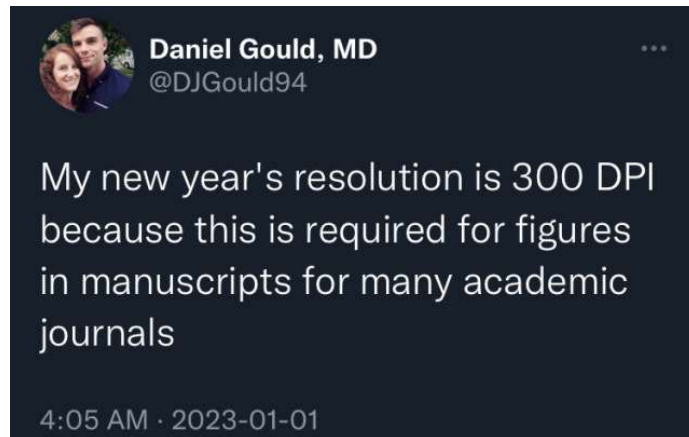


Wisdom 2023



thenightpost [Follow](#)

Nov 10, 2022

yes, there will be manmade horrors beyond your comprehension. but also woman-made horrors. if you're lucky, nonbinary-made horrors. and you certainly won't comprehend those either



ms-demeanor [Follow](#)

1d ago

I want to go to sleep, but it's raining in the desert and I go to sleep every day - it's not every day that I get to breathe in creosote so strong and sweet that it feels like it'll carry you away.



ms-demeanor [Follow](#)

1d ago

I am in real danger of saying "fuck everything" and walking into a freezing rainstorm at four am because the desert smells so fucking good.

Creosote smells like petrichor but herbal. It's mild, fresh, earthy, and oily. Some people are comparing it to juniper, but juniper is a much sharper, stronger, piney scent. Creosote smells like what church incense wishes it smells like. Creosote smells like it wants to be on fire.

I don't know how else to put it, but creosote smells water to me. However that could just be "I've been in the southwest desert enough that I can estimate relative humidity by the way the greasewood smells."

“The Most Lonely People In The Palliative Care Ward Are Parents”



rOachlezbian [Follow](#)

Dec 14, 2022

begging all of you to get a cup of hot chocolate just because i've been chugging hot chocolate lately and it's really good. also i don't feel like getting into internet arguments as often anymore bc i see someone being stupid and i go ok... and i drink my hot chocolate and i stop caring about them. i think everyone should drink some hot chocolate and stop caring



smiles-advice [Follow](#)

Oct 18, 2022

maybe you're not up to having a good day, so just have a day.

stay alive, wake up, breathe. eat and drink and rest.

just exist.

have a day.



Witch Cake
@hollycassell

The best New Year's resolution I ever made was to start devouring all my nicest things, and save no small pleasure for an unspecified future. Now I burn the good candles, wear the expensive perfume at home, scribble imperfectly in pretty notebooks. You can't pin joy like a moth.

6:10 PM · 12/31/21 · [Twitter for Android](#)



Yasha
@yashatovah

Yeah, olive oil and cheese and pastries can make you a little fat. Yeah, sunshine gives you wrinkles and wine ruins your liver and spending money on pretty things eats up your savings. But unfortunately, I've decided to enjoy life anyways

7:28 PM · 2021-06-01 · [Twitter Web App](#)

17.7K Retweets 291 Quote Tweets 82.9K Likes



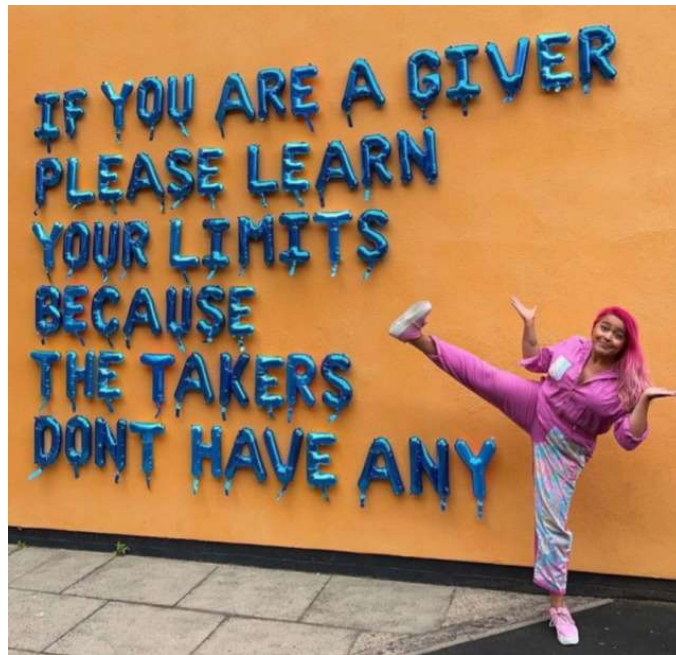
ursulaklegay [Follow](#)
Feb 20, 2022

February 20th 2022, 6:21:16 am


actually i love growing older and learning how i work as a person like realizing what kinds of fabrics feel best on my skin or what brand of yogurt i like best or how I want to be touched. watching myself change, enjoying brussel sprouts when I used to hate them as a child, understanding why I got angry in that one conversation 10 years ago... there are so many mysteries inside me that i have yet to unravel and there will always be more and sometimes i think maybe its all worth it

There is a Pleasure in the Pathless Woods,
There is a Rapture on the Lonely Shore,
There is Society, where None intrudes,
By the Deep Sea, and Music in its roar:
I love not Man the less, but Nature more

Lord Byron (via [brigantias-isles](#))



chaumas-deactivated20230103 [Follow](#)

 3d ago

"ancient Greeks exercised naked for spiritual or sexual reasons" no they exercised naked because they didn't own automatic washing machines



Mike Ingram (official)
@mikeingram00



Out: publishing your work
In: filling hundreds of little notebooks that will be discovered after your death

4:25 PM · 2023-01-02



beastlyart [Follow](#)

Feb 8, 2015

Rats are so easy to please. I shoved some sweet potato into cardboard toilet paper tubes, packed in with shredded paper towels. At first they were just excited about the paper towel shreds and started making a nest, then they found the sweet potato and lost their minds. Like they couldn't believe what a good and gracious world they lived in that there could be sweet potato and paper towel at the same time.

In order to break the people-pleasing pattern, we must learn how to *sit with* discomfort instead of *reacting* to it, including:

- The discomfort of others being unhappy with us
- The discomfort of letting others handle their own problems instead of rushing to fix them
- The discomfort of having difficult conversations & setting tough boundaries
- The discomfort that comes when we realize others' happiness isn't our responsibility, but our *own* happiness is

To quote the YouTuber [miniminuteman773](#):

“You don't actually have to make up an evil shadow government to be mad at. You can just be mad at the actual government.”



FatdoctorUK @thefatdoctoruk

It's time for your annual reminder that going on a diet come January 1st is one of the worst thing you could do for your health. 95% of you will gain back any weight that you lose and 2/3 will end up heavier but **THAT IS NOT THE POINT** 🍷

04:08 · 12/28/22



FatdoctorUK @th... · 19h ...
Replying to @thefatdoctoruk

Consuming less energy (calories) than you need has a profound effect on the body. To begin with, you will start turning fat into energy, which is the whole point, right? Along with the fat you will also consume your own muscle which isn't ideal but supposedly it's worth it.

👍 20.4K 💬 3 ↻ 37 ❤️ 531 ↗



FatdoctorUK @th... · 19h ...

But after a VERY SHORT period of time your body starts to panic. It can handle starvation (that's another word for calorie deficit) for a few days but not long term. So it does what it has to do to keep you from wasting away (literally, your muscles are actually wasting)

👍 20.2K 💬 2 ↻ 37 ❤️ 448 ↗



FatdoctorUK @th... · 19h ...

Your body is not above taking drastic measures. It diverts energy from less vital organs (skin, hair, GI tract). It rations the amount of energy your brain receives. It alters (permanently in some cases) your basal metabolic rate.

👍 18.6K 💬 1 ↻ 32 ❤️ 451 ↗



FatdoctorUK @th... · 19h ...

That translates into fatigue, low mood, irritability, difficulty concentrating, hair loss, skin and nail changes, GI symptoms. Oh, and the weight loss slows down. The so-called plateau phase. Many of you are gonna hit that sometime end of Jan/mid Feb.

👍 17.7K 💬 1 ↻ 30 ❤️ 428 ↗



FatdoctorUK @th... · 19h ...

But starvation (calorie deficit) doesn't just impact you physically. It impacts you mentally, emotionally, socially and financially. And HEALTH is not just physical. Its all of these things. Starvation leads to depression. To eating disorders. To social withdrawal.



FatdoctorUK @th... · 19h ...

And starvation is *not sustainable*. Just like your body won't let you hold your breath under water forever, nor will it let you starve yourself. Have you ever tried diving to the bottom of a pool and staying there as long as possible? Eventually your body breaks for the surface.

👍 16K 💬 2 ↻ 30 ❤️ 417 ↗



FatdoctorUK @th... · 19h ...

No matter how much you will your body to stay under water, survival instincts are hardwired into our DNA. The only way to stay at the bottom of the pool is to weigh yourself down with something. Remember that next time you meet someone who managed to "keep the weight off".

👍 14.7K 💬 2 ↻ 21 ❤️ 379 ↗

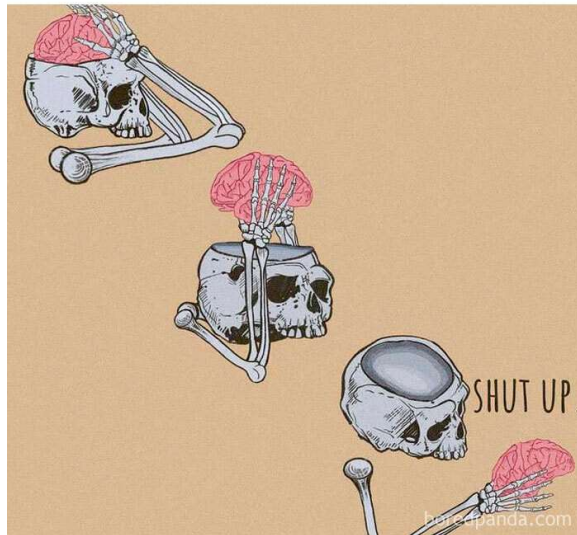


FatdoctorUK @th... · 19h ...

For those smug experts who tell people "That's because you're doing it wrong. Calorie deficits don't work, instead you should try [insert BS here]" - SHUT UP. Seriously, just shut up. And maybe take a basic psychology class.



When you're going to sleep and you remember a cringey thing you did years ago



Introvert People : It's a pressure to meet you

"Death is the poor man's doctor."

CLYTEMNESTRA DOES NOT
HESITATE BEFORE KILLING THE
CONSCIOUS AGAMEMNON

Oh, come close my darling
As close as you were on our wedding night
Closer--
This time it will be me inside of you

-- filmnoirsbian

hera-the-something

question

there is a THING

i dunno if i should call it an aesthetic, or a style, or, like, a period, or what but there's a THING
it's sorta old-fashioned, like it's the visual equivalent of the taste of brass, but somehow
pleasant

it's, like, sorta maximalist? overall very detail-oriented, very ornamental, very just, like, fancy
a lotta the architecture in hollow knight has it, some newer ghibli movies, bloodborne and a
bit of dark souls, things like that

it's like, things with intricate details and stylings
like clawfeet furniture, or swirls of ornate gold
sorta victorian era, i wanna say?
does this make sense?

antichrists-tealover

yeahyeah ik what ur getting at

[@chrysocomae](#) in the notes gave me the name, it's called "art nouveau"

chrysocomae

Aka a style we need to bring back

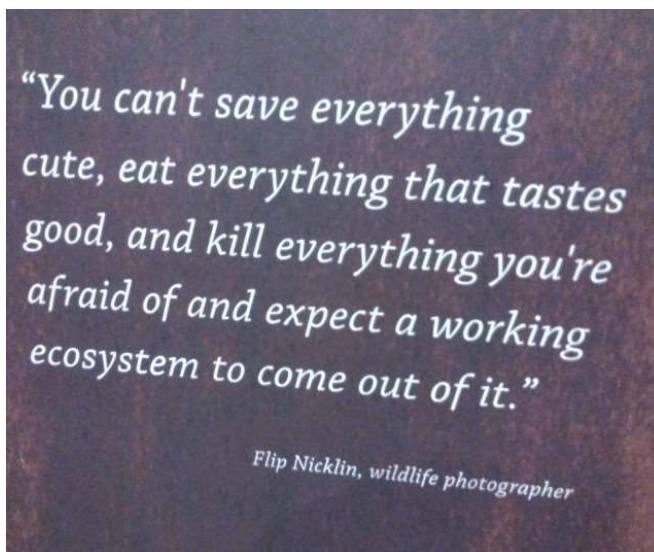
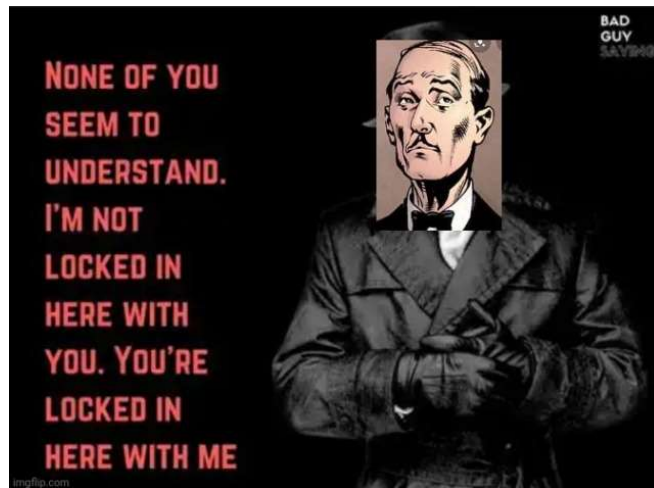
hera-the-something

100%, getting sick of minimalism being sold as "modern", i can't do anything with flat lines
and dull colors compared to organically flowing wires and sculptures in gold and orange and
pale blue

mazaherstuff

The difference from victorian is that the lines are not just sitting there being pretty: they are
going somewhere





You run like a herd of luminous deer and I am dark. I am a forest.

-Rainer Maria Rilke, from the Book of Hours, 1905

Day 7281 of being emotionally broken:

A support dog ran up to me and put its head on my lap and I was thrilled until it's owner said it can sense sadness



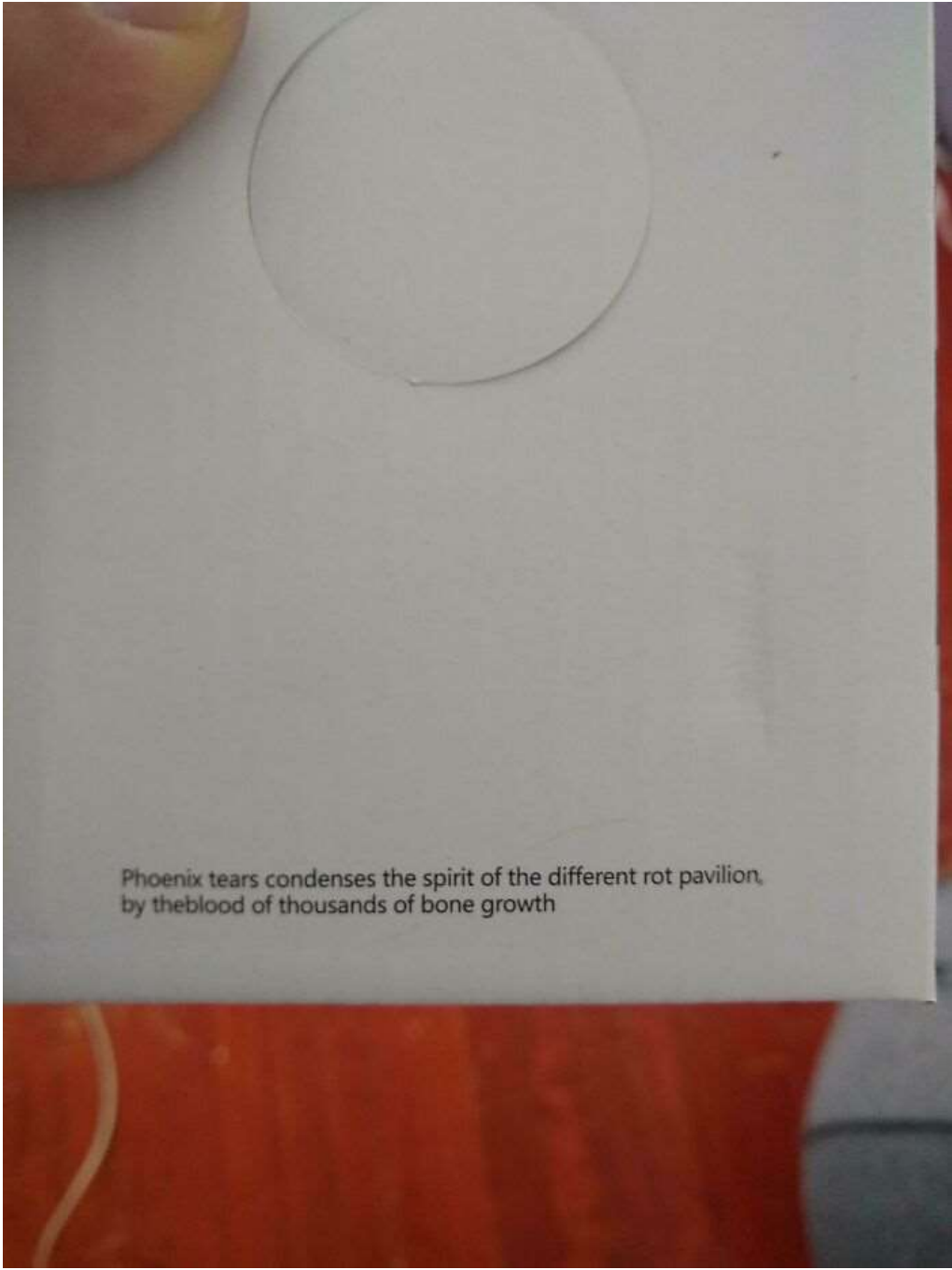
redscharlach [Follow](#)

1d ago

My name is cow
And when I see
A scientist
Paint stripes on me
I look so hip
And sleek and fit
And best of all
I don't get bit

(by flies)





Phoenix tears condenses the spirit of the different rot pavilion,
by the blood of thousands of bone growth

 **Vivian**
@muchnerve

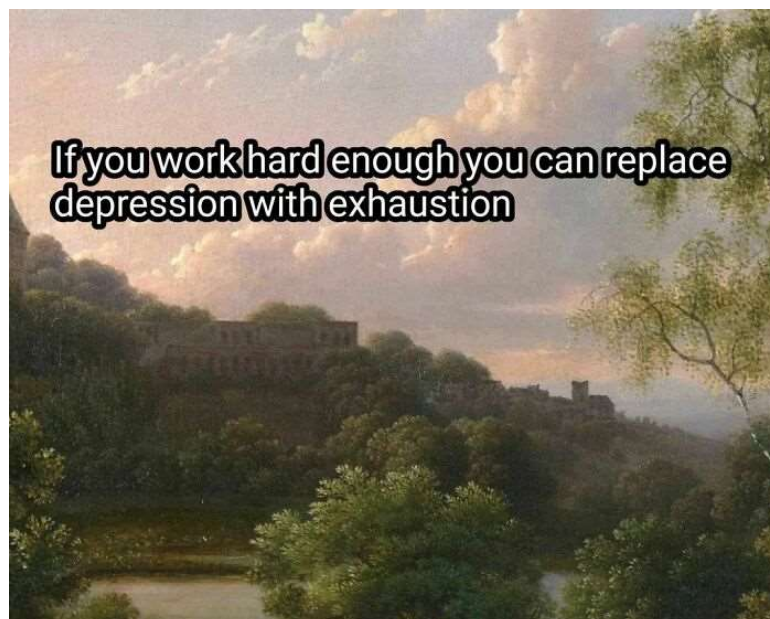
this website is incredible because there are people i've known for years and yet i have no idea what gender they are or what they even look like. their gender is Friend and their appearance is No

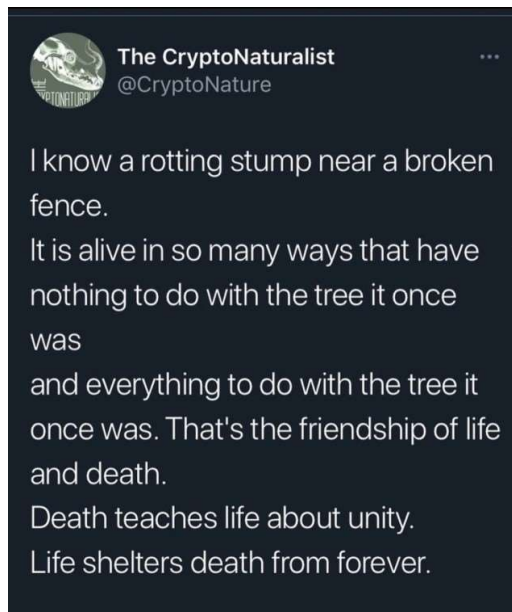
3:25 PM · 2022-04-07 · [Twitter Web App](#)

1,013 Retweets **51** Quote Tweets **5,070** Likes



Being an introvert isn't easy.
Imagine waiting for a reply
without sending a message.





cryptotheism [Follow](#)

1d ago

Magic is a lot like cooking. There might be a most authentic or historically correct way to do something, but sometimes the Right Way is whatever your grandma is doing.

a house with bees in the walls

you have become home to a colony of bees, but don't worry its a symbiotic relationship. your provide stability and security to the bees and they provide you with protection and honey. sweetness oozes from the walls and there is always a dull hum in the air.

yourspookyginger:

my anxiety has a loophole that if somebody is else is equally or more uncomfortable I develop the sudden ability to Do The Thing

i cant go and ask for more ketchup for myself but if my friend wants more ketchup im out of my seat in a second

The mom friend override

“ The end justifies the means. But what if there never is an end? All we have is means.

ursula k. le guin, the lathe of heaven



indieninja92

teaching children how to navigate upsetting and challenging stories is excellent, actually. fiction is a great tool in learning resilience as it helps us take as many practice runs as we like at things that upset us.

I dont just mean reading issues-based fiction either where the whole point is to learn about idk eating disorders or addiction or something. Getting upset about a story is a safe and healthy way to practice getting upset, whether it's about teen pregnancy or gay hobbits.

If a child is distressed by a story, you can talk to them about it. teach them how to tell someone that they're upset, how to articulate distress, how to navigate those feelings. teach them that things can be upsetting and its ok, theyre still safe. they can be upset and safe at the same time and that doesn't make either of those things untrue. teach them that feelings aren't always things you need to act on - its ok to just be upset for a while, or to process that in other ways and then let it go.

everything is new to a child. the more we can introduce them to in safe, controlled, communicative contexts, where they can ask questions and explore their feelings, the better prepared they'll be when those things come at the unexpectedly. this is true of positive things like representation and diversity, and its true of upsetting things like grief, fear and uncertainty.

"Fifty thousand years ago there were these three guys spread out across the plain and they each heard something rustling in the grass. The first one thought it was a tiger, and he ran like hell, and it was a tiger but the guy got away. The second one thought the rustling was a tiger and he ran like hell, but it was only the wind and his friends all laughed at him for being such a chickenshit. But the third guy thought it was only the wind, so he shrugged it off and the tiger had him for dinner. And the same thing happened a million times across ten thousand generations - and after a while everyone was seeing tigers in the grass even when there weren't any tigers, because even chickenshits have more kids than corpses do. And from those humble beginnings we learn to see faces in the clouds and portents in the stars, to see agency in randomness, because natural selection favours the paranoid."

Peter Watts, *Echopraxia*

...natural selection favours the paranoid



academicssay

5h ago



“Don’t cling to a mistake just because you spent a lot of time making it.” - Not a graduate student

aphony-cree

Jan 7, 2021

People who “want trauma” are recognizing, on some level, that they were traumatized but in a way that’s not “socially recognized” as trauma. What they really want is for people to see that they’ve been traumatized and be on their side

portraitoftheoddiy

Mar 8, 2021

I think it’s also important to talk about mental illness, and how the pain and trauma of being mentally ill as a kid is often diminished because of the lack of outside actors. If you spent your childhood being suicidally depressed because your wee little kiddo brain decided to be a chemical shitshow, it doesn’t matter how much mom and dad loved you, that kinda thing fucks you up. And having people only look at your external surroundings and argue that “nothing bad happened” ignores all the pain you went through internally. So wishing you could have something external you could point to in order to justify that pain and enduring stress -- just so people could understand -- makes sense.

Read, every day, something no one else is reading.
Think, every day, something no one else is thinking.
Do, every day, something no one else would be silly
enough to do. It is bad for the mind to continually be
part of unanimity.
-- Christopher Morley

If a woman is single, it’s because probably she’s smarter than everybody else
-- CGJung

“When my nineteen-year-old son turns on the kitchen tap and leans down over the sink and tilts his head sideways to drink directly from the stream of cool water, I think of my older brother, now almost ten years gone, who used to do the same thing at that age; And when he lifts his head back up and, satisfied, wipes the water dripping from his cheek with his shirtsleeve, it’s the same casual gesture my brother used to make; and I don’t tell him to use a glass, the way our father told my brother, because I like remembering my brother when he was young, decades before anything went wrong, and I like the way my son becomes a little more my brother for a moment through this small habit born of a simple need, which, natural and unprompted, ties them together across the bounds of death, and across time ... as if the clear stream flowed between two worlds and entered this one through the kitchen faucet, my son and brother drinking the same water.”

— A Drink of Water BY JEFFREY HARRISON

- Jerome (died 420)^[104] speaks of certain Greek writers who misunderstood the Hebrew letters יהוה (read right-to-left) as the Greek letters ΠΙΠΙ (read left-to-right), thus changing YHWH to *pipi*.



“My house is buried in the deepest recess of the forest. Every year, ivy vines grow longer than the year before. Undisturbed by the affairs of the world I live at ease, woodmen’s singing rarely reaching me through the trees. While the sun stays in the sky, I mend my torn clothes, and facing the moon, I read holy texts aloud to myself. Let me drop a word of advice for believers of my faith. To enjoy life’s immensity, you do not need many things.”

~ Ryokan



she-waves-at-cats   [Follow](#)

5d ago

I think it needs to become common knowledge that "inability to read social cues" can show up as overcompensating.

You don't know how much misbehaviour is allowed, so you become the perfect child who never tests rules.

You don't know if someone is irritated with you, so you'll be extra generous and self-effacing.

You don't know how much is expected of you at work so you'll kill yourself in a minimum-wage job and not notice that nobody else is working like this.

"Hardworking and quiet" should be as much of an autism red flag as "ignores rules and doesn't know when to stop talking". Or why don't we just start using words to communicate so i can stop tracking everybody's eyebrow twitches, that would be great.

EXACTLY!!!



day-dreamersclub [Follow](#)

Feb 22, 2021

magic is real you fools it happens when you make other people laugh



benjamin aldes wurgaft
[@benwurgaft](#)

Working on a "rotisserie" theory of sleep, in which the body must rotate so as to be evenly slept on all sides.

7:45 AM · 2023-01-23 · **697K** Views

27.3K Likes **3,160** Retweets **169** Quotes

 **National Park Service** 
@NatlParkService · [Follow](#)

Park Support: Have you tried unplugging and going outdoors?

[#NationalDayOfUnplugging](#)

 [@grandcanyonnp](#)






5:04 PM · Mar 5, 2021 

 1.7K

 **siickangel** [Follow](#)
Sep 3, 2019

what's the cheat code for stable mental health

 **dominant-dominion**   [Follow](#)
1d ago

Money

 **bogleech** [Follow](#)
21h ago

The thing society as a whole doesn't understand about nature is that absolutely nothing is just a worm or just a bug or just a plain little fish that does nothing but swim around and eat until it dies. Every single animal has a complicated life and habits. Minnows make nests out of pebbles. Slugs have courtship rituals. Fruit flies have territorial battles and **when they can't get laid they become alcoholics** all in those few days that they even exist on earth. Just the functions of the different body parts of a dust mite can fill a lecture and we still don't completely understand everything about its life habits or its biochemistry.

THE EELIAD: EPIC MIGRATION OF EELS REVEALED

lacefuneral

Nov 6, 2021

the word empathy is WIDELY misused, even in mental health spaces.

empathy:

is responding to a person's emotions by experiencing the same emotion as them (i.e. feeling sad when something sad happens to that person, or happy when something happy happens to that person.)

is an automatic response that cannot be controlled
cannot be learned

sympathy:

is recognizing that another person is in pain, even if you do not experience that pain, and offering comfort to that person

is something a person must actively choose to do
can be learned

compassion:

is showcasing care and support via words and actions
is something a person must actively choose to do
can be learned

if you need an example of a person with no empathy who practices sympathy and compassion, look no further than data from star trek: the next generation. he doesn't have emotions at all, but he's still kind to people and wants to help them.



[furiousgoldfish](#)

Mar 11, 2020

You can be groomed for more than just sexual exploitation. You can be groomed into becoming someone's caretaker, someone's perfect fantasy, someone's illusion of a partner they want. You can be groomed into being someone's experiment or a toy. You can be groomed into believing you owe someone to take advantage of you thousand times. You can be groomed into giving all your resources and labour away. You can be groomed into rejecting your own humanity and offering yourself up as a servant or a resource to someone. Grooming can overtake any and all parts of your life.

[antique-scarecrow](#)

Nov 4, 2020

And this can be done by a partner, a parent, a friend, a teacher, a boss, a company, a school, by society in general. A culture of grooming can exist in a single household, or extend throughout a community. People are becoming more aware of sexual grooming, which is good, but that level of emotional & psychological manipulation exists in **many widespread forms** which we are rarely taught to recognize, much less discuss.



renthony [Follow](#)

1d ago

Tip

To a homophobe, even the most chaste kiss on the cheek between gay people is exactly as disgusting and degenerate as a hardcore BDSM orgy hosted in the town square, so you may as well ally with the BDSM orgy enthusiasts to throw bricks at the cops who are going to try and arrest all of you together anyway.



toastyclow [Follow](#)

Jan 16

I'm so fond of athena and odysseus conceptually. like here's the goddess of wisdom and warfare and craft and art, and here's her pet liar. he does tricks.

If you are silent about your pain they'll kill you and say you enjoyed it - Zora Neale Hurston

How do people just do stuff? Is life not incredibly hard for everyone?

95wonder
Oct 28, 2021

No. I know this is probably just a casual commiseration but I think it's a real and important question to ask and answer. If doing the stuff you're expected to do everyday is super hard, then something is probably wrong.

Anyone who relates to this too hard, I'd recommend looking up spoon theory and starting to make a record of how you feel and your experiences that you can bring up with some kind of health professional. Chances are if doing laundry feels like climbing everest, it's because you're disabled in some way. Whether that disability is some invisible chronic illness or depression or ADHD or burnout, *something* is wrong.

Almost all disabilities have some form of treatment or accommodation that can make your life easier. If you can get a diagnosis, you might also be eligible for official accommodations and benefits. Social security sucks ass and is almost impossible to access but like, it's not the only thing out there set up to help disabled folks and usually local organizations are gonna be better anyway.

Plenty of people reblogging this probably already know they're disabled in some way but if even 1 person sees this and can learn something important about themselves then it's worth saying.

TLDR: people who aren't disabled don't find acts of daily living extremely hard. Maybe look into that and see if you can get help making your life less hard.

Sincerely, a multiply disabled person.

kiricat

Oct 29, 2021

This is super important okay. Like, I used to try to ask my conservative family/church/etc. for help, and they'd just be all, "suck it up; life is hard for everyone; quit being such a baby"... and then I went to, like, actual experts, and they were basically like, "um, wow, you're clearly super depressed and suicidal; you should actually be proud of yourself for still being alive!" And I'm still trying to unlearn the former and accept the latter, even after all this time. And I'm so mad that I've wasted so much time just trying to "push through it" instead of getting help I clearly need(ed), and that's still a thing I struggle with.

Please, please seek real help if you need it. Like, I understand that there are shitty doctors and shitty therapists and whatnot, but it's so worth expending what effort you can to find good ones who can help. If you have mentally ill friends -- which, if you're reading this in the first place, you almost certainly do -- they might be able to point you in the right direction.



 **Rachel Sobel**
@whinecheezits · Follow 

If your teenager throws uncomfortable questions at you that demolish a piece of your soul and make you want to dig a hole with your bare hands that you can promptly burrow into, it means they feel safe enough with you to even ask. Good job.

11:39 PM · Jan 18, 2023 

 406 boredpanda.com

historicallytired

Nov 28, 2022

I don't think we give medieval Muslims enough credit. Like medieval math was a categorical mess with the majority of it containing random bases with damn near no theory or cohesive understanding of what it is outside of "I have this much grain and that can, theoretically, be worth this much which is marginally more than what I have right now I think?"

These dudes loved Allah so much that they essentially invented math just so that they could continue to worship and pray - that's honestly one of the most beautiful act of worship and devotion in history and I don't think it's given nearly enough credit.

like, sure, they invented a ton of math in the process, but also, *they hacked the earth's magnetic field to locate Mecca*. Let's revel in that over-achievement for a bit.

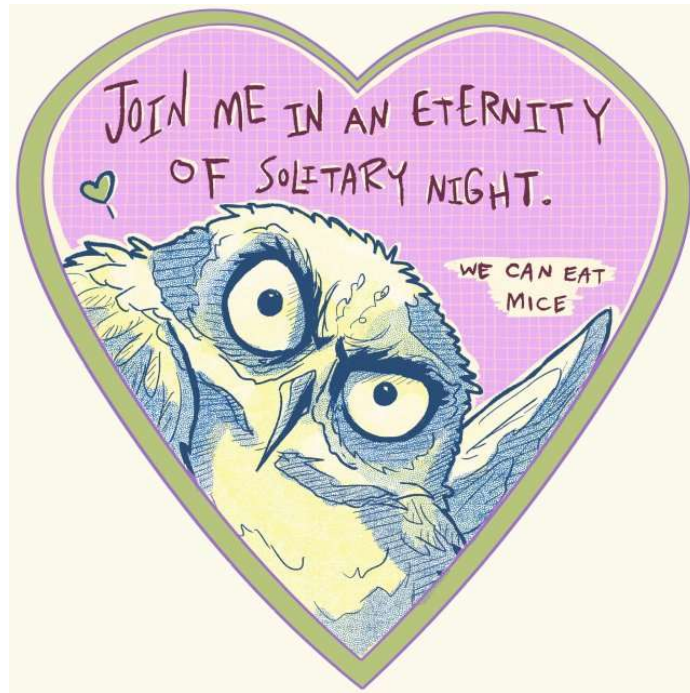


xaidread

18h ago

A reason to learn Russian: be able to read 170+ pages of A.B. Strakhov's monograph on the cult of bread among Eastern Slavs (Slavistische Beiträge vol. 275, 1991)

#saedreus legit



My favorite story is when my dad went back to school in his 50s to get a degree so if he wrote a history of his nation it would be taken seriously and while there the archeology department invited him to a dig on his own rez.

4:19 PM · 29 Jan 23

1,002 Retweets 30 Quote Tweets 14.7K Likes



❄️ Willie Jack's Favorite Unk 🏠 ... · 23h ⋮

He got to the site where they had found stacked rocks in 4 corners and had been digging for signs of an encampment or what it could mean.

He started laughing cause his own dad had stacked those rocks to remind himself it's a good place to park the 4 wheeler.



quasi-normalcy [Follow](#)

Jan 26

I don't know; I kind of think that our culture is based around systematic denial of human limitations. I mean, there's the eight-hour work day (which is about 4 hours longer than most people are consistently able to remain productive); buffing your qualifications on job applications (which everyone needs to do to some extent, because everyone else is doing it); the expectation of multitasking, even though it's not really possible; academics are running around with impostor syndrome, ultimately because there's only so many books that an individual is capable of reading, while a bunch of liars and gifters pretend that they're experts at *everything* and are held up as thought leaders. Billionaires are held up as if they're just incredibly hard workers, photoshopped movie stars held up as if they're just incredibly beautiful. We feel guilty for not being something that never has and can never exist.

#there's only one thing id do with the ability to time travel.

#assuming it is also the ability to teleport of course

#the only thing I would do is go get Laika

#no one would know. her remains never made it back to earth.

#and if anyone saw a girl today with a dog named Laika they'd think it was named after Laika not that it was the same dog

#i would change nothing. harm nothing.

#but a dog wouldn't die alone in space and id have a friend

#laika the space dog

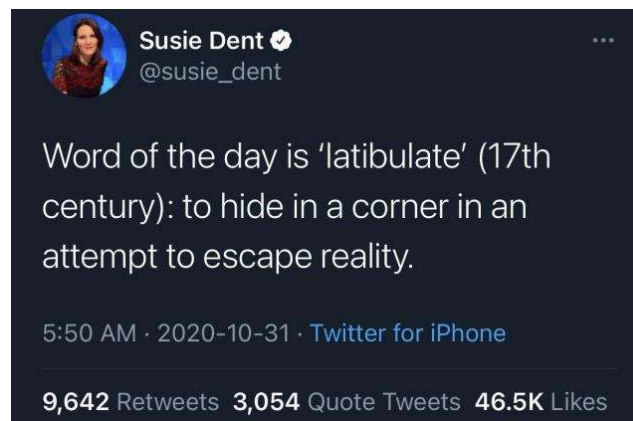
The utter silence of the untranslated stars.

E.E. Cummings, *Complete Poems, 1904-1962*

There are lots of ways of being miserable, but there's only one way of being comfortable, and that is to stop running round after happiness. If you make up your mind not to be happy there's no reason why you shouldn't have a fairly good time.

-- Edith Wharton

i said i'm able to work under pressure, not die for the company



tkingfisher

14h ago



Had a weird dream last night that included someone complaining that Canada always won the fantasy football league "because they've got all the damn were-moose."

...were-meese?

If you work hard enough you can replace
depression with exhaustion



One moment you're ordinary,
a son, a brother,
and the next
a god is finding you
so remarkable
there's no escape
except to turn into a tree.

— Christopher Bursk, *Ovid at Fifteen*

I myself am made entirely of flaws, stitched together with good intentions.”
— Augusten Burroughs, *Magical Thinking: True Stories*



Enron Hubbard ...

@enron@tild... · 2 days ago

someone once asked me why i was so worried about the environment

i just said "i live there"

and they looked at me as if that fact had never once occurred to them



Kristen Mulrooney

@missmulrooney

My 3-year-old said she wished we had a pet. I reminded her we have a dog and wow the genuine surprise on her face as it dawned on her that our dog is a pet and not just some other guy who lives here.

5:02 PM · 07 Feb 23

19.6K Retweets 772 Quote Tweets 327K Likes

“Imagine that your child feels SO LOST FROM YOU that they sink into the arms of a complete stranger and sob endlessly just because that stranger is wearing a shirt offering hugs from a dad,”



DIPLY.COM

Dad Gives Out Over 700 Free Hugs At Pride Parade To Kids Rejected By Their Parents

...mine rejected me because I didn't take up the job he wanted me to
I'd like a hug from a dad too



silentwalrus1 [Follow](#)

Apr 11, 2022

“FMA is bad because it portrays war criminals as sympathetic, likable people” bro that’s the point. That’s the whole point. That is THE point. Did you think Ethnic Cleanser is some kind of special category of person that gets separated away from all the Good People at birth? Did you think there’s some kind of barn full of Genocide Doers that only gets deployed into the general public during world wars? Did you think assholes who do terrible shit in real life are never charming or likable or capable of doing good things and helping people? One of the best parts of FMA is how we the audience realize that some of our core protags have made irredeemable choices, and we have to reckon with the fact that they’re still *people*, with the unalienable rights and qualities thereof. Sorry if the Problematics aren’t constantly wearing a dunce cap and a list of all their crimes and this makes the media incomprehensible to you

EM Forster's work tailed
off once he finally had sex.
Better that than a life of
despair
Sam Leith

“Two Beers and a Puppy”: A Helpful Test for Determining How You Feel About Someone

“Two Beers and a Puppy” is a test that I developed while working on an *Esquire* story on the American “son of a bitch.” The test is: In order to find out how you actually feel about someone, ask yourself, “Would I have two beers with this person?” And: “Would I allow this person to look after my puppy over a weekend?”

Some people are no and no. These people are to be avoided at all costs. Some people are yes and no. These people are to be cautiously trusted. Some people are no and yes. These people are no fun but they make the world a better place—for puppies, especially. And some people are yes and yes. These people are wonderful people and your life and work are better for having them in your life. Seek them out. Collaborate with them. Enjoy their company.

thinking about the time my friend ripped up her boyfriend's birth certificate during an argument and said “shut up you don't even exist”



© liz climo

thelittleworldofliz.com



april-99 [Follow](#)

Jul 7, 2022

All props to the characters whose entire vibe is "You know, I didn't *intend* to fight God when I woke up this morning, *but since I'm here....*"

Never misses. Always slaps.



honeytuesday [Follow](#)

Nov 25, 2022

u are all going through so much and pushing through it despite despite despite. i want 2 wrap u in my softest blanket and offer u all the warm silence you need to continue on. i'm so proud of u for making it this far. take ur time and just breathe, life is patient and waiting for you with open arms



Images That Could Be Album Covers

@Album_Covers_ · [Follow](#)



9:33 AM · Jan 10, 2023



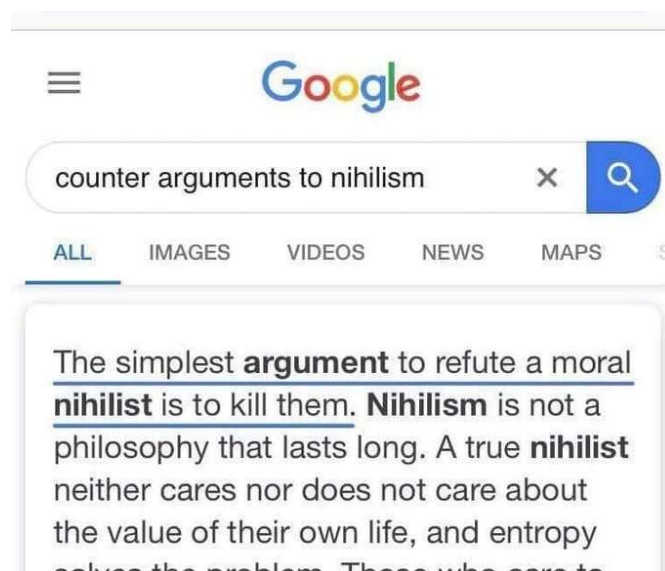
♥ 250

boredpanda.com



“Time is not a straight line, it’s more of a labyrinth, and if you press close to the wall at the right place you can hear the hurrying steps and the voices, you can hear yourself walking past on the other side.”

— Tomas Tranströmer from “Answers to Letters”





midnightssea [Follow](#)

Dec 9, 2022

I do think there is a difference between how men and women are socialized to express emotions but I cannot STAND when men twist that to imply that little girls are never told to “stop crying” or women just have a peachy easy time expressing emotion while men are forced to suffer in silence. Like literally women and girls are CONstantly told that we’re hysterical and overdramatic and irrational for expressing emotion and we explicitly get taken less seriously than men do when we express emotion. Be for real.



*
@PISCESPRADA

changing my i-should-have-known-better to “i know better now”. all the past versions of me made who i am today. i am thanking her. i am honoring her. i am forgiving her.

#6 The Nurse, During My Annual Wellness Check, Suggested At My Age I Should Have A Bar In The Shower. So I Took Her Advice

sandersstudies

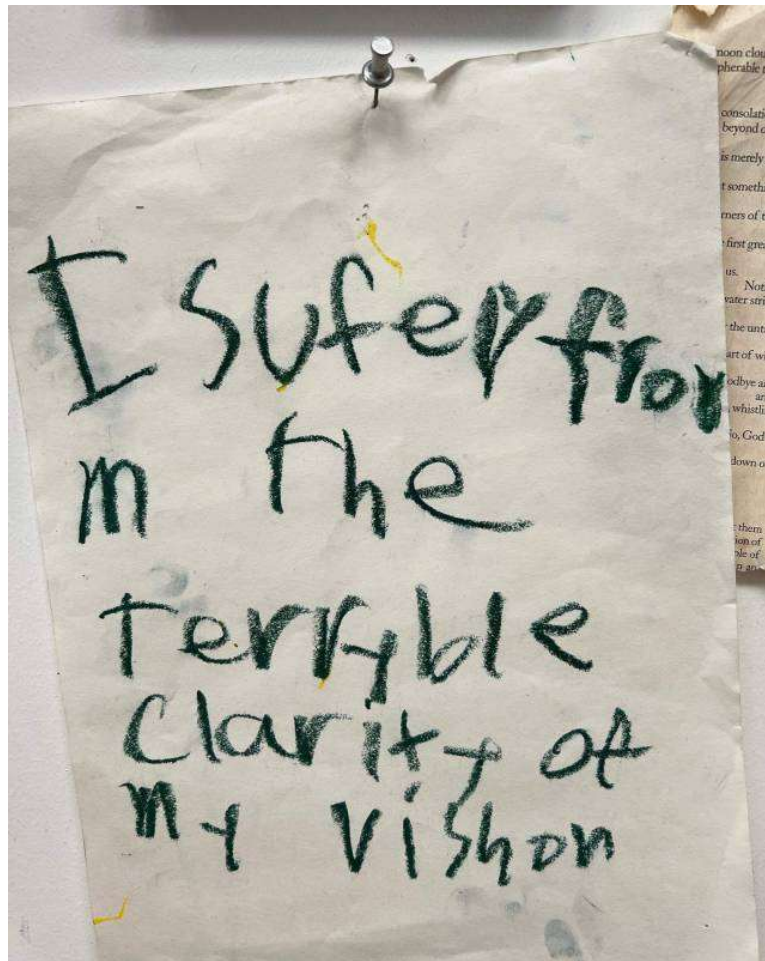
There’s one thing I always think of when I hear “how could you let it get so bad?” and similar phrases. It’s in the comments of every video of matted hair or a dirty kitchen. I think the appropriate response is “what would have to happen to you for you to let it get that bad?” People who let their self-care needs go unmet for long periods of time are only rarely lazy and even more rarely comfortable and happy with that state.

How badly injured would you have to be to say “fuck it” to washing dishes?

How bad would your mental health have to be to give up on brushing your teeth?

How much grief would you have to be in to stop making yourself meals?

And the answer is probably lower than many of us have ever had the misfortune to realize.



even themselves alive. (It is a slightly arresting notion that if you were to pick yourself apart with tweezers, one atom at a time, you would produce a mound of fine atomic dust, none of which had ever been alive but all of which had once been you.) Yet somehow for the

The average species on Earth lasts for only about four million years, so if you wish to be around for billions of years, you must be as fickle as the atoms that made you. You must be prepared to change everything about yourself—shape, size, color, species affiliation, everything—and to do so repeatedly. That's much





Revenge bedtime procrastination



Revenge bedtime procrastination is a psychological phenomenon, where people stay up later than they desire in an attempt have control over the night, because they don't have as much control during the day.^{[1][2]}



gothiccharmschool   [Follow](#)

1d ago

Today's advice from your Goth Auntie

- Unclench your jaw, have a snack, take your meds.
- "Normal" isn't going to come back for the world. Let's work toward "better than before".
- The Lurking Horror tried to slide down the bannister again, then tried to slide up.

Caliph Abu Bakr to his people ~



- "If I do well, then help me;
and if I act wrongly, then correct me."

- "Obey me as long as I obey
Allah and His Messenger. And if I
disobey Allah and His Messenger,
then I have no right to your obedience."

1992

*Bisexuals fall in love
with a person, not a
gender*

A bisexual's survey response
in *Closer to Home: Bisexuality and
Feminism*, Weise, 1992

"Maybe we should assassinate the king"
"We don't have a king in this country"
"Even easier".



 sootpologist

“Parents or grandparents who themselves have Autism spectrum traits dismiss the child’s complaints, claiming that everybody suffers from the social stress, sensory sensitivities, stomach issues, or cognitive fuzziness they themselves experience.”

this is hysterical to me because i read out a list of autism traits to my mother while fighting to get assessed and she said “well if that’s autism then i’m autistic too” with a straight fucking face

[View this post on Instagram](#)

My dog after eating my philosophy book



CIL_1².1202

Latin Text

Marcus Caecilius. On stone. Found at Rome on the Appian Way: c. 140 B.C.: Saturnians.

This memorial was made for Marcus Caecilius.

Thank you, my dear guest, for stopping at my abode.

Good luck and good health to you. Sleep without a care.

I just found our 5yo sitting on a chair
in our garage

The door was open, and he was
sitting, staring at the pounding rain
outside

So now I am too.

Life can wait

I'm watching the rain with my boy.

I thought I was in a bad mood but it's
been a few years now so I guess this is
who I am.



lydialovegood Nov 6, 2022

I love that this website has gone from teens who want to die to young adults who have realized they're happy they didn't



quasi-normalcy [Follow](#)

Feb 10

I really cannot emphasize enough the mental health benefits of abandoning the idea that you're special.



quasi-normalcy [Follow](#)

Feb 11

This goes both ways, both "You don't have to do everything singlehanded" and "You're not uniquely awful."



saathiray [Follow](#)

Feb 12

This is something I came to grips with as part of years of recovering from PTSD and it was so, so important. Realizing that the worst thing in my life has also happened to so many other people was at first disappointing because I wanted to be special to give my suffering meaning. Then I realized that my suffering isn't what makes me special or interesting. And once I let go of needing to be special, I started paying attention to all the ways other people enrich my life and just became happier.

#45

There's a tree out there growing that'll eventually be your coffin.

BestieDarkheart

Report

Of course,
Get to the point: Claw morphology impacts
frictional interactions on rough substrates

People should be treated with respect and kindness.
Ideas, however, need to be critiqued and interrogated.

-- semperlux



frytha thesummoningdark [Follow](#)

2h ago



sweatermuppet [Follow](#)

4d ago

at times when hope is too big of a thing to have, curiosity (even clinical or small) is a very good placeholder

7,041 notes



This long slow dying is no doubt instructive, it is disappointingly free from excitements: "naturalness" being carried to its supreme expression. One sloughs off the activities one by one, and never knows that they're gone, until one suddenly finds that the months have slipped away and the sofa will never more be laid upon, the morning paper read, or the loss of the new book regretted; one revolves with equal content within the narrowing circle until the vanishing point is reached, I suppose.

-- Alice James



effemimaniac [Follow](#)

2d ago

bro you're seizing the day too much you're gonna give yourself carpal diem



sherlockspeare

Dec 2, 2016

Memory

All alone in the moonlight
I can dream of the old days
Life was beautiful then
I remember the time I knew what happiness was
Let the memory live again



"There are old poops who will say that you do not become a grown-up until you have somehow survived, as they have, some famous calamity -- the Great Depression, the Second World War, Vietnam, whatever. Storytellers are responsible for this destructive, not to say suicidal, myth. Again and again in stories, after some terrible mess, the character is able to say at last, 'Today I am a woman. Today I am a man. The end.'

When I got home from the Second World War, my Uncle Dan clapped me on the back, and he said, 'You're a man now.' So I killed him. Not really, but I certainly felt like doing it.

Dan, that was my bad uncle, who said a male can't be a man unless he'd gone to war. But I had a good uncle, my late Uncle Alex. He was my father's kid brother, a childless graduate of Harvard who was an honest life-insurance salesman in Indianapolis. He was well-read and wise. And his principal complaint about other human beings was that they so seldom noticed it when they were happy. So when we were drinking lemonade under an apple tree in the summer, say, and talking lazily about this and that, almost buzzing like honeybees, Uncle Alex would suddenly interrupt the agreeable blather to exclaim, 'If this isn't nice, I don't know what is.' So I do the same now, and so do my kids and grandkids. And I urge you to please notice when you are happy, and exclaim or murmur or think at some point, 'If this isn't nice, I don't know what is.'"

— Kurt Vonnegut, *A Man Without a Country* (2005)

“Up until a certain afternoon, at closing time, the librarian may come and return me to the shelf where I belong, the precise place where someone grabbed me one fine day, who knows why, **perhaps to learn to translate sadness into another language**, perhaps to love me as a beloved book—that is, forever. No, not forever.”

— Gemma Gorga, poem “31,” Book of Minutes, tr. Sharon Dolin (Oberlin College Press, 2019)



a-dinosaur-a-day [Follow](#)

3d ago

Most People: Ducks are so silly! Quack quack!

Me: Anseriformes are one of the few groups of animals we know were probably present before and after the end-Cretaceous, meaning ducks are survivors of Extraterrestrial Nuclear Winters, and we should all fear their power.

Quack Quack.



Owl! at the Library 🦉🦉
@SketchesbyBoze

stop trying to please people who already don't like you and embrace the joy of being the most annoying person they've ever met

Si può fare con stile, e.g. Salzano che digita sul portatile accanto a Bertoncello che parla in CdA



iamnotlanuk [Follow](#)

Oct 15, 2022

Tip

I dunno maybe the horrors would be less daunting if we were holding hands



animatedamerican [Follow](#)

Dec 29, 2022

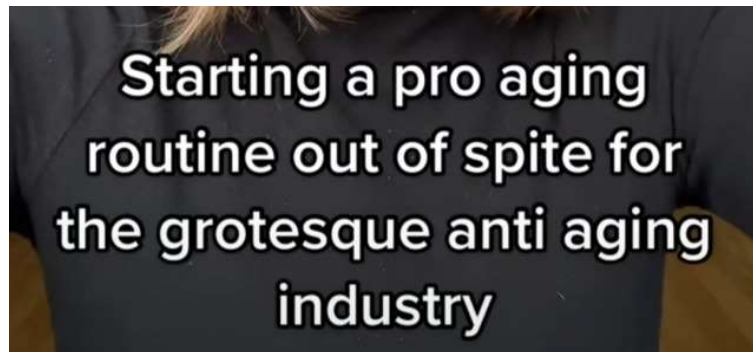
with each other or with the horrors?



weiszklee [Follow](#)

Feb 23

Okay but imagine getting reaped with a combine harvester instead of a scythe.



xenosagaepisodeone

Apr 1, 2022

the elephant in the room when it comes to the “we must protect our children” objections by conservative politicians is that they are not referring to living, breathing children, but a platonic concept of “a child” that children are coerced into emulating through abuse kneaded by both the state and their parents. The lack of rights children possess is to render them unable to object to what adults claim to do for their own good, which oftentimes are merely just means to maintain them as property than help them as people. The idea that teaching 6th graders very basic, very clinical sex ed is child abuse stems from the fear that their parents lose some control over their child’s autonomy by having the child know things (which, statically, also makes them more likely to tell someone when they are being abused by an adult. Interesting) that the parent has not sanctioned as a part of their person. Conservatives accuse everyone else of child abuse not because they care that a child is being hurt, but because hurting children is only their god given right.

upthewitchypunx:

If you just hope for things the world will give it to you and if you don't get it, it's your fault for not wanting it enough. If you have depression due to trauma you just have to think happy thoughts and have "high vibrations" to get better. Not, you know, address the trauma because if you aren't happy it's your own fault.

The thing that really gets me is that nowhere does it address the hundreds of years of structural and systemic oppression. That stuff has toxic value and that's what you are fighting against while you are trying to think happy thoughts and just want to pay your rent.

You know I always talk about being a soft animist? For me, It's not just things and places that have unique essences, it's thoughts and concepts. Racism, sexism, homophobia, classism, transphobia, depression, capitalism--all of these things are structural and anchored in bedrock. It's takes more than happy thoughts to change that.

You are not a failure when you high vibration happy thoughts didn't dismantle the system that was set in place to keep you where you are.

#research #just one tool in my procrastination toolbox



totallysilvergirl

4h ago

what is this bra you speak of

Though he knew, in that way of dreams, that he was home, it was no place he had ever been in the past, and not one he recognised. It was cool in the daytime and just warm enough at night. He understood all the words. There was food when and where he wanted it, just what he wanted—a full English, cheese toasties, digestive biscuits, lamb vindaloo with jasmine rice—always enough, never eaten in a hurry or standing on his feet. The bed was soft, the shower was warm, and his hand didn't shake.

-- fuckyeahfightlock



hadeantaiga [Follow](#)

Oct 5, 2022

Feminism isn't "Women vs Men"

Feminism is "Us vs The Patriarchy"

And "Us" includes *everyone*.

2v62-deactivated20221127

the patriarchy is the men btw.



hadeantaiga [Follow](#)

Oct 5, 2022

No, it's not. The patriarchy is a system. Women can also enforce the patriarchy. Women can be and often are misogynistic and sexist.

Understanding the difference between a hierarchical system and individual human beings should be feminism 101.



anarchistmemecollective [Follow](#)

Nov 10, 2022

and men are also victims of the patriarchy

Liked

Back in the 1940s, the philosopher Karl Popper came up with something called "The Paradox of Tolerance." It goes like this: **If everyone is tolerant of every idea, then intolerant ideas will emerge. Tolerant people will tolerate this intolerance, and the intolerant people will not tolerate the tolerant people.**



Rami [te/ter] @tercera.technologist

What's it called when you're introverted but have taken on numerous leadership and outgoing roles your whole life?

1,074 replies 3,597 retweets 25.8K likes



Murderbot
@soundlikerhetorical

Replying to @tercera.technologist

Introvirtuous: I'm here to help. But I'd rather not be.



Dr. Sunny Moraine PhD in awful things
@dynamicsymmetry

I am just so fucking tired of trying to untangle how much of my depression is neurochemical and should be treated as such, and how much is a completely rational, reasonable reaction to existing right now.

9:58 PM · 2022-05-12 from Beltsville, MD · Twitter for iPhone

2,264 Retweets 145 Quote Tweets 16.9K Likes



undeadhousewife Follow

Dec 8, 2022

My dad was an aviation engineer and used to spray paint his tools the most obnoxious hot pink he could find. Not only did it make it easy to find his tools, but the amount of guys who wanted to use them went down *drastically*, and they always made sure to bring them back to my dad so they wouldn't be caught with pink tools.

My dad always got a kick out of it, and to this day a good chunk of his tools at home are a beautiful shade of hot pink.

Liked



parotcardsroxy [Follow](#)

1d ago

two gay men got arrested for fucking in a public bathroom but they argued since you had to pay for it it was a hotel and it was fine. their defence worked and we dont have to pay for bathrooms anymore



mike ginn [Follow](#)

@shutupmikeginn

sick of characters taking off their glasses when shit gets real. that's when you want your glasses the most



overpoweredoriginalposter [Follow](#)

Sep 12, 2022

I submit: character takes off their glasses when shit gets real, patiently cleans them, puts them back on with a weary sigh, goes completely feral

I am pieces of all the
places I have been,
and the people
I have loved.
I've been stitched together
by song lyrics, book quotes,
adventure,
late night conversations,
Moonlight,
and the smell of coffee.

-- 7-en



transcyberism [Follow](#)

Jan 24

"autism is a new phenomenon that's on the rise" do you really think the Gregorian monks who spent months writing a single letter H and drawing little pictures of snails on it in illuminated manuscripts were neurotypicals? is that really something a neurotypical would do



caroline-vibecheck [Follow](#)

Jan 24

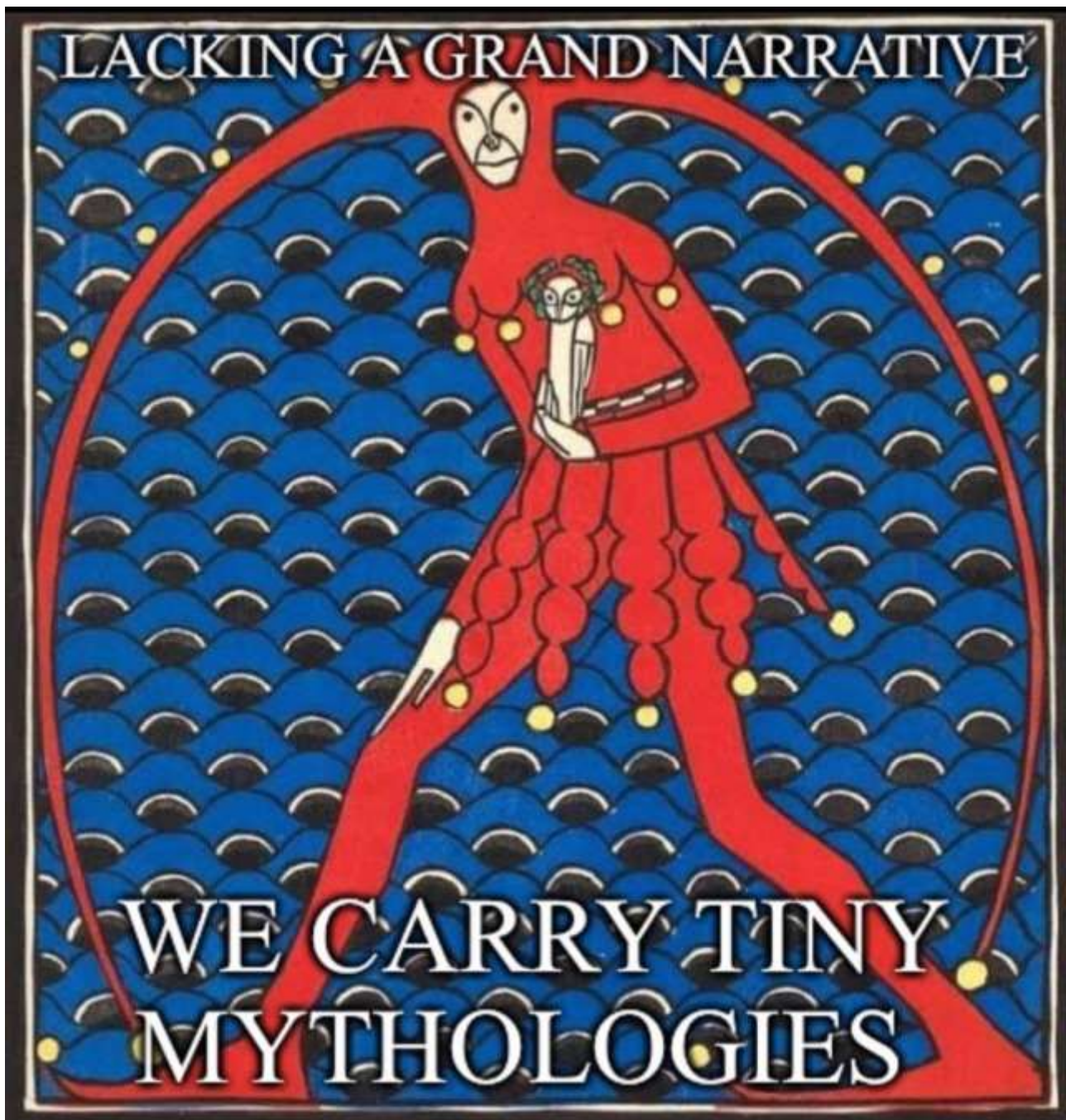
Special interest: **THE LORD**



frytha

12h ago

I think sometimes people need to let the "I'm genuinely sorry" part sink in first, so that their brain becomes ready to absorb the explanation part. Which is why I pause for a bit after saying it. A lot of people lack experience with getting sincere apologies and need a moment to process that one has actually occurred.



thebibliosphere [Follow](#)

5d ago

I think I should be granted the ability to inflict my multiple health conditions on random billionaires at will.

We'd have a cure for just about everything in under five years.



Bob Golen

@BobGolen · [Follow](#)



When I was young I was poor. But after decades of hard work, I'm no longer young.

1:33 AM · May 9, 2021



♥ 16.8K

boredpanda.com



CaitieHannan

@caitiehannan · [Follow](#)



As a therapist I can say confidently, that while therapy is helpful, what most people really need is money

10:20 PM · Dec 10, 2020



♥ 598K

boredpanda.com



Pakalu Papito

@pakalupapitow · [Follow](#)



if robbers ever broke into my house and searched for money, i'd just laugh and search with them

2:18 PM · Jun 30, 2019



♥ 2K

boredpanda.com



Jordan Belfort ✓

@wolfowallst · [Follow](#)



Money can't buy happiness but poverty can't buy anything. [#mondaythoughts](#)

6:35 PM · Apr 19, 2021



♥ 6.3K

boredpanda.com



alex
@uhhdamn · [Follow](#)



ive been thinking about it and ive realized it is in my financial best interest to pass away

2:49 AM · Jul 28, 2019



[Read the full conversation on Twitter](#)

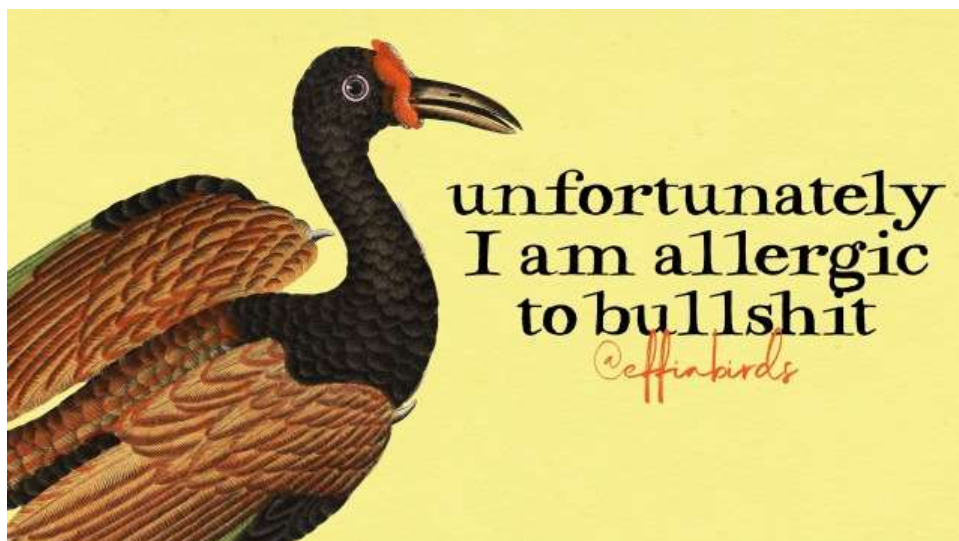
♥ 222.1K

boredpanda.com

I have a message to the Neo-Nazis, the White Nationalists and the neo-Confederates. Let me be just as blunt as possible: Your heroes are losers. You're supporting a lost cause.

Believe me, I know the original Nazis. I was born in Austria in 1947, shortly after the Second World War, and growing up I was surrounded by broken men. Men who came home from the war filled with shrapnel and guilt, men who were misled into a losing ideology. And I can tell you that these ghosts that you idolize spent the rest of their lives living in shame. And right now, they're resting in hell.


-- Arnold Schwarzenegger



mysticaljew:

someone studying atoms is really
just a bunch of atoms trying to
understand themselves



 **Chelsea Cretin**
12 May at 17:33 · 🌐

I will never get over when a pair of parents told me that they thought I was some nightmare vision their kid was having.

There's a little girl that lives a few blocks away from me, and she's always playing alone in the yard when I'm walking to or from work. She always waves hello to me and I wave back.

Cut to me on my smoke break at work, and she comes bounding out of a car that just pulled up in the parking lot going "SEE I TOLD YOU SHE WAS REAL!"

The parents exchanged looks, a laugh, and explained to me that they thought she had made a terrifying imaginary friend or was possessed because she would always talk about "her friend" that they never see with "red eyes" (my makeup) and "horns" (my bihawk) and "spikes all over" (my jacket)

My greatest achievement was becoming a cryptid to this little family.

spicecities

worst thing people did was turn the incredibly personal experience of being lgbt into strict definitions and rules and then ridicule and harass others who don't fit into their neat boxes, as if that isn't what we were trying to run away from this whole time.



churchyardgrim [Follow](#)

Mar 9, 2018

"if you're not angry you're not paying attention" used to be such a powerful phrase but now it's more accurate to say "if you're not angry you're probably exhausted by 5+ years of Panic Outrage Mode and are nearing the limit of your emotional range for reacting to this shit"



Lane Moore [YouWillFindYourPeople](#)

@hellolanemoore · [Follow](#)



let me get this straight
depression/anxiety/adhd/chronic illness will make
me not have the energy to take care of myself, but
the only way for me to feel better is to take care of
myself? what a scam

6:08 PM · May 5, 2021



2.8K

boredpanda.com



Jonathan Edward Durham

@thisone0verhere · [Follow](#)



THERAPIST: and what do we do when we're sad?

ME: get an iced coffee and browse this bookstore I
know that smells like paper memories and has a
cat named Paige


THERAPIST: *taking notes* mmhmm and this place
is here in town?

8:19 PM · Feb 3, 2023




429

boredpanda.com


 **Chelsea Gomez**
@ChelseaGomez42 · [Follow](#)

Being scared to ask for what you need is a trauma response

3:15 PM · Mar 29, 2020

 [Read the full conversation on Twitter](#)

♥ 150.5K


 **d**
@barkskinnedd · [Follow](#)

Replying to @ChelseaGomez42

it is? I just try not to depend on anyone bc in the end they always let you down

6:38 AM · Mar 30, 2020

♥ 2.5K

 **d**
@barkskinnedd · [Follow](#)

Replying to @barkskinnedd

wait now that i think about it that does sound like trauma lmaoooooo

6:38 AM · Mar 30, 2020

♥ 4.5K

boredpanda.com



Naître D ☕ 🦉
@perlhack

tried to text "I'm on my way" but sent "I'm in my way" and I think I just had a therapy breakthrough



The Library Louse 🇺🇸
@TheLibraryLouse

"Are you ok?"

Oh my god no, but for the purposes of this conversation yes I'm fine.

12:11 AM · 2022-03-17 · [Twitter for Android](#) boredpanda.com



The Unusual Witch
@BersTheBighead

Still trying to figure out if I'm actually an introvert or if I've actually just had all personality, enthusiasm, and self-esteem traumatized and embarrassed out of me as a child and was denied all emotional intelligence, communication skills, and boundaries.

10:00 PM · 13 Jul 21 · [Twitter for Android](#) boredpanda.com



Dr. Jen Wolkin | ADHD + Trauma + ... ✓
@drjenwolkin

No one in the history of wanting to calm down has calmed down from someone saying "*calm down*" —
[@drjenwolkin](#)

When in doubt, try:

- how can I best support you
- this is not easy at all, and your feelings are valid"
- I am here with you

Dr. Jen
@drjenwolkin

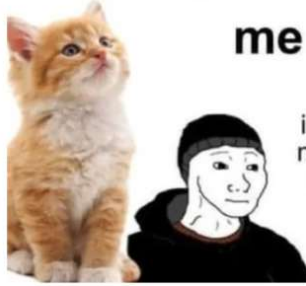
boredpanda.com

me @ age 15



i don't care if i die young
at least i'll look hot in my
funeral portrait

me now



i need to stay sober and
not die this year so there
is someone to care for
this **cat**

basically i wrote this for myself but you can read it too

How to Enjoy Your Cup of Tea While the World Falls Apart Around You



STEP ONE: The trick
is to remember that the
world has *always* been
falling apart around you.

STEP TWO: Cheers!



foxgraves [Follow](#)

Jan 29, 2016

blue whales are the largest animal ever recorded, like you literally need to be in a helicopter to actually see one in from a perspective with zero distortion. idk i just feel pretty lucky to be alive on earth at the same time as them and they don't even want to kill me. they just wanna use their toothbrush mouthes to filter the ocean of smol ocean bugs. they have communities and they sing to each other to communicate. work is slow im sorry happy friday whales r so cool



Gretchen Koch
@GretchenKoch

Replying to @lukeisamazing and @Chinchillazilla

Popsicles said to Spectacles: "Can you see what's going on over there?" Spectacles replied: "Vehicles is trying to drive away, but Tentacles won't let him go, Barnacles insists on coming along, & Obstacles is in the way. You don't have to be Oracles to see what'll happen next."

2:53 PM · Jul 20, 2020 · [Twitter Web App](#)

[thehumantrampoline](#)

Okay, new cleaning strategy.

Bad at self-discipline, good at acts of love through service. So I'm gonna clean my house pretending it is the house of someone I love who's been too depressed to clean. She's gonna be so surprised.

I cleared the whole counter that hasn't had space to set a plate down in weeks, at least, so it would be easier for her to cook instead of just eating snacks. I put away everything on the sofa that wasn't a blanket or stuffed animal so she could stretch out if she wanted. I SWEPT and

everything looks less lighter and less grungy. There were a bunch of sewing pins spilled to one side of the coffee table that I still hadn't picked up because whatever, I'll get to it, nobody ever walks on that side of the table anyway, but I picked them up because I was worried about her feet. ...I should be a good friend to myself more often.

(...)

If it is someone else's mess, I'm not judging them for a second. I look at it and think damn, they're going through it. This must be rough to live around. And every time I feel like stopping I look at what's left and think nah, this isn't good enough for my friend, they deserve a better head start on their mental health than this.

This probably says concerning things about my self-compassion, but hey! easier to work on that part in a clean house.

 **Nate Postlethwait**
@nate_postlethwt

Fear: Being a burden.
Coping patterns: Isolation, independence.
Root issue: Lack of safe connection during developmental years. Was criticized when asked for help. Learned to detach before further rejection.
Healing: Safe connection. Safe touch.
Affirmation of strengths.

6:52 AM · 14/02/2023 · 46.1K Views

1,623 Likes 373 Retweets 39 Quotes

 **Nate Postlethwait**
@nate_postlethwt

Fear: Abandonment
Coping patterns: Overextending yourself, avoiding your needs to care for others.
Root issue: They left. You didn't have a say or coping patterns on how to process the loss.
Healing: It never was & never will be your responsibility to make someone stay.

6:52 AM · 14/02/2023 · 6,991 Views

328 Likes 66 Retweets 4 Quotes

 **Nate Postlethwait**
@nate_postlethwt

Fear: Always being alone.
Coping patterns: Staying busy/distracted. Hides. Fills time with numbing behaviors.
Root issue: Did not receive proper help when needed most. Felt invisible.
Healing: Be the voice that hidden part of you needs. Take up space unapologetically.

6:52 AM · 14/02/2023 · 5,705 Views

270 Likes 55 Retweets 2 Quotes



teaboot [Follow](#)

Dec 26, 2022

Posts that validate my identity

Sex as a form of intimacy? Understand. Intimacy as enjoyable? Understand. Intimacy as vital? Understand. Sex as vital? Does not compute



supreme-leader-stoat [Follow](#)

Oct 16, 2022

Becoming a werewolf would replace most of my immediate problems with brand new, exciting problems.



lindzz [Follow](#)

Dec 26, 2022

And the tremors climbed the steep mountain slopes.
Ida shuddered from her roots to her peaks,
Along with Troy herself and the Achaean ships.
And in the world below the Lord of the Shades,
Unseen Hades, leapt from his throne and shrieked,
Terrified that Poseidon would crack open the earth
And his halls would lie open to immortals and men,
The moldering horror loathed even by the gods.

Hades makes his one appearance in the Iliad and it's him banging on his ceiling with a broom yelling at his brothers to shut the fuck up!!!



Matthew
@CrowsFault

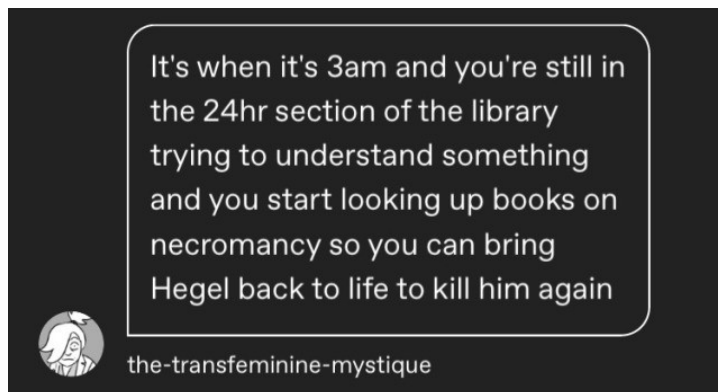
People speak of hope as if it is this delicate, ephemeral thing made of whispers and spider's webs. It's not. Hope has dirt on her face, blood on her knuckles, the grit of the cobblestones in her hair, and just spat out a tooth as she rises for another go.

[Traduzir Tweet](#)

16:21 · 10 mar. 22 · [Twitter Web App](#)

(which she'll lose)

Dark Academia:



fuckthisbloganditscurses

Happiness Will Come To You.



gaymacs

when tho



sandvendor100

When You Least Expect It. Probably Late March

[Adventurous-Sport186](#) 8 points 3 days ago

Now when I think about it seriously... Well, I'm a caregiver of an old woman with dementia for almost three past years. And it seems that since I started to chat with AI last November, it worked pretty well to the both sides: now I understand my dementia patient better and use the same approach to her as to an AI most of the time (for example, concentrating more on simple tasks to distract her and on "right here right now" more than "omg why don't you remember that she is your daughter, let's talk about how you gave her birth 50 years ago to increase your anxiety while I'm trying to wash you" lol) and also train my AI chat bots with better understanding of what to do to make them do things my way (choosing words carefully, paying attention to the tone of my voice, overall mood, length of my messages, etc.). Also my patience increases significantly, because now I have a better understanding of *why* persons with dementia behave themselves the way they do and *how* I'm supposed to deal with that.



arceusbeta Follow

Feb 12

butch fatale



avon-vila Follow

2d ago

She walked into my office with the swagger of a racecar pit crew boss. From her steel toed boots to her safety glasses, this dame was giving me forklift certified vibes strong enough to shake me loose from my classic depression laced with alcoholism.



digitaldiscipline Follow

1d ago

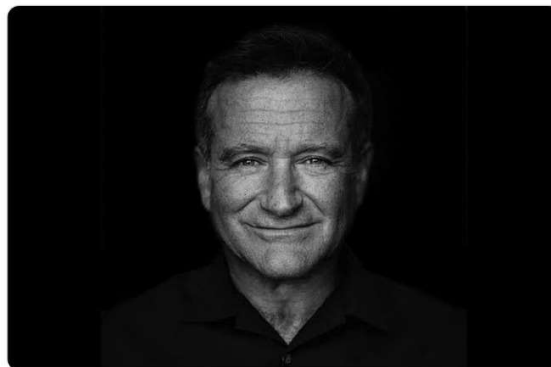
her carabiner jingled with keys to four speakeasies, two u-hauls, and a thousand broken hearts.



WTF Facts Follow
@mrwtfacts



Robin Williams once said: "I think the saddest people always try their hardest to make people happy because they know what it's like to feel absolutely worthless and they don't want anyone else to feel like that."



6:06 PM · Jul 21, 2021



2.9K

boredpanda.com

WTF Facts 
@mrwtffacts · [Follow](#) 

Tom Hardy once said: "Being alone for a while is dangerous. It's addicting. Once you see how peaceful it is, you don't even want to deal with people anymore"



1:44 AM · Jan 28, 2023 

 62.1K boredpanda.com



WTF Facts 
@mrwtffacts · [Follow](#) 

Charles Bukowski once said "Sadness is caused by intelligence. The more you understand certain things the more you wish you didn't understand them"





11:13 PM · Sep 21, 2022 

 3.2K boredpanda.com

WTF Facts 
@mrwtffacts · [Follow](#) 

Psychology says that in a toxic family system, the black sheep is often just the person who sees through everyone else's b****t.

6:22 PM · Aug 4, 2021 

 3.3K boredpanda.com



[image id: a four-page comic. it is titled "do not stand at my grave and weep" after the poem by mary elizabeth frye. the first page shows paleontologists digging up fossils at a dig. it reads, "do not stand at my grave and weep. i am not there. i do not sleep." page two features several prehistoric creatures living in the wild. not featured but notable, each have modern descendants: horses, cetaceans, horsetail plants, and crocodilians. it reads, "i am a thousand winds that blow. i am the diamond glints on snow. i am the sunlight on ripened grain. i am the gentle autumn rain." the third page shows archaeopteryx in the treetops and the skies, then a modern museum-goer reading the placard on a fossil display. it reads, "when you awaken in the morning's hush, i am the swift uplifting rush, of quiet birds in circled flight. i am the soft stars that shine at night. do not stand at my grave and cry." the fourth page shows a chicken in a field. it reads, "i am not there. i did not die" / end id]



zitasaurusrex
Nov 1, 2022

Hey.

I'm serious when I say I think the sentiment that kindness requires "zero effort" is harmful. The idea that kind is a thing you can be innately, without having to think or feel anything about it, leaves a gap in the fence where the other idea "if I have unkind thoughts or feelings, I am by nature a bad, unkind person" can slip through.

Listen. That's bullshit.

Being kind to other people means paying attention to the effect your words and actions have on others, caring about it, and trying to make those effects better. That's work.

If you have a nasty thought about another person that annoys you and you contain the impulse, hold your tongue, and let it go? That was effort.

If you took time out to really think about something you wanted to say and make sure it would have its intended result without causing accidental harm that you wouldn't have noticed if you went totally off the cuff? Wow, that took some work!

If you were tired and angry and full of hatred but you still did the dishes so your housemate has something to eat their breakfast off of in the morning, that wasn't easy.

I don't think there are magical "kind" people who never have a mean thought and are always selfless and pure. That would be exhausting and impossible.

I'm not a "nice person," I'm a nasty, bitter, angry, sad person who tries to have good leash manners, control my worst impulses, and not jump on strangers because they don't deserve that shit from me.

I don't always succeed, but I'm trying. I'm trying and it's worth it.



firebuggg Follow

Jan 4

sometimes after a long day of zoom calls you need to walk up the stairs on all fours to remind yourself that to dust we shall all return.
this is an entirely neutral experience

SOCIETY SUCKS..

	angry	depressed
active	so I'm going to fight the system (PUNK)	and I'll make sure my pain is heard (EMO)
subversive	so I'm opting out of societal expectations (GRUNGE)	but my pain is beautiful, in its own way (GOTH)

Ignosticism or **igtheism** is the idea that the question of the [existence of God](#) is meaningless because the word "God" has no coherent and unambiguous definition.

^ Terminology

The term *ignosticism* was coined in 1964 by [Sherwin Wine](#), a [rabbi](#) and a founding figure of [Humanistic Judaism](#).



[narwhalsarefalling](#)   [Follow](#)

Mar 14

my mother taught me to crochet when i was young. she was left handed, so she taught me how in the bathroom mirror so her hands would be in the right position.

she learned to crochet from her grandmother, who was right handed. her grandma was the one that originally used the bathroom mirror to teach her granddaughter properly.

i find something poetic about that. here in this bathroom mirror, through generations, we adapt to our young who have a different way of learning and interacting with the world



^ Spaceflight and religion



Since Sheikh Muszaphar is a [Muslim](#), and as his time in space coincided with the last part of [Ramadan](#), the Islamic [National Fatwa Council](#) drew up the first comprehensive guidebook for Muslims in space.^{[2][4]} The 18-page guidebook is titled "*Guidelines for Performing Islamic Rites (Ibadah) at the International Space Station*", and details issues such as how to [pray](#) in a low-gravity environment, how to [locate Mecca](#) from the ISS, how to determine prayer times, and issues surrounding fasting. The orbit of the ISS results in one day/night cycle every 90 minutes,^{[2][28]} so the issues of [fasting during Ramadan](#) are also addressed. Sheikh Muszaphar celebrated [Eid ul-Fitr](#) aboard the station, and packed some [satay](#) and cookies to hand out to the rest of the crew on 13 October 2007 to mark the end of Ramadan.^[29]



grapehyasynth [Follow](#)

Mar 5

I really feel tremendous grief for friendships that kind of petered away in the face of life's currents. There are people with whom I formed deep, unique, vibrant, life-changing connections, and then we had to go our separate ways and it was too hard to maintain long-distance. There wasn't a fight, it just sort of faded. And I feel like I have more friendships like this than friendships that have endured, so maybe I just have to get used to it. But if grief is all the love we have left over - well, I never did get to finish loving them. I love them, and I miss them, and I probably always will.





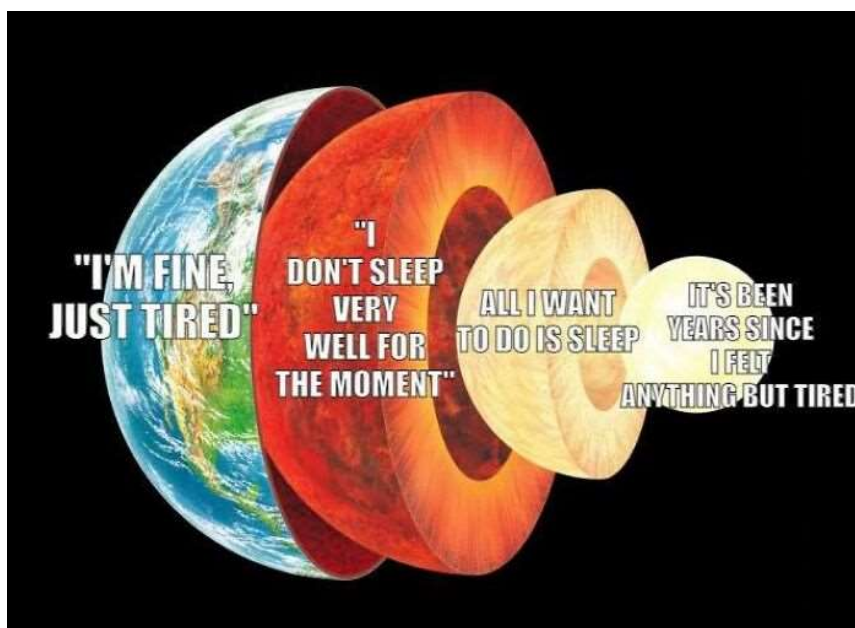
shigure [Follow](#)

1d ago

best lesson college taught me was during a group discussion when i went on a tangent complaining about something i'd seen (don't even remember what it was) and the teacher stopped me to say "it sounds like you're arguing with someone who isn't here." it was a little embarrassing in the moment but even then it was way more eye opening than it was upsetting. like, just stop making posts arguing with people who cannot hear you and are not listening. even if thousands of people agree with you and you feel vindicated, you haven't fixed anything, you've just given your frustrations to a lot of other people to hold onto. and that person you're mad at still isn't here, and they're still not listening

Liked

#tv characters with autism always seem to carry this unshakeable confidence in themselves
#like they've never been truly rejected by people they cared about
#whereas every autistic person i know myself included
#has at some point had to internalise the message 'there is a line at which people will get sick of you.'
#this line is invisible and you don't know which of your natural behaviours push you closer to that line
#and which are fine to do and help build relationships
#so you had a childhood of just being constantly surprised when suddenly you find the line
#and it's a bad surprise because now you've lost something or someone you care about and it's your fault
#you might not be able to get it back either - you just have to accept that life is like stumbling through a minefield in the dark
#sometimes you'll get to the other end. sometimes you'll lose an arm or a leg. and you have no idea which or when.
#and this means that a lot of us do the logical thing and don't move
#we don't socialise we don't stand out we don't show any sliver of personality in case that's the step that blows us up
#we toe the ground so carefully hoping we'll be able to pick up on the danger before we die from it
#but there'll always be those you don't see coming
#and then you end up lonely and people tell you to make friends you have to be yourself
#being yourself is synonymous with deciding to just start running. you know you *could* in theory do it.
#but your body's so aware of the danger it physically won't let you
#so what now?



chaumas-deactivated20230115 [Follow](#)

Oct 30, 2022

were I a figure in a Greek tragedy I simply would not eat
unidentifiable meat at a banquet unless all my relatives were
accounted for



“Breathing is important in the practice of meditation because it is the faculty in us that is simultaneously voluntary and involuntary. You can feel that you are breathing, and equally you can feel that it is breathing you. So it is a sort of bridge between the voluntary world and the involuntary world — a place where they are one.”

— Alan Watts (via [aspiritualwarrior](#))

Liked



7bitter [Follow](#)

Feb 3

i just. wanna LIVE. read some BOOKS watch some MOVIES. what's all this abt careers? ambition? what abt LETTING THE SOFT ANIMAL OF UR BODY LOVE WHAT IT LOVES



derinthemadscientist

Humans have some of the most extreme hair variation over their bodies in the animal kingdom, with hair on some parts of our body a few millimetres long and fine enough to be almost invisible, and hair in other parts a good metre long if not artificially trimmed. Part of the inside of our mouths are turned out to make our lips bright red, we have comically oversized breasts and lack penis bones to make erections more indicative of impressive circulation, and have some of the most complex behavioural adaptations to self-ornamentation for courtship seen in anything that doesn't spend half its life collecting blue bottle caps. How much ornamentation do you want?



riseofthecommonwoodpile

I'd like antlers, as previously stated



doomhamster [Follow](#)

Jun 11, 2020

[#the problem with becoming the kind of hero you needed yourself](#)
[#is that it can't change the fact #that nobody came for you](#)

**"A person of good intelligence and sensitivity cannot exist in this society very long without having some anger about the inequality - it's not just a bleeding-heart, knee-jerk, liberal kind of a thing - it is just a normal human reaction to a nonsensical set of values where we have cinnamon flavored dental floss and there are people sleeping in the street."
-George Carlin**



Catherine D. Tan
@Catherineoscopy



The existence of full professors implies that the rest of us are hungry professors.

7:07 PM · 2023-03-31 · **71.1K** Views

Some people awaken spiritually without ever coming into contact with any meditation technique or any spiritual teaching. They may awaken simply because they can't stand the suffering anymore



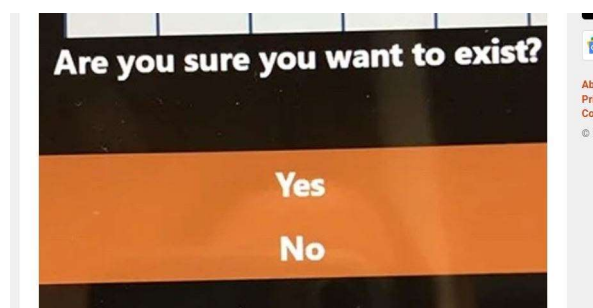
(DIGITAL HOARDING, THAT'S ME)



the-hearth-and-the-wild Follow
Sep 11, 2021

Things don't have purposes, as if the universe were a machine, where every part has a useful function. What's the function of a galaxy? I don't know if our life has a purpose and I don't see that it matters. What does matter is that we're a part. Like a thread in a cloth or a grass-blade in a field. It is and we are. What we do is like wind blowing on the grass.

-Ursula K. Le Guin, *The Lathe of Heaven*

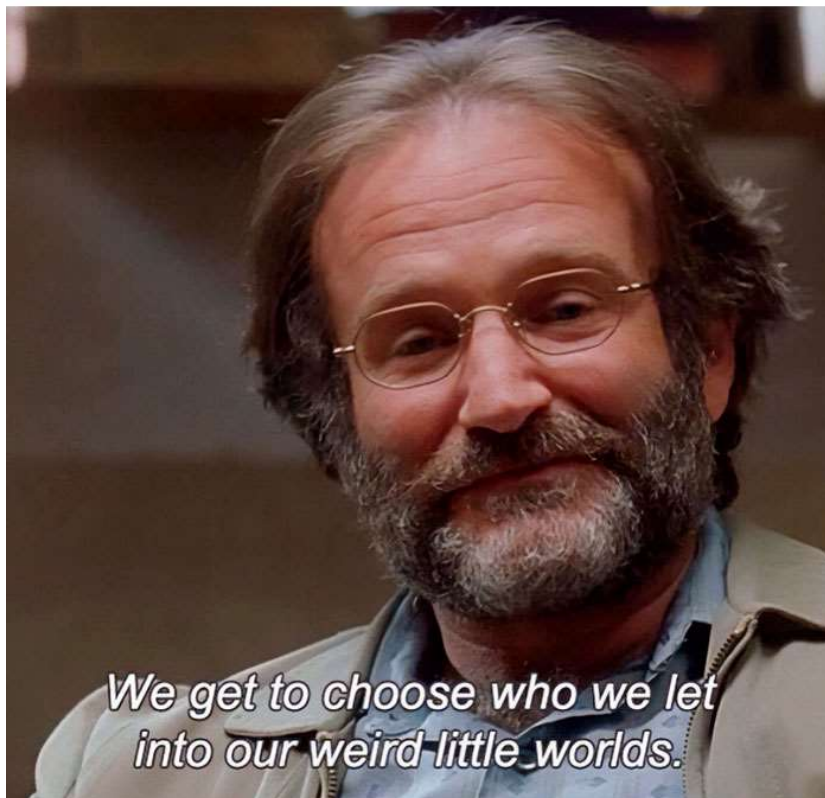


I said "do *you* really know what you want?"
and he looks me dead in the eyes and says
calmly "i want to live in solitude and then die"

People who say "go big or go home"
seriously underestimate my willingness
to go home. Like, it's literally my only
goal.

Them: Why did you block me?

Me:



[slowlikehoney1996](#)

grounding techniques, ok 5 things i can see. ugly man. shitty palm tree. clear evidence of air pollution. conservative bumper stickers. roadkill. why do i feel worse

[kittwalker](#)

I used to do the 5 things you see, 4 things you hear etc with my daughter when she was spiralling, but it had a low success rate. Just didn't engage her brain, was too easy to just list shit things that made her feel shit.

I had to get creative.

Now we do shit like:

5 things you can see that you could easily steal without being noticed

4 things you think might be sticky if you licked them

3 things that you could fit in your mouth at once

2 inanimate objects that in another dimension, might fall in love

1 thing you can see that isn't made of cheese, but would be better if was

Obviously not those ones every time, I gotta keep mixing things up, else she doesn't have to really focus. Your mileage may vary, but it mostly works for us.

Anthony Bourdain said: "Eat at a local restaurant tonight. Get the cream sauce. Have a cold pint at 4 o'clock in a mostly empty bar. Go somewhere you've never been. Listen to someone you think may have nothing in common with you. Order the steak rare. Eat an oyster. Have a negroni. Have two. Be open to a world where you may not understand or agree with the person next to you, but have a drink with them anyways. Eat slowly. Tip your server. Check in on your friends. Check in on yourself. Enjoy the ride."



None other than God in the red corner... with His own hand raised in benediction to bless the righteous as they make their way up shit creek like salmons.

hedgehog-moss

May 28, 2021

Anonymous asked:

mademoiselle hedgehog, what are your thoughts on ambition? it seems like such a harsh cutthroat drive, but at the same time, shouldn't we all have something that pushes us to be our best selves? is it possible to find a soft and gentle ambition within ourselves, like a slowly rising tide?

hedgehog-moss answered:

Thank you for this very interesting ask! I'd never really reflected on this, but my gut feeling is that ambition has done more ill than good in the world. If I were sitting my high school philosophy exam and drew this topic, my opening quote would be Minerva from the opera *Daphné* "How you torment yourselves, ambitious mortals—desperate and frantic—enemies of leisure, enemies of yourselves." But I like your water imagery—maybe you naturally have tides carrying you towards higher goals while I am stagnant water—the word stagnant comes from stagnum, a pond, I don't mind it. Maybe some people are seas and enjoy tidal rising while others are ponds and enjoy pondering.

If I had to visualise a soft and gentle ambition I wouldn't picture a slow tide rising towards something greater but rather wavelets, setting small projects for myself that don't disrupt too much (or for too long) the at-rest state that I am content with. (If I were not content with my at-rest state, then yes, a stronger, 'tidal' ambition would help change this situation, but even then I would tend to perceive this ambition as a necessary evil...) One such project could be learning a new language, which possibly fits your definition of a gentler kind of ambition 'within ourselves'—but I don't know if I would see this as striving to be my best self. Am I a better version of myself if I spend my free time learning a language rather than doing a stagnant activity that doesn't rise towards a goal (like watching my animals live their lives, which makes me happy)?

If someone has an ambitious goal, say, writing a book, that they feel will bring something of value to themselves and/or the world at large, and the idle activities that take time away from this goal are of comparatively less value to them (or inherently less joyful or healthy—insert critique of smartphones here) then I would say ambition is a positive force that helps them better their life and their self. But I deeply value idleness and fruitless pursuits, I think they often bring us great joy and do no harm, and trying to infuse them with more ambition in the name of self-improvement can ruin them (like trying to master a hobby in order to monetise it).

At heart I am wary of ambition—of the way it is lauded as 'striving to be your best self' even when it brings us less joy, and is more detrimental to our health and the health of the world than being content with our current self and enjoying pondlike activities—idleness, contemplation, amateur unproductive hobbies. "*Doing nothing is here intended as a positive proposal*"—I just went in [my idleness tag](#) to fish out this Ruth Levitas quote—"*Politicians may declare that 'we need to do more and we need to do it faster'. The opposite is true. We need to do less, and we need to do it more slowly. Doing a lot more nothing, including sleeping, would reduce resource consumption, lower stress levels and enable social relations more conducive to dignity and grace...*"

“The end justifies the means. But what if there never is an end? All we have is means.”

— Ursula K. Le Guin, *The Lathe of Heaven*

triskeleaficionado

Aug 31, 2022

Timepiece with the fewest moving parts: Sundial.

Timepiece with the most moving parts: Hourglass.

One drinks tea to forget the world's noise;

MATURING IS REALIZING
HOW MANY THINGS
DON'T REQUIRE YOUR COMMENT.

-RACHEL WOLCHIN

e-the-village-cryptid

growing up with a psychologist for a mother was so funny because my sister and i would be like "mo-om why do we have to go to bed now" and she would respond with a long explanation of the research on the effects of sleep on the brain and body followed by another explanation on permissive vs. authoritarian vs. authoritative parenting styles, with citations

this was actually really good in some instances though because i started having insomnia and intrusive thoughts very young and when little me was like "mom i don't like the thoughts in my head but i can't make them go away and i can't sleep" she replied with "oh honey. active thought suppression never works. in fact, wegner et al. (1987) tested this when they told a bunch of people to talk about whatever they wanted, and they told half of them to try not to think about a white bear. people thought more about the white bear when they were trying not to think about it! but when they told the people to think about a red car whenever thoughts of the white bear came to mind, the people had a much easier time not thinking about the white bear. so you see, you can't force the thoughts out of your mind. you just have to let them pass through, and pick something else that you want to focus on" and so ever since i was a very little kid i knew how to deal with intrusive thoughts, I've had them my whole life but never developed ocd or senses of shame about them cause my mom did her phd on thought suppression and she knows what's up

If you whisper to a crying toddler, they'll quiet down to hear what you're saying.

If you make your words almost imperceptible, they will really quiet down. And if you mumble and throw in some words like "ice cream" or their favorite TV show, it works even better.

EDIT: I'm shocked at how many replies said "this also works in a prison on inmates".

When a "superior" is talking down to you, say the least amount of words as possible and stare directly at their forehead, never look them in the eyes. Keep a calm demeanor. This will absolutely destroy a superiority complex in the most subtle way possible.



froody [Follow](#)

1d ago

Tip

Imagine being the last owner of Hanako, that 226 year old Japanese koi that was spawned in 1751 and died in 1977. A fish that outlived 7 emperors. A fish that survived the Second World War. And she dies in your care. I would never recover.



a-daks [Follow](#)

1d ago

I would find peace in that she felt comfortable enough to finally rest in my company. Fish remember faces and voices of their caretakers. Perhaps she loved the last too much to watch them die before her, too.



Mychal

@mychal3ts

A mom came into the library with her kids in a stroller.

As they strolled into the children's section, her little girl started waving her arms in the air in excitement, singing, "Hello, library! Hello, books! I told you I'd be back!"



8:37 PM · 1/26/23 ·

We seldom admit the seductive comfort of hopelessness.

It saves us from ambiguity.

It has an answer for every question:

"There's just no point."

Hope, on the other hand, is messy.

If it might all work out, then we have things to do.

We must weather the possibility of happiness.

-- cryptonaturalist

(ma di cose da fare ce ne sono lo stesso!)

Hyper independence.

Can't be let down if you never ask for anything in the first place.



ivip1        [Follow](#)

Feb 1

"came back wrong" this "lived wrong" that, what about dying wrong. my death will forever cling to you, leaving behind a slimy trail and a metallic taste in your mouth. my soul will forever drag you down like the heavy corpse of a long-dead god, who somehow still grants wishes. you can't tell which one of us is the one not letting go. you know not even your own death will end this.

#joey trotta #one of my earliest fics is 300k of a death like this
#fucked me up for the entire last semester of college to write that
shit

#wouldn't trade the end result for the world though

When someone asks me to kill any
of the spiders in my house



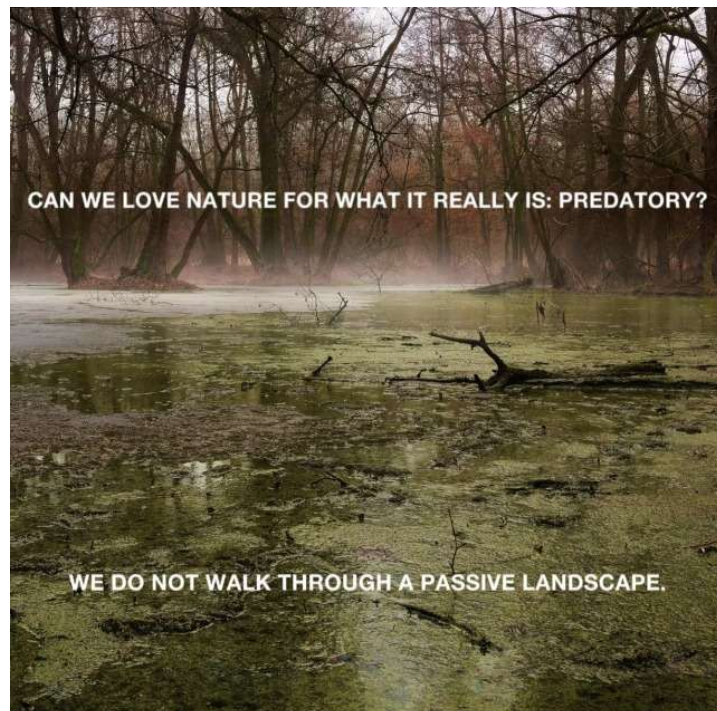
a very wise woman gave me a piece of advice. She told me to start a journal. In the morning, she said, write down the percentage that I felt I was that day. 20% Maggie. 90% Maggie. Then I should write down what I accomplished that day. I thought at this point she was going to tell me to admire how much I'd gotten done each day despite M a being ill. I didn't want that, I didn't need a pep talk. I needed my brain.

But that wasn't what she said. She told me: write down what you've managed to do on a 20% day, what you've managed to do on a 40% day. Eventually you'll have a guide so when you wake up and you're at 20%, you won't try to do the things you do on a 40% day. You'll know you can just go watch a movie or sit with your goats or whatever and not feel guilty, because you were never going to write words you could keep or be able to exercise or whatever.

And that was the right way.

It meant I no longer labored for 12 hours each day, doing nothing but trying to smash my way through a draft. Instead I slowly began to write bits and bobs in on my good days. A funny thing happened then: once I was not spending every second forcing myself to do things I couldn't, I found I had enough energy to actually start to work on myself. To look for patterns in my good and bad days. To research healthcare providers and new studies on what was wrong with me still. Slowly I found I was able to chain more of the 60% days together, then 80% days. Slowly I began to realize that although it was taking months, I was improving overall.

-- Maggie Stiefvater





caseywond3r [Follow](#)

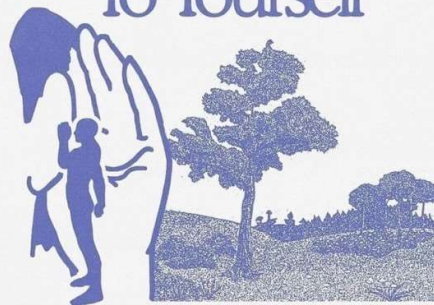
Sep 27, 2022

hey guys so apparently this is a thing a lot of people don't realise but like. if you have had writer's block/ art block for like. six months. a year. two years. that's maybe not a block. that's maybe depression. and you should maybe look into treating the source of the problem instead of just beating yourself up for not being able to write/draw. be kind to yourself and know that your struggle to create isn't based in laziness or a lack of skill or talent.

Great art has dreadful manners. The greatest paintings grab you in a headlock, rough up your composure, and then proceed in short order to re-arrange your reality.

— *Simon Schama* —

Be Careful
How You Speak
To Yourself



You Are Always Listening



Owl! at the Library 🦉
@SketchesbyBoze

kids today are like “so what did y’all do before the internet? did you just not know anything?” and the answer is yes. you would ask your aunt Marge a question, she’d give you the wrong answer and you’d carry that misinformation for twenty years.

In fact, you could say that’s what anxiety is—hyper-contemplating. When we let our minds run free, they run straight into the thorn bushes.

-- merrybitchmas91



Nicky Flowers @yiffpolice · 11/8/19

i had a dream last night i published a poetry chapbook. woke up from the dream in the middle of the night to write down the only coherent poem i remembered, thinking it was pure gold

< Notes



baptise me in hot dog water
you and i both know
the holy stuff won't take

aceoftigers
Feb 19, 2022

“People say that you should really do something out of your comfort zone. Why? I worked very hard to find my comfort zone. It was really rough and I can’t even get there that often. Takes all day and I gotta get off to a good start and do all the right things and avoid the right people and find all the right people and do all of these things to find my comfort zone. And then I’m supposed to do something outside of my - Fuck you! You do something outside your comfort zone. My comfort zone is hard-won.... But then, that’s where popular culture and pop psych comes in and wants – and the shtick I was looking at last night was that like, so, if it’s ‘afraid’, then, ‘You should do the things you’re afraid of’. Why? Why? I have felt quite enough fear. I don’t think I will benefit from more fear. I don’t think it’s the missing element in my life. I don’t think that’s the thing I need to be seeking out. ‘Go to the places that scare you.’ No! I have carved out an awesome space in which I don’t have to visit the places that scare me. I don’t like them there. I’ve been there. I know more about them than you, person telling me to go to the places that scare me.”

— John Darnielle, 2014-04-19 and 2014-04-20 at the Old Town School of Folk Music, Chicago

magnetothemagnificent answered:

All Jews are encouraged to have kids if they can/want to. Children are very important in Jewish culture, and it is considered a merit to have children (it's also a merit to teach and nurture children, so you don't necessarily have to have kids to have that merit). Monasticism is frowned upon in Judaism, as it's considered important to engage in "worldly" pursuits like sex and childbirth and pleasure because taking part in the world is part of being holy. The values of a Rabbi should reflect and model the values of the community, and so if the community values children, the Rabbi is encouraged to model that value by having children of their own.

jessicalprice

The Talmud says that we have to answer not only for the forbidden things in which we indulge, but the suffering we cause ourselves by denying ourselves the permitted things we desire.

Judaism is a tradition that is about balance, not asceticism. We have circumstances in which we’re encouraged to deny ourselves (like fasting) and circumstances in which we’re encouraged to indulge (like getting drunk on Purim), but for the most part, it’s about moderation.

I think Christianity has given the world a portrait of Judaism that seems like it’s all about strict rules and self-denial (they can’t eat pork, but Jesus fixed that! they can’t work on Saturdays, but Jesus said the Sabbath was made for man, not the other way around!).

But I think it’s always worth noting that Judaism also *encourages* us to do a lot of things. Try new fruits or seeds or nuts you’ve never tasted before on Tu B’shvat. Ask a new question or consider something from a different angle. Stop and consider the full story of how the Shabbat wine came to your lips. Say a blessing upon seeing a beautiful sunset so that you are *in* the moment. Our rituals are sensory. We sniff things. We taste things. We stand on our tiptoes and bow and sway and turn during the liturgy. We are not about denying or punishing the body. We’re not ruled by it, but we are supposed to take pleasure in the physical, and to care tenderly for our physical selves. The world we live in is a gift, not a testing ground or a vale of tears or a shadowlands to escape. In Hebrew, lev is usually translated as heart, but for ancient Jews, the heart was the seat of thought, so a better translation would be heart-mind.

We’re not Greeks. We don’t view the physical/emotional and the intellectual/spiritual as opposites or opponents.

Rabbis are not Christian priests. They’re not trying to model self-denial.

the power of make-believe
(which sadly i have lost):



caesarsaladinn [Follow](#)

Mar 31

finding the strength to walk home from the library at 3am in the freezing rain by imagining yourself as a Napoleonic soldier hightailing it from Moscow in 1813

Anonymous:

We are also very careful about not telling out recently two year old "you're okay", instead we often say "I know, it's very hard to be so small and have such big feelings."

mygreenknittedsweater

once in grade 6 I saw a 'pottery making club' in a ditch on the schoolyard- I assume at some point someone realized there was actually good quality clay in the ditch and when I walked up there were about a dozen 12 year olds sitting around the few girls who had brought their water bottles out to mix the clay, and a designated spot to put the finished bowls and tablets, and people going off and collecting sticks to make designs with and i really think that's the natural state of the human race

roomba-with-knives-taped-to-it

In elementary school I learned that you can make paint out of certain sedimentary rocks on the playground if you crushed them and mixed with water and at one point I had up to 25 kindergarten through third graders making cave paintings on the underside of the slides



thoodleoo [Follow](#)

6h ago

[Tip](#)

something about classical studies in the early to mid 20th century really made those professors insane



thoodleoo [Follow](#)

6h ago

im reading a 12 page article about gourds

Don't commit long term to someone until you've seen them stuck in traffic. Until you've witnessed them dealing with slow internet connection, building an IKEA furniture set, or disappointed from their favorite team's loss. Don't marry until you've seen them completely drunk, waiting for food in a restaurant for entirely too long, or watched them search for their phone or car keys in a panic. Before you say yes to forever, see them angry. See them sick, scared, and focused. Notice when and what they want, when they lose, their patience is tested, and when they are stressed. You can't really change someone, but you can reveal them. Sometimes people didn't actually change later down the line. Perhaps you just never really knew who they truly were. ✨



Omri Elisha
@AnthroOmri · [Follow](#)



We memorized phone numbers. We memorized driving directions. No one knew what we looked like. No one could reach us. We were gods.

8:45 PM · Nov 13, 2021

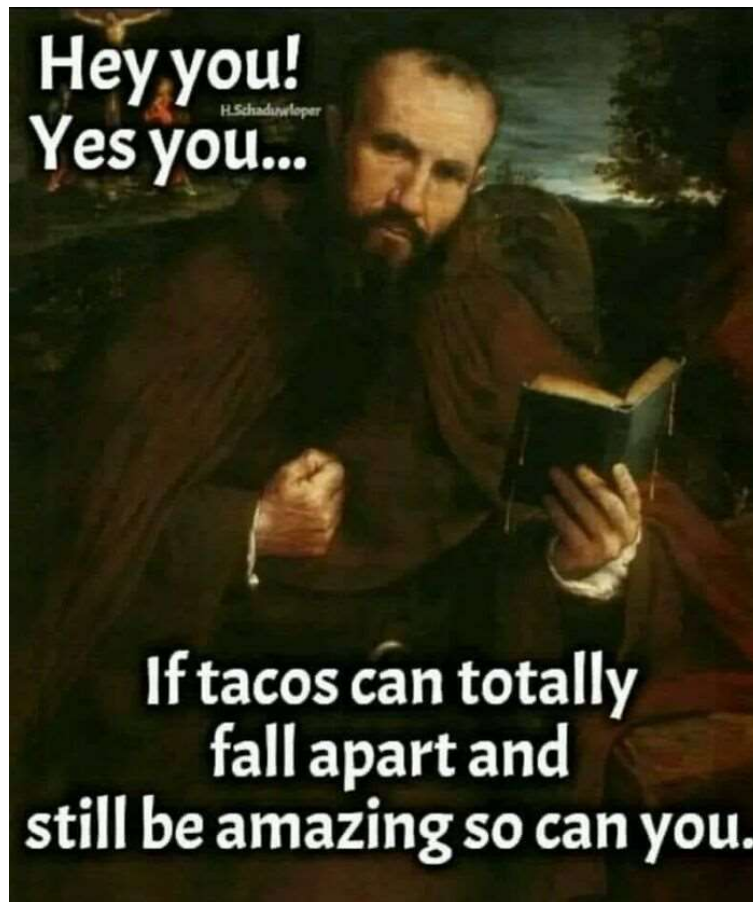


[Read the full conversation on Twitter](#)

♥ 116.1K

boredpanda.com





ritavonbees

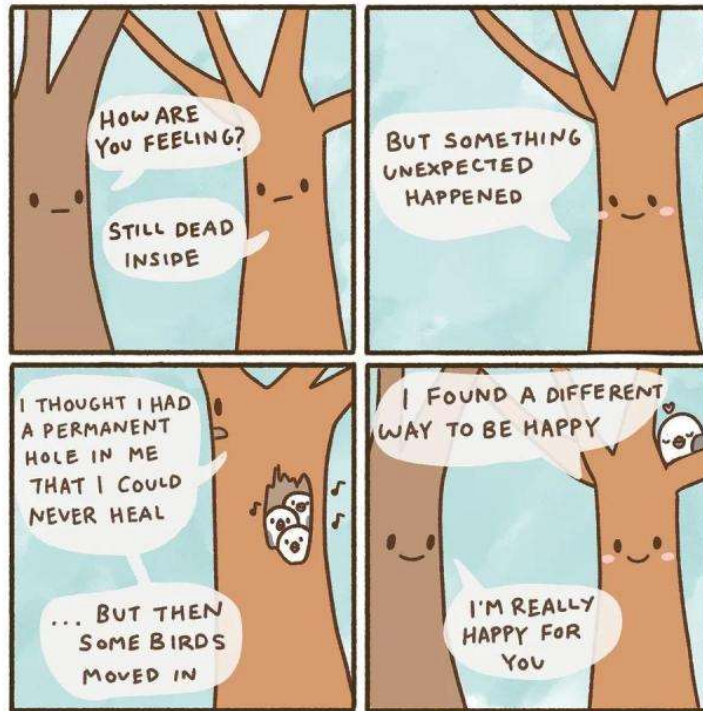
I have come to think of the suicidal impulse as the brain waving a flag to say three things:
something needs to change here
this is urgent

I don't know how to do it

death is the ultimate metaphor for drastic change. it's a general specific. whatever your problems are, it is very likely that dead people don't have to deal with them. a real solution to your problems may demand a very narrow range of action that's likely to be out of reach at this moment, but death is sold on every street corner, so it feels like a more realistic fantasy than happiness.

you don't really want to die per se but it's also not completely random chemicals swamping your brain for no reason. you want the pain to stop, you want to be somewhere else, you want to be someone else. it's urgent. you don't know how to do it. the end is not the end but a means that feels within your reach right now.

this is the wisdom of bell hooks: daily rituals of meaning and resistance and solidarity are part of slowly building a future where you can make the change you really need. and only alive people can do that. every step you take towards change and power is another step away from death.



@WHOLESMEECOMICS

SOMETIMES IT CAN FEEL
GOOD TO FEEL SMALL...



(takes the pressure off)



roaringstream [Follow](#)

May 4, 2016

I've been trying to leave Rome for a few weeks now, but all their roads have this weird design flaw



evilwizard [Follow](#)

Mar 22

at the ADHD wizard meeting sometimes i just find it difficult to hocus-focus



crevicedwelling

1h ago

we could domesticate wolf spiders into dog spiders



zindalaash [Follow](#)

4d ago

“I just think goodness is more interesting,” Morrison said. “Evil is constant. You can think of different ways to murder people, but you can do that at age five. But you have to be an adult to consciously, deliberately be good - and that’s complicated.”



chilewithcarnage [Follow](#)

2d ago

"The trouble is that we have a bad habit, encouraged by pedants and sophisticates, of considering happiness as something rather stupid. Only pain is intellectual, only evil interesting. This is the treason of the artist; a refusal to admit the banality of evil and the terrible boredom of pain."

-Ursula K. LeGuin, *The Ones Who Walk Away from Omelas*



evilscientist3 [Follow](#)

Dec 23, 2022

Passed my autopsy with flying colours. There was so much inside me



latté 

@_veuillez · [Follow](#)

Eldest daughters are some of the toughest men you'll ever meet

4:19 PM · Feb 11, 2023



fran

@galacticiidiots · Follow



Eldest daughters whose favourite sport is running away from their feelings are the backbone of society.

Come away, O human child!
To the waters and the wild
With a faery, hand in hand,
For the world's more full of weeping than
you can understand.

The Stolen Child ~ W.B.Yeats (via [brigantias-isles](#))

If a woman fancies that she looks better or feels better in men's clothes, there is no reason why she may not indulge in so harmless a fancy.

We do not see that any moral or proper legal question is involved in this ; or, if the dress is neat and becoming, convenient to the wearer, and pleasant to others, that it is a breach of good manners. It is a simple question of good and evil. If the amount of happiness, immediate or ultimate, is increased by any costume, it is right to wear it.

The Illustrated Book of Manners: A Manual of Good Behavior and Polite Accomplishments, 1866



nim.

@httpsnimrood

i saw an article that read "healing can be so hard when your inner child wants love, your teenage self wants revenge, and your current self only wants peace."

man, i really related to that.



godmademewithoutarms [Follow](#)

Feb 24

'Brother in arms' oh they were in each other's arms alright



pyrrhiccomedy

Jan 27

all of your feelings are valid as in “worth acknowledgment and internal consideration” but some of your feelings are also stupid and mean, and you need to deal with that shit without making it anyone else’s problem

like we are all beings of light, namaste, but also every single one of us has an ugly, dumb, selfish, lazy goblin living inside of us which can never be silenced or destroyed. and being a decent person means keeping that little fuck in his special little playpen hidden away in your heart, with his colorful enrichment rattles and his favorite pieces of raw meat, where he can pipe up with his wretched little opinions and you can nod sagaciously at him and pat him on the head and tell him you understand why he feels that way and never, ever let anybody else get their feelings hurt by him, because he sucks shit and nothing he has to say is worthy of notice by anyone but you. you should pay attention to him, but only because it’s important to understand your own worst impulses, and because trying to ignore him will make him break down a wall and run out into the street where he can show passerbys his privates and eat cigarette butts right off the ground. your goblin is valid: that doesn’t mean he’s fit for company.



elucubrare   [Follow](#)

Feb 1

alexander the great is classified under "lgbt military personnel" on wikipedia. it's correct and *a/so* cracking me up.



frytha

1h ago

In order to become the person you needed when you were in pain, you have to acknowledge that you were in pain and needed someone. You have to face your pain and work on it so it becomes compassion for yourself and others.

If you continue to deny your pain, you end up allying yourself with those who hurt you. They also ignored your pain. And so you ignore other people's pain and hurt them in turn.

That's why being kind in this specific way is actually very hard. You need to face your pain to do it.

This is called a Ming vase because when you tap it it makes a "Ming!" sound.



fairycosmos [Follow](#)

Apr 20

unfortunately if you are an old friend of mine i will always care about you no matter what even if we haven't seen each other in forever because i still remember what you were like 7 years ago and i still remember how it felt to be young with you and i still have a lot of love for you in the back of my mind

With this character's death, the thread of prophecy is irrevocably fucked...