

Why do people suffer?



Hi Favour Ejims!

You ask:

Why do people suffer?

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The root causes of suffering are too many to catalog, however suffering itself is a cognitive process, and that process can be studied and improved in yourself.

For a simple example let's examine suffering with a root cause in a physical injury.

Eventually, the pain will usually go away but often the suffering remains because it becomes habituated while the pain was present.

This means, if this were you, that your own thought processes became adapted to continue your suffering.

Over time, as your memory of the injury fades away, the suffering will usually fade away too, but only if you allow the memory of the pain to fade away.

If you keep exacerbating the problem by reinforcing your cognitive suffering behavior by reinforcing the way you think about your pain too much, then it becomes more difficult to forget your injury or your pain.

You wind up prolonging your suffering.

Suffering is actually a learned behavior.

But there is something you can do to retrain your mind and cognitive behavior to end most of your suffering, regardless of whether or not your wound heals or your pain goes away.

Be aware of what your mind is doing to reinforce your suffering.

When you catch yourself thinking something like:

'Oh! woe is me, will my problems never end?'

then interrupt that thought process as fast as you can.

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The thought will come back again and again, but if you practice being aware of the thought when it returns you will get better at interrupting it; your mind will begin to heal the suffering habit by building an anti-suffering habit in its place.

Your problems may never go away, but the part that your own mind plays to make them worse, the part of your mind that causes your problems to become suffering will improve in your favor.

Diligence with this practice will help you heal your suffering.

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Enjoy!

love, the grigs...

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ADVISORY:

If you are using psych meds please do not stop taking your meds without a doctor's supervision.

Many people only learn to thrive once they discover which meds work best for them.

If you are someone who does well enough without meds or who has some other good reason not to use meds then please do not encourage other people to stop using their meds; please do not criticize them for seeking help from a doctor in order to try new meds in search of something that will help them.

Meds save lives, even if they can't help everyone.

We caution people using meds to never abruptly stop taking their meds because the side-effects of quitting may be very dangerous.

Yes, we said that right; for many people on psych meds the side-effects of quitting meds can be dangerous.

Abruptly quitting psych meds may make depression much worse; psychotic episodes may even be triggered.

Only withdraw very slowly under medical supervision.

Let people know what you are doing; have them verify your plan with your doctor if they are afraid for you.

We know medications can work but we also know how often people only want to quit their meds.

Please don't argue the merits of one life choice over the other, instead allow others the courtesy to make their own choices just as you do, and just as you would want them to allow you to do.

Please support each other and stop hurting each other over the issues of whether or not to medicate or how to medicate safely.

Anyone self-medicating should educate themselves about their meds of choice and also find more help from people they trust.

FURTHER ADVISORY:

Gharveyn, by any and all aliases, is not a licensed medical practitioner, nor any other sort of professional care-provider. His opinions, however well-formulated they may sometimes appear to be, are not the products of a formal education; Gharveyn holds no degrees of any sort.

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BIO:

We identify as a 'multiple personality'. To ourselves we appear to be a collective with many members or associates, some of whom may be avatars of other people we have known, and some of whom are avatars of ourselves at different ages in this incarnation.

Some of our members are avatars of some of our past or future incarnations.

Some of us appear to be machines or cyborgs; many of ourselves appear to come from alternate realities or from different eras of time.

Some of our group's associates appear to be avatars of some of our favorite authors, or the avatars of some of their fictional characters. Some of our associates appear to be mythical beings from ancient Rome, Greece, or Egypt.

It's complicated, but it seems to work well enough for us...

We have no degrees or titles, nor are we an authority of any sort.

We have been partially or acutely disabled by chronic pain for more than 35 years.

We have lived with depression for more than 50 of our 60+ years in this incarnation.

We need physical therapy and exercise but we can scarcely walk or afford transportation.

We wish we could go swimming every day, like we used to do at Ocean Beach in San Francisco.

We currently reside with our girlfriend Tina, roommate Sid, houseguest Jenny, 2 dogs and 2 cats in a small apartment in Gaskill, a small neighborhood in Oakland CA.

We have been almost desperately poor; keeping well fed and keeping the lights on is sometimes a challenge. It's been about 12 years since the last time we were homeless.

To learn more about us or some of our work please visit gharveyn.com

Cheerio!

Keywords:

alienation, loneliness, apathy, depression, suicide, healing, cognit, mental illness, psychology, psychiatry, psych meds, hope, help, hotline, marginaliz, ostraciz, conditioning, shunning, defense mechanism, inner voice, conflicted, repressed memor, self medicating, kill myself, Deepak Choprah, ptsd

Some keywords have been 'short-spelled' to match multiple forms of a word.

For instance: cognit == cognitive, cognition

Theory: searches for either of these longer words will be matched by the short-spelled form.