stuck on December 10, 2019 -- stuff from the Discord #other channel, plus a little added by me when making the tree [oval boxes added or edited 21 December] -- by AnnaB

- when I was younger I enjoyed feeling successful at doing things I was good at
  - I fear I'll never get that feeling of being successful again now that I can see how far I am from ever succeeding at anything
    - maybe I could still enjoy making progress, even if it's slow progress, but I seem unable to do that
      - feelings are ideas. they can be changed.
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- Freeze mentioned that Elliot says that when you don't have a very good argument to do something, you should stick to tradition
  - this seems fine
  - but how do I tell when an argument is good enough?
    - I think it's good enough to say I should try to do intellectual stuff because I want to be smarter. is that too vague?
- most people who come to FI give up and leave
  - I thought I could be different and not give up
    - but I don't see anything special about me compared to all the other losers in the world
      - maybe there isn't anything special about me other than that I haven't given up yet, but the not giving up is important
  - maybe that's because it's actually pretty much impossible for someone who's been ruined as much as I have by bad early parenting/education to get anywhere now
    - if this is true, what's the point of continuing to try?
      - I could give up and leave
      - I could stay and just read stuff and say random things but not try to make any progress
    - it's not completely impossible though. I know I've learned some things from FI.
    - actually, it's pretty much impossible to learn nothing, for anyone.
  - the people who are labeled "good posters" or "good people" were that way pretty much from their start here. when I ask if anyone improved significantly while they were here, no one answers.
    - maybe no answers because no one knows who I'm talking about
- I think I should be doing stuff I like doing, but I can't identify what I like doing
  - there are things I like doing less than others. I can start by not doing those things.
- I remember (perhaps wrongly) being told that I didn't understand stuff and should get better at reading before trying to read philosophy [this branch edited 16 December]
  - I agreed and still agree with the assessment that I don't understand or remember what I read very well
    - I tried various ideas about learning to read better
      - None of them seemed to work much
        - "none" is an exaggeration. I have learned some things.
      - I never could figure out how to get better at reading
        - I thought I was dumb for not knowing how to get better at reading
        - this isn't true.
  - now I realize that I may have been mistaken about what I was told
    - if I'm often mistaken about what I'm told, what can I do about it?
      - I can ask questions
        - my impression is that when I ask questions, I often get no answer or a mean answer. this impression could be wrong
          - I'm probably not good at asking questions
            - there's been advice on asking questions
              - when I have tried to follow the advice I haven't gotten good results
                - I probably did it wrong
                - I can keep trying. the advice is still there.
                - actually, I think I've done some things right.
                - I now sometimes look up things for myself instead of asking
                - when I ask a question, I now sometimes give information about what I've tried and the results
      - I can try to restate it in my own words
      - get better at reading :(
        - I am
      - I have some success when I re-read things carefully, more than once
    - did people say that at the time? why didn't I understand that?
    - is it even possible to go back and see from so long ago? should i start over?
      - there'd be so much stuff
        - I could try to fix one thing at a time
    - am I remembering wrong when I remember that I and others have been told many times to get better at reading?
      - I could try to look but that seems too difficult
        - I might still do this. It probably wouldn't take too long to find one or a few instances and see what was actually said.
      - I could ask now
        - I fear people will say no one ever said such a thing and then I'll think I'm crazy for remembering it
          - yeah, better to look for myself than to ask
    - but if I can't do anything to read better until I understand what I'm doing wrong, then what if I never understand what I'm doing wrong? I'll be stuck
      - it's an understandable thing. i can probably understand at least part of it.
    - post-mortems can help
  - curi also says now that I should have understood any plan that I tried before trying it
    - that seems like a good idea
    - that seems impossible
      - it's not impossible. my current plan is one that I think I understand.
- big problem is being second-handed
  - I do stuff in FI based on whether I think people will approve of it
    - I can't figure out another way of judging FI stuff
      - I'm supposed to like what I do but that doesn't help as a judgment tool because I don't like anything
        - I do like some things.
          - I like when I start to write a post and then as I'm writing it, something becomes clearer to me.
          - I like when an idea makes sense to me.
- Freeze says FI makes him feel like individuals do matter, like people can and should only do the stuff they care about
  - he says this is from Objectivism
  - I do think individuals matter
  - I don't feel free to only do the stuff I care about
    - when Elliot says that no one does X, Y and Z, and they should, I feel pressure to do X, Y and Z. there's not enough time to do that stuff plus try to figure out what *I* want to do, if anything.
      - I don't have to do anything that Elliot suggests. It's my responsibility to decide how to spend my time.
- I learned as a child that people are good at some things and bad at some things
  - I was considered good at lots of things so I did those things
  - I didn't try to do the things I wasn't good at
    - FI is something I'm not good at so I don't *feel* that I'll ever get better at it
      - it's fine to do things I'm not already good at. I'll get better if I try.
    - that's not true. I've done other things that I didn't start out good at, but got better at.
- TheRat said that CR means finding a problem you think is interesting and working on that
  - I can identify lots of problems that I want to work on solving, but I have great difficultly both in picking one at a time and in figuring out how to go about solving problems
    - I can pick one at a time. I just have to be okay with doing that.
    - I actually solve plenty of problems.
- Kate says "If you pursue and achieve rational values, then you'll get the emotional reward of happiness and joy."
  - I'm working on this
    - that is not happening for me. why not?
      - Kate thinks it's because I'm not using my own judgment to choose my activities
        - this seems like it could be true
          - this was true. I'm trying to change it.
- there is a social expectation in most situations that people shouldn't be too emotional
  - I fear that the same applies here but I'm having these conversations anyway, hoping they'll help me figure this stuff out more
    - I'm still not sure if it was a good idea to post this tree. I think it was, especially with today's additions.
- I'll never make progress if I do nothing. Freeze said this too.
  - so I think doing something is better than doing nothing
- I *feel* as if I'm a constant disappointment to Elliot
  - I *think* that he's unlikely to actually be disappointed in me. I think he doesn't expect much from me and/or doesn't care much what I do.
  - actually, it's more like everything I do confirms to others and to myself that I can't do anything right and will probably never get anywhere
    - actually, the person I need to please and am not pleasing is myself
      - I can change this by learning to be pleased with smaller successes.
  - Freeze asked if anyone at FI has actually said I'm hopeless and will never get anywhere
    - no, I don't think so
    - but see this linked branch:
- Freeze asked me what I want to learn
  - I want to learn how to learn subject matter better
    - so I can learn lots of subject matter of different kinds
      - is this a second-handed want? do I want to impress other people by knowing a lot?
  - I want to understand arguments better
  - I want to learn how to read more carefully
  - I want to learn how to think more carefully
  - I want to learn to understand myself better
  - I want to learn to understand people in general better
- I like how Freeze and TheRat just try debating stuff with people and then use the results to see what they need to improve
  - what can I do that with that I'd enjoy? not debating
    - I think I'd enjoy serious discussions.
  - I'm jealous that they don't feel like they have to study grammar and reading and math first in order to do what they want to do
    - I don't actually know what they feel like they need to be doing.
- Freeze asked what it would look like if I had
  - I realize that I *have* learned some things here, it just doesn't seem like much
    - I can change my definition of "much" regarding the amount of learning I've done
  - I realized that progress to me would look like people here respecting me more (second handedness)
    - I realized that I can't tell if people respect me now
    - approximately no one is good enough to deserve respect, or everyone is. I can't tell which.
    - I should figure out how to respect myself and not worry about what other people think
      - I should do this because that's what I'm actually lacking--self-respect
- I think I haven't made much progress in FI