

What's the use of poetry?
You ask. Well, here's a start:
It's anecdotal evidence
About the human heart.

ALT

The Orange and Other Poems, Wendy Cope



fairtradebananas [Follow](#)

May 25

...

“God poured me out like milk and curdled me like cheese” sounds like a post you’d find on tumblr dot com, but it is in fact Job 10:10



nutsacktorturer [Follow](#)

Aug 10, 2018



Mongolians are cool because they've merged their traditional and modern ways of life so rather than having poverty due to losing all their important skills they just live in their yurts with their cows and 827474874mbs internet

I got into a very traumatic car crash today. After getting home late from the hospital I'm lying in bed. In the distance, I can hear wolves start howling.

It's like they're saying,

"Welcome home. You're safe."

And honestly, I haven't stopped crying for ten minutes.



jerseyclown [Follow](#)

Jan 1



i hate being an adult because no matter how hard you try your house is never ever ever ever ever clean

that thing dogs do where they go "omg YOU'RE a dog??? I'M a dog!!!!!"

longnuts:

Does anyone know what to do

canislupusfamiliaris

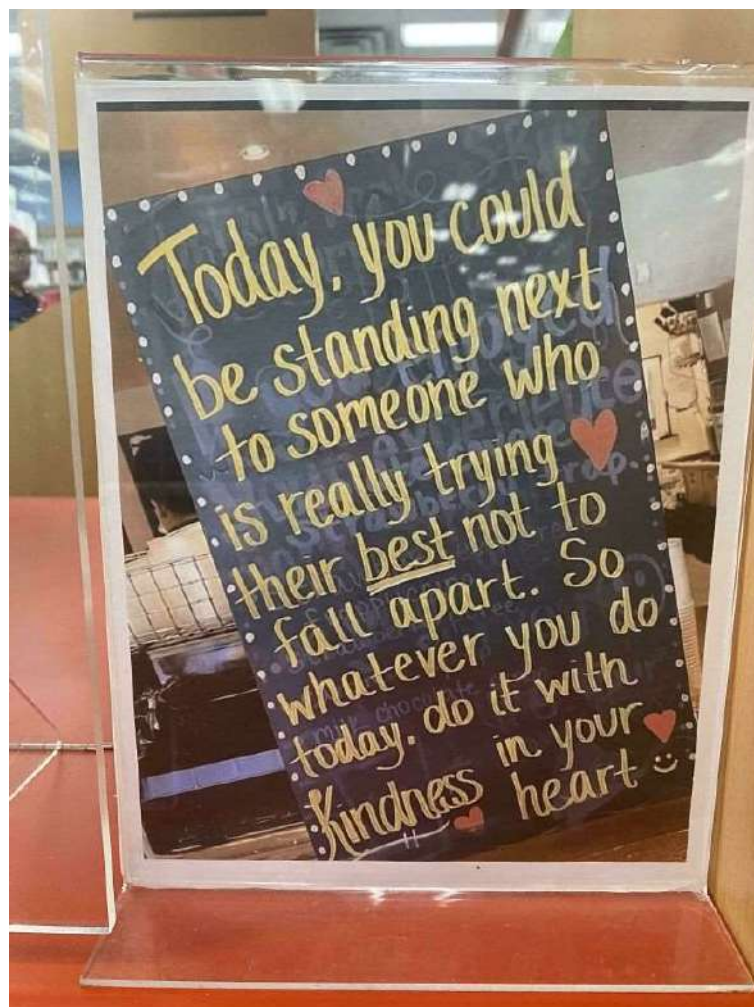
154,941 notes Jun 13th, 2024

boredpanda.com

If it's difficult for you to understand why people resort to violence, it probably means your privilege has protected you from being put in a situation where you feel you have no other choice.

(If reading this makes you uncomfortable, check your privilege).

Yolanda Renteria
@thisisyolandarenteria





iya ehime ora

@ehimeora · [Follow](#)



When life starts to get good again, you should allow it. You don't need to stay loyal to your suffering like it's a badge of honor. You can simply let the good things happen because you are a good person and you deserve it.

1:37 AM · Jan 8, 2024



33.4K



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Lazzyyyyyy

@em_Lazy · [Follow](#)



what substance do i have to abuse to feel like life is worth living again

6:50 PM · May 7, 2024



70



Reply



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linguistanora

"I can't f_____g do this" - I mutter for the twentieth time as I continue to f_____g do it



temmie
@tuyoki

ooo

doing stuff is hard
shoutout to anyone who does anything

12:29 PM · Jan 14, 2021 · Twitter Web App



shanmustafa-yo

no mom, it's not a phase, i'm a disappointment
for real

**we all eat lies when
our hearts are hungry.**

Penelope Douglas, *Next to Never*

"Someone has said that it requires less mental effort to condemn than to think. The widespread mental indolence, so prevalent in society, proves this to be only too true. Rather than to go to the bottom of any given idea, to examine into its origin and meaning, most people will either condemn it altogether, or rely on some superficial or prejudicial definition of non-essentials."

— Emma Goldman, "Anarchism, What it Really Stands For",
Anarchism and Other Essays



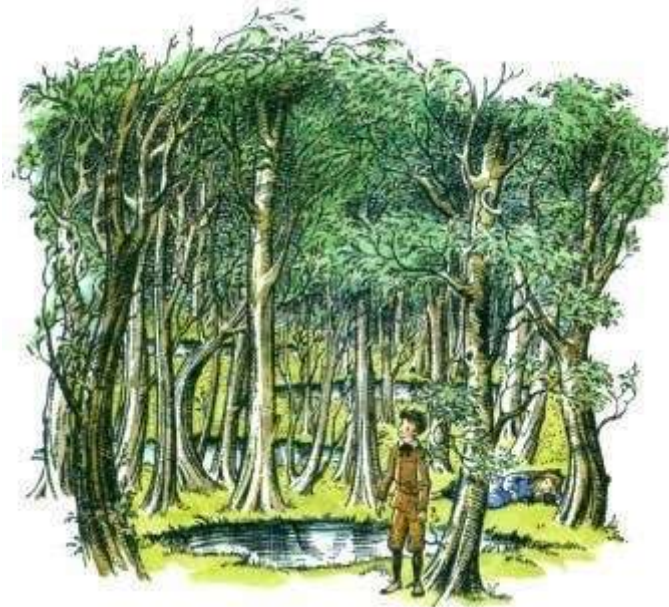
"Morality is doing right, no matter what you are told. Religion is doing what you are told, no matter what is right."

H. L. Mencken (1880–1956)

retellings of the same war with one saying here's what happened, we all died, and it did not matter at all and another going hush little boy, of course we won, of course your friends came back

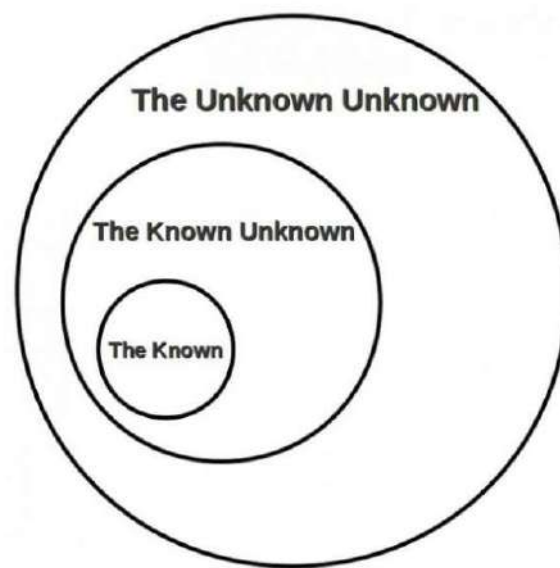
daydreamingandprocrastination

I will never get over how Tolkien & Lewis took the horrors of war and spun them into fantasy. Shivering in the trenches dreaming of cozy hobbit holes, shaking as bombs pockmark a forest and imagining each shallow mud-filled crater contains a new world—that maybe there are still as many beautiful things in the universe as there are bombs—that maybe the world is bigger than this moment and this ugliness and one day this will be a peaceful forest again full of small ponds. I mean look at these photos of the shell craters in Sanctuary Woods, near Ypres Belgium and tell me it's not the Wood Between The Worlds:



“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



“Call it a wild perversity or a wild optimism, but they were right, our ancestors, to celebrate what they feared. What I fear I avoid. What I fear I pretend does not exist. What I fear is quietly killing me. Would there be a festival for my fears, a ritual burning of what is coward in me, what is lost in me. Let the light in before it is too late.”

— **Jeanette Winterson**, “The Green Man” | *The World and Other Places: Stories*



catilinas 🍷 🧠 🐾 🐼 Follow

May 8, 2022



a weighted blanket isn't enough i need to be folded up inside a lead curse tablet



enkidusbi Follow

Jan 23



hi did you know that ancient mesopotamians buried their dead under the floors of their own houses to always be close to them? i can't write a poem about this but by god i will write a master's thesis



enkidusbi

2d ago



hey, remember this? i just successfully defended this master's thesis and i'm now officially an archaeologist



Dan Olson
@FoldableHuman

I've developed a new hobby I just call
"drilling holes in a board."

It's not really wood working, there's no
purpose, nothing comes out the other end
but sawdust and a useless board, you just
drill some holes in a board because it's
satisfying to drill holes.

2:16 PM · 09 Apr 24 · 49.8K Views

147 Reposts 14 Quotes 2,777 Likes

35 Bookmarks



Dan Olson @FoldableHuman · 8h

Replying to @FoldableHuman

I *had* a thing I needed to build, but then I
built it, and my brain's like "that was fun, you
should keep going. Not with the making
things part, just the part where you drilled the
holes."

30

29

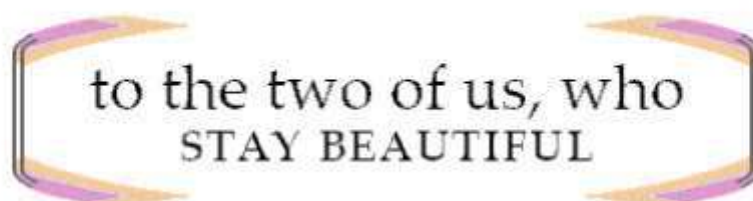
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28K



Girl I do no know how to explain that the vast majority of adults used
to be children.

νῶν, ὧ καλλίστῳ ὄντε αὐτῷ διαμένομεν





The future
so wide open

I can see
all its teeth.

Nicole W. Lee, from *"Even the Dust"*

IF YOU HAD THE CHANCE
TO START YOUR LIFE OVER,
KNOWING EVERYTHING YOU
KNOW NOW, WOULD YOU?



instagram: @green_fox_blue_fox
tumblr: @foxes-in-love-bsky-social
tumblr: https://foxes-in-love.tumblr.com/

WHY NOT?



I DIDN'T LIKE MOST OF IT.
AND I MIGHT NOT FIND YOU
AT THE RIGHT TIME AGAIN.



I WOULD PROBABLY
INVEST IN STOCKS.



GOOD CALL.



DEFAULT TO KINDNESS



I asked him, "How do you process all of the negative feelings that are projected at you?" and he said
 "They aren't my feelings"
 I don't think he realized how profound that was.



Owl! at the Library 🦉
@SketchesbyBoze

stop shaming people for reading kids' books. adult books are about sad people having affairs while kids' books have a magic tree house or a worm driving an apple. you tell me who's winning

WHAT I WOULD TELL EVE

MAEGEN MCAULIFFE O'LEARY

Eat the fucking apple.
They are going to blame you
regardless.

You might as well go to the gallows
with a full belly
knowing more than God.

i am
creating a
quiet, little,



nice
life of
my
own.



kragehund-est 🖐️🔥🧠 Follow

Sep 26, 2023



step one to overcoming social anxiety is to realize that most people
kind of suck and their opinion of you is literally worthless



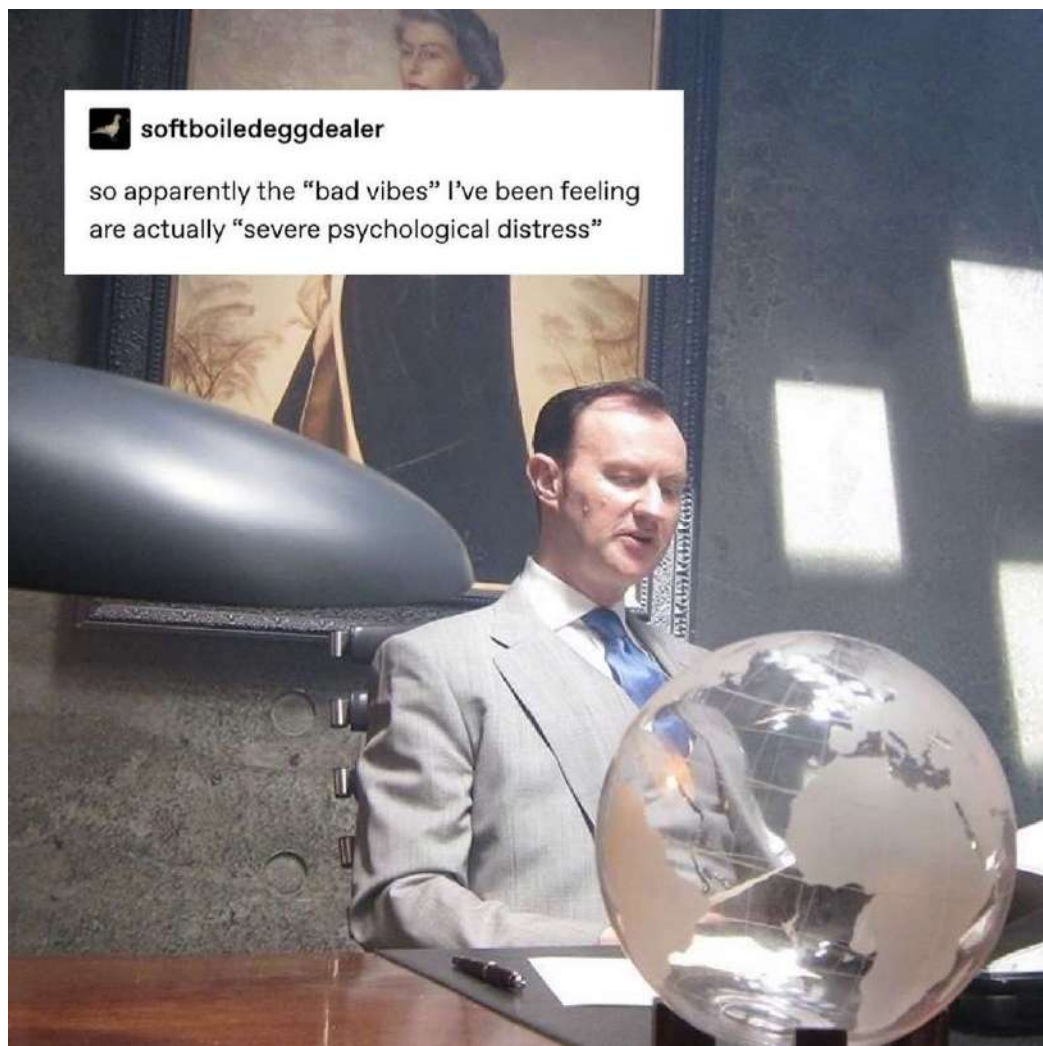
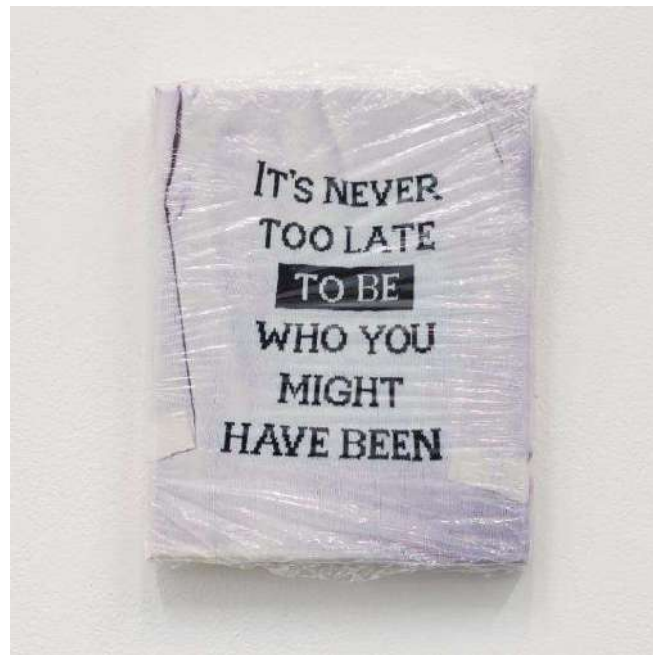
kragehund-est 🖐️🔥🧠

Sep 26, 2023



step two is to realize that the people who don't suck are actually pretty
cool with whatever weird stuff you say







vaspider

I told @mistresskabooms over and over again that she could come to me about anything, and I'd still love her tomorrow.

So... she did.

She asked me about what the words "wage gap" meant when she heard them on the news. She told me when her friends in elementary school were "pretending to be mean to their imaginary girlfriends," and she asked me if she'd done the right thing by leaving "and taking their girlfriends with me." She told me when the kids on the bus started calling her a faggot. She talked to me when she read Night in school.

And she told me she's a girl.

If kids don't feel safe coming to you about everything, they won't come to you about anything. Not anything that matters, anyway, because they won't be sure that the thing they're coming to you about won't get them into trouble.

But, of course, that's exactly the point here. These things - we know this, right? - aren't about "keeping kids safe." They're about control, and they're about keeping kids ignorant and - most of all - afraid.

If you are afraid of being contaminated mentally, of being accidentally ruined, of seeing something Bad and becoming Bad yourself, you become easier to control. If you understand that reading about something doesn't mean you agree with it, and that words and ideas may be scary but that simply knowing that an idea exists, or reading about a thing, does not make you that thing, you become much harder to control. You become harder to control because you become more able to test the things you think that you know against new ideas, things like "are gay people Bad, actually?" and "what if a pregnant person could have more legal rights than a corpse?" and "what did the water and sky look like before the EPA?" or "wouldn't ranked choice voting be neat?"

Just for starters.

The idea of "mental contamination" is big in Evangelical circles, but that ain't the only place, not by far. If you're thinking, "Man, that idea sounds like a concept that shows up a lot in leftist spaces and on Tumblr," you are correct.

This concept is a concept of control. It does not exist to make you stronger. It exists to make you afraid and to keep you from questioning yourself and the world around you. This lack of questioning becomes like wearing a cast around your leg forever. Technically, yes, it keeps your ankle safe, but in the process, the lack of exercise withers your calf muscle.

This leaves you with a worldview that cannot stand up to any kind of meaningful stress or challenge. Things are right because they're right, not because you can defend why they're right. These kind of default beliefs are fragile, soft, and easily shattered or shredded.

This shit doesn't protect kids. It makes them fragile and weak, unable to formulate worldviews they understand well enough to defend and worldviews strong enough to hold up to the rigors and stresses of life.



taylorlut Follow

Sep 6, 2018

...

you know what's wild is that all these crazy standards we hold ourselves to are things that we don't even value in another person? like i've never been like "wow I love that this friend of mine is too proud to ask for help and never complains about their feelings" or "my favorite quality about this friend is that they get straight A's and never get overwhelmed and has never told me about a problem" or "i love that this friend has never been wrong about anything or slipped up and said something embarrassing once in their life" and yet here we are, pushing ourselves past our limits for and beating ourselves up over slipups of things that our friends probably wouldn't even rank in the top 50 reasons they like us



garden @g_rdn_ · 4d

wow i cant believe the good guys won every war thats nuts



prefrontal-bastard Follow

Jul 17, 2023

...

"I'm not going to do the thing because I don't view it as important." ← **Conscious decision made of your own free will.**

"I want to do the thing because I view it as important, but trying to get myself to do the thing creates the same reaction as trying to put my hand on a hot stove would." ← **Executive dysfunction, a physical health problem that doesn't answer to your own free will.**

"Trying to get myself to do the thing creates the same reaction as trying to put my hand on a hot stove would. This must mean I don't actually want to do the thing and I'm just tricking myself into thinking I do." ← **No, that's still executive dysfunction, but you're having brainworms about it.**



justsomeguycore [Follow](#)

Jun 16



btw gaining weight and becoming a fat person when you weren't fat before is not the worst thing that can happen to you. it's not even in the top 10 or 100 or 10000000000 worst things that can happen to you. your body is going to change over the course of your whole life no matter what you do, and sometimes that includes weight gain even when your levels of activity and diet stay the same. you can either accept it or make yourself a slave to trying to stop it or change it. and idk about you but i have better things to do 👍



the-real-numbers-deactivated202

tools in my toolshed have started expressing rudimentary emotions

crtter

If people were too mean to you when you were growing up, a newborn animal will materialize inside your brain and it's so so scared and shivering and it will stay there for years. Decades, even.

And whenever you say something kind of weird but true to your heart the animal will tell you "Noo! You can't say that! If you say that, everyone will hate you!". The animal means well. It's so small and everything is so scary for them and it's just trying to protect you. But listen to me.

Listen to me. Whenever this happens, you can't do what the animal says. You can't. If you do, you'll become as scared as the animal. You have to keep saying weird shit. You have to keep doing things the animal wouldn't approve of. If you do enough things that scare the animal, maybe one day it'll go to sleep.

lordansketil

But sometimes, if people are mean to you for long enough, that animal grows teeth. It gets bigger. It's still scared but, instead of shivering in fear, it attacks. It tells you to make fun of the things other people say. It tells you that you need to strike first before you get hurt. It tells you to be loud and never back down. It seems confident, but it isn't. It's still that same little animal and you have to ignore it. It's too scared to be gentle or forgiving. It thinks it always has to fight to survive, and if you don't ignore it, if you don't do things it wouldn't approve of, then it will turn you into your tormentors.



quasi-normalcy [Follow](#)

Jun 12



I'm just saying, "We created a computer to make decisions for us, but it assimilated all of the bias that was implicit in the dataset and now makes incredibly racist decisions that we don't question because computers are logical and don't make mistakes" literally sounds like a planet-of-the-week morality play on the original Star Trek.



snivy [Follow](#)

Feb 25, 2018

literally everything is unisex if u stop giving a fuck

"Grief, I've learned, is really just love. It's all the love you want to give, but cannot. All that unspent love gathers up in the corners of your eyes, the lump in your throat, and in that hollow part of your chest. Grief is just love with no place to go."

— *Jamie Anderson*



tundrakatiebean [Follow](#)

Jun 26



I have come up with a better metaphor than "you can't pour from an empty cup" for burnout. You can't boil an empty kettle. Pouring from an empty cup just gets you nowhere. Trying to boil an empty kettle can ruin the kettle, the stove, and burn down your house if you keep trying it.

AGAMEMNON:

I see now that every man works for himself.

ODYSSEUS:

Who else should a man work for?

*I longed with all my heart for a fresh green
silence between living water and forests.*

Renée Vivien, from A Woman Appeared To Me



yuna

@yunawinter

if it helps to know, you are loved by the
earth who asked you to be here with it
for just a very little while

11:07 PM · 2019-03-24 · Twitter Web Client

instagram: @green_fox_blue_fox
bluesky: @foxes-in-love.bsky.social
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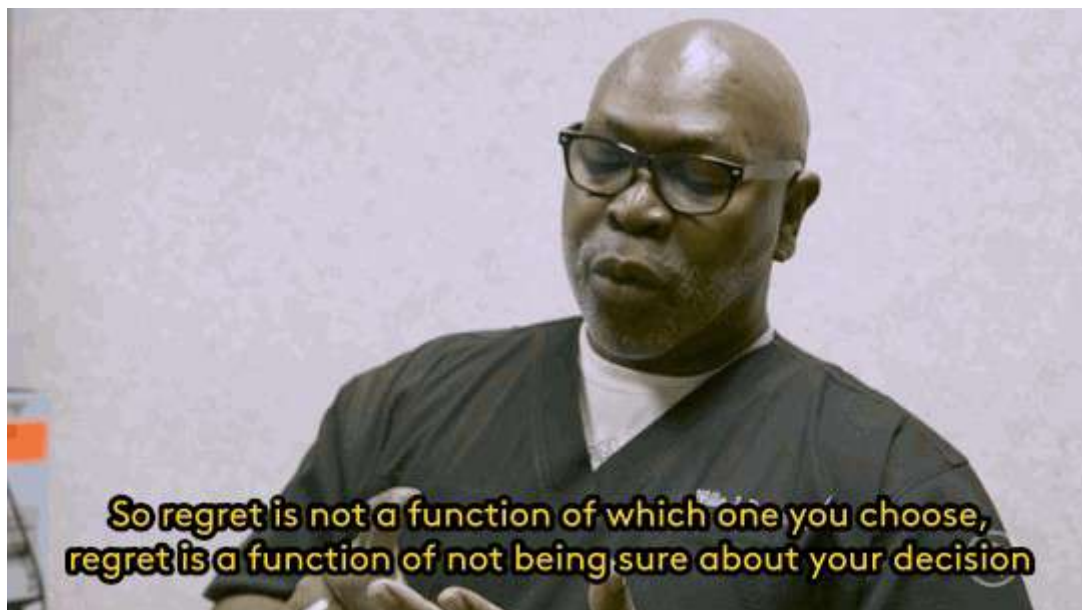


death-born-aphrodite



It's July sunsets, when you're sitting on your front steps with your best friend, watching the street lights turn on, it's early morning car rides, when you get to watch the sunrise over the highway, it's the sea, right after the sun sets and the lights from the boardwalk makes everything look soft, It's golden afternoons, when everything's warm and feels like honey, it's right before a thunderstorm, when it's windy and everything feels alive, it's falling asleep on soft white sheets with the scent of the sea and green apples mixed into your hair, it's the neon lights as you walk down midtown and feel the buzz of the city and the warm night air.

'These are the moments where you fall in love with being alive' via [death-born-aphrodite](#)



infectiouspiss

you have to stay alive. you're going to be such a beautiful middle aged freak. young freaks will see you in the street and know that things can be okay.

scyllascriptor

I made it. I made it. I made it!!!!

I am old enough to be a parent to a college-aged kid. I made it. It sucked. It was hard. I lost parts of my self I may never get back. But I made it.

You can make it too. You DON'T have to change who you are. You might have to hide things from time to time, but I want you to know that it shouldn't be about shame. It's about protecting those beautiful parts of yourself from harm and having the joy of them robbed from you. It doesn't make you any "less". Eventually all of those 'secrets' will be like spring bulbs. Beautiful bursts of color and life just waiting for a good, safe, warm day. You just gotta hold on.

You can make it. One day you'll be an old weirdo with creaking, crunching, knees. You will live long enough to see your own crow's feet. You'll stop caring about what other people think and honestly other people will stop caring about what you do. Eventually you get the "adultier adult" pass, and barely anyone gives you a second look. And if they talk shit you've got decades of practice under your belt and you can verbally eviscerate them for it. You can make it.

I got gray hair!!! I never thought I would. I love every one of the little wiry motherfuckers. I made it. You can make it.



redstonedust

[Follow](#)

Jul 8, 2023



...

love characters who are like "this is how the world works. this is how it has to be (because if i'm wrong i have to face what i've done // if i'm wrong i have to face whats been done to me) "



tlbodine

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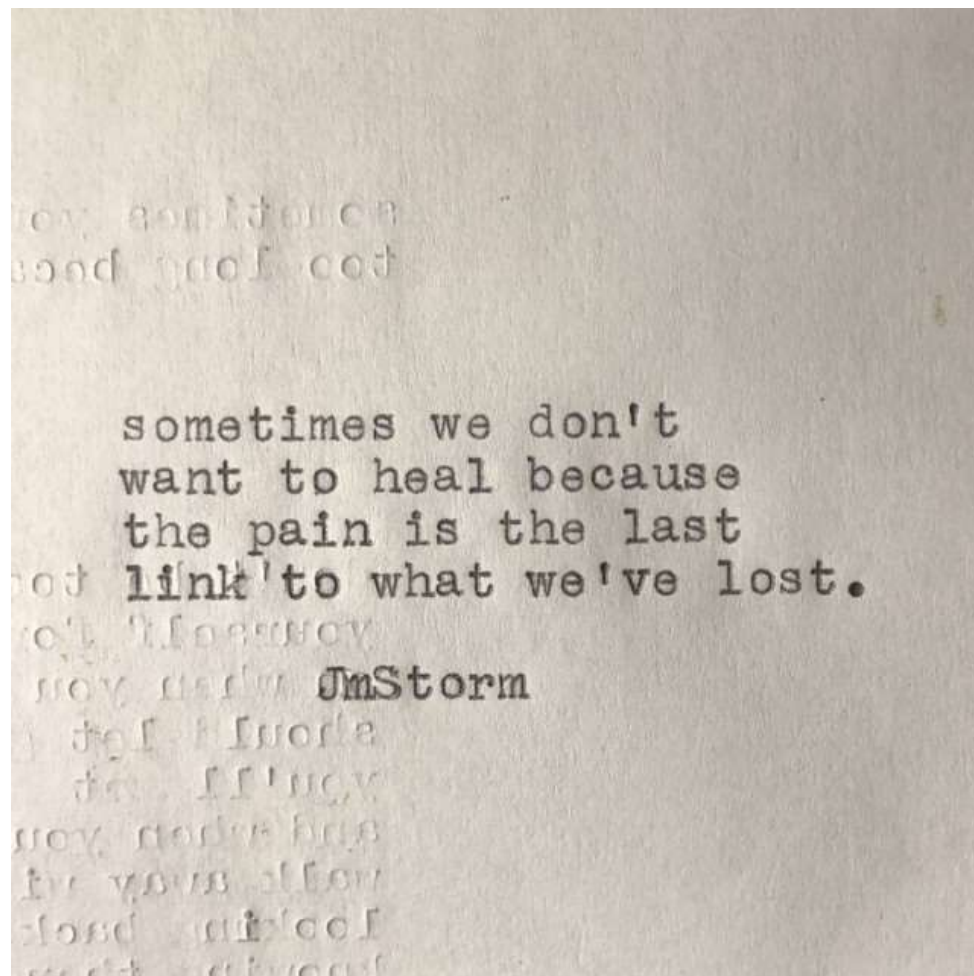
Dec 4, 2023

...

This trait is much more endearing in fiction than in my mother.

THE HEART IS GOING OUT OF ME,

Sarah Kane, from The Complete Plays of Sarah Kane; "Crave," first performed in 1998



“Everyone must leave something behind when he dies, my grandfather said. A child or a book or a painting or a house or a wall built or a pair of shoes made. Or a garden planted. Something your hand touched some way so your soul has somewhere to go when you die, and when people look at that tree or that flower you planted, you’re there. It doesn’t matter what you do, he said, so long as you change something from the way it was before you touched it into something that’s like you after you take your hands away. The difference between the man who just cuts lawns and a real gardener is in the touching, he said. The lawn-cutter might just as well not have been there at all; the gardener will be there a lifetime.”

ALT

DEATH
LIFE

OPTION:

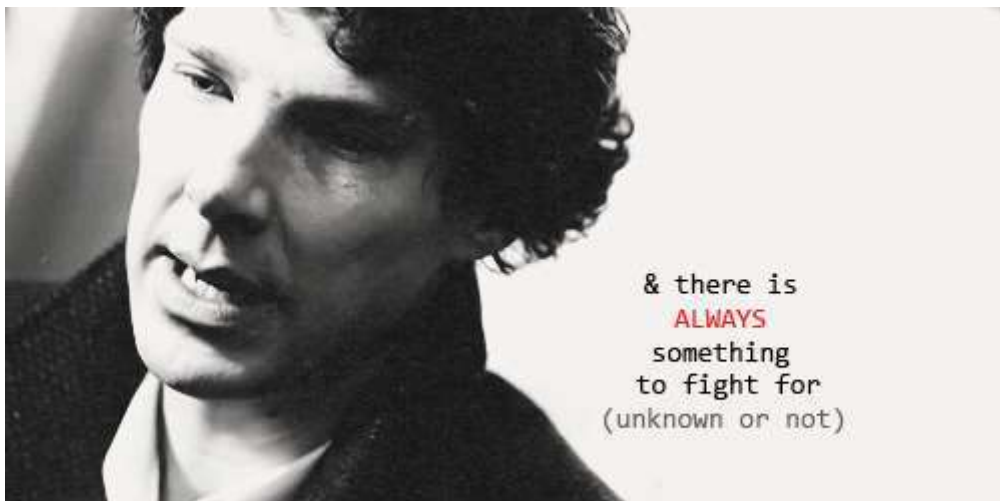
DEATH IS PEACEFUL
LIFE IS HARDER

why is life **harder**?

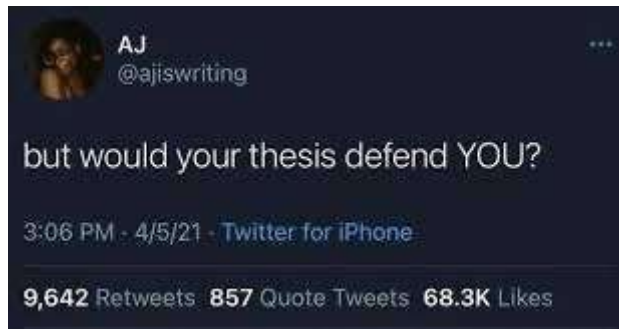


it is better
to just **fall**

unless...
there is something
to **fight** for.




& there is
ALWAYS
something
to fight for
(unknown or not)



QM quotemadness [Follow](#)
Jul 6

Your absolute best won't be good enough
for the wrong person. At your worst, you'll
still be worth it to the right person.
Remember that.

 **regina-cordium** [Follow](#)
Jun 17

Guy just walked in with a shirt that said "I don't question my wife's
choices because I'm one of them" and frankly I'm obsessed

 **SNAKE FACTS DAILY !**
[@snakefactsdaily](#)

"so long" doesn't have to mean
goodbye... it can also be snake
compliment

3:00 PM · 14 May 21 · [TweetDeck](#)

"If you do not change direction, you may end up where you are
heading." Lao Tzu

“Non posso parlare con competenza del paradiso terrestre, perchè lì non ci sono stato”
-- John Mandeville



cryptonature [Follow](#)
3d ago

...

Long ago, a stone felt a tingle on its skin.
Moss.
A new feeling. A green feeling.
The granite spoke of ages in the heat of deep
Earth.
The moss sang the taste of sunlight and the
softness of salamander bellies.
They named one another.
And told those names to no one at all.



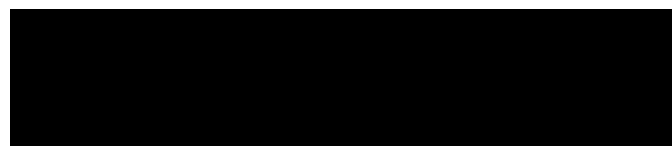
mortalityplays [Follow](#)
Jul 6, 2022

...

one of the most important things, perhaps the *most* important thing I have learned in my life is that nice people can fuck each other up in monstrous ways. people can be bone deep kind and loving and self reflective and still lash out under pressure. people can be earnestly neighbourly and charitable and hospitable and generous and still find themselves in situations where they become selfish. people can be well meaning and easygoing and gregarious and hold deep seated opinions that turn them into vicious little bullies under the right conditions. nobody is just one thing, and nobody stays one way. every person is a kaleidoscope and they will surprise you. you will surprise yourself. it's not a warning and it's not a judgement and it's not an excuse, and it's certainly not a reason to stop trying or to stop trusting. it is just a fact.

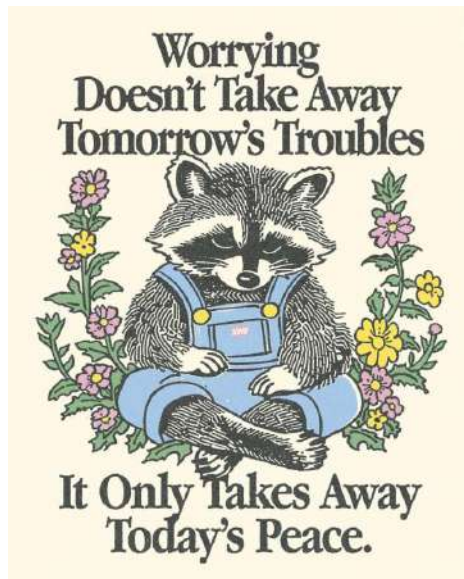


“PDF”



Everyone is fighting a battle you don't know about. Except for me.
I am complaining loudly about my battle.
Everybody knows about it.





In the nameless mountains of despair
and compassion,

every day i get better at accepting gifts with the hungry gratitude i never learned in my years and
years as a sad, scared, lonely (person)

i see it now, too, in the girls around me. i'll ask if they want care – a home-cooked meal, relaxed
company, sex without the expectation of reciprocation – and they say no, no, thank you, i don't need
it; what would *you* like, what do *you* want





えいす @nijieith · 8時間

1000年前ならツイートじゃなくて詩になってたはず



ウッド原動機 @wood_motor_ · 1日

なんか部屋に布？落ちててなんだこれと思って拾おうとしたら窓から入ってきた月光でガチでワロタ



2



696



2775



10万



First tweet: "I saw a piece of fabric? on the floor of my room so I went to pick it up but it was actually the moonlight that entered through the window lmao"

Quote RT: "1000 years ago this would have been a poem, not a tweet"



wetheurban Follow

18h ago

It's not your responsibility to keep reliving your lowest moments. It is not your responsibility to stay stuck in emotional quicksand. Through consistency in prioritizing your well-being, you can learn to find solid ground.

157 notes



atlinmerrick reblogged

8h ago



wetheurban Follow

18h ago

It is not your responsibility to fix your parents' unhealed trauma. Parenting your parent while also nurturing your inner child is an overwhelming burden you shouldn't have to carry.

People do not hurt us, our hopes
from them hurt us.

Imam Ali



comedownstairsandsayhello [Follow](#)

Jun 18

...

You will get farther in one week paying close, nonjudgmental attention to the unmet needs underlying your "bad" behavior than you will in a year of punishing yourself and demanding you become a different person. I'm right shut up.

"Death is staring too long into the burning sun and the relief of entering a cool, dark room."

~ Elisabeth Kubler-Ross

THINGS YOU DO HAVE.

Life.
The ability to try again.
The opportunity to apply lessons learned.
The option to forgive yourself.
People who love you.
Undeniable talent.
The choice to start creating.
A mind capable of positive change.
Dreams and goals to cultivate.
The gift of intuition.
A body to respect and take care of.
The opportunity to make things right.
The ability to envision a better future.
The present moment.
The capacity to give and receive love.
Inherent value.
Reasons to be proud of yourself.
A resilient spirit.

WE THE URBAN

“Only to the white man was nature a wilderness and only to him was the land ‘infested’ with ‘wild’ animals and ‘savage’ people. To us it was tame, Earth was bountiful and we were surrounded with the blessings of the Great Mystery.”

Black Elk

Oglala Lakota Sioux



David R. MacIver
@DRMacIver

...

The modern condition is mostly trying to do things on your own that people have historically achieved with a large support network and wondering why you're tired all the time.



papayajuan2019 [Follow](#)

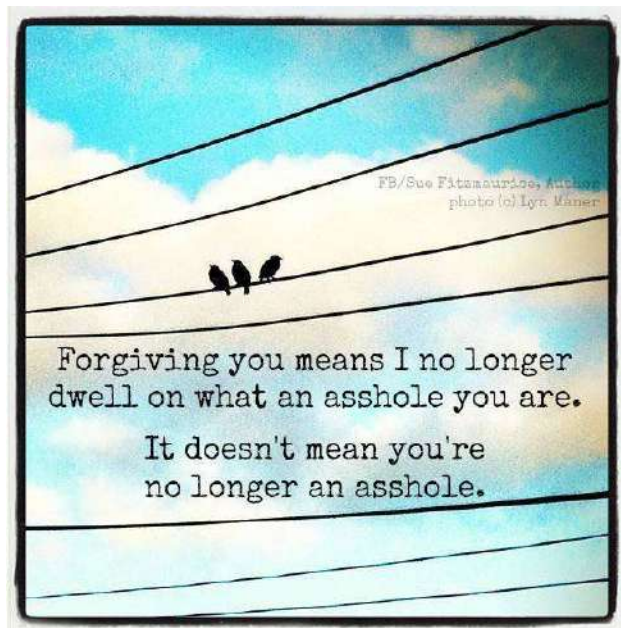
Jul 20

...

sometimes that sad feeling is due to low blood sugar, and sometimes it's from decades of history. not that complex

**What a fine weather today!
Can't choose whether to drink
tea or to hang myself.**

— Anton Chekhov, 1860-
1904, Russian writer



liquidstar [Follow](#)

May 24



Cars need to start being different colors again this is an epidemic



I SUPPOSE, AT SOME POINT YOU START TO REALIZE;
THAT IT IS ALWAYS ABOUT FEELING. IT ALWAYS HAS BEEN.
EVERYTHING YOU SEE, EVERYTHING YOU REMEMBER.
EVERYTHING YOU HAVE EVER CREATED. ALL YOUR MEMORIES
ARE MADE OF FEELINGS THAT HAVE CLUNG TO YOUR MIND.
EVERY DAY YOU EXPERIENCE THE WORLD BY FEELINGS
AND THE PEOPLE YOU MEET SPEAK TO YOU THROUGH THEM.
ALL YOUR INTERACTIONS WITH THEM ARE AN EXCHANGE OF
FEELINGS; YOU TRY TO UNDERSTAND THEM BUT YOU
DEARN TO BE UNDERSTOOD.

YOUR FEELINGS ARE
THE VERY REASON YOU
DO ANYTHING AND
THEY ARE WHY YOU
CHOOSE TO
CONTINUE. ALL COULD
FACTS ARE
OBTAINED BECAUSE OF
AND WITH FEELINGS,
THEM INVARIABLY.
WHAT STICKS WITH
BE MADE OF UNKNOW-
YOUR BODY MAY
N-ABLE CELLS,
CHEMICAL REACTIONS YOU
MAY NEVER
COMPREHEND, BUT YOU
MIND - IT IS
FULLY MADE OF FEEL-
-INGS. ALL IN
ALL, WE WILL NEVER
COMPREHEND
ANYTHING ENTIRELY,
BUT IT MAY BE
UPLIFTING THAT WE
SIMPLY DO NOT
HAVE TO. NOBODY IN
THE WORLD HAS
AND WILL EVER EXPERIE-
-NCE WHAT YOU DO,
BECAUSE NO ONE CAN
SEE THROUGH YOUR
EYES OR THINK YOUR
THOUGHTS, OR FEEL
YOUR FEELINGS. YOU
ARE THE ONLY PERSON
WHO IS YOU. IT IS
WORTHY TO REMEMBER
THAT, TO NOT GET LOST
IN THE WORLD.

justanobsessedpon



31.07.2024.




emotionalwords  Follow

Jul 9

No offense but hurting people back will not heal your pain



wetheurban  Follow

13h ago

...

A plus of growing up? Genuinely not giving a care about things that used to irk me. Gossiping about me? Cool, I'm interesting to talk about. Ignoring me? Cool, I'm okay with boundaries and prefer reciprocal connections anyway. Staring at me? Cool, I'm interesting to look at. Underestimating me? Cool, I'll surprise you. Not inviting me? Cool, I enjoy my own company. I just love this quality of peace.



atlinmerrick

22m ago

And oh the peace. Because, I think, once you grow up/get older, you've accrued a lotta chances to see how cool you are. You know what you can do, even if others don't. And it's delightful to watch your hands make a thing you knew you could, hear your wisdom shared with a sad friend, it's good to know who you are whoever that is because you're the love of your life. You. You get to be that and it's not every day all day but that it comes is an unexpected miracle of growing up, getting older.



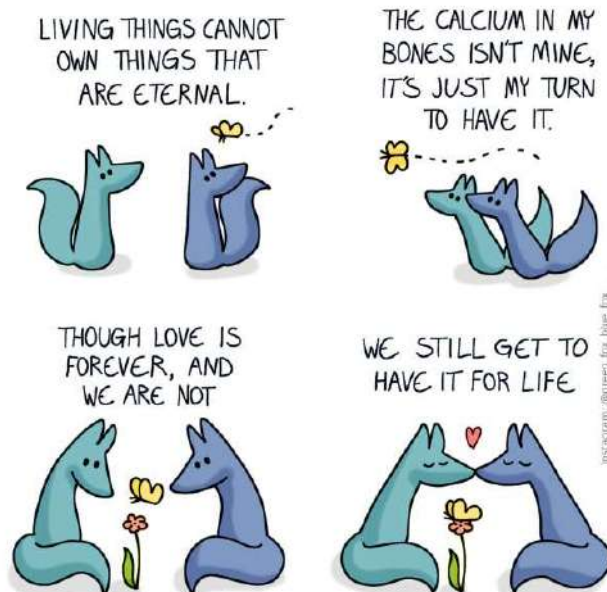
Matthew

@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.

I started talking to the stars in the sky instead.
I said, "Tell me about the big bang."
The stars said, "It hurts to become."

Andrea Gibson, *The Madness Vase*





Neil Renic
@NC_Renic

Follow

...

Academics quitting their job to pursue their true passion, research and writing.

3:05AM · 2024-08-04 From Earth · **54K** Views





boyfrienby [Follow](#)

1d ago



you guys Need to start seeing bugs as animals im not even joking anymore. the second u start seeing them as tiny animals the more your world opens up and the more you accept different types of life Into that world. youll begin accepting that even life you cant understand is still worth living. and itll legitimately make you a better person. fuck

#yeah :)



boymartyrarchive

May 15, 2021



the self made cynic; created with bared teeth and bloodied knuckles. clawed their way out of hell and didn't come out quite human. every thing about them is a carefully constructed persona - you can't hurt someone who doesn't exist, and they will never be hurt again. faithless through and through. the only savior they believe in is themselves.

the bleeding heart, on the other hand is fundamentally incapable of being anything other than themselves. they love the way an open wound does. it's hemorrhagic and contagious. faithful to a fault. they will jump without hesistation, though they'll hit the ground consumed with guilt.



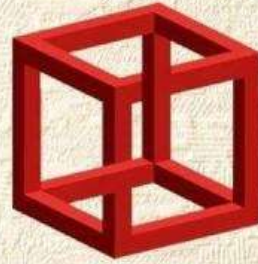
boymartyrarchive

May 16, 2021



THE CLOSED WOUND AND THE BLEEDING HEART

The Paradox of Tolerance
disappears
if you look at tolerance,
not as a moral standard,
but as a social contract.



**If someone does not abide by the terms
of the contract, then they are not covered by it.**

**In other words: The intolerant are not following the
rules of the social contract of mutual tolerance.**

**Since they have broken the terms of the contract,
they are no longer covered by the contract,
and their intolerance should NOT be tolerated.**

inspired by "Tolerance is not a moral precept" by Yonatan Zunger

ZmemeZ



kadmadaaj [Follow](#)

Dec 1, 2021




An exam is just another means of communication between you and me to help me understand what you have learned so that I can provide you with guidance on how to improve. It is not a measure of your worth as a person nor your intelligence or aptitude as a student. Just give this your best try.

My math prof puts this on the instruction page of all his exams

Incurable secret dysphoria

- Not enough eyes
- No tentacles
- Teeth too dull
- No halo
- No bioluminescence



 **Francis Gasparini**
@francisgasparini.bsky.soci... [Follow](#)

Inside me there are two wolves. This is not enough to control the deer population inside me, which is degrading the river ecology inside me. I'm attempting to release more wolves inside me to address this, but the ranchers inside me object, and





evilscientist3 [Follow](#)

Jun 29



the two fundamental truths of historical and contemporary mankind:

1. we were just as smart then as we are now
2. we are just as stupid now as we were then

'GROWING AROUND GRIEF'

(Lois Tonkin, 1996)

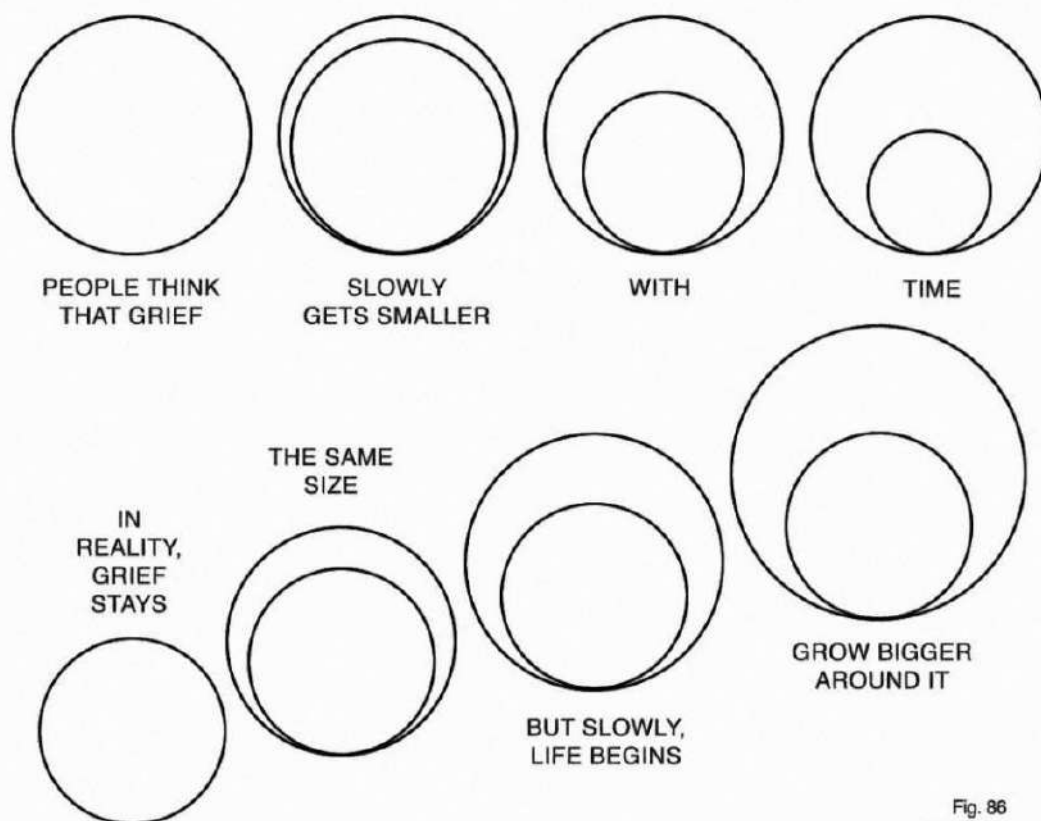


Fig. 86
Reset NYC

No, we're not soulmates. This is not divine intervention. And this is most certainly not chance. I willed this. I knit the threads of fate myself until they spelled your name. I love you intentionally. I love you with every bit of conscience I was born with.



difeisheng [Follow](#)
Jul 22

...



slythervers [Follow](#)
Nov 11, 2020

soulmates are stupid i love you on purpose



LIMITLESS MIND
@limitlessmindon · [Follow](#)



Just heard someone say. Some of us never found time to be happy because we were too busy trying to be strong. I felt that I felt that a lot.

6:39 PM · Jun 23, 2023



665



Reply



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boredpanda.com



kLL sMTH
@kLLsMTHmusic · [Follow](#)



Being unproductive because you're depressed and being depressed because you've been unproductive is a special kind of hell cycle i wish for no person.

5:09 PM · Aug 19, 2020



380.6K



Reply



Copy link

boredpanda.com



Matt Haig
@matthaig1

I can remember, distinctly, feeling the weight of depression and fear when I was 24 years old, absolutely KNOWING I wouldn't live to be 25. Knowing it would be impossible. It is now - as of a few minutes ago - my 45th birthday. I am happy. Trust the unknown. Have hope. Hold on.



Belle-
@BelleBakesNoms

My therapist made a life changing statement during therapy today. "You don't have to feel hopeful about the future, it's enough to just be curious about what is coming." I can't even describe how eye-opening that one sentence was.

"omg depression can get so bad people can't brush their teeth???"
people's depression gets so bad they kill themselves Janet



Skylar
@hxrtbitch

does anyone else find it crazy that you can be so f***g depressed and no one around you even notices? not your parents, not your siblings, not your teachers, no one. like you can literally be on the verge of tears and everyone is totally oblivious.

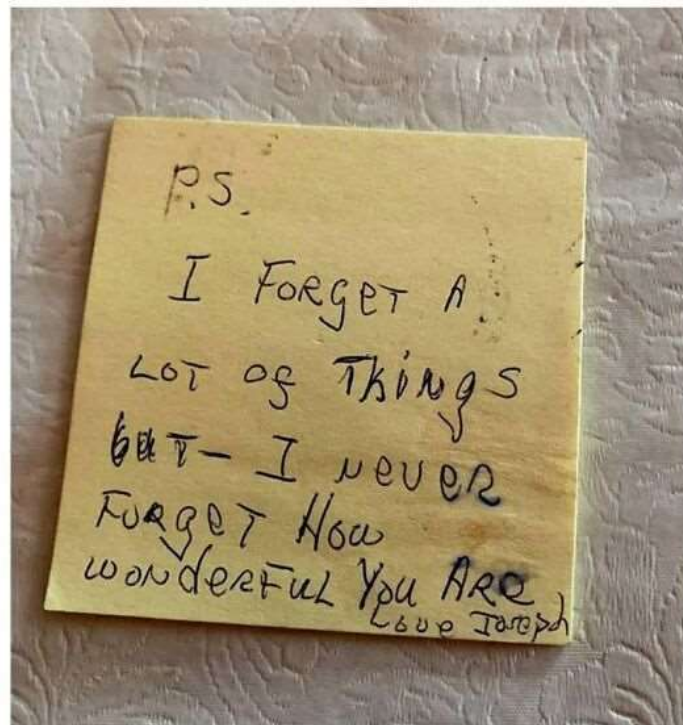
3:40 PM · 2019-09-26 · [Twitter for iPhone](#)



Reg
@pesta_regi

I have a friend who always asks me before venting/sharing concerns if I "have the mental space for it right now" and I gotta say. That willingness to accept boundaries and not demand someone to dedicate emotional energy they may not have right now, is the healthiest s--- it ever

Mom found a note my dad wrote, before Alzheimer's took his ability to communicate.





Tom Hardy

@Healinguide

Some people don't understand that sitting in your own house alone in peace, eating snacks and minding your own business is priceless.



valtsv Follow

Jul 15, 2022

..

"you look tired" well the torment is relentless and the horrors never cease



silksweets Follow

Mar 5, 2020

...

bring back the habits that made you happy as a child. there's no reason you should ever have to give up harmless things that bring you joy. you don't have to age out of having fun. finger paint. write mediocre fanfiction and questionable poetry. put chocolate chips in your waffles. sing in the bath, and while working in the yard, and while washing your hands. hammer tunelessly on a piano. spin in circles until you fall down. climb a tree. just because you're now in charge of your life doesn't mean you're expected to give up on the things that make life feel worth living



a true friend
is a bright sun
for the arctic haunts
of our being
daylight for the
deeply shadowed
regions in us
yet it is only when
we feed the light within
that we may make
a true friend

GREAT CINEREOUS OWL.

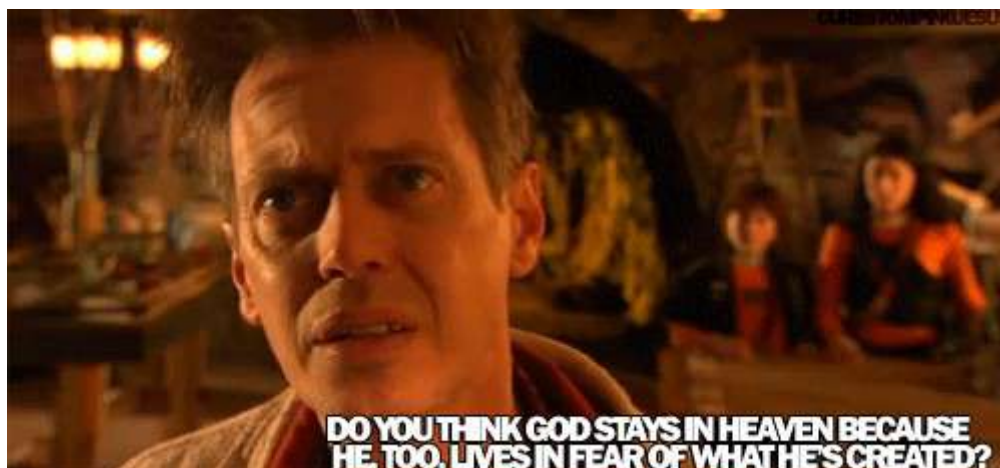


Outer 😊

basically "avoid all pleasures in life or you'll look old when you're old!!!"ok?? what???

5-23 Reply

❤️ 2,197 💬





thefearofcod [Follow](#)

Jul 26



man if I gotta make bad art, it should at least be easy! But it's not! It is also hard to make this bad art

A philosopher is a person who
spends their spare time wondering
what the hell.

We have been so desensitized by a hundred and fifty years of ceaselessly expanding technical prowess that we think nothing less complex and showy than a computer or a jet bomber deserves to be called “technology” at all. As if linen were the same thing as flax — as if paper, ink, wheels, knives, clocks, chairs, aspirin pills, were natural objects, born with us like our teeth and fingers — as if steel saucepans with copper bottoms and fleece vests spun from recycled glass grew on trees, and we just picked them when they were ripe...

Ursula K. LeGuin



fluentisonus [Follow](#)

2d ago

...

i met one of my aunt's archaeologist friends/colleagues earlier today & he was telling me about legends that not too far from here there's the ghosts of a roman legion that people see walking up the cliff towards the edge of the sea and then off the edge of the cliff and onwards, because the coastline has receded so much since roman times that the 'land' they're used to walking on goes on far past the point it falls into the sea today. and like. OUGH. I don't even strictly believe in that type of ghost but I'm Obsessed with this image of them still interacting with landscape that has crumbled into the sea & completely disappeared over the thousands of years since they were alive. ghost landscapes Real

I believe her



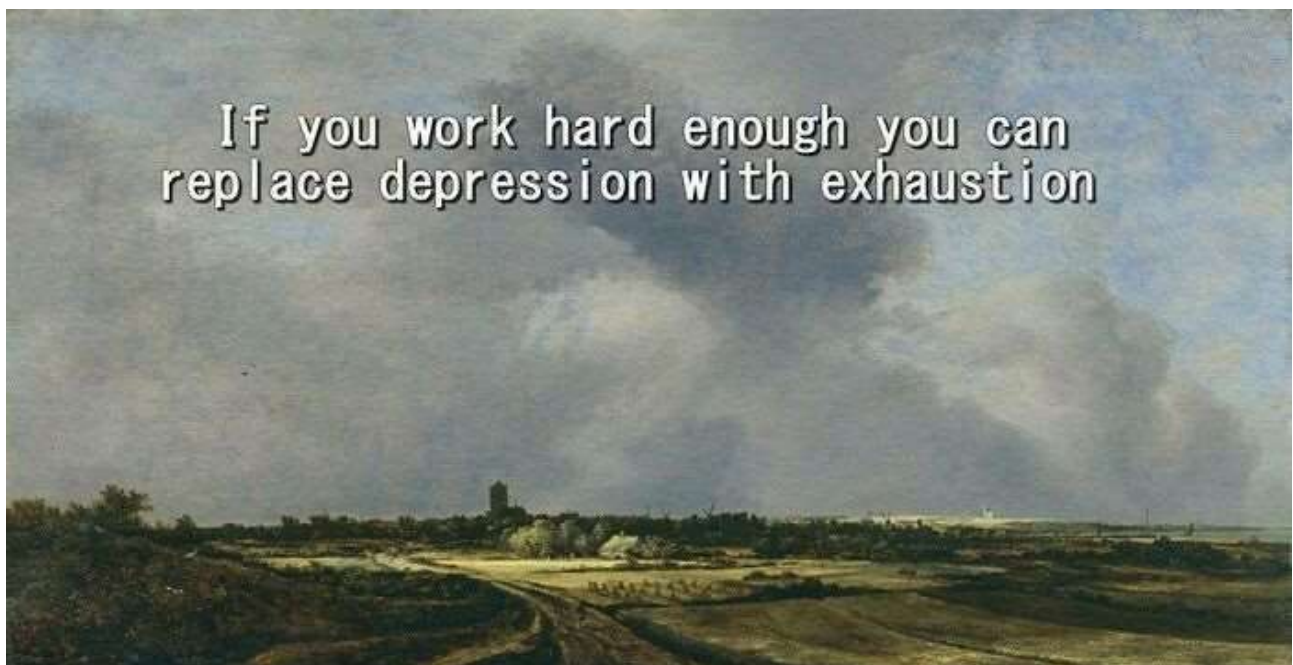
109 Year Old Woman says Secret to Long Life is Avoiding Other People

I'm about to save you thousands of dollars in therapy by teaching you what I learned paying thousands of dollars for therapy:

It may sound woo woo but it's an important skill capitalism and hyper individualism have robbed us of as human beings.

Learn to process your emotions. It will improve your mental health and quality of life. Emotions serve a biological purpose, they aren't just things that happen for no reason.

1. Pause and notice you're having a big feeling or reaching for a distraction to maybe avoid a feeling. Notice what triggered the feeling or need for a distraction without judgement. Just note that it's there. Don't label it as good or bad.
2. Find it in your body. Where do you feel it? Your chest? Your head? Your stomach? Does it feel like a weight everywhere? Does it feel like you're vibrating? Does it feel like you're numb all over?
3. Name the feeling. Look up an emotion chart if you need to. Find the feeling that resonates the most with what you're feeling. Is it disappointment? Heartbreak? Anxiety? Anger? Humiliation?
4. Validate the feeling. Sometimes feelings misfire or are disproportionately big, but they're still valid. You don't have to justify what you're feeling, it's just valid. Tell yourself "yeah it makes sense that you feel that right now." Or something as simple as "I hear you." For example: If I get really big feelings of humiliation when I lose at a game of chess, the feeling may not be necessary, but it is valid and makes sense if I grew up with parents who berated me every time I did something wrong. So I could say "Yeah I understand why we are feeling that way given how we were treated growing up. That's valid."
5. Do something with your body that's not a mental distraction from the feeling. Something where you can still think. Go on a walk. Do something with your hands like art or crochet or baking.
Journal. Clean a room. Figure out what works best for you.
6. Repeat, it takes practice but is a skill you can learn :)



she bloomed but won't forget the past

And after a while you just stop. You stop watering your plants. You stop watching netflix. You stop reading. You stop replying to your friends as fast as you used to. You stop buying yourself nice

things. You stop putting an effort into how you look. You stop taking care of yourself like you used to. You stop sleeping. You stop eating healthy foods. You stop petting your dog. You stop socializing.

You stop with everything. You find yourself sitting in your room for hours on end, without doing a single thing. Days feel like years. And you think you can't do it for much longer.

chocolate-lilies Badge image.Badge image.Badge image.

My therapist told me that you don't only spiral down. You can spiral up again. So maybe one day You water your plants for the first time in a while. Surprisingly they're not dead yet. You remember a movie that you really enjoy and you find the energy to watch it. You feel better afterwards. Maybe you still can't find the motivation to reply to your friends but you buy yourself a nice scented candle and read your book. You take a nice long shower and you feel refreshed, so you put on an outfit you find cool. Then after what seems like forever, you get a good night of sleep. You wake up with more energy than usual so you play with your dog. Then you cook that healthy meal you really enjoy. You reach out to a friend.

You start remembering what brought you joy. You start again with the little things. You look back on the days that have passed and feel relieved they're over.

Remember, you don't just spiral down. You spiral up as well, even if it takes more effort to get started.



marzipanandminutiae Follow

1d ago

...

As someone who works with social history for a living, I feel like I'm the aggressive opposite of an anti-vaxxer

I fucking LOVE vaccines, friends. Give me the science stab. I'm so ready. it's a beautiful day to not die of a Bajillion and one diseases that carried off like half the population before they had even reached age 10, and a significant portion before they made it to old age, 150 years ago

I go to the old cemetery. I see the vast numbers of infant and child and young adult graves. And then I go to my doctor and get injected with Potion of Fuck That Noise. This is beautiful and miraculous and I do not remotely understand how some people can reject it – not just for themselves, but for their children.

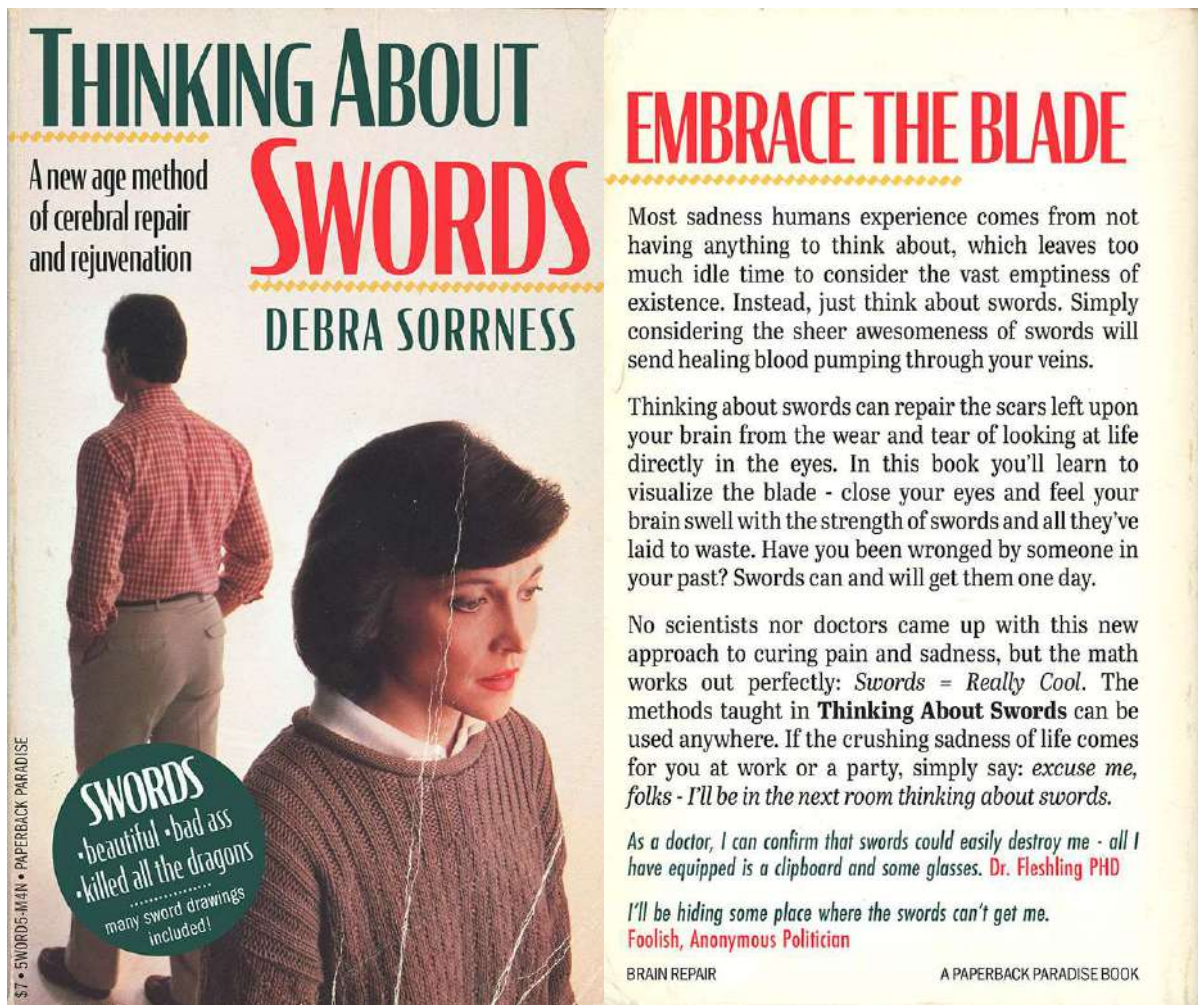


r/teenagers

u/CapitanRecs • 5m

Why are you human?

Bad genes, I'm afraid

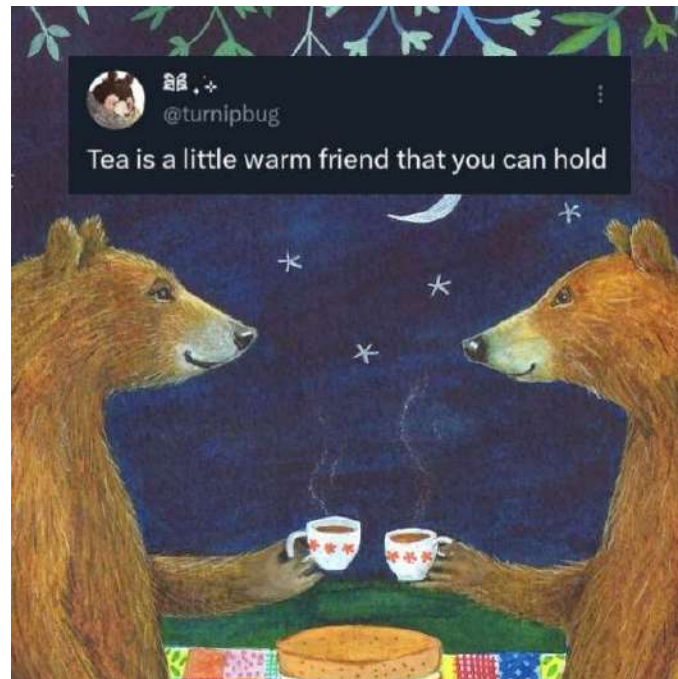


rabbiteclair Follow

1d ago

'Edward', meaning 'in the direction of Ed'

#the crushing weight of no tasks but Feeling like there should be a task



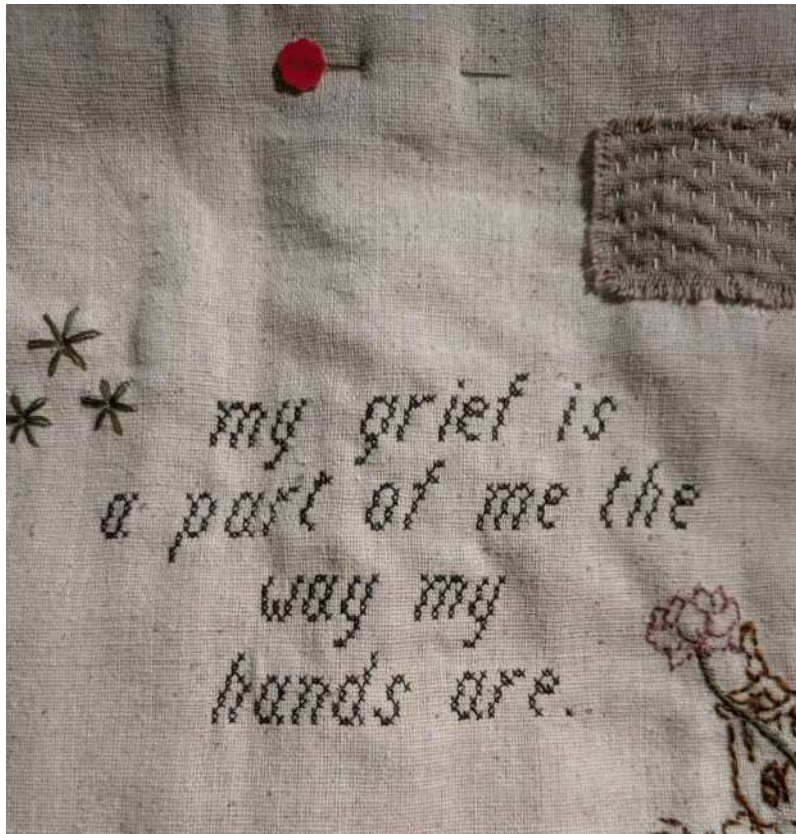
weholdonforever

death aint gone solve your misery
but damn does it look fine
dressed like a phoenix ash rebirth
promisin crow mulled wine

#poetry #rhyming

2 notes





bluerotundas [Follow](#)

23h ago

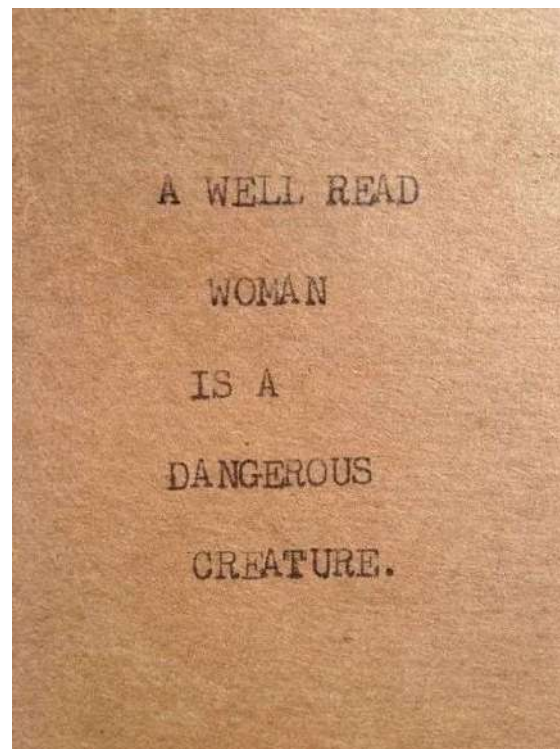
Yesterday after her abortion
A woman asked me if she was going to hell
It didn't feel like the right time to tell her
That god and I aren't on speaking terms.

I gave a platitude
And then as I was wiping up her blood

I prayed,
I swear to god,
if you hurt that precious woman
I will kill you with my own two hands

God placed his thumb on me and laughed.

"The Bug" by me



"Lazarus, arise, and Lazarus will rise from the dead, because it is the will of God, but at the very last moment Mary Magdalene placed a hand on Jesus' shoulder and said, No one has committed so much sin in his life that he deserves to die twice, and dropping his arms, Jesus went outside to weep."



dear people with OCD: the next time you have spiraling & intrusive thoughts, what-ifs, or catastrophizing scenarios, I am sending a cardigan-wearing 46-year old NYU professor directly into your brain and he says "Aaaaand scene!!!" and he claps his hands slowly. and he says "Wow. Wow. Powerful stuff. Evocative imagery. A little bit post-modern, a little bit hysterical realism in the vein of Don DeLillo but let's pause right here." and you will recognize your thoughts as a perplexing avant-garde film shown to an audience of 15 liberal arts students who are now trying to get a good grade and sleep with their professor.


I almost posted this without the professor-fucking part but I decided that it is in fact crucial to combating OCD. sometimes you have to fight fire with fire i.e. spiraling thoughts with strong negative emotions get countered with strongly emotive surprise, cringe, and humor sometimes the OCD brain can't just be stopped from fantasizing completely, but you can redirect that anxious mental energy toward crafting a fictional setup and story that doesn't involve you or your fears at all

another thing I do is interrupt intrusive thoughts with a very conscious and deliberate "and then an elephant walks in." and I'd make myself commit to the bit. it would force me to reframe everything and specifically understand it in an absurdist context, make me confront how ridiculous the initial thoughts even were, and there is honestly no way to keep being serious and distraught about your what-if scenarios when you've introduced a fucking elephant into the mix. film studies professor is also that elephant.

so it goes from scary thoughts about my life -> step back. this is a weird fictional film now. -> characters are analyzing the film -> those characters are super messy and have their own problems, and I'm watching them now and eating popcorn at this soap opera

...10, 9, 8, 7, 6, 5, 4, 3, 2, 1, CAMBIO MACCHINA



thedoubteriswise  [Follow](#)

Jul 2, 2022



so much of being an ok person is just 1) not panicking, 2) not taking things personally, and 3) not letting the vindictive gargoyle that lives in your head tell you what to do. this sucks because brains love doing those things

despair and cinnamon,



neuroticboyfriend [Follow](#)


Jan 25, 2023



time with complex trauma is like. i need to do everything all at once and if i don't i'm a failure, even if there's nothing to do. three months ago feels like yesterday but i can hardly remember yesterday anyway. i'm running out of time. for what? i don't know. i need everything to slow down but my life is so stagnant. i can't go to sleep because the day can't end, but i need the day to end or i'll go insane. i'm constantly worrying about the future but it feels like i have no future. i'm running out of time. for what? i don't know. time has no meaning but every second is the end of the world.

or is this just me?

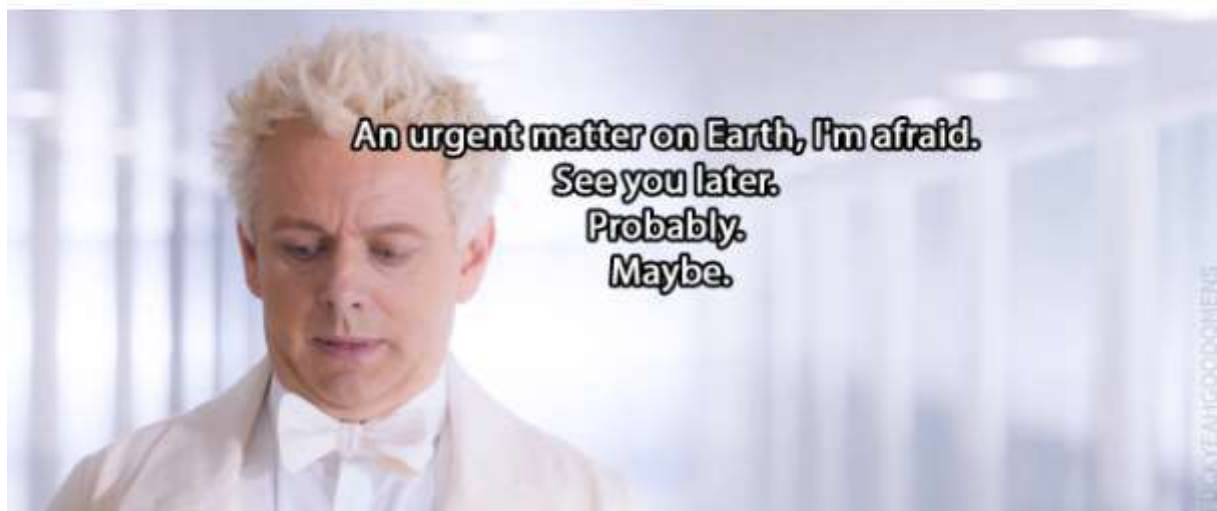


philosophicalparadox  [Follow](#)

14h ago



That would be the PTSD talking



thehotgirlproject:

castielsteenwolf:

yourspookyginger:

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

i can't go and ask for more ketchup for
myself but if my friend wants more
ketchup i'm out of my seat in a second

The mom friend override

How crackers are made

First the cracker batter baker bakes a cracker batter batch
then the cracker batter mixer door will open and unlatch
so the batter mixer nozzle can descend onto the patch
where the cracker batter spreads out for the nozzle to attach.

When the cracker mixer nozzle sprays the cracker batter spray
and the cracker batch emulsion lies a-soaking in its haze
then the cracker batter mixer starts to stir up all the glaze
that the final cracker stacker needs to lubricate the way.

Once the cracker stacker handle stacks the cracker batter squares
then the cracker batter's hardened into double stacks of pairs.
Now the cracker separator breaks the crackers in the stackers
so the wrappers on the stackers fit the finished stacking crackers.

Then they're distributed to Wal-Mart.



SIT THROUGH A
RANDOM SPIKE
OF ANXIETY



dogmotifz [Follow](#)

6d ago



has anyone else noticed how having romantic feelings for someone is not the most dignified experience ever



iamonlyherefortheefreefood [Follow](#)

Jul 18, 2023



When Everything Everywhere All at Once said "The only thing I do know is that we have to be kind. Please, be kind, especially when we don't know what's going on"



femmenietzsche [Follow](#)

Sep 7



Vikings didn't have horns on their helmets but I bet if you showed them a single modern Viking depiction they'd all start doing it like gangsters imitating The Godfather



politeanarchy [Follow](#)

Jul 6

"...sin, young man, is when you treat people as things. Including yourself. That's what sin is."

—Terry Pratchett, *Carpe Jugulum*



Lindsay Fickvitch

@lfickvitch

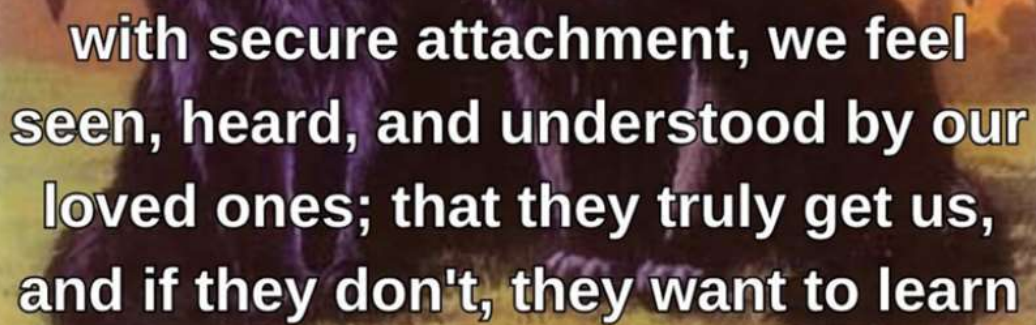
[Follow](#)

...

Yeah, actually. I do use my history degree. It gives me daily anxiety regarding current events.

12:38 PM · 2024-09-30 · **82K** Views





**with secure attachment, we feel
seen, heard, and understood by our
loved ones; that they truly get us,
and if they don't, they want to learn**

"Sometimes I don't like the people I love."

– Alice, 4 years old

[@LiveFromSnackTime](#)

**"My parents got married because they
wanted to be best friends for the rest of
their life."**

– anonymous, 4 years old

[@LiveFromSnackTime](#)

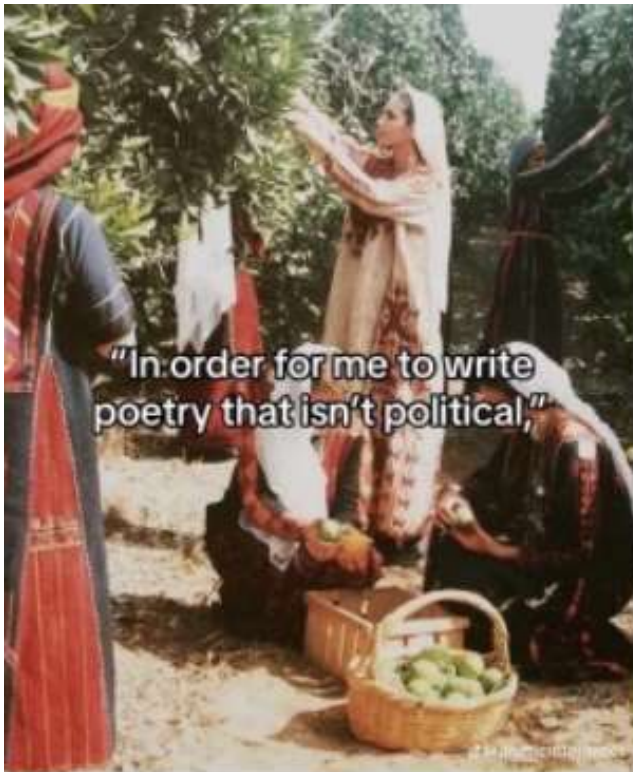
**"Anyone can be a family, you just have to love
each other and feed each other."**

– anonymous, 6 years old

[@LiveFromSnackTime](#)



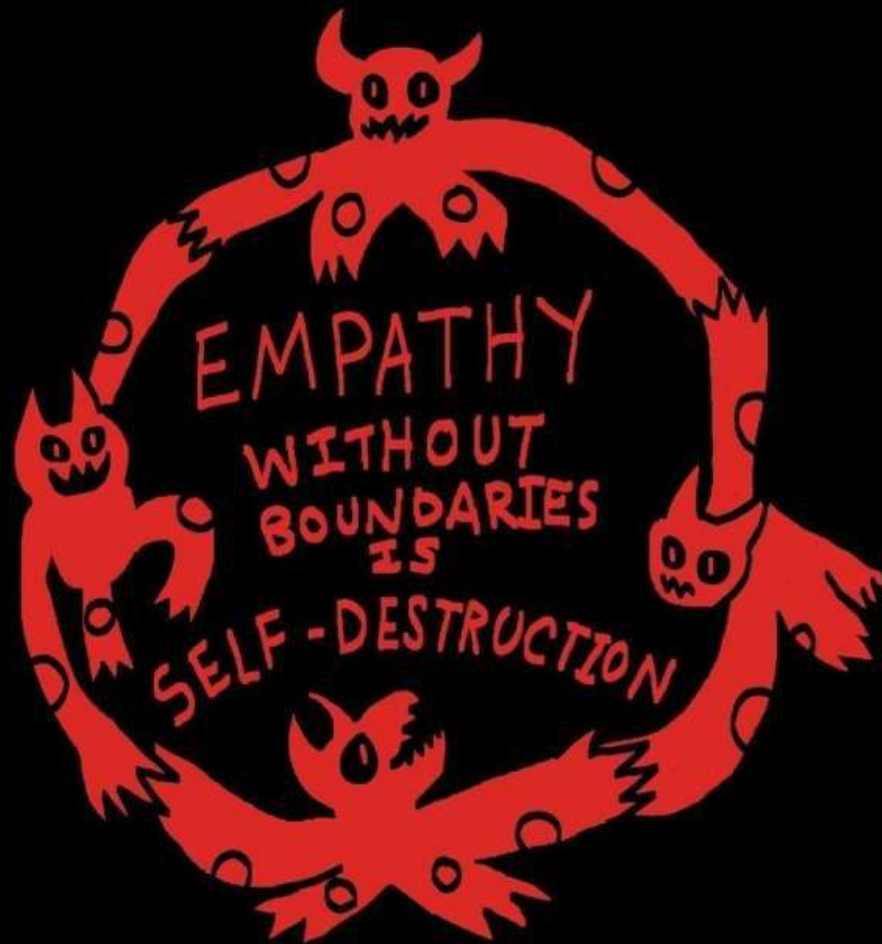
*you cannot use someone
else's map
to find yourself*







archbudzar



PHILOCTETES

From now on, I am going to belong
Entirely to the earth. Be earth's for the taking.
I'll lie on top here first, and then lie under.

from *The Cure at Troy: A Version of Sophocles' Philoctetes*, by
Seamus Heaney, Sophocles

lo-andbehold

Mar 23, 2023

I'm so emotional about dinosaur stuffed animals,,, there are these creatures, extinct long before any of us were alive, but we found their bones and their eggs and their footprints. And we made drawings and models of what they could've looked like. And we made them into stuffed animals so we could hold them. We made them soft so we could love them. I'm sobbing

xeansicemane

Apr 5

Yeah, we're the animal so preoccupied with petting other animals we're sort of collectively upset there are animals we never get to pet, so we make proxies to snuggle and tell their ghosts we'd have loved them if they were here.



slow-drowned-angels 🧠🔥 Follow

Sep 29

...

"Do it scared" but please realize that, if you Do It Scared too much and don't let yourself rest + relax + have fun in between, you will fuck yourself up. If you "do it scared" all day every day, you will burn out badly and quickly. Sometimes this is temporarily necessary but please keep this in mind.



barnables Follow

5d ago

...

When you "do it scared" eventually you're supposed to be less scared, eventually doing it scared is supposed to teach you the worst won't happen, or it won't be as bad as you think it is, or that the best outcomes are worth it, or you're more capable than you thought you were. If you do it scared over and over and you're still scared and you're always scared, maybe it was never about pushing yourself, maybe something bigger is going on and what you really need is to be kind to yourself while you figure out what that is.



ceej
@ceej.online

+ Lean

🗨️ he/him

hey dude, I noticed you attempting to carve a small space for joy in the face of overwhelming sadness. kind of problematic considering all the horrors

14 Deireadh Fómhair 2024 ag 21:52 🌐 Tig le chuile dhuine freagra a thabhairt

2.2k athphostáil 64 athfhriotal 7.7k moladh



teaboot

19h ago



God no wonder people felt so bad getting my gender "wrong" growing up. They thought it was a fucking insult

Bruh I was THRILLED

#also 'admit you're wrong' is treated as synonymous with 'accept whatever overwrought punishment i think you deserve' which um. #well they're not the same thing. actually.

[24 July]

Dearest Creature,

The Letters of Vita Sackville-West to Virginia Woolf
(1924-1941)


Sometimes I wonder,
how life would've been,
when I had the chance to
really live,
instead of healing from many
things, that weren't my fault.

Jessica Fiona

**Why do people ask
introverts to be more
talkative but they
don't ask extroverts
to shut up?**

i believe we have the god-given right to give up

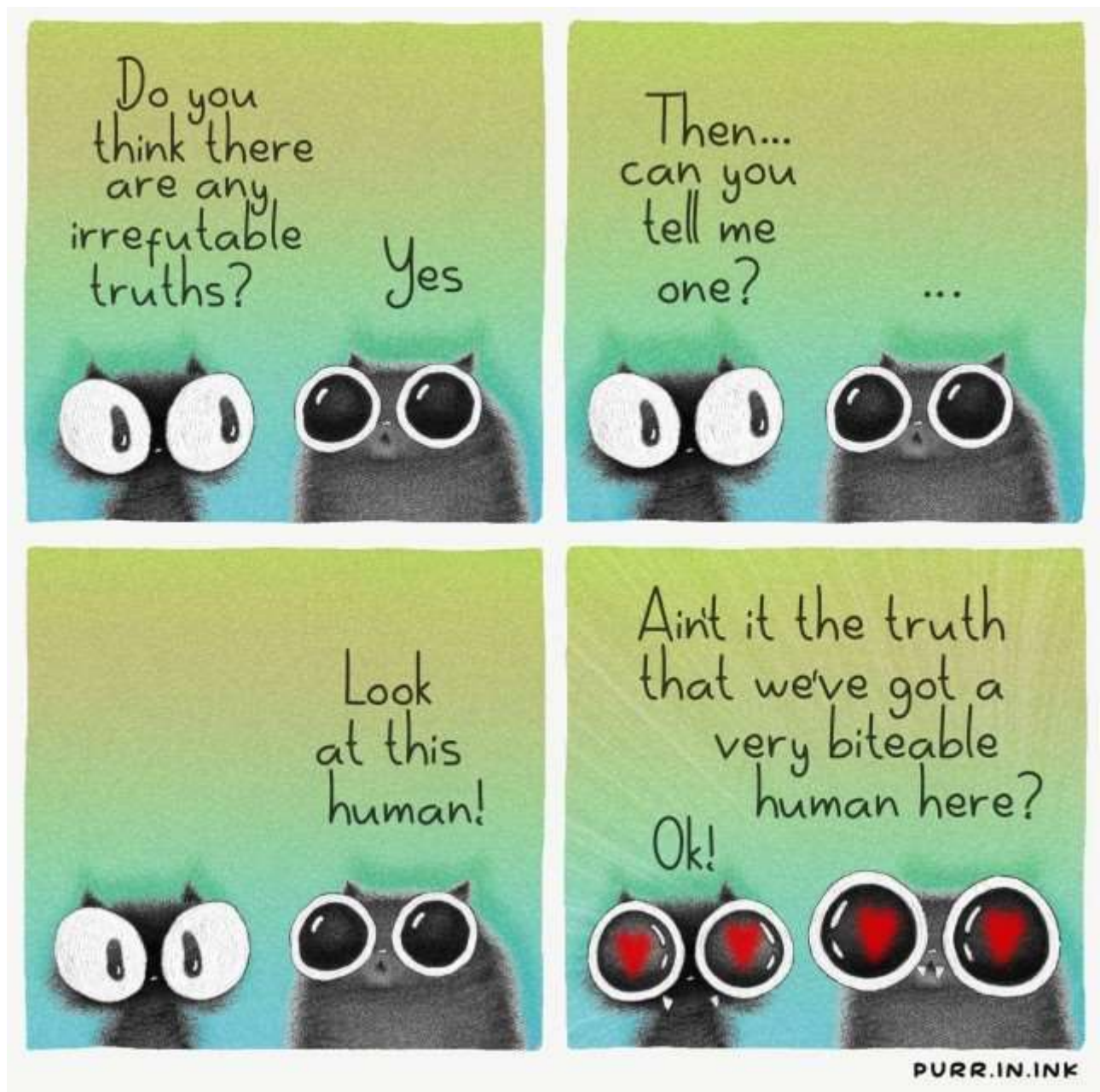


whimsical-catacombs  Follow

4d ago

...

shirt that says "i love redundancy!" on the front and on the back it says
"i love redundancy!"



mazaherstuff 1s

...

This is *fantastic*! Once Konrad Lorenz and his childhood friend Karl Popper were drinking and discussing physical vs. mental reality. Lorenz nailed the argument saying something like "Whatever may hide behind the idea of a glass, don't you agree that there are four on this table?"



“Don’t settle for nice, for pleasant, for familiar. Keep looking until you find something that really moves you, that resonates with your core. And I mean this for people, for interests, for hobbies, for your possessions, clothes, music, books, art. Everything. Curate every aspect of your life, as much as you can. It’s in the things that deeply inspire us that we find ourselves. Surround yourself with truth, and you’ll have built yourself a heaven.”

YOUR OVER FUNCTIONING IS ALLOWING
THEIR UNDER FUNCTIONING.



earlgraytay [Follow](#)

Sep 22



God, there really is nothing like 20s detective fiction to remind you that prejudice is a social construct.

You'll have a story with a crossdressing thief which is mildly transmisogynistic but completely devoid of modern vitriol; it literally comes off as "here is a fun oddity that lets me be Clever about French grammar"

And in the very next story you will learn fifteen different slurs for Italians



exhaled-spirals [Follow](#)

Feb 2, 2022



The sentence that best expresses a snail's way of life: 'The right thing to do is to do nothing, the place to do it is in a place of concealment and the time to do it is as often as possible'.

Elisabeth Tova Bailey, *The Sound of a Wild Snail Eating* (via [exhaled-spirals](#))





Her: "She's an adult, she has the right to make her own choices."

Me: "Yes, and part of being an adult is accepting that those choices come with consequences, one of which might be that your friends judge you for them."

The look on her face was like I'd just unlocked some secret of the universe.

DON'T CALL A
CURSE A GIFT
THAT YOU DIDN'T KNOW
HOW TO POLISH.

It is an illusion that youth is happy, an illusion of those who have lost it; but the young know they are wretched, for they are full of the truthless ideals which have been instilled into them, and each time they come in contact with the real they are bruised and wounded. It looks as if they were victims of a conspiracy; for the books they read, ideal by the necessity of selection, and the conversation of their elders, who look back upon the past through a rosy haze of forgetfulness, prepare them for an unreal life. They must discover for themselves that all they have read and all they have been told are lies, lies, lies; and each discovery is another nail driven into the body on the cross of life.

William Somerset Maugham, *Of Human Bondage*

EXACTLY!

veryvenasaur 2 days ago

I had a teacher who I didn't like much read my poem aloud to the class and proceeded to talk about what it meant. I politely said that I think the author would disagree, and they said in a very condescending way, "Well I'm the English teacher." And I just smiled and remarked, "Yeah and I'm the author."



allsadnshit [Follow](#)

Apr 9, 2023

I will never get over how weird it feels to have tragic and emotional chapters of your life where you just also still go to work, and the grocery store, and see funny videos online all while feeling such paralyzing fear and heartache

life just goes on no matter what



Professionals in psychology and related fields have long looked upon sarcasm negatively, particularly noting that sarcasm tends to be a 'Maladaptive coping mechanism' for those with 'unresolved anger' or 'frustration'. One psychologist has even described it as 'hostility disguised as humour'

appunto: umorismo > senza coinvolgimento emotivo
ironia > coinvolgimento emotivo ambivalente
sarcasmo > coinvolgimento emotivo aggressivo



dorbu Follow
Jul 30, 2022

...

the most beautiful thing i've ever seen in my life was just a wet street. no one was on it. no one was near it. just a flat, staid wasteland, wet with rain. and then the sun came out, and for ten seconds, the world was made of light. the sun refracted on every angle, at every moment, and for a quarter mile, everything was shimmering. the road, the trees, the grass, the sidewalk, all glowed like the sky, they all glowed like heaven. and for ten seconds, that's where i was. and on my shirt was the domino's logo lol. but that wasn't really a factor in said beautification



literaryreference Follow

Dec 19, 2022



everyone's always like "oh, what kind of caveman still has *music files* in this day and age? just use a streaming service like everyone else!" but does any commercial streaming service have the demo tracks from a never-produced musical that i ripped off the composer's website in 2007 using one of those programs that records your soundcard output? no! they do not! therefore they're useless to me

"We usurp something by giving it a name.
We say it is this and nothing else, and
think we have the purest substance of the
thing when we name it."

— C.G. Jung, Zarathustra Seminar



Peter S. Beagle

21h · 🌐



When you're too tired or too afraid to
defend yourself, defend others.



one time i had to fly with my cello so we bought it a seat
and it got upgraded to first class
without me



ihasafandom Follow

Aug 3, 2020



the old guard, the IMPORTANCE of this one random person showing human kindness and care to a stranger, and she never shows up again! because that's the point! she's not doing it for reasons she's doing it to help, and this old old old old warrior who has lost faith in a better future and who doesn't understand the point of trying to help any more, receiving help from someone who gently points out that the POINT of trying to help is helping even ONE person a LITTLE, that's it, don't need a higher purpose, just a little bit of human empathy and love, she is so humbled in this moment and this french goth girl is so good i just, i love this, i loved this, that's real paladin/cleric hours right there that's, hope.

#The Old Guard



te-intheworld Follow

Feb 4



Back when I was in therapy I learned that anger is usually a mask for other emotions. Anger is easier to feel than sadness and hurt. This isn't true for every instance of anger obviously, but this thought made me think about how toxic masculinity says men shouldn't feel their emotions but anger is ok. And now we've got a society of angry men that just need to feel.

How do you start doing things you're scared of ?



Donglemaetsro · 6mo ago ·

Become more scared of doing nothing forever.



casualgirlfailure [Follow](#)

1d ago



“Stop isolating yourself from reality” well tell reality to stop sucking

being old and happy. what a beautiful thing that is.



skullchicken [Follow](#)

Jun 23



If you have achieved something, please remember to observe a **mandatory period of basking in the warm glow of your achievement** like a lizard on a stone, lest you teach your brain that effort is futile, actually, because it didn't get to enjoy its happy chemicals, so, naturally, nothing good ever comes of trying. (And no, avoiding punishment is not a reward!)

I recommend, like, 5% of basking time in relation to whatever time you invested into achieving the thing minimum. And if you can't make your own bask, friend-brought is fine (= tell your friends!).

#americans you are not special people are stupid globally



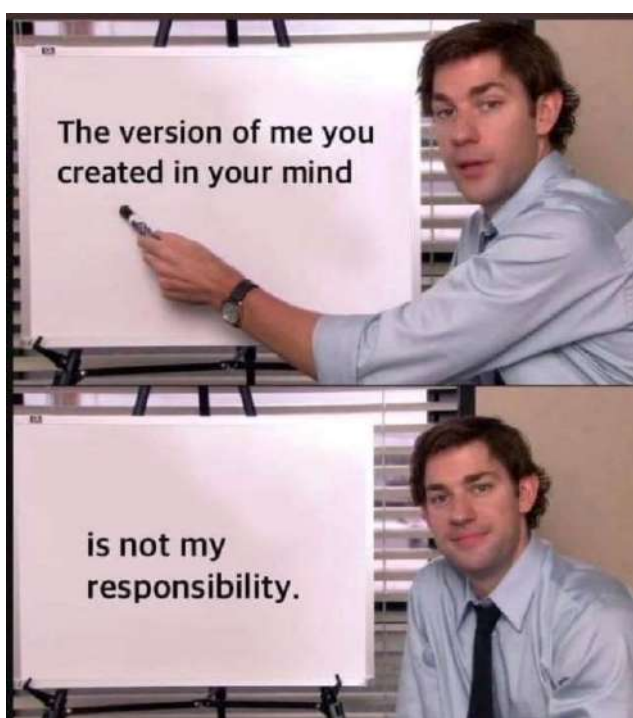
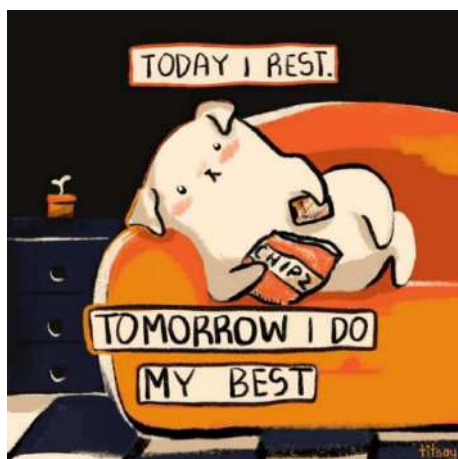
eternalgirlscout [Follow](#)

May 9



the world is strange and big and beautiful and a lot of it statistically is bugs

#hell yeah





Fesshole
@fesshole

Follow

As a teenager in Neustrelitz (East Germany), I painted small stones purple and left them all over town. Did it for years. It drove the police and Stasi nuts. It meant nothing. It just felt good to do something they couldn't control or understand.

11:25 a.m. · 02 Sep 24 · 1.3M Views

ovvero: la portata antiautoritaria e anarchica di The Sphinx Without a Secret



Dr. Pete Meyers
@dr_pete

Mental issues **are** physical issues. This is one of my biggest gripes about Western medicine as a psychologist. We act like the mind is floating in the astral plane and following us on a tether.

Thank you, Plato

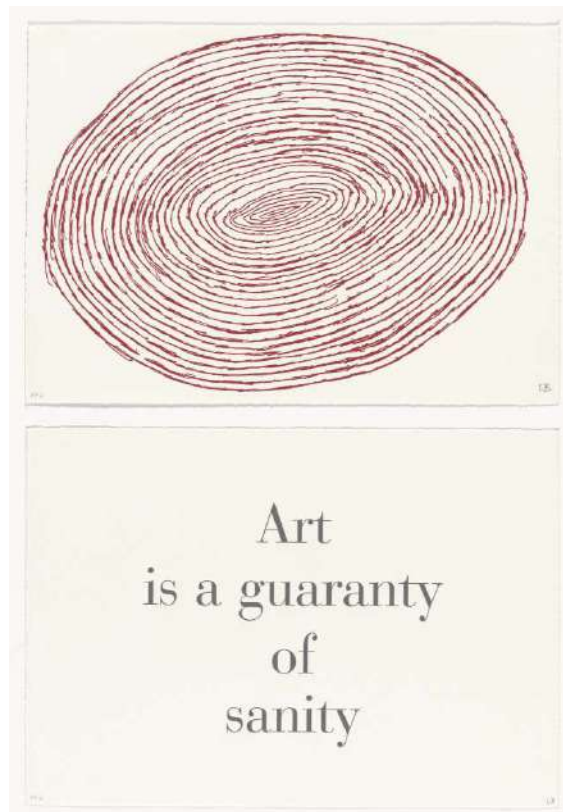


my name is no.
@om_eye_goodness

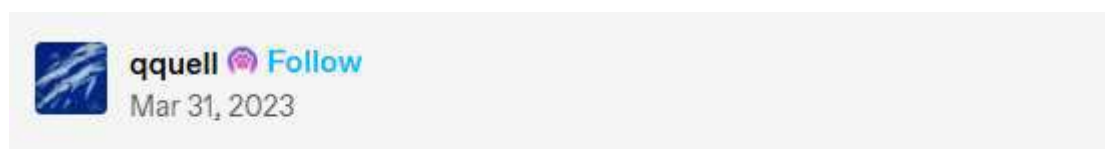
last year, i went on a date with a dude and when i told him i was reading Animal Farm again, he laughed obnoxiously for an entire minute and said i was too old to be reading children's books.

i think about that a lot.

...i wonder if he's still an idiot.



title: what is the shape of this problem?
Louise Bourgeois

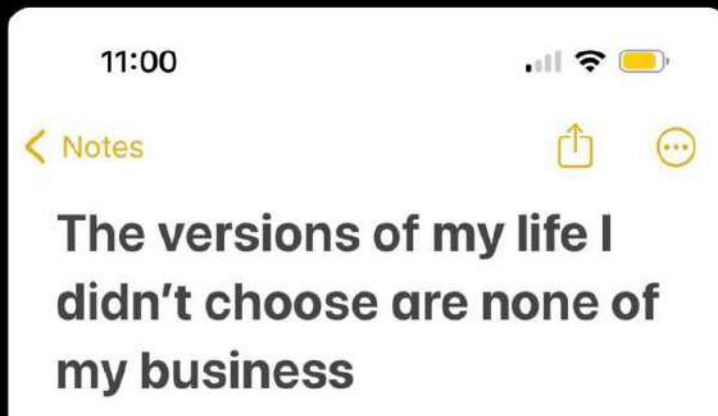


“there is no moral. the wolf eats you one day and until it does, the forest is beautiful.”



trash jones
@jzux

sometimes when I'm scared about a decision or feeling regret or wondering what might have been, I pull up this note I wrote once on my phone and it actually really helps



Justin "Hoops" McElroy
@JustinMcElroy

I'm gonna wake up and keep trying to do good and so are you and nobody gets to vote on that.



budzaya [Follow](#)

Jan 5, 2018

How many times can the same thing break your heart?



zw-me-anasfaleies [Follow](#)

Feb 1, 2019

As long as you love it.



oze250 Aug 19, 2021

how do you know all that?



☆ **Original Poster**

littlemut Aug 19, 2021

im a researcher of the things that don't matter

“I carry the sun in a golden cup. The moon in a silver bag.”
— W. B. Yeats

AI literature:

If you couldn't be bothered to write it, why should I be bothered to read it ?

delicate and damned,

SELF-CARE 1.0

[sacrificethemtothesquid](#)



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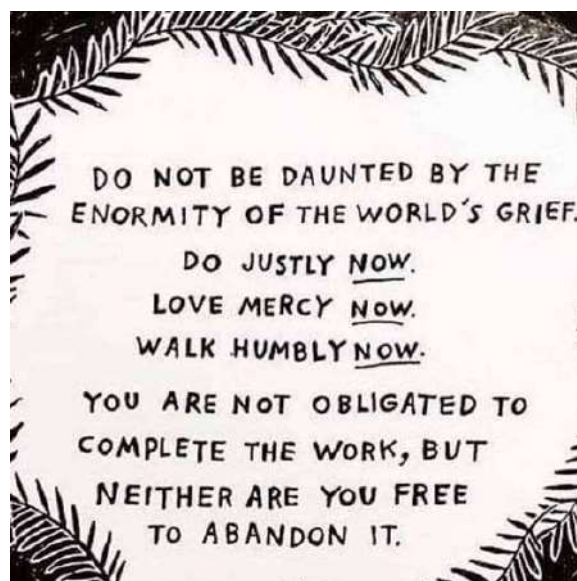
[Feb 9, 2022](#)

I don't know if I've spelled it out on tumblr yet, but I want to talk about **The Mammal List**.

The Mammal List is something I came up with when I was in a mental health intensive outpatient program four(!) years ago. The premise is that we are at our core animals, and if I consider myself the way I'd consider a pet cat, I'm much more likely to practice good self-care:

1. Mammals need food. Eat something! If the Hellbeast doesn't pass judgment on a piece of cheese, neither should you. (She also eats anything small enough to fit in her mouth, so be judicious in that respect. Food is good. Lint is not.)
 2. Mammals need hydration. Drink something! It doesn't have to be water. It could be delicious tuna juice. You're a discerning creature. I trust you.
 3. Mammals need sleep. Make a soft nest and let yourself enjoy it. Knead it until it's comfortable. Let yourself rest as long as you need. Just existing is hard. You've earned a break.
 4. Mammals need movement. Take your precious body and do something. Don't hurt yourself. Be kind.
 5. Mammals need stimulation. Treat yourself to a new jingle ball or mousie toy. Get a bird feeder and stare at it. Let yourself really enjoy it. Play is in your nature.
 6. Mammals need socialization. I know this one is particularly difficult these days, but if you don't keep reaching out, you're going to forget yourself and start biting people.
 7. Mammals need cleanliness. Nobody likes scooping the litterbox, but it has to be done. Don't forget your own body. Make your fur shine. Treat yourself as the luminous creature you are.
- And most important of all: don't feel guilty. This isn't about deserving (although you do deserve it). You're an animal and you need these things to survive, and I very much want you to survive.

[#these are all beautiful#you are a mammal](#)





Meghan Scott Molin - Camp NaNo...
@megfuzzle

My therapist: "you definitely have
clinical burnout."

Me: "Oh man. Well, how long is that
going to take to fix, because I've got
a _lot_ of stuff that needs doing."

My therapist:

Me:

Me: what?



troutlawyer Follow

Jul 8, 2022

...

Grandmas were so right about puzzles and knitting and crocheting
and solitaire and reading slow and slippers and baking and watching
deer in the backyard send post

lovely-v

It's crazy and fucked up that being yourself is actually the solution.

It's like. When I was told to "just be yourself" as a kid I thought it was a passive thing. Like oh easy I just have to sit here and be myself. but the reason so many people think that "being yourself" is bullshit advice is because you actually have to make active choices to do this and it WILL make your life way more fun. You have to wear t-shirts of bands that were popular ten years ago because you like them. You have to do your hair in a way that you find cute or comfortable even if it's "so nineties". If your friend says a food you enjoy is gross to them, you can't be afraid to admit you casually disagree. You have to do hobbies that you're interested in even if you're bad at them and you cant feel like you have to get good at something before you tell people it's an activity you do.

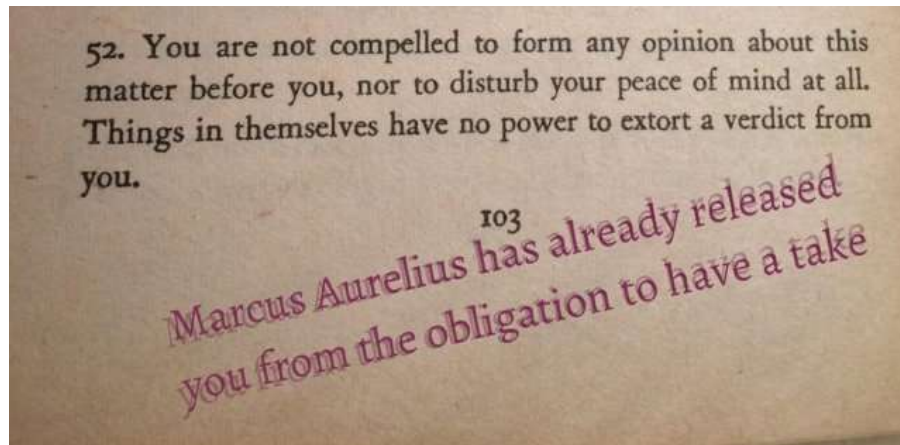
You have to read manga and comic books in public and get piercings your relatives think are unattractive. You don't have to tell people you dislike that you dislike them, but you don't have to give them your time and attention either. You have to rewatch that kids show you're nostalgic for even if you're in your 30s. You have to change your name if you hate it, even if only a few close friends can know. You have to get fun girly drinks at the bar. You have to order hot chocolate when you don't like coffee and black coffee when you don't like sweet things. I am still bad at practicing this but it is the only way to make it all tolerable.

roach-works

you have to do it on purpose

YOU HAVE TO DO IT ON PURPOSE

Some people bring joy wherever they go. Some whenever they go.



lotuspositivity [Follow](#)

Nov 3



You don't have to force yourself to bounce back so quickly. I read something recently that said "when you come in from a rainstorm, you don't expect yourself to be dry and warm right away", and it really resonated with me. It's okay to take time to dry off and warm up. Take the time you need to process what happened to you.



theoriginalmkp

May 1, 2018

growing up autistic / growing up gaslit

I.

this is the first lesson you learn:

you are always wrong.

there is no electric hum buzzing through the air.

there is no stinging bite to the sweetness of the mango.

there is no bitter metallic tang to the water.

there is no cruelty in their laughter, no ambiguity in the instructions, no reason to be upset.

there is no bitter aftertaste to your sweet tea, nothing scratchy about your blanket.

the lamps glow steadily. they do not falter.

II.

this is the second lesson you learn:

you are never right.

you are childish, gullible, overly prone to tears.

you are pedantic, combative, deliberately obtuse.

you are lazy, unreliable, never on time.

you're always making up excuses, rudely interrupting, stepping on people's shoes.

you're always trying to get attention, never thinking about anyone else, selfish through and through.

it's you that's the problem. the lamps are fine.

III.

this is the third lesson you learn:

you must always give in.

mother knows best. father knows best.

doctor knows best. teacher knows best.

this is the proper path. do not go astray.

listen to your elders, respect your betters, accept what's given to you as your due.

bow to the wisdom of experience, the education of the professional, the clarity of an external point of view.

what do you know about lamps, anyway?

"We cannot live in a world that is interpreted for us by others. An interpreted world is not a home. Part of the terror is to take back our own listening. To use our own voice. To see our own light."

— Hildegard von Bingen, from *'Selected Writings'* (via [wraith-lace](#))

Manic Mama 5 hours ago

I once asked my 3 daughters what my superpower was, and in unison they all said "Saying No".
Older woman in the same supermarket aisle overheard & nearly fell into the freezer laughing.



sweeneyta [Follow](#)

Aug 2, 2015



I just realized I've survived everything I've ever encountered in life. I have a 100% survival rate. I'm fucking nailing it.

(fin qui tutto bene)



[Follow](#)



"Are you okay?"

Yeah I'm okay but like in a "if someone hugged me for too long I would start crying" kind of way

8:22 PM · Apr 15, 2022



Reply



Copy link

boredpanda.com



Ebonee Davis

@EboneeDavis



It just occurred to me that many people are actually afraid to heal because their entire identity is centered around the trauma they've experienced. They have no idea who they are outside of trauma & that unknown can be terrifying.



rawrda

This is your daily reminder to not be ashamed of making your life easy for yourself.

Cut your food into small pieces, make the font size 30 on your e book, use straws to drink, get a pen that's comfortable to hold, take more naps, walk slowly, eat another cookie, buy velcro shoes, re-watch the part you couldn't understand the first time, write things on your hands so you don't forget it... whatever you want and/or need

Don't let anyone tell you how you should be doing things. We don't need to prove each other anything

208,556 notes Mar 20th, 2022



@igitsz_ · [Follow](#)



wanna know a real adult life hack? Don't tell anyone when you have a day off. Absolutely NO ONE

5:56 PM · Jan 14, 2024



19



Reply



Copy link

boredpanda.com

If you take one thing away from this essay, I hope it's this: Your suffering is not a virtue. It is not a cosmic force of good in the world. Looking at bad news until you get a stomachache helps no one, and it will keep you from writing.

-- [How to Write Fiction When the Planet Is Falling Apart](#), Anonymous



Red-Green Alliance
@ItsBCJim

The bad part of getting older is that you become an NPC, the good part is that being an NPC rocks. Nothing like walking down the street with a thought bubble that's just a sandwich you're looking forward to. Protagonism is best left to teens and the insane

NPC = Non Player Character



magrittr [Follow](#)

Brutalism is when there's concrete. The more conk they crete, the more brutalismer it is.



emma lord
@dilemmalord

...

stop getting mad about getting older. you think gouda gets mad when it gets older?? no. it's just gets more expensive at trader joe's. be like gouda!! know your worth!!!!



aleena
@taxtherichh

...

pro tip: if you got strict parents start rebelling young so you set and lower expectations otherwise you're gonna be 20 asking your mum if you can dye your hair



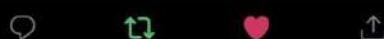
elicia donze
@eliciadonze

...

People hate their own art because it looks like they made it. They think if they get better, it will stop looking like they made it. A better person made it. But there's no level of skill beyond which you stop being you. You hate the most valuable thing about your art.

8:35 AM · 6/13/21 · [Twitter Web App](#)

3,047 Retweets 235 Quote Tweets 13.9K Likes



Kindness is like snow.
It beautifies everything it covers.

you deserve to be in environments that bring
out the softness in you, not the survival in you

“No one ever tells
you that bravery
feels like fear.”



3 & 9

Madlori on thermodynamics:

fairycosmos

absolutely criminal how falling into bad habits is the easiest thing in the world while developing positive habits feels like fighting a literal war

madlori

I don't know if this helps, but this is literally a manifestation of a fundamental law of physics. Everything in the universe wants to have the lowest energy and greatest entropy (disorder) possible. The most natural state of existence is a bunch of disconnected atoms with no order whatsoever. In fact that's what we're heading towards. There was a huge influx of energy a gojillion years ago that enabled order - you have to put energy into a system to impose order onto it and to maintain that order - and it's gradually bleeding away. This is known as the eventual heat death of the universe but don't worry we'll all be gone by then anyway.

On a macro scale, this means that having no order is more or less effortless while imposing order requires energy input. Because we're sentient beings, the benefits of having that order (like holding down a job and not living in filth) make the energy required (mental energy, physical energy) to achieve it worth it.

But that doesn't mean it still isn't an energy cost to get out of bed, wash your face, do the laundry, shop for groceries. It is. As mammals we have a survival instinct that makes us eat food and drink water and breathe, even though all those things cost energy - ironically at the same time they provide energy to keep doing those things.

It's imprecise to extrapolate pure thermodynamics onto a complex biological system but it's all still driven by the same energy/entropy principles.



aquaflv Follow
Apr 2

...

really recommend getting a partner with a different religion than you and very little knowledge of your religion because the opportunities for explaining things to each other are just exquisite



aquaflv
Apr 2

...

yesterday she told me some story about the Buddha's wife and child and I was like. Wait. He fucked? And she was like yeah of course he fucked, why wouldn't he, he was the most attractive and loveable and and wise and etc. person who ever lived. why would he not fuck.



aquaflv
Apr 2

...

this morning she looked perplexed in the kitchen at me and said "did Jesus not fuck?"



winged-cries [Follow](#)

Nov 30

...

Generalizing from his own experience, Fitzgerald once asserted that authors usually repeat themselves. They have two or three really significant experiences in their lives and retell in various disguises their two or three stories "maybe ten times, maybe a hundred, as long as people will listen." He confessed that he worked

i tell and re-tell the story / to find the answer

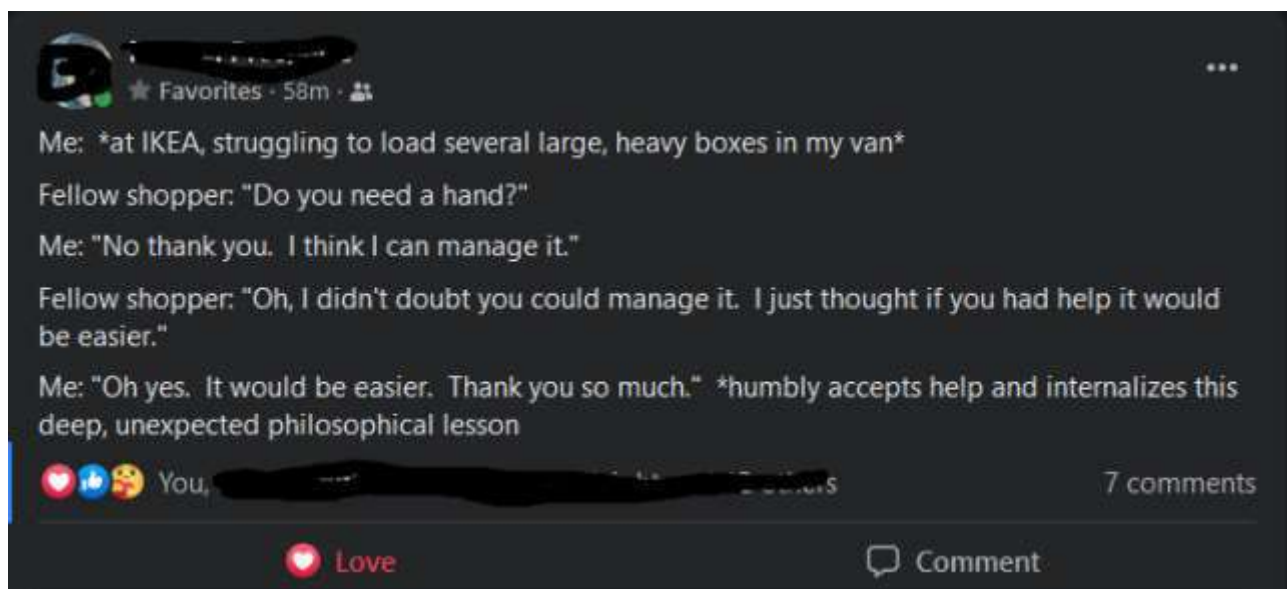


writing-is-a-martial-art [Follow](#)

2d ago

...

truly some people have no genre savviness whatsoever. A girl came back from the dead the other day and fresh out of the grave she laughed and laughed and lay down on the grass nearby to watch the sky, dirt still under her nails. I asked her if she's sad about anything and she asked me why she should be. I asked her if she's perhaps worried she's a shadow of who she used to be and she said that if she is a shadow she is a joyous one, and anyway whoever she was she is her, now, and that's enough. I inquired about revenge, about unfinished business, about what had filled her with the incessant need to claw her way out from beneath but she just said she's here to live. I told her about ghosts, about zombies, tried to explain to her how her options lie between horror and tragedy but she just said if those are the stories meant for her then she'll make another one. I said "isn't it terribly lonely how in your triumph over death nobody was here to greet you?" and she just looked at me funny and said "what do you mean? The whole world was here, waiting". Some people, I tell you.



@policefala

ppl get so offended when youre less afraid of the world than they think u should be



golden-letters

5d ago











































































































































































































































































































































































I know as a woman I'm supposed to be afraid of getting older but I love this shit so much. Every year I sink deeper into this bath of unapologetic realness and it's amazing.



intellectualorsomething

GoddAMN I am so sick of genders



dragonsblowingoutbirthdaycandles [Follow](#)

Nov 13

your life is not an optimization problem



myconetted  [Follow](#)

23h ago

...

affirmations

- i am a complex organism brutally engineered by uncaring forces of nature
- i am a product of billions of years and trillions of deaths

**I have sadly passed
away.**

**Patrick Tehan:
the definitive symptom of childhood trauma is
trying to get a difficult person
to be good to us**



bontxt-deactivated20151125

how do draw good

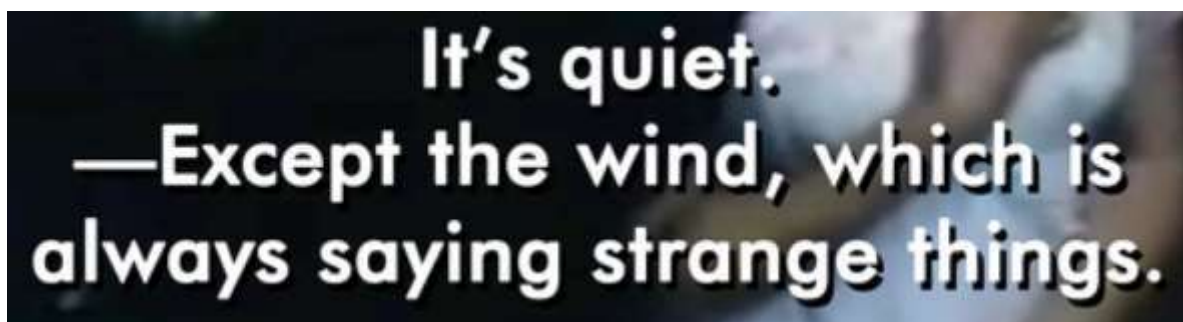
- fill 14 sketch book
- bad stuff is good stuff bc you made stuff
- do you like sparkle???? draw sparkle
- draw what make your heart do the smiley emote
- member to drink lotsa agua or else bad time
- d ont stress friend all is well
- your art is hot like potato crisps
- don't let anyone piss on your good mood amigo
- if they do
- eat
- them

Important rules/tips I've learned as an adult that helped with anxiety

- If people are mad at you, it's their responsibility to tell you, not your responsibility to guess
 - If they're mad at you in secret anyways, they're the ones in the wrong, not you
 - If people don't like what you're doing, it's their responsibility to tell you
 - If they say it's fine when it's really not, they're the ones in the wrong, not you
 - People are allowed to be wrong about you
- If they are wrong about you, wait for them to bring it up, because if you try to, you will inevitably overcorrect
- Some people are committed to misunderstanding you. You will not win arguments against them. Yes, even if you explain your point of view. They do not care. Drop it
- The worst thing that will happen from a first-time offense is being told not to do it again. Maybe with a replacement if you broke something
- You can improve relationships and gauge willingness to talk to you by giving compliments. It's like a daily log-in bonus and nobody thinks twice about it
 - Most things are better after you sleep on them
 - Most things are better after you have a meal
 - Most things are better after you shower
- Your brain makes up consequences that are irrational. If the worst DOES come to pass and someone acts like they do in your head, they are overreacting, and you are entitled to say "what the fuck"
- If your chest hurts after you feel like you've made a social error, that's called rejection-sensitive dysphoria. It means your anxiety is so bad that it's causing you physical pain, which is a good indicator that you're overreacting. Tense yourself, hold it for 20 seconds, let it go, then find a distraction
- If you're suddenly angry at someone after you feel like you made a social error, that's also rejection-sensitive dysphoria. You are going to feel annoyed about it for awhile, but being genuinely pissed off is your anxiety trying to find something to blame to take the responsibility off your shoulders, and getting scared because it can't justify itself. Deep breaths, ask yourself how much you ACTUALLY want to be angry at that person, then find a distraction
- "Sour grapes" is more healthy for you than stewing. Deciding you don't like someone who's perpetually annoyed with you, won't talk to you, etc. makes letting go of anxiety over them easier
- If people don't like you, they will find reasons to be annoyed with you when they otherwise wouldn't. If people do like you, they will find reasons NOT to be annoyed with you when they otherwise would. People do not ping-pong between the two
- You DO have to make a conscious choice not to think about something. If you're having trouble circling back to it, say out loud that you're done thinking about it and why. Then find a distraction
- When you're upset, part of you is going to want to make false bids for attention (suddenly texting differently, heavy sighs, etc. but when someone asks you about it, you tell them it's nothing). Do not listen to it. You gain nothing from it except more misery
 - People like to help people they care about. It makes them feel good about themselves
 - If you think you're insufferable for needing help, see above. Yes, really. They get a serotonin kick from it
- If you think you're insufferable for mannerisms you have, you either have to consciously choose not to do them, or accept that they're part of the package that comes with you. Being apologetic about existing does nothing except make you more miserable

- If you do things you don't like when you feel meh about it, it makes it easier to do them when you hate it
- If you avoid things you don't like when you feel meh about it, it reinforces and magnifies how bad it feels when you hate it
- Seriously. Read those last two points again. If you can make yourself make a phone call when you've got nothing to lose, you will slowly lose that panic you get when you have to make a phone call you haven't prepared for. You do have to CONSCIOUSLY take that step
- Hobbies that make you care for something get rid of that nagging feeling that you're not doing enough. Go grow some rosemary
- If you don't engage with your hobbies regularly, you will feel miserable, and anxiety will spike
- Hobbies are things that give you a bit of happiness. They do not have to be organized or named to do that. Go be creative in something. Play with coins. Make up lists. Start a new WIP
 - No one cares what you look like
- If people point out things they don't like about how you look unprompted, they are being rude. You are entitled to say "what the fuck"
 - People who like you will find you pretty to some degree. Minor things about your appearance go completely unnoticed. Literally, scars and dots and blemishes do not register to someone who likes your company
- You looking at yourself in the mirror is 10x more closely than anyone is going to look at you
- If you're anxious about your body type, and you're creatively inclined, make/write an oc with that same shape. Give them nice things and make other characters love them. Put them on adventures. You'll start to see yourself in the mirror more kindly
- You care about wording and perfect lines/colors way more than anyone who views your work ever will
- Sometimes when you're upset, you're going to feel like not eating. Do not do that. Not eating makes you more miserable
- Same with things you normally enjoy. Denying yourself helps no one. You are punishing yourself for being sad. Stop it
 - Both of these will take conscious decision to break the habit of. Make yourself do it anyways, and it will slowly get easier
- And again, to reiterate: **If someone is mad at you, it is THEIR responsibility to tell you, not your responsibility to guess**

--powdermelonkeg



• • • • •
Hark! The wind is in the chimney!
Let us hear what he has to say.

MERRY CHRISTMAS

It's a fine land, the west land, for hearts as tired as mine;
Apple orchards blossom there, and the air's like wine.
There is cool green grass there, where men may lie at rest;
And the thrushes are in song there, fluting from the nest.



Eugene Lee Yang 
@EugeneLeeYang

These 6 days between Christmas and New Year's is the only time of year you should strive to do absolutely fucking nothing. Make zero progress. Take all the time off. Go on vacation from your vacation. Be the least impressive version of yourself. Transform into a couch.

12/27/18, 11:05 AM



natequarter 🐾🐾🐾 Follow

18h ago

nosferatu? non. VOSferatu. c'est pas mon problème

headspace-hotel

I think sometimes people think eugenics is bad but its still true, like thinking that if people with certain traits have children it will change society for better or worse based upon what traits are promoted. I think its important to emphasize that eugenics is not only wrong morally it's also fake and stupid bullshit

Like eugenics was supposed to be based on the idea that "If it works with animals to select only the best ones to breed, why wouldn't it work with humans?"

well it doesn't work with animals, that's the thing. applying the eugenics ideas to domestic breeds of animals hasn't made better animals it's just made animals with more extreme expression of certain traits. turns out that when you decide which traits are the "best" and become obsessed with the genetic purity of the animals that have the "best" traits, you might well end up with some sad suffering creature like a Pug, or the Persian cats with the smashed faces that are in constant pain because their teeth and airways and brains are getting crushed by their skulls, or those meat chickens that grow so fast they can hardly even stand up after a few weeks old, or inbred race horses with tiny feet and fragile toothpick legs

like almost all traits are neither "good" or "bad" they're way more complex than that. a long tail or a long snout or a stubborn, independent personality can be good or bad depending on the situation.

Who gets to decide what is a "good" trait or a "bad" trait? It's arbitrary and selecting for traits that are "good" in your opinion will often have both "good" and "bad" outcomes because the "good" and "bad" are part of each other and not separate its just part of being alive

Obviously oversimplifying everything but you get it. we did eugenics with dogs and how did that go? not very well

thesunnahthebetter

asking "wait so what do you think I'm saying" mid-disagreement will replenish years of your life actually

big---tasty

PLEASE do this ohmygod. it's saved so many days of the silent treatment for me on both ends. yes there is the chance that the person is immature as fuck, and refuses to believe you when you explain what you're actually trying to say, but most of the time just hearing that explanation from both parties will make things instantly calm down.

darkshrimpemotions

Yes!! You can also say "okay hang on...this is what I'm hearing...is that what you mean?" from the other end. Especially if the message you're hearing is hurtful and coming from a person who generally does not try to hurt you. Words have so many connotations, and everyone brings their own perspective and baggage to conversations. Checking in that you're sending the message you mean or receiving the message they mean can stop so many fights before they even start.



Archaeologists:
-- Pardon my trench
-- Eat sleep dig repeat
-- Liberté égalité archeologé



sleepdeprivedsurgeon [Follow](#)

1d ago



the purpose of friends is to have people who unconditionally hate your shitty exes & relatives. like maybe YOU have a complex relationship with your father but i sure don't. i'm outside his house with a gun. he's not the unforgivable asshole who raised me he's just an unforgivable asshole



infinite suffering for finite wrongdoing is obviously divine justice. /Christianity



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Dec 14



It's actually funny how humans decided "fuck living in caves with all these creepy crawlies", got out of caves, built houses that have all the nice parts of a cave without any of the yucky parts, and then all the little bugs and spiders and other creepy crawly creatures that used to also live in caves thought "sweet, new and improved caves" and moved right back in with us.

