

**BURNTCHROME . CLUB /
sydney skillsharing**

Radical Self Care

Be More Selfish

What does it mean to be selfish?

Merriam Webster

- Concerned excessively or exclusively with oneself : seeking or concentrating on one's own advantage, pleasure, or well-being **without regard for others**
- Arising from concern with one's own welfare or advantage **in disregard of others**

What does it mean to be selfish?

Cambridge

- Caring only about what you want or need
without any thought for the needs or wishes of
other people

What does it mean to be selfish?

~~Cambridge~~ My definition

- Caring only about what you want or need

Seems simple?

Seems simple?

- You have MANY wants and needs
 - Italian food
 - Water
 - Loud friends
 - Light talk
 - Quiet friends
 - Alone time
 - Deep and meaningful conversations
 - To feel needed
 - Power
 - Purpose

Very complex....

Why use the word selfish?



Any immediate issue?



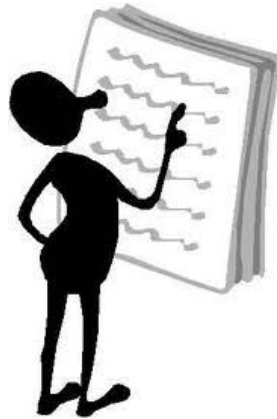
What are you feeling?

Theory

- Max Stirner
 - Everyone is selfish
- Ideals/abstractions (spooks)
 - Can possess you to act against your own interests
 - Are considered sacred / self-evident

List ideals/abstractions...

...that you live up to



List ideals/abstractions...

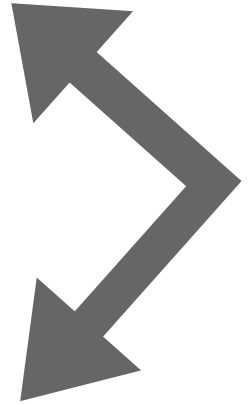
...that you live up to

- Body standards
- Family
- Health



Reactions to selfishness

- Pseudo-egoism
 - Reject selfishness
 - E.g. religion, country, ethics, economy, communism
- American individualism
 - Embrace “selfishness”
 - E.g. materialism, narcissism, simplistic hedonism



Leftist ideals

The Revolution

The “Cause”

Humanity

The People

Activity:

Reframe in terms of self-gain

- Pick one social justice issue that you aren't "directly" affected by
- Explain to a peer, why fighting for this issue is in your self interest
 - E.g. Trans liberation, Animal liberation, Women's liberation, Palestinian liberation...

What can you do?

Kill the cop in your head....

III

We get rid of the blinkers of ideology by constantly asking ourselves...

How do I feel?

Am I enjoying myself?

How's my life?

Am I getting what I want? Why not?

What's keeping me from getting what I want?

Revolutionary Self-Theory
Larry Law

Other things that work for me

- “I have to” → “I want to”
- Reframe future needs as present needs
- Assess if actions are done without intention (addictions)
- Use spooks to your advantage
- Saying no and not having to justify further

Questions/critiques/discussion

"People rely on Causes because they haven't been able to make their own life a Cause sufficient unto itself."