

Growth Is Destruction

This is one of the most important things I have ever learnt in life and it was a growth multiplier for me, or may I say destruction multiplier.

Growth Seems Like Adding

Growth is a term that is bound to be seen as an addition and here are some examples to make you understand:

Personal Growth: Addition of Good Habits.

Social Growth: Addition of More Friends.

Creative Growth: Addition of Creative Ideas.

Writers Growth: Addition of Better Articles and many more.....

But the problem is, Growth doesn't actually work this way. It seems like an addition but it actually works in a destructive way.

Growth Is Destruction

If you want to go down the path of personal growth it's less about building good habits, but it's more about the destruction of all the wrong habits you have.

Addition of friends is important for social growth, but a good social life requires you to destroy the friendships that are not correct for you.

Creativity is destruction in multiple ways:

You are willing to destroy your good sleep schedule over a good idea.

You are ready to take a look into your own vulnerabilities even if it destroys you for that good poem you want to write.

You are ready to be destroyed by the chaos and overthinking that creativity takes along with it.

If you really want more clearance in life, you want the addition of ideas to think and understand about this world in a better way, but only when you can destroy all the bullshit part from the "Ideas you already have" by thinking them through.

Writing Journey

When I started writing, I had ideas and a lot of them. I used to think, write and talk a lot about every idea I used to come across and that made me think I know a lot about this world but then the second stage arrives.

After re-thinking a little about all the ideas I used to write and talk about, I understood I am a complete fool who is just contradicting himself all the time and I have no clear understanding of the ideas I am talking about. I felt I don't know a thing and it was the destruction of my perception of myself but then comes the good destruction.

After that, I tried to be a little aware of everything I talk about. I stopped talking about things I don't know about, and I also started eliminating and destroying a lot of contradicting and bad ideas I had.

Now I talk and write about fewer things but I am much more clear about them, and that's the best thing that happened to me.

This journey itself is like writing you have so many ideas that you pour on paper and then you edit a lot of it to make it better and clear. Writing is like carving you have a block of ideas and then you carve the sculpture out of it.