

Afton

Mr Fitton

Approaches to wellness

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Quotes from The Subtle Art of not Giving a Fuck

This book doesn't give a f*ck about alleviating your problems or pain. And that precisely why you will know it's being honest. This book is not some guide to greatness- it couldn't be, because greatness is merely an illusion in our minds, a made up destination that we obligate ourselves to pursue, our own psychological atlanta. Page 21

We suffer for the simple reason that suffering is biologically useful. It is nature's preferred agent for inspiring change. We have evolved to always live with a certain degree of dissatisfaction and insecurity, because it's the mildly dissatisfaction and insecure creature that's going to do the most work to innovate and survive. We are wired to become dissatisfied with whatever we have and satisfied by only what we do not have. Page 27/28 - This made me think about how in class we talked about how we just get used to things. That even if we win the lottery in 2 months from now all that stuff you bought isn't going to bring you the happiness it did when you first got it, that's because our minds just get used to things.

Research has found that our brains don't register much difference between physical pain and psychological pain. Page 29

Highs also generate addiction. The more you rely on them to feel better about your underlying problems, the more you will seek them out. Page 29

Our struggles determine our success. Our problems birth our happiness, along with slightly better, slightly upgraded problems. Page 40 - "Our problems birth our happiness" was what sat with me the most in the one, the fact that all the pain that comes, comes for a reason. That in the end something better or something that will make us happier comes out of it in the end.

The deeper the pain, the more helpless we feel against our problems, and the more entitlement we adopt to compensate. Page 55

The truth is there is no such thing as a personal problem. If you've got a problem, chances are millions of other people have had it in the past, have it now, and are going to have it in the future. Likely people you know too. That doesn't minimize the problem or mean that it shouldn't hurt. It doesn't mean you aren't legitimately a victim in some circumstances. It just means you're not special. Page 56 - It's insane to think that millions of other people could have or have had the same problem in the past before, it shows how you're really not alone you just may feel alone.

A lot of people are afraid to accept mediocrity because they believe that if they accept it, they'll never achieve anything, never improve, and that their life won't matter.

Page 61

If suffering is inevitable, if our problems in our life are unavoidable, then the question we should be asking is not "how do we stop suffering?" But "why am I suffering- for what purpose?" Page 69 - I don't know why this feels so deep to me but it does. It's that fact that people care so much about the fact that they are suffering but not the fact of why they are, for what purpose they suffer for. The way we can't control if we are suffering we should embrace it, we shouldn't be scared of the pain that enters our lives.

We don't always control what happens to us. But we always control how we interpret what happens to us, as well as how we respond. Page 94

It comes back to how, in reality, there is no such thing as not giving a f*ck about something. To not give a f*ck about anything is still to give a f*ck about something. The real question is, what are we choosing to give a f*ck about? What values are we choosing to base our actions on? What metrics are we choosing to use to measure our life? And are those good choices-good values and good metrics? Page 95 - Thinking about what I truly value and how those values make me measure the person I am and by which metrics I use. The fact that one little thing, one value actually means so much more.

There's a difference between blaming someone else for a situation and that person actually being responsible for your situation. Nobody else is responsible for your situation but you. Many people may be to blame for your unhappiness, but nobody is ever responsible for your unhappiness but you. This is because you always get to choose how you see things, how you react to things, how you value things. You always get to choose the metric by which to measure your experiences. Page 99 - So many people blame their pain and suffering because of other people which makes sense as they may be a part of it but there not the reason, you are, you get to choose how much what they do affects you as a person.

We all have to take responsibility for success and happiness. Hell, we often fight over who gets to be responsible for success and happiness. But taking responsibility for our problems is far more important, because that's where the real learning comes from. To simply blame others is only hurting yourself. Page 102

I see life in the same terms. We all dealt cards, some of us get better cards than others. And while it's easy to get hung up on our cards, and feel we got screwed over, the real game lies in the choices we make with those cards, the risks we decide to take, the consequences we choose to live with. The people who consistently make the best choices in the situations given are the ones who eventually come out ahead in poker, just we in life. And it's not necessarily the people with the best cards. Page 109

You are already choosing, in every moment of everyday, what to give a f*ck about, so change is as simple as choosing to give a f*ck about something else. It is that simple. It's just not that easy. Page 113 - We get to choose every little thing we care about so I don't get why we all care about so much, so many un useful things we care about for no reason at all.

Certainty is the enemy of growth. Nothing is for certain until it has already happened- and even then, it is still debatable. That's why accepting the inevitable imperfections of our values is necessary for any growth to take place. Page 119

Evil people never believe that they are evil; rather they believe that everyone else is evil. page 133

The more something threatens your identity, the more you will avoid it. Page 136

Choose to measure yourself not as some horrible victim or dismal failure. Instead, measure yourself by more mundane identities: a student, a partner, a friend, a creator. Page 140

At some point, most of us reach a place where we are afraid to fail, where we instinctively avoid failure and stick only to what is placed right in front of us or only what we are already good at. Page 151

We can be truly successful only at something we are willing to fail at. If we are unwilling to fail, then we are unwilling to succeed. Page 151 - Success doesn't come alone, it comes with failure. We have to fail at things in order to get better at it and grow.

Action isn't just the effect of motivation; it is also the cause of it. Page 160

There's such pressure in the west to be likable that people often reconfigure their entire personality depending on the person they're dealing with. Page 170 - Someone can completely change how they act around everyone. You never truly know if someones just being fake to you or if they truly are being themselves.

We all must give a f*ck about something, in order to value something. And to value something, we must reject what is not that something. To value X, we must reject non-X. Page 171

Death scares us. And because it scares us, we avoid thinking about it, talking about it, sometimes even acknowledging it, even when it's happening to someone close to us.

Yet, in a bizarre, backwards way, death is the light By which the shadow of all of life's meaning is measured. Without death, everything would feel inconsequential, all experiences arbitrary, all metrics and values suddenly zero. Page 195 - This one is deep. And it goes on to talk about how he couldn't truly live till he accepted the fake that death was going to come one way or another. I dont get why everyone fears death, it's inevitable it's going to happen to all of us one way or another so we should all just live our lives how we want and accept the fact that none of us are going to make it out alive. So we all just gotta stop caring so much about every little thing that happens, and every

little thing someone does even if we don't like them because in the end you're both going to wind up dead anyways.

You are already great because in the face of endless confusion and certain death, you continue to choose what to give a f*ck about and what not to. This mere fact, this simple optioning for your own values in life, already makes you beautiful, already makes you successful, and already makes you loved. Page 208

The book the subtle art of not giving a f*ck was an amazing book. It's not trying to tell you how to get better but it's showing you how to. He talks about his own experiences in the book and even talks about other people's experiences as well. In the beginning of the book I like the way it starts. On page 21 (the quotes on the list) he says how this book doesn't care about alleviating your pain and all this stuff and that's how we know it's being honest. But I believe we know it's being honest because he talks about his own experiences and what he has been through in order to get where he is today. I will take many things from this book and learn to grow from it because we all care way too much about the physical things in life and not the people surrounding us. It's the people around us who have a bigger impact on us then the physical things we can buy.

AFTON,

THIS IS AN EXCEPTIONALLY INSIGHTFUL,
THOUGHTFUL + DETAILED RESPONSE. TO
READ YOUR KEY NOTES + THEN YOUR CONNECTIONS
AND ANALYSIS BLOWN ME AWAY. SO
AMAZING AS A RESPONSE. I LOVED
YOUR THOUGHTS/RESPONSES AND IT LOOKS
LIKE YOU TOOK A LOT FROM THE BOOK.
THIS WAS SUCH A PLEASURE TO READ
AND CLEARLY YOU PUT A LOT OF HARD
WORK + EFFORT INTO THIS

Wow! Just wow!

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