

# Things to Think About

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2023-01-07

## 1 The issue

Just a brief ‘thought of the day’ for now: If something bothers you, it’s worth thinking about, trying to tease out the issue. [This is especially true if something produces resentment (this last thought inspired by Jordan Peterson)]. There are three reasons for this:

- 1.) You might learn something about / help organize or understand your surroundings.
- 2.) Better yet, you might learn something about yourself.
- 3.) Best of all, you could grow or improve yourself.

This may also apply to positive reactions or emotions, but maybe not as strong; not as many opportunities for growth.

## 2 An Example

I developed the above idea when thinking about why I don’t prefer to roll with women at BJJ (or rather, less generously, what I would say if someone asked me about it). I came up with the following three reasons (no particular order):

1.) The close contact with women. I know it’s just part of the game, but it can be uncomfortable if I think about it. There are ways that I would incidentally touch my opponents that would be uncomfortable, so I feel as though I have to think more about my next move to avoid uncomfortable contact.

2.) It still feels wrong to behave aggressively or violently against women. It’s a cultural or upbringing thing, at least. Maybe more inherently built-in than that, even. I don’t like manhandling women. I think this is a good inhibition, though I sometimes think this is weakening over time. Just because of familiarity? I hope so, though I’d rather it not fade at all.

3.) The women I roll with (those who come to the same class as me) are generally significantly smaller and weaker than me. This is an extension of a more general inhibition about fighting weaker opponents, as I don’t want to win on strength alone. This is somewhat validated as there was a brown belt woman who I rolled with semi-regularly a while ago, and she was larger and stronger than most of the women who come to the same class as me nowadays, and I preferred rolling with her.