

## Twitter Thread by [Yeerk.P](#) ■



[Yeerk.P](#) ■  
[@PYeerk](#)



**When people say 'stop thinking about it' or 'stop being depressed', they actually mean 'stop producing depressed discourse'- the 'inescapability' of these things is in their recursive self-production via 'thinking about them'**

This is true.

But like other things that fit this language-first mold (i.e. "depression") just telling people to "stop thinking about it" only works for some people.

One the term gets memetic legs they are hard to chop off.

This proves the original assertion: language 1st.

— In The Flesh: Philosophy for Living (@live\_intheflesh) [July 6, 2022](#)

Beckett's 'The Unnamable' is practically a demonstration of this- written from the point of view of a disembodied voice (it's only embodiment is 'in the text') self-generating its own claustrophobia through its inability to cease

# THE UNNAMABLE BY SAMUEL BECKETT



Lest anyone think I'm being dismissive of mental anguish, I suffered from 'depression' and 'anxiety' for a long time- in my early 20s- before I developed the spiritual confidence to affirm what I'd intellectually always suspected: that these things have no actual existence

On my 1st ever podcast appearance w/ [@kaschuta](#), I describe evil as 'nothingness eating itself into the world'- the fact of a thing being non-existent doesn't mean it doesn't inflict harm- the harm it inflicts is the friction of the non-existent entering an existent medium