

AI-01733 Human Hatred and Animosity

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Explain to me the hatred psychodynamics of human to human in the context of "I Don't Want your to have it" vs "I Want What you Have". List the pillars of "I Don't Want your to have it" vs "I Want What you Have". List 22 examples.

The Psychodynamics of Hatred: "I Don't Want You to Have It" vs. "I Want What You Have"

Hatred, in its human-to-human manifestation, can be understood through two distinct yet often intertwined psychodynamic lenses: "I Don't Want You to Have It" and "I Want What You Have." While both lead to animosity, their underlying motivations and psychological mechanisms differ significantly.

"I Don't Want You to Have It": The Dynamics of Envy and Annihilation

This form of hatred is primarily driven by **envy** and a desire to **negate or destroy the perceived good** in another. It's not about acquiring what the other person possesses, but rather about preventing them from possessing it or enjoying it. The focus is on the other's perceived advantage, which is experienced as a painful reminder of one's own perceived lack or inadequacy. This dynamic often stems from deep-seated feelings of inferiority, insecurity, and a fragile sense of self.

Key Psychodynamics:

1. **Projective Identification:** The envious individual may project their own feelings of worthlessness or inadequacy onto the envied person, then attack

those projected qualities within the other.

2. **Spoiling:** The primary goal is to "spoil" or ruin the other's perceived good, even if it offers no direct benefit to the hater. This can be seen as a way of leveling the playing field, albeit destructively.
3. **Narcissistic Injury:** The existence of another's success or happiness can be experienced as a narcissistic injury, threatening the hater's fragile self-esteem.
4. **Schadenfreude:** While not always leading to active hatred, *schadenfreude* (pleasure derived from another's misfortune) is a related phenomenon that highlights the desire for the other to suffer.
5. **Annihilation Fantasy:** In extreme cases, there can be an unconscious or conscious fantasy of annihilating the envied object or person, thereby removing the source of pain.

"I Want What You Have": The Dynamics of Covetousness and Acquisition

This form of hatred is driven by **covetousness** and a desire to **acquire what another possesses**. The focus is on the object of desire, which is seen as inherently valuable and necessary for one's own fulfillment. This dynamic often arises from feelings of deprivation, greed, and a belief that the other person is unfairly withholding what is rightfully one's own. While still destructive, it carries a more acquisitive, rather than purely annihilative, impulse.

Key Psychodynamics:

1. **Deprivation and Scarcity Mentality:** The hater believes there isn't enough to go around, and the other person's possession of the desired item signifies their own deprivation.
2. **Sense of Entitlement:** There may be an underlying belief that the hater is inherently more deserving of what the other possesses.
3. **Idealization of the Object:** The desired object or quality is often idealized, seen as the key to happiness, success, or completeness.
4. **Competitive Aggression:** The hatred manifests as aggressive actions aimed at dispossessing the other and acquiring the desired item.

5. **Identification with the Aggressor (in some cases):** The hater might internalize the perceived power of the person who possesses the desired item and try to emulate that power through aggressive acquisition.

Pillars of "I Don't Want You to Have It" vs. "I Want What You Have"

Pillar	"I Don't Want You to Have It"	"I Want What You Have"
Core Emotion	Envy, Resentment, Inferiority, Insecurity	Covetousness, Greed, Deprivation, Entitlement
Primary Goal	To negate, destroy, or spoil the other's good	To acquire, possess, or take what the other has
Focus	The other's possession (as a threat/pain)	The desired object/quality (as a personal need/right)
Motivation	Pain from perceived lack in self, fragile ego	Belief in scarcity, personal deprivation, perceived unfairness
Action Tendency	Sabotage, undermining, criticism, spreading rumors, ostracism, passive-aggression	Direct competition, manipulation, theft, aggression, exploitation
Underlying Belief	"Your gain is my loss, and I can't tolerate it."	"Your possession is my deprivation, and I deserve it."
Relief Sought	Relief from pain of envy, restoration of fragile ego	Fulfillment of desire, perceived completion

22 Examples:

"I Don't Want You to Have It" Examples:

1. A coworker subtly spreading rumors about a colleague who just received a promotion, aiming to undermine their success.
2. An artist publicly dismissing and criticizing a rival artist's groundbreaking new work, driven by jealousy of their innovation.
3. A sibling intentionally breaking a toy their brother just received, not because they want it, but because they resent their brother's happiness.

4. A disgruntled ex-partner spreading false information about their former lover's new relationship to ruin it.
5. A neighbor complaining incessantly about another neighbor's well-maintained garden, driven by envy of its beauty.
6. A student consistently disrupting a high-achieving classmate's presentations, seeking to sabotage their performance.
7. A celebrity publicist leaking damaging information about a rival celebrity, aiming to tarnish their image.
8. A political opponent actively trying to disqualify a popular candidate based on trivialities, rather than offering a superior platform.
9. A parent subtly discouraging their child's passion if it threatens to overshadow their own past achievements.
10. A reviewer giving an unnecessarily harsh and negative review of a popular new restaurant, driven by a desire to see it fail.
11. A person "accidentally" spilling coffee on a colleague's important document right before a big meeting.

"I Want What You Have" Examples:

1. A person stealing an expensive car from someone they envy, wanting the status and luxury for themselves.
2. A company engaging in industrial espionage to acquire a rival's proprietary technology.
3. A person attempting to "poach" a highly skilled employee from a competitor to benefit their own business.
4. A politician campaigning aggressively to usurp the position of an incumbent, driven by a desire for power.
5. An individual meticulously copying another person's successful business model, aiming to replicate their wealth.
6. A person seducing someone's spouse, not out of love, but out of a desire for the life or partner the other person possesses.
7. A nation invading another nation to seize its natural resources.

8. A person meticulously studying and mimicking the successful habits of a wealthy mentor, solely to achieve similar financial gains.
9. A friend constantly borrowing and "forgetting" to return valuable items from another friend, effectively acquiring them.
10. A person meticulously researching another's investment portfolio to replicate their successful strategies.
11. A child trying to forcibly take a toy from another child, wanting to play with it themselves.

Understanding these distinct psychodynamics is crucial for analyzing and addressing the complex phenomenon of human hatred, whether in individual relationships or broader societal conflicts.