

# Indifference is power

why not caring is healthy

## Benefits

- Freedom and authenticity
  - The power of indifference lies in freedom we create by being true to ourselves and not relaying on others' opinion
  - This freedom allows us to live authentically even if sometimes it means deviating from the flock .

“ It's easy in the world to live after the world's opinion ,  
it's easy in solitude to live after your own ,  
but the great man is he who in the midst of the crowd keeps with  
perfect sweetness and independence of solitude . “

Ralph Waldo

Emerson , Self-Reliance

- Emotional resilience
  - Indifference towards events we can't control prevents us from becoming an emotional wreck .
  - Instead of dwelling on unfortunate situations we should focus on our attitude towards those events .
  - We can't change many things in our lives , however we CAN change the way we think about it .
  - Instead of hating somebody who wronged us we should choose to distance ourselves from people who aren't aline with our values
- Better performance
  - When at a competition , focusing on the process and our effort rather than the result helps us to be less emotionally pressured and consequently perform better
  - Attachment to the achievements undermines our skills needed to actually achieve our goals .
  - By being indifferent to the outcomes we cultivate detachment to external events ,so there's less anxiety that holds us back .

- Affordable contentment
  - Having less desires means being more content with what you've got at the moment
  - The less desires we have the easier it is to feel satisfied .

“ If you want to make a man happy ,  
add not to his riches ,  
but take away from his desires . “

Epicurus

- Rational and objective decisions
  - When we are indifferent to our emotions and biases we are able to better analyze a situation and make a decision based on the fact and logic
  - Feelings can prevent us from making rational , objective decisions clouding our judgement and leading us to a chaotic behavior and decisions based on our desires and emotions rather than what's best for the situation .

**P.S**

- Indifference is a paradoxical concept . It appears empty yet it holds great power . It is a subtle but mighty force that allows us to let go of what doesn't matter and so things that do will shine through .

