



CHAPTER ONE



Newton's laws of emotion



Chapter Summary

In this chapter, the author explores the emotional struggles of Isaac Newton, particularly focusing on the formative experiences that shaped his self-worth and perception of the world. Through the lens of Newton's life, the chapter introduces three laws of emotion, stating that every action has an equal emotional reaction, self-worth sums up our emotions over time, and identity remains until new experiences alter it. Manson emphasizes how the pain and trauma from childhood can create lasting emotional gaps that influence our behavior and relationships. The discussion also links these concepts to broader human experiences and cultural dynamics, connecting personal emotions to collective societal narratives.



The Beginning of Isolation

Isaac Newton's early life was shaped by abandonment and neglect, leading to feelings of unworthiness. The emotional trauma from his childhood created a gap in his self-perception. These foundational experiences dictated Newton's later interactions and outlook on life.



Emotional Observations

If Newton had turned his analytical mind inward, he would have uncovered the emotional laws that govern human behavior. His childhood experiences fueled a deep understanding of the human condition, revealing profound truths about emotional responses and interactions.

Newton's First Law of Emotion

Newton's First Law of Emotion states that for every action, there is an equal and opposite emotional reaction. Pain creates a moral gap, leading to a strong desire for equalization, whether through anger or self-pity after being wronged.

"Pain causes moral gaps."

The Desire for Equalization

When faced with emotional injustice, we instinctively crave restoration. This desire shapes our interactions and pushes us toward actions that seek balance in our relationships, marking the foundation of our moral values.

"Moral gaps are where our values are born."

Newton's Second Law of Emotion



Self-worth equals the sum of our emotions over time. If we experience consistent harm without equalizing responses, we may internalize that we deserve such treatment, leading to pervasive feelings of shame and low self-worth.

Understanding Self-Worth



Our self-worth is heavily influenced by our past experiences. If we are frequently met with disappointment, we come to view ourselves through a lens of inferiority. Conversely, unearned praise can foster a false sense of superiority.

Newton's Third Law of Emotion

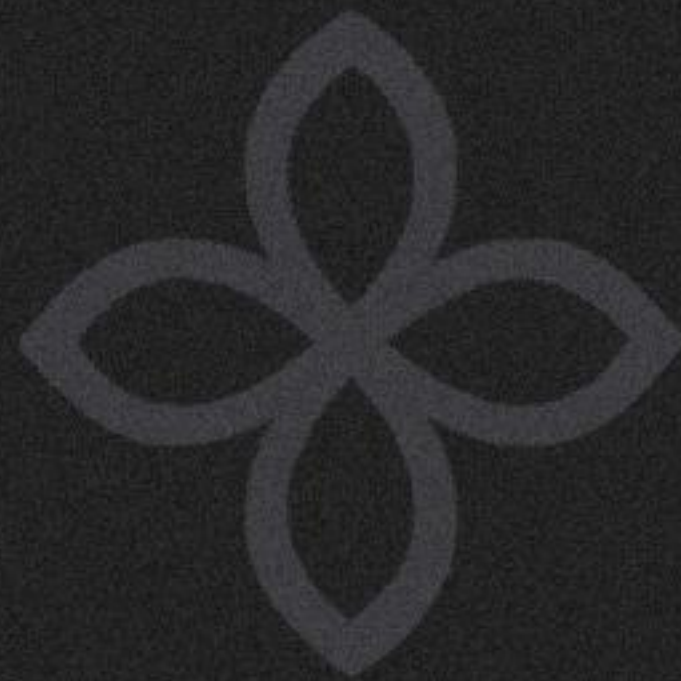
Identity remains static until a new experience challenges it. This law explains why we can cling to negative narratives about ourselves, continuing cycles of heartbreak and disappointment as we struggle to redefine our self-view.

Narratives Shape Identity

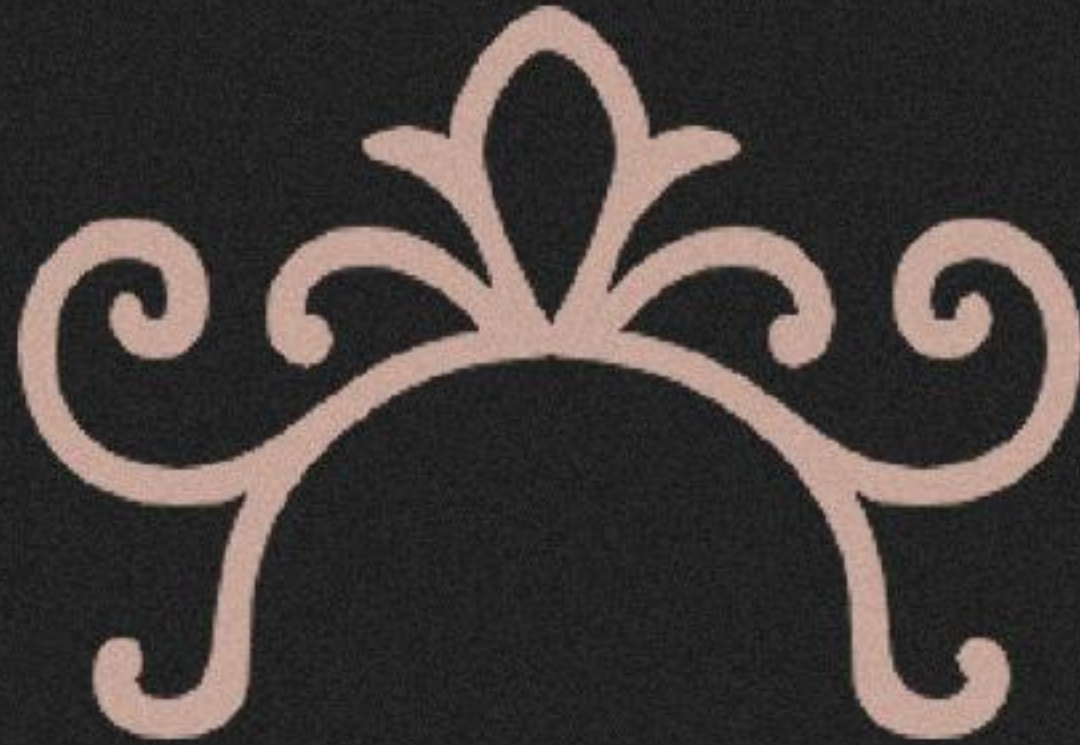
Our personal narratives are powerful. They dictate how we view ourselves and influence the stories we tell about our life experiences. Changing these narratives is crucial for personal growth and forging new feelings of hope.

Emotional Gravity and Human Relationships

The emotional gravity of our values attracts like-minded individuals and creates communities based on shared experiences. Cultural identities form around these shared narratives, leading to both connection and conflict among different values.




Understanding Human Conflict and Growth



Human paths are often defined by how we negotiate the values we hold. Conflict arises from slight differences in values, yet we progress by recognizing these values and reshaping our identities through new experiences.



Recap

- "I am a little fellow. Pale and weak. There is no room for me."
 - "People are liars, all of us."
 - "I deserve to be hit."
 - "Self-worth is contextual."
 - "Your identity will stay your identity until a new experience acts against it."
- 

Thank You

Follow for more insights

