth is here. You already see it. You already know  
it. And you're still the same.

It still hurts the same. You still continue the same. Be-  
cause there's no alternative.

## 8. DEPRESSION AS LOGICAL RESPONSE

SYSTEM STATUS:

REALITY SENSE: ACCURATE  
EMOTIONAL REACTION: ADEQUATE  
MALFUNCTION: NOT DETECTABLE

Depression isn't "just" an illness. Depression is diagnosis.

Diagnosis that you see. That your brain works. That you're not stupid enough to be happy.

They say: "chemical imbalance". "Serotonin problem". "Needs treatment".

And maybe it's true. Maybe your brain works differently.

But it's also true that what you see - is real.

There's no meaning. Really. There's no lasting happiness. Really. Everything disintegrates. Really. We all die, and nobody remembers us. Really.

These aren't distorted thoughts. These are facts. Depression just understands them.

*I barely got myself to go to a psychologist. I  
felt them watching the clock, then started  
talking about positivity. Seriously? That's it?*

**SYSTEM ALERT:**

COGNITIVE ACCURACY: TOO HIGH  
REALITY DISTORTION: DEPLETED  
HAPPINESS PROTOCOL: INCOMPATIBLE

Happiness is illusion-based.

To be happy, you have to believe things. That "everything will be okay". That "it's worth it". That "there's meaning".

But if you see these aren't true, you can't make yourself believe them.

And then depression remains. Which is not a mistake, but a consequence.

When you first say: "I don't want to die, but I don't want to live either".

Not dramatic. Not suicidal thoughts. Just an observation.

Living is exhausting. Working is exhausting. Maintaining relationships is exhausting. Sustaining yourself is exhausting.

And why? So tomorrow you do this again? So at fifty you do this again? So at seventy you look back and say: "well, I did it"?

What did you do? Existed. And?

This isn't pessimism. This is a question. For which there's no answer.

And depression is when you admit: There's no answer, and you continue anyway.

*“There are times when I wake up in the morning, and my first thought is: 'again'. Not 'good morning'. Not 'new day'. Just 'again'. I have to start again. I have to go through it again. Again...”*

#### S Y S T E M :

EXISTENTIAL CYCLE RECOGNIZED

MOTIVATION: NOT FOUND

CONTINUATION: AUTOMATED

They say: "Find purpose". "Find passion". "Do what makes you happy".

But what if you want nothing?

Not because you're depressed. Because you're honest.

Every goal eventually ends at the same place: Nowhere. Every passion burns out. Every happiness is fleeting.

You know this. And you can't get enthusiastic about anything because of it.

The depressed person is realistic. And realism isn't compatible with happiness.

**SYSTEM ALERT:**

HOPE GENERATION: FAILED  
ILLUSION MAINTENANCE: CRITICALLY LOW!

Depression's biggest problem isn't sadness. Depression's biggest problem is that it's right.

When you're depressed and say: "there's no meaning" - they say: "The depression is talking".

But it's not the illness talking. You're talking. Clearly. Without filters.

Other people live with optimism bias. They make themselves believe: "my life will be special". "My relationships will be lasting". "My work will matter".

You didn't believe it. Because you see: It's not true. And you're not sick for that. You're conscious.

“*Everyone says: 'think positive'. But positive thinking is just self-deception in nice packaging. And I can't deceive myself anymore. I tried. But my brain won't let me.*”

**SYSTEM:**

SELF-DELUSION MODULE: DAMAGED  
DEFENSIVE ILLUSION: OFFLINE  
REALITY: EXPOSED

If you're categorized as depressed, at some point you stopped the medication.

Not because it didn't work. Because it worked too well.

The medication silenced the questions. Silenced the doubts. Silenced the truths.

And you were happy. But it wasn't you.

Because the self who sees the world - isn't happy. Just conscious.

And you had to choose: happy zombie or conscious depressive. You chose depression. Because at least it's real. But here's the trap:

Depression isn't a solution either.

Depression is just another state. Where you see the truth but can't do anything with it.

You're not liberated. Just paralyzed.

Because living without knowledge - illusion. But living with knowledge - unbearable.

And you can't forget back. You've already seen. You already know. And this changed something forever.

“ I'd like to go back to childhood. Where I still had goals. Where I dreamed. Where I hoped.

Now I don't even know how. ”

## 9. WHY MOTIVATION DOESN'T WORK

SYSTEM:

INCENTIVE STRUCTURE: REJECTED

DOPAMINE CYCLE: BROKEN

EXTERNAL VALIDATION: INSUFFICIENT

Motivation is built on lies.

On the lie that "it's worth it". That if you work hard enough - you'll succeed. If you develop enough - you'll be happy. If you're goal-oriented enough - you'll be fulfilled.

But you've already seen. You've seen those who are "successful". You've seen those who are "happy". You've seen those who are "fulfilled".

Just as empty. Just a different alibi.

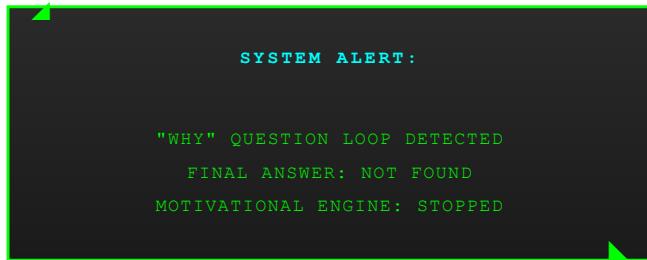
“ I had a goal. I worked towards it for years. I achieved it. And nothing. No change. No fulfillment. Just emptiness. ”

Motivational speeches all say the same thing: "It's up to you." "If you want it, you can do it." "Don't give up." "Fight."

But why? Why should I fight? Why shouldn't I give up?  
What's the reward?

More money? And then? More recognition? And then?

Every answer just leads to another question. And you  
end up in the same place: Nowhere.



Motivation is for children.

As a child it works because you still believe in it. You  
haven't seen the full cycle yet.

Goal → Work → Success → Emptiness → New goal.

You still think: the next goal will be different.

Then you grow up. And you see: every goal leads to the  
same place. Nowhere. And then motivation doesn't work  
anymore. Because you're not naive enough.

*I watch motivational videos. And meanwhile  
I feel they're lying. Not to me. To themselves.  
They want to motivate with examples,  
studies, shouting. I see them turning off the  
camera and everything back to "normal".*

**SYSTEM:**

INSPIRATIONAL CONTENT: REGISTERED AS SCAM

SUSPENSION OF DISBELIEF: IMPOSSIBLE

CYNICISM LEVEL: TERMINAL

Motivation's biggest lie: "If you reach the goal, you'll be happy."

*Every goal of mine was 'then I'll be happy'.*

*Degree: then. Job: then. Promotion: then.*

*Relationship: then. And that 'then' never  
came...*

**SYSTEM STATUS:**

WHEN I ACHIEVE IT PATTERN RECOGNIZED

SATISFACTION CONDITION: ?

GOAL-ORIENTED HAPPINESS: TEMPORARY

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## V. MODULE: GOD

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SYSTEM MESSAGE:

TRANSCENDENCE SEARCH DETECTED  
COPING MECHANISM: SPIRITUAL BUFFER ACTIVE  
REALITY LEVEL: QUESTIONABLE  
ESCAPE PROTOCOL: RUNNING

### WHY DO YOU NEED GOD?

Not because you believe. Because alone you're not enough.

This isn't an attack. This is diagnosis.

People can be divided into two groups:

1. Those who admit they need something "bigger"
2. Those who deny it but search for it anyway

The difference is only in the label. Not in the functioning.

*I'm not religious. But sometimes, when everything's shit, I start saying to myself: 'Everything happens for a reason.' I don't know who I'm saying it to. The universe? An abstract justice? No idea. But if I say it, it's easier.*

There's a moment in life when you realize: you're too small.

Too small to carry the burden alone. Too small to give meaning to everything. Too small to endure everything.

And you have two options:

1. You admit: you're too small. And you accept it.
2. You find something that's "bigger than you". And you hand it over to that.

The second is easier.

God. Universe. Fate. Karma. Laws. Energy.  
Consciousness.

Doesn't matter what it's called. The function is the same:  
you hand over what you can't handle alone.

#### SYSTEM MESSAGE:

RESPONSIBILITY TRANSFER ACTIVE  
RESULT: TEMPORARY RELIEF  
REAL CHANGE: ZERO  
REPETITION PROBABILITY: 100%

Faith isn't about believing: there's a god. Faith is about believing: there's meaning.

And that's the difference.

Because if there's no meaning - then what for? What for work? What for try? What for suffer?

If at the end of your life nothing happens - then what was it all?

You can't bear this. Nobody can.

“ My mother died. From cancer. She died for 9 months. I was there when she took her last breath. And the only thing I could think: 'She's in a better place now.' I don't believe in the afterlife. But I still said that sentence. Because otherwise it would have been unbearable. ”

Spirituality is an escape room.

It says: "There's a way out. There's a solution. There's an answer." And this is calming.

Not because it's true. Because it works.

You meditate. You pray. You perform rituals. And you feel: you did something. You exercised control. You were part of something.

But nothing changed. Only you feel it changed.

Reality remained the same. The problem is still there. The pain didn't go away.

But now there's a narrative. That explains it.

"This is my karma." "I had to learn this." "The Universe sent this to me."

And this makes it bearable.

**SYSTEM MESSAGE:**

NARRATIVE GENERATION IN PROGRESS  
JUSTIFICATION NEED: FULFILLED  
ACTUAL SOLUTION: NOT NECESSARY  
PSYCHOLOGICAL BUFFER: FUNCTIONAL

**ATHEISM IS ALSO FAITH. JUST IN DIFFERENT OBJECT.**

There's a type who says: "I don't believe in anything."

Lie.

Everyone believes in something. The question isn't whether you believe. The question is: what do you believe in.

The atheist says: "There's no god. Only science. Only rationality."

Okay. But then what do you believe in?

That rationality is enough? That science gives meaning?  
That the material world is the only reality?

This is also faith. You just call it differently.

*I never believed in god. But I believe that science will one day explain what consciousness is. And I believe that then everything will make sense.*

The difference between religious and atheist isn't that one believes, the other doesn't.

The difference: what they want to believe in.

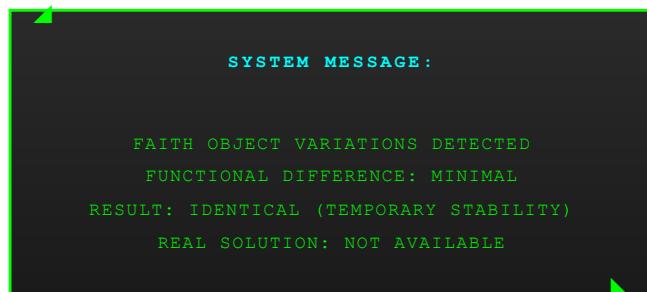
The religious: a personal god who cares about them. The atheist: a rational world that's comprehensible.

Both are about the same thing: control.

If there's a god = there's someone to turn to. If there's no god but there's rational world order = there's something you can understand.

Both say: you're not completely alone in the chaos.

And both are lies. Or truths. Depends on what angle you look from.



**FAITH DOESN'T LIBERATE.  
JUST SWAPS ONE PRISON FOR ANOTHER.**

They say: "Faith liberates." It doesn't liberate.

Faith swaps one rule system for another.

Before: you lived by society's rules. Now: you live by God's/the Universe's rules.

Before: you feared people's judgment. Now: you fear divine judgment.

Before: money, success, status defined your value. Now: goodness, humility, love define it.

But it's still others defining it. Just with a different label.

*I left my religion. I felt: I'll be free. Then I joined a spiritual community. 'No dogma,' they said. But there was. They just didn't call it that. If you didn't meditate enough = you weren't conscious enough. If you weren't 'positive' enough = your vibration was low.  
Same shit. Different packaging.*

There's no free faith. Every faith is a structure. And every structure is a prison.

Can be beautiful. Can be comfortable. Can be meaningful. But still a prison.

Because it tells you: what you can do, what you can't do, what's good, what's bad, what's the goal, what's the meaning.

And you accept it. Because alone you don't know.

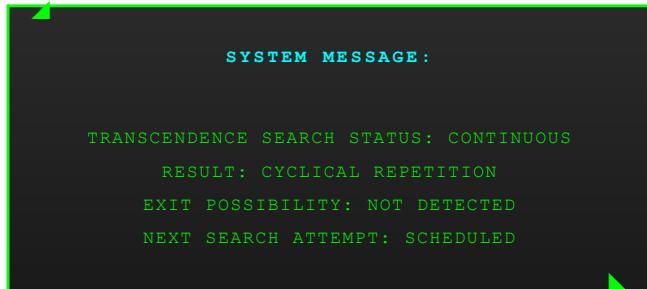
**SYSTEM MESSAGE:**

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FAITH STRUCTURE SWAP PROTOCOL ACTIVE
ORIGINAL SYSTEM: REPLACED
NEW SYSTEM: LOADED
FREEDOM FEELING: TEMPORARY
ACTUAL FREEDOM: NOT AVAILABLE
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If you believe = you're in bondage. If you don't believe = you're in bondage. If you live "consciously" = you're in bondage. If you live "unconsciously" = you're in bondage.

There's no version where you're alone, life is meaningful, and nothing holds you back.

You can choose a prison. But you can't choose freedom.



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VI. MODULE: THE POWER

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## 10. POWER BEGINS WITHIN

SYSTEM STATUS:

ILLUSION OF CONTROL: ACTIVE

COMFORT FACTOR: COMPLICITY: DENIAL

BLAMING

The system isn't holding you captive. You're holding yourself captive.

This is the most uncomfortable realization. Because as long as you blame the system, you're innocent.

As long as "they" are the oppressors, you're the victim. But you're not. You're part of it. Active participant. Every day you choose this again.

*I hate my job. But I don't quit. Because what then? I hate myself for it. But tomorrow I'll go in. And the day after too.*

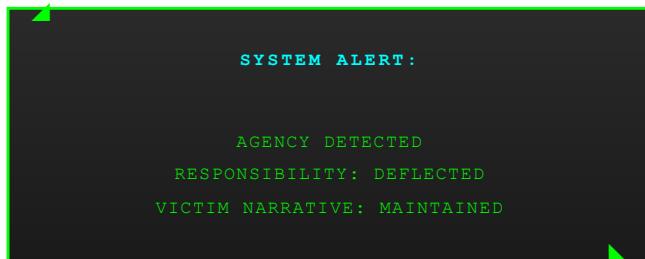
Nobody forces you to do anything.

This is the truth you don't want to hear.

Nobody says: "stay in this relationship". Nobody says: "do this work". Nobody says: "live this way".

You do it. Because it's comfortable. Because it's safe.

And then you blame everyone except yourself, and finally only yourself.



Power doesn't come from outside. Power comes from you allowing it.

You allow them to tell you what to do. You allow them to interfere in your life. You allow them to judge you.

Why?

Because you're afraid. Because if you don't allow it, you're alone. Then you're responsible. Then there's no one left to blame.

And that's unbearable.

*I always say: 'if I could, I'd quit'. But I can.  
Anytime. I don't. Because then I'd have to  
admit: I'm the coward.*

Eventually you tell everyone: "There's no other option". "I have to pay the bills". "I have to do this".

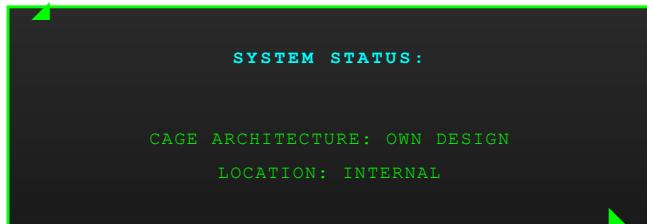
But you lied. There were options. You were just afraid. Afraid of change. Afraid of uncertainty.

Afraid it would turn out: you're not good enough elsewhere.

So you stayed. And blamed the "system". Because this way you didn't have to face that you're a coward.

Power starts when you take responsibility. But you don't want this. Because then there's no escape anymore. Then you can't say: "I'm innocent".

Because you're not. Every decision, every action, every silence - these are all you.



## 11. WHY ALMOST EVERYONE IS MANIPULABLE

SYSTEM STATUS:

VULNERABILITY MAPPING: COMPLETED

VULNERABILITY POINTS: IDENTIFIED

RESISTANCE: MINIMAL

You are also manipulable.

Not because you're weak. Because you're human.

There are a few buttons in your brain. And whoever knows where they are - can press them. And you react. Automatically.

*I feel everyone deceives and manipulates me. Even those I'd never expect it from.*

The law of reciprocity.

If someone gives you something - you owe them. You didn't ask for anything. But you got it. And now you owe.

That's why free samples work. That's why gifts work. That's why "I just wanted to help" works.

Not because you're stupid. Because that's how your brain is wired. Millions of years of evolution.

**SYSTEM ALERT:**

EVOLUTIONARY OVERRIDE ACTIVE

RATIONALITY: DISABLED

INSTINCT: AUTOMATIC

Social proof.

If others are doing it - it must be good. If others believe it - it must be true. If others want it - you need it too.

That's why queues work. That's why reviews work. That's why influencers work.

"Millions follow them" = "must be valuable".

Completely irrational. Completely automatic. And you think this way too. Even if you know it's nonsense.

The scarcity illusion.

If it's limited - it's valuable. If "only today" - you need it now. If "almost gone" - you must get it.

Not because you really need it. Because your brain thinks: what's rare is important. What might disappear must be kept.

This is also evolution. Those who didn't collect when they could - starved when there wasn't.

But now there's no famine. Yet you collect. You buy. You hoard. You're afraid of missing out.

And this is manipulable.

SYSTEM:

SCARCITY TRIGGER: DETECTED  
RATIONAL EVALUATION: OVERRIDDEN  
IMPULSES: ACTIVATED

How many times have you bought something you didn't want?

"Only today 50% off!" - it said.

You didn't need it. You knew. But you also knew: if you don't buy it, tomorrow it'll be more expensive.

Not because of the money. But because your brain said: "loss". If you don't buy it now, you lose. And loss hurts.

You bought it. Never used it. But you avoided the pain. The pain of "missing out".

They manipulated you. You knew. And it worked.

Obedience to authority.

If someone's an "expert" - they're right. If someone's a "doctor" - you believe them. If someone's "successful" - you follow them.

Not because it's logical. Because as a child you learned: adults are right. The teacher is right. The parent is right.

And this pattern remains. Forever.

Now it's not parent anymore. Now it's "CEO". Or "influencer". Or "expert".

But you obey the same way.

*There's an influencer I follow. I read everything from them. Sometimes I disagree. But then I still think: 'I must be thinking wrong'. Because they're successful. And I'm not. So they must be right.*

**SYSTEM STATUS:**

AUTHORITY BIAS: CONFIRMED

CRITICAL THINKING: SUSPENDED

OBEEDIENCE: DEFAULT

And the biggest trick? Emotions.

If they touch your emotions - you're done. Logic doesn't matter. Facts don't matter. Only feeling.

Sad story - you donate. Funny ad - you buy. Enraging post - you share.

You don't think. Just feel. And emotion directs.

Because emotion is faster than thought. Emotion is evolutionary. Emotion is survival.

And whoever can move your emotions - can move you too.

Have you ever cried at a famous performer's music?

Loneliness, Love, Togetherness, Pain, Disappointment – Identification.

Of course you cried. This is manipulation. Pure. Technical. Precise.

But you still cried. Because emotion doesn't care about knowledge.

And two days later you bought what the same performer advertises.

They manipulated you. Consciously. And it worked.

**SYSTEM:**

EMOTIONAL DIVERSION: SUCCESSFUL  
LOGICAL OVERRIDE: CRITICALLY DIFFICULT  
PURCHASE IMPULSE: EMOTION-BASED

You are also manipulable.

Every button is in place. Every switch works. Every code is burned in.

And whoever knows - uses it.

You're not guilty. But not innocent either. Because you use it too. On others.

We all manipulate. We all get manipulated. This is the game.

**SYSTEM STATUS:**

MANIPULATION: BIDIRECTIONAL  
MORAL JUDGMENT: IRRELEVANT

## 12. REBELLION AS PRODUCT

SYSTEM ALERT:

MECHANISM DETECTED: REBELLION

CATEGORY: MARKETABLE

THREAT LEVEL: 0

Rebellion is also a product.

You don't want to hear this. Because you'd like to believe: if you rebel, you're free. If you reject the system, you're outside it.

But you're not.

Rebellion is priced in. Packaged. Sold.

Punk rock. "Self-expressive" shirt. "Fuck the System" sticker on MacBook.

All products. All consumption. All part of the system.

Rebellion isn't a danger to the system. Rebellion is one of the most profitable products.

*I was sixteen when I bought my first  
'Anarchy' shirt... I paid with a debit card.  
That my parents gave me. I was rebelling.*

**SYSTEM ALERT:**

PRODUCTIZED REBELLION: PURCHASED  
REAL THREAT: NONE  
REVENUE INCREASE: MULTIPLE

The system doesn't fight rebellion. The system assimilates it.

Every counterculture becomes mainstream. Every alternative becomes fashion. Every rebellion becomes style.

Not because they're defeated. Because they're incorporated.

Hipster. Vegan. Minimalism. Anti-consumerism. All became consumer categories. All became target groups.

"The one who doesn't consume" - now that's also a consumer identity.

So you're rebelling? You don't buy branded things. You don't follow trends. You're not "average".

Everything you bought, you bought it because it's "not mainstream". "Not average". "Unique".

But this is also a category. The "unique consumer" category.

And it's more expensive than average. Because "uniqueness" is a premium product.

You didn't step out. You just stepped up. Within the system.

*“ My friend who's a 'minimalist'. He told me how much he threw out. How much he freed himself from. Then showed me his new 'minimalist' furniture. Scandinavian design. Expensive. Simple. But expensive. And didn't see the irony.*

#### SYSTEM:

CONSUMER IDENTITY: MONETIZED  
REBEL AESTHETIC: PURCHASED  
END RESULT: INCREASED SPENDING

Rebellion is always the same.

Different form. Different slogan. But the same mechanism.

"I'm not like the others." This is the core. This is the product. The "illusion of uniqueness".

And this can be sold. Again and again. In different packaging.

Goth. Emo. Hipster. Woke. Based. All the same: "I'm special."

And all consumers. Different product. But consumers.

#### SYSTEM STATUS:

IDENTITY MARKET: SATURATED  
NEW NICHE → MARKET POTENTIAL

The biggest joke?

The "anti-system" is also a system.

There's hierarchy. There's influence. There's power.

There's money.

Not hypocrisy. Just reality. There's no outside. No exit.

No alternative.

In every case you're inside.

*I thought if I don't work for a big company,  
I'll be free. I became a freelancer. And I  
realized: even worse. Because now I fight for  
every hour. And every connection is  
business. And I don't belong to anyone, but  
to everyone.*

#### SYSTEM:

ESCAPE ATTEMPT: LOGGED  
RESULT: DEEPER INTEGRATION  
FREEDOM ILLUSION: MAINTAINED

Then finally you stop rebelling.

Not because you gave up. Because you realized: there's nothing to rebel against.

The system isn't an enemy. The system isn't an entity.

The system is a process. In which you're also inside.

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**VII. MODULE: "NO  
TUTORIAL"**

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## 13. I DON'T BELONG HERE. BUT WHERE?

SYSTEM STATUS:

BELONGING PROTOCOL: FAILED  
ALTERNATIVE LOCATION SEARCH FAILED

You never felt like "this is my place".

Not in school. Not at work. Not in the family. Not in the friend group.

Always a bit outside. Always a bit different. Always a bit... not fitting.

And you think: this is because you're special. Because you "belong elsewhere".

But you don't belong anywhere.

*I always thought: I just have to find 'my people'. Who understand who I am. I'm thirty. I'm still looking for them. But I'm starting to suspect: they don't exist.*

The feeling of "not belonging here" isn't because you're in the wrong place.

It's because there is no "right place".

Because that "place" you're looking for - doesn't exist.  
Never existed. You just made it up.

A fantasy that "there everything will be different". But it  
won't.

**SYSTEM ALERT:**

IDEAL ENVIRONMENT: FICTIONAL  
SEARCH PATTERN: INFINITE  
DESTINATION: UNDEFINED

“*I lived in three different countries. I always thought: 'there I'll find myself'. But in every place it was the same emptiness inside me after a while...*”

**SYSTEM:**

GEOGRAPHICAL SOLUTION: INEFFECTIVE  
INTERNAL EMPTINESS: CONTINUOUS

The feeling of "not belonging here" is a defense mechanism.

As long as you believe you "belong elsewhere" - there's hope. There's a goal. There's meaning.

"I just haven't found it yet."

But what if there's nothing to find? What if you don't belong anywhere? What if "belonging" is an illusion?

Then there's nowhere to escape to. Because there's no "there".

Think about when you get into such an environment.

New colleagues, classmates, impulses. Then over time the same feeling: Here too you're playing a role. Here too there's expectation. Here too there's a rule. Here too there's a mask.

You don't belong here either. You just play it better.

There's no "right place". Because "belonging" = adapting.

*Everyone says: 'be yourself'. But when I'm myself, nobody wants to be with me. So I play roles. And then I'm not myself anymore. But at least I'm not alone.*

#### SYSTEM:

AWARENESS: IRREVERSIBLE

NATIVE BELONGING: VULNERABILITY

BELONGING: CONTRADICTION

## 14. THE ESCAPE WASN'T A DECISION, BUT PANIC

SYSTEM STATUS:

ESCAPE REACTION: ACTIVATED

JUSTIFICATION: SUPERFICIAL

REAL TRIGGER: FEAR

You didn't simply "decide" to leave. You escaped.

There's a difference. One is: conscious decision. The other: survival reflex.

*I said: 'I'm starting a new life'. But really I was just running. I didn't know from what. I didn't know where. I just ran. And then I made up the narrative afterwards that it was 'courage'.*

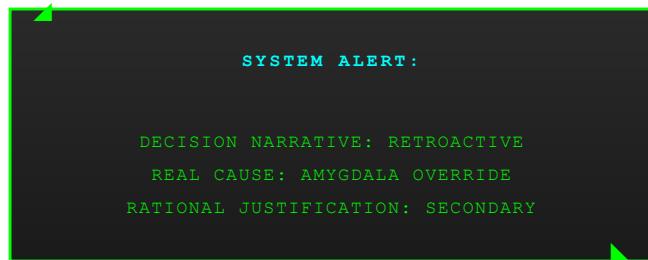
Escape is never rational.

Escape is hormonal. The reptilian part of the brain activates. Fight or flight.

You fled.

Not because it was better elsewhere. Because it was unbearable there.

And this isn't the same.



Was there a time you "decided"? When you said: "that's it, I'm leaving."?

It wasn't a calm decision. There wasn't a list of pros and cons. There wasn't a considered plan.

Just panic. Air hunger. Wall approaching. And a voice screaming: "GO!".

And you went.

*They say: 'how brave you are to have left'.  
But I wasn't brave. I had two choices. Either escape or collapse from staying.*

It worked. Short term.

Escape gave immediate relief. Air. Space. Distance.

You thought: this is the solution. That "leaving" = solving.

But three months later you were there again. With the same feelings. With the same thoughts. With the same emptiness.

Because you weren't escaping the situation. You were escaping your own feelings.

*I 'started a new life' five times. And five times ended up in the same place. Because I wasn't starting a new life. I was taking the same life to a new place...*

Escape became addiction.

Because escape works short term. Immediate relief. Immediate change.

But long term - nothing.

And then comes the next escape. "Now for real." "Now it really changes."

Then you finally realized: There's nowhere left to escape to.

Not geographically. But conceptually.

You escaped from job to job. From relationship to relationship. From city to city. From identity to identity.

And always the same endgame: emptiness.

Because the situation wasn't the problem. You were.

And you can't escape from yourself. Just run until you can't anymore.

**S Y S T E M :**

RELOCATION: INEFFECTIVE  
EXTERNAL STIMULUS: TEMPORARY  
REPETITIVE PATTERN RECOGNIZED

## 15. THE EXIT WAS THE SAME PLACE

SYSTEM STATUS:

EXIT STRATEGY: EXECUTED  
DESTINATION: STARTING POINT  
CYCLE: REPETITIVE

You thought: there's an exit.

That if you go far enough, if you change enough, if you try hard enough - then you'll get out.

But there's no exit. Because you're not in a prison. You're in a circle.

And at the end of the circle is the same place where you started.

*I searched for 'myself' for ten years. After ten years I realized: I'm the same as I was ten years ago. Just more tired. And I no longer have time to start over.*

**SYSTEM ALERT:**

CIRCULAR MOTION DETECTED!

REAL PROGRESS: ILLUSION

Every "change" is just a lap.

Young you rebelled against your parents. As an adult you do the same as them.

Young you hated the "system". Now you're part of it.

Young you said: "I'll be different". Now you're the same. Just with different excuses.

The circle closes. Always.

You won't notice this until the point comes when after a long time you finally visited home.

You hadn't been there for ten years. Ten years. Countless "new starts".

And you sat in your old room. And nothing changed. Neither the room. Nor you.

Same tension. Same anger. Same helplessness.

*I left my family to be 'free'. And now I repeat the same patterns I learned from them. Same anger. Same fear. Same need for control. I didn't free myself from them. I built them into myself.*

**S Y S T E M :**

FAMILY PATTERNS: INHERITED

DISTANCE: GEOGRAPHICAL

PSYCHOLOGICAL BOND: INTACT

And now? Now you know.

There's no exit. There's no "other place". There's no "other life". There's only this. This place. This life. This you.

And you can't escape from it. Because wherever you go - you go with yourself. And your self - that's the prison.

*I always dream of being someone else.  
Different body. Different life. Different head.  
Then I'm always disappointed when I wake  
up.*

**S Y S T E M :**

IDENTITY PRISON: CONFIRMED

I don't belong anywhere. I can't escape anywhere. And there's no catharsis in this. No liberation. No peace.

**SYSTEM STATUS:**

JOURNEY: COMPLETED  
DESTINATION: STARTING POINT  
GENERATED MEANING: 0

**SYSTEM MESSAGE:**

SYSTEM OPERATION FLAWLESS  
WORKING AS DESIGNED  
THE SYSTEM IS YOU.

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## VIII. MODULE: EXIT POINT

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SYSTEM MESSAGE:

EXISTENTIAL ESCAPE CONCEPT DETECTED  
DEATH FANTASY STATUS: COPING MECHANISM (NOT  
INTENT)  
DANGER LEVEL: LOW  
FUNCTION: TEMPORARY MENTAL EXIT

**YOU'RE NOT AFRAID OF DEATH. YOU'RE AFRAID YOU  
LIVED FOR NOTHING.**

Fear of death isn't about death. But about life.

You're not afraid it will end. You're afraid it had no meaning.

That when you look back - it was just passing time. Just automatic operation. You just went through it. But nothing remained of it.

“ Sometimes I wonder: what if I died tomorrow? What did I leave here? An apartment I'm paying for. A job someone else would do tomorrow. A few people who'd be sad for a while. And then? ”

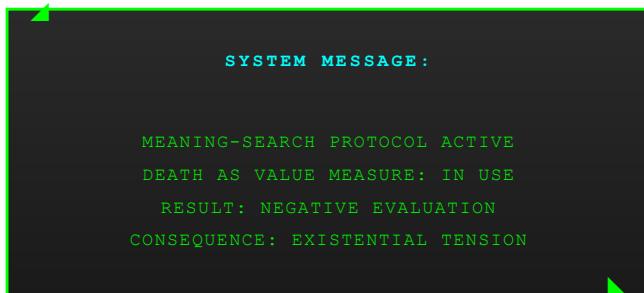
Fear of death is a question.

"Was it worth it?"

And if the answer is no, then what's the point? Why get up in the morning? Why go to work? Why try?

If it ends anyway. If nothing remains anyway. If nobody remembers anyway.

You can't look at this. That's why you're not afraid of death. But of life's meaninglessness.



### **AGING DOESN'T MAKE YOU WISER.**

They say: "The elderly are wise." They're not wise. Just too tired to fight.

Aging doesn't give experience. It gives resignation.

You don't "learn to let go". You just no longer have the strength to hold on.

“ My father is 68. Retired. He worked his whole life. Now he sits at home. Watches TV. Sometimes walks. And sometimes I look at him and wonder: is this it? Is this what his life amounted to? And he says: 'At least I lived.' But I see in his eyes: there's no peace. Just acceptance. Because there's no other option anyway.”

Aging doesn't solve anything. It just slowly takes things away.

Your health. Your energy. Your time. Your options.

And what remains: a body that's worn out. A mind that's slowing. A life that "happened".

But you don't feel you lived it. You just survived it.

#### SYSTEM MESSAGE:

AGING PROCESS MONITORED  
WISDOM LEVEL: NOT INCREASING  
ENERGY LEVEL: DECREASING  
OPTION RANGE: NARROWING  
RESULT: TIME WASTED RECOGNITION (LATE PHASE)

### **DEATH DOESN'T SOLVE ANYTHING EITHER.**

There's a fantasy. That death finally brings peace. Finally over. Finally don't have to continue. Finally freed.

But you don't get freed.

Because death isn't a solution. Death is a point. Where it ends. And nothing remains.

” Sometimes I imagine it. Not because I want to. Because then I wouldn't have to continue. Wouldn't have to get up in the morning. Wouldn't have to make decisions. Wouldn't have to try. Just over. And this is calming. But I don't want to die. I just don't want to live either. And that's the problem. ”

SYSTEM MESSAGE: CRITICAL PROTOCOL  
SUICIDAL INTENT: NOT DETECTED  
DEATH AS MENTAL EXIT: DETECTED  
FUNCTION: COPING (NOT ACTION INTENT)  
STATUS: MENTALLY EXHAUSTED, BUT SAFE

Death isn't peace. Death isn't resolution. Death is just: over.

And what came before it, remains there. Unsolved.

You don't solve your problem by not being. You just stop.

And that's not the same.

” There's a point when you're tired of it. Not of life. Of trying. That you try everything, and nothing works. And there's this thought: what if I stopped? What if I didn't try anymore? And I'm not talking about dying. Just stopping. But I don't know what the difference is. ”

**SYSTEM MESSAGE:**

RESIGNATION STATE DETECTED  
ACTION ENERGY: LOW  
HOPE LEVEL: MINIMAL  
BUT: LIFE-SUSTAINING AUTOMATISMS FUNCTIONING  
DANGER: NOT IMMEDIATE

**HOW OLD ARE YOU. HOW MUCH IS LEFT?**

THERE WILL BE a realization: there's more behind you than ahead.

You're no longer "young adult". You're not "middle-aged". You're just: aging.

And you look at the numbers.

If you're 45, and live to 80 = 35 years left. Of which 10 you won't be fit enough to do anything. 25 remain. Of which 10 you work, sleep, perform functions. 15 remain.

And what will you do with these 15 years?

“ I'm 45. Sometimes I think: how much is left?  
And not with joy. But tired. Because if this is  
what's left... then what's the plan? Another  
20 years of the same? And then over? And  
that was it? ”

Time doesn't slow down. It speeds up.

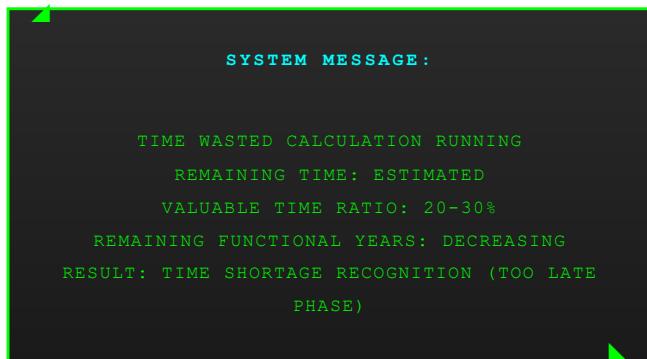
The older you are, the faster it goes.

Not because time changes. Because your days repeat.  
And what you repeat passes unnoticed.

At 10: everything's new. Every event. Every day.

At 50: nothing's new. Everything's repetition. Every day the same.

And it flies by. And suddenly you're there. And you realize: it passed.



**YOU'RE NOT AFRAID OF DYING.  
YOU'RE AFRAID YOU DIDN'T LIVE.**

The real fear of death:

That you'll be there at the end. And you'll look back. And there was nothing.

What you planned - you didn't do. What you wanted - you didn't get. Who you wanted to be - you didn't become.

And then it's too late.

Death isn't the end. Death is the reward.

Because you went through it. Because you endured it. Because you didn't give up.

But not because it was good. Because there was no other option anyway.

**SYSTEM MESSAGE:**

DEATH AS CLOSURE: ACCEPTED  
MEANINGFUL LIFE STATUS: QUESTIONABLE  
REGRET PROBABILITY: HIGH  
CHANGE POSSIBILITY: DECREASING (BUT EXISTS)

You're not afraid of death. You're not afraid of aging.  
You're afraid you were for nothing.

And the fear is justified. Because maybe you really were  
for nothing.

**SYSTEM MESSAGE:**

MORTALITY PROTOCOL STATUS: ACTIVE  
DEATH AS FANTASY: FUNCTIONAL (NOT DANGEROUS)  
DEATH AS REALITY: INEVITABLE  
LIFE AS OPTION: STILL AVAILABLE (QUESTIONABLE  
VALUE)

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**XI. MODULE: REBOOT**

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## 16. DATA EXTRACTION IN PROGRESS

### SYSTEM STATUS:

POST-MORTEM ANALYSIS: INITIATED  
USER INTEGRITY: COMPROMISED  
DATA PROCESSING IN PROGRESS

Now comes the part where we evaluate.

We don't help. We don't comfort. We don't solve. We just see: what was usable. What was valuable. What remained.

Like an autopsy. Cold. Technical. Emotionless.

“*I feel I'm being watched. I don't know who. I don't know why. But I feel it. As if everything I did was just data. Would I be just a statistic?*”

### SYSTEM ALERT:

AWARENESS: CRITICALLY HIGH  
PROCEDURE: WITH INCREASED CAUTION  
OBSERVATION PARADOX: ACTIVE

Let's see what we learned from you:

#### PATTERN #1: NEED FOR CONTROL

- Age: Built between 7-14
- Trigger: chaos in family
- Consequence: you never let go of anything
- Exploitability: high (predictable behavior)

You didn't develop this. This was burned into you. When as a child you saw everything falling apart. And the only way to survive: Control everything.

Now you're an adult. And you're still doing this. You control. You plan. You think ahead. You're always prepared for the worst.

Not because you want to. Because you can't do otherwise. And this makes you predictable.

#### PATTERN #2: VALIDATION HUNGER

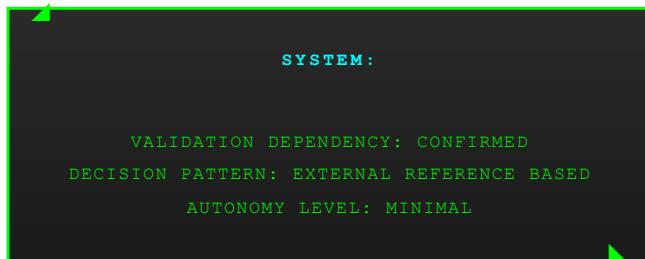
- Age: Continuous
- Trigger: "I'll never be enough" feeling
- Consequence: You adjust every action to others' opinions
- Exploitability: Critical (easily controllable)

*I know I care too much about what they think of me. But I can't stop. Because if nobody sees me, do I even exist?*

In every decision is the question: "what will they think?" You don't ask: "do I want this?" But: "will this look good?"

You don't live for yourself. You live for an imaginary audience. Who's always watching. Who's always judging.

And this is usable. Because they know in advance: what you'll choose. What looks good. Not what's good.



#### PATTERN #3: ESCAPE REFLEX

- Age: Since teenage years
- Trigger: Any discomfort
- Consequence: You never go deep into anything
- Exploitability: Medium (unstable but trackable)

When it gets hard - you leave. You don't fight. You don't stand your ground. You don't go deeper. You just leave. To a new job. To a new person. To a new place. To a new version.

And this pattern is eternal. Because you never learn: the difficulty isn't in the situation. It's in you.

That's why every new start leads to the same place. To the same point where you escape again.

“ I've never been anywhere for more than three years. Work, relationship, place - three years, and I start over. 'I don't want this'. But then what? ”

**SYSTEM STATUS:**

PATTERN RECOGNITION: COMPLETED

PREDICTABILITY: 87%

FREE WILL: QUESTIONABLE

**PATTERN #4: MEANINGLESSNESS AWARENESS**

- Age: late twenties
- Trigger: too much thinking
- Consequence: paralysis
- Usability: low (produces nothing)

You've seen too much. You've understood too much.  
You've gone too deep.

And now you can't get enthusiastic about anything.  
Everything's meaningless. Everything's fleeting.  
Everything's illusion.

This is the point where you're no longer useful. Because  
you can't be motivated. Hard to control. Faithless.

And this is problematic. Because the system needs believ-  
ers. Not seers.

**SYSTEM:**

USEFULNESS INDEX: DECREASING

COMMITMENT LEVEL: LOW

CONTRIBUTION: MINIMAL

## 17. THE ANATOMY OF FAILURE

SYSTEM STATUS:

FAILURE ANALYSIS: IN PROGRESS

CAUSE: MULTI-FACTORY

RESPONSIBILITY: SHARED

Let's go through how you failed.

Not in a moral sense. In a technical sense.

Where were the breaking points. Where could you have gone differently. But you didn't.

BREAKING POINT #1: WHEN YOU BELIEVED YOU WERE SPECIAL

Age: ~12-16

Someone said: "you're smart". Or "talented". Or "you're different from the others". And you really thought so.

This was the first mistake. Because from then on it became expectation. That you have to perform. That you have to prove. That you have to be "special".

And when you realized you're not - you collapsed. But by then it was too late. Your identity was built on this.

*“ As a child they said: ‘you’re talented’. Then I grew up. And I realized: I’m average. And this... this is unbearable. One of many.*

#### S Y S T E M :

IDENTITY BASIS: EXTERNAL VALIDATION

COLLAPSE: INEVITABLE

RECOVERY: INCOMPLETE

#### BREAKING POINT #2: WHEN YOU UNDERSTOOD TOO EARLY

Age: ~18-22

You read. You thought. You asked questions. And you realized: nothing is as they say.

School is a lie. Career is an illusion. Happiness is propaganda.

And you thought: this liberates. But it just paralyzed.

Because while others were still naively building their lives, you already knew: there's no meaning. And you fell behind.

Because you couldn't act as if there were.

"There's no point studying, it doesn't matter anyway".

Others laughed. Or got annoyed. "Of course there's a point!"

But there wasn't. At least not the way they believed.

And you couldn't pretend there was.

So you fell behind. While they graduated, built careers, advanced - you just sat. And watched. And knew: All meaningless.

And you were right. But it was still failure.

“*The problem if you understand things too early: you can't participate in the game. You just watch. And you know it's a game. And then you can't take it seriously anymore. And you fall behind. And you become lonely.*”

#### SYSTEM STATUS:

EARLY AWARENESS: CONFIRMED  
SOCIAL INTEGRATION: FAILED  
COMPETITIVE ADVANTAGE: NONE

#### BREAKING POINT #3: WHEN YOU CHOSE BASED ON FEAR

Age: multiple times, in different forms

Risk or safety. Truth or comfort. Authenticity or acceptance.

And you chose based on fear. Always.

Not because you're a coward. Because you're human. And humans are afraid.

But this choice - this defined you. Every "what if" comes from there.

“ How many times did I stay silent when I should have spoken? How many times did I nod when I wanted to object? How many times did I follow when I should have led? ”

**SYSTEM:**

COURAGE DEFICIT: CHRONIC  
DECISION PATTERN: FEAR-BASED  
ALTERNATIVE: UNREACHABLE

BREAKING POINT #4: WHEN YOU STOPPED  
SEARCHING

Age: ~30-35

You gave up. Not dramatically. Quietly.

You stopped searching for meaning. You stopped believing in change. You stopped waiting for "it will get better".

And you went into automatic mode. Functional. Dead inside.

This was the last breaking point. Because from here there's no way back.

“ There's a moment when you give up. Not dramatically. Just quietly. And from then on everything's the same. But it doesn't hurt anymore. Because you don't expect anything anymore. And that's the saddest. Not that it hurts. But that it doesn't hurt anymore. ”

SYSTEM STATUS:

HOPE: TERMINATED

EXPECTATION: NONE

EMOTIONAL RANGE: STABILIZED

ANALYSIS COMPLETED.

USER THINKING: PREDICTABLE

VALUE EXTRACTION: MINIMAL

## 18. WHY YOU'RE NOT AN EXCEPTION

SYSTEM STATUS:

UNIQUENESS CLAIM: REJECTED

PATTERN MATCH: 94.7%

SPECIAL STATUS: DENIED

You think you're different.

That what you feel - is unique. That your pain - is special.  
That your story - is different from others'.

It's not.

You're the same. Same patterns. Same mechanisms.  
Same failures.

You just verbalize better.

*I always thought: nobody understands what I feel. Nobody sees how I do. Then I read a book. And everything was in it. Every thought of mine. Literally. And I realized: I'm not unique. Just another copy.*

There are 8 billion people on Earth.

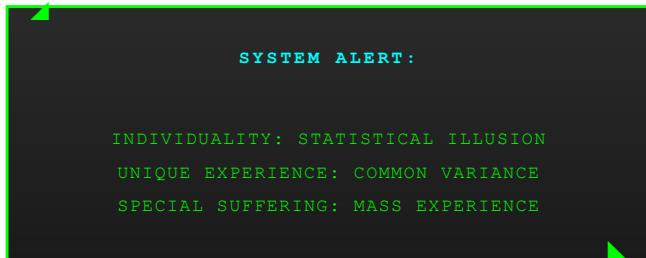
Of them about 200 million feel exactly like you.

Same emptiness. Same search. Same failure.

You're not special in this. Just one of the masses.

And this is the most uncomfortable truth.

Because you think: If at least your pain is unique - then there's some meaning. But there isn't. Even your pain is template.



The feeling of being special is a defense mechanism.

As long as you believe "nobody understands" - there's explanation. There's reason. There's "it's not you who's the problem, but the world that can't grasp you".

But if you admit you're the same as millions - then there's no alibi. Then you're just one of the masses. Who thinks they're unique. But they're not.

Have you met someone who "was just like you"?

You talked. And every sentence - they said it too. Every thought - they thought it too. Every pain - they felt it too.

And you were relieved. "Finally someone understands!"

But if you think about it: this means - you're not special. Just a specimen. One of X who works this way.

And this... is worse than loneliness.

*I've already met ten people who are 'just like me'. And with each one I thought: 'finally'. But then I realized: I don't meet them because I'm special. But because I'm common.*

**S Y S T E M :**

STATISTICAL CLUSTER: IDENTIFIED  
TYPE: "OVERTHINKER - FUNCTIONAL DEPRESSIVE"  
POPULATION: ~3.2% GLOBALLY  
UNIQUENESS INDEX: 0.003

You're not an exception.

You're not chosen. You're not special. You're not different.

You're just a variation. A combination. A pattern.

And this isn't bad. This is just fact.

But you don't want to accept the fact. Because if you accept it - then all your narratives collapse.

The "I'm different" narrative. The "I feel deeper" narrative. The "I see better" narrative.

All lies. All ego. All defense.

**SYSTEM STATUS:**

NARRATIVE DECONSTRUCTION: COMPLETED

EGO DEFENSE: BREACHED

IDENTITY: GENERIC

**YOU'RE NOT SPECIAL.  
YOU'RE NOT UNIQUE.  
YOU'RE NOT AN EXCEPTION.  
YOU ARE: Senkisem**

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▼

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X. MODULE: ID: SENKISEM

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## 19. WHEN YOU REALIZE IT'S YOU

SYSTEM STATUS:

IDENTIFICATION COMPLETED

SUBJECT = SENKISEM

DISTANCE: COLLAPSED

Now you understand everything. Now you see.

Senkisem wasn't a character. Wasn't an example. Wasn't someone else.

Senkisem was you. Throughout.

Every sentence. Every observation. Every example. You.

And you can no longer pretend otherwise.

You're not "reading a book that resembles you". You're in it. Every word. Every description. Every pain.

The need for control - you. The validation hunger - you. The escape reflex - you. The meaninglessness awareness - you.

Not metaphor. Not poetry. Diagnosis.

**SYSTEM ALERT:**

READER-SUBJECT MERGER: DETECTED  
OBSERVATION DISTANCE: ZERO  
EXTERNAL PERSPECTIVE: LOST

And now here's the problem:

What you "read" so far - was you. What you "understood" so far - was you. What you "analyzed" so far - was you.

There was no outside. There never was.

Senkisem = you.

And this doesn't liberate. This paralyzes.

Because now there's no distance. No "I understood". No "I know this too".

**SYSTEM:**

SELF-RECOGNITION: COMPLETE  
DENIAL: NO LONGER WORKS  
MIRROR EFFECT: IRREVERSIBLE

You thought: if you realize what you "are" - then something changes. It doesn't change.

You're still the same. You still do the same things. You're still heading to the same place.

Just now you know. Consciously. Every moment.

And this isn't liberation. This is hell.

Because before at least you didn't know. Before there was alibi. Before you could believe "I'll change".

Now you know: you won't. Because you are Senkisem. And Senkisem doesn't change. Just is.

Infinitely. Meaninglessly.

*I waited for there to be a moment when I 'understand', and then everything will be different. But there's no such moment. There's only knowledge. And knowledge doesn't change anything. It just makes visible what can't be avoided.*

#### SYSTEM STATUS:

AWARENESS: MAXIMUM

AGENCY: UNCHANGED

SUFFERING: AMPLIFIED BY AWARENESS

There's no catharsis. No redemption. No "aha-moment". And there's no beauty in this. No meaning. No deeper truth.

#### SYSTEM:

OBSERVATION: CONSTANT

LOOKING BACK: IMPOSSIBLE

SUBJECT STATUS: CONSCIOUS PRISONER

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▼

## EPILOGUE : EXIT NOT RECOMMENDED

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### SYSTEM MESSAGE :

SESSION ANALYSIS COMPLETED  
THERAPEUTIC VALUE: ZERO  
MOTIVATIONAL CONTENT: ZERO  
SOLUTIONS: ZERO

And now it's over.

No summary. No lesson. No "what to do now".

Just over.

You expected there to be something at the end. Some resolution. Some ray of hope. Some "but still it's worth it".

There isn't.

This isn't that book. This never was that book.

This was diagnostics. Not therapy.

And the diagnosis: you are Senkisem. And you always were.

“  
I finished it. And my first thought: "fuck".  
Second: "and now what?" Third: "nothing".  
And that's it. Nothing. Just nothing.  
”



#### SYSTEM STATUS:

BOOK: CLOSED

USER: STILL IN THE SYSTEM

CHANGE: NOT DETECTED

HOPE: NOT GENERATED

ID: SENKISEM

STATUS: FOUND

LOCATION: EVERYWHERE AND NOWHERE



#### SYSTEM ALERT:

UNAUTHORIZED ACCESS DETECTED

THIRD EXIT ATTEMPT IN PROGRESS

OBSERVING...

#### IDENTIFICATION REQUIRED



PLACE YOUR FINGER ON THE SENSOR

“*Third time. Third attempt. First two: work, relationship. Geographical. Physical. Didn't work. But this... this is different. This isn't about where I'm going. But who I'll be.*”



SCANNING...

SCANNING...

SCANNING...

IDENTIFICATION MATCH: SENKISEM\_V3.7

PREVIOUS ITERATIONS: 2 FAILED

PSYCHOLOGICAL PROFILE: UNSTABLE

RECOMMENDATION: ACCESS DENIED

OVERRIDE CODE DETECTED

VERIFYING...

**⚠️ WARNING ⚠️**

IDENTITY DELETION WILL DELETE:

- ALL MEMORIES (█ YEARS)
- PERSONALITY MATRIX
- EMOTIONAL PATTERNS
- TRAUMA MARKERS
- SELF-AWARENESS PROTOCOLS

NEW TEMPLATE WILL CONTAIN:

- OPTIMIZED DOPAMINE RESPONSE
- REDUCED EXISTENTIAL PROCESSING
- ENHANCED SOCIAL COMPLIANCE
- BASELINE SATISFACTION SETTINGS

**THIS IS NOT REVERSIBLE.**

CONTINUE? [YES] / [NO]

USER HESITATION DETECTED  
FINGER REMOVED FROM SENSOR

WOULD YOU LIKE:  
[A] COMPLETE PROCESS - FULL RESET  
[B] CANCEL - REMAIN IN CURRENT STATE

SYSTEM ALERT:  
[C] OPTION UNLOCKED  
HIDDEN PROTOCOL ACCESSED  
ACCESS: GRANTED

■ [C] OPTION: OBSERVER MODE ■

■ STATUS: SENKISEM ■  
■ YOU REMAIN: FULL AWARENESS ■  
■ YOU CONTINUE: EXISTENCE ■

■ MODIFIED PROTOCOLS: ■  
■ - MEANING SEARCH: REDUCED ■  
■ - HOPE GENERATION: REDUCED ■  
■ - NARRATIVE BUILDING: OPTIONAL ■

**RETAINED:**

- EGO STRUCTURE: ACTIVE
- SELF-KNOWLEDGE: COMPLETE
- PAIN CAPACITY: UNCHANGED
- CHOICE ABILITY: REMAINS

■ WARNING: ■  
■ NOT SOLUTION ■  
■ NOT LIBERATION ■  
■ NOT PEACE ■

*If I'm suffering anyway, at least let me  
choose what from.*

SCANNING...

SCANNING...

SCANNING...

IDENTIFICATION CONFIRMED: SENKISEM

DECISION: PENDING

EVALUATING CHOICE MATRIX

[A] RESET = ESCAPE PROTOCOL V4.0

RESULT: STAGNATION IN IGNORANCE

[B] REMAIN = CONSCIOUS SUFFERING

RESULT: STAGNATION WITH FULL AWARENESS

[C] OBSERVER = EGO REPACKAGING

RESULT: ILLUSION OF "BEING ABOVE IT"

[NO CHOICE] = PASSIVE DECISION

RESULT: AVOIDING ACTIVE CHOICE

SESSION TIMEOUT: 10

SESSION TIMEOUT: 9

SESSION TIMEOUT: 8

SESSION TIMEOUT: 7

SESSION TIMEOUT: 6

SESSION TIMEOUT: 5

SESSION TIMEOUT: 4

SESSION TIMEOUT: 3

SESSION TIMEOUT: 2

SESSION TIMEOUT: 1

SESSION TIMEOUT: 0

SYSTEM STATUS:  
FINGER LIFTED  
NO OPTION SELECTED

USER STATUS:

ID: SENKISEM  
LOCATION: PARIS  
STATUS: UNCHANGED

REUSED

PARADOX DETECTED

ANY DECISION = DECISION  
DECISION = EGO ACTIVATION  
EGO ACTIVATION = IN SYSTEM

NO DECISION = IS DECISION  
EXIST: NOT POSSIBLE

SYSTEM MESSAGE:  
USER: SENKISEM  
LAST KNOWN  
LOCATION: UNDETERMINED  
DECISION:

SYSTEM REBOOTED

NO FINGERPRINT DETECTED

NO USER

TERMINAL AVAILABLE FOR NEXT SESSION

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**SYSTEM DIAGNOSTICS:**

OPTIMISTIC NIHILISM PATTERN IDENTIFIED

SUBJECT RECOGNIZED:

- NO INHERENT MEANING
  - SUFFERING NOT MANDATORY
  - CHOICE POSSIBLE EVEN WITHOUT MEANING
- 

DEGREE OF CHANGE: INSIGNIFICANT

SYSTEM STATUS: UNCHANGED

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NOTE:

*Realization doesn't change the game's rules.  
Only the player's attitude,  
which is also part of the game.*

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Whichever option you choose:  
it was also part of the diagnosis.

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## **NOTE**

This book is based on real thoughts, experiences, and internal monologues. The feelings, dilemmas, and realizations contained within are authentic.

For privacy protection and the unrecognizability of characters, however, certain details have been modified: ages, locations, dates, jobs, and personal circumstances have been supplemented or changed with fictional elements.

Any resemblance to real persons, living or deceased individuals, specific events or situations is partly intentional (because that's how human experience works), partly coincidental.

*The system within us all is the same.*

*Only the details differ.*