

Dangerous (to self) States of Mind

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1 The issue

I've been thinking about states of mind such as jealousy, envy, bitterness, resentment, and the like. I've come to understand their importance from the likes of Jordan Peterson's rules for life (not the 12), and his lectures. I also heard this quote recently: "The bottom line is, no matter what happens to you, you gotta keep going...and bitterness is quite cumbersome" –Dave Chapelle. I was trying to think of the passive, mellow version of this, and I think it's self-pity. These all are a focus too much on the past and are a sort of surrender of the future power of present choice. Taking events or choices as personal. Another quote somewhere on the quote board: "A warrior sees everything as a challenge, others see things as fate" –paraphrased, not sure who yet.