Twitter Thread by Clint Murphy



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You think you have free will in your life, but

You've been programmed from birth.

Let me help you to unplug:

Here are some of the ways you've been programmed:

• Intergenerational trauma
• Evolutionary psychology
• Childhood conditioning
• Social media and news
• Marketing and sales
• School and Gov't

Let's dive into each and understand how you can unplug from the system.

• Intergenerational trauma

There is growing evidence trauma can be passed on to our children.

Trauma and its negative impacts are well documented, but we don't know how it's transferred. Are you:

• impacted by genetics
• your parent's behaviors

• Evolutionary psychology

As humans have evolved, our bodies have physically adapted to survive.

Evolutionary psychologists argue that our cognitive and emotional systems have also adapted.

This may explain why we share the same mental biases.

• Childhood conditioning

As children, we experience trauma.

Whether it's significant trauma or not, we learn to cope.

The coping mechanisms you used as a child served to protect you.

The problem is that they were never shut off and are still being "triggered" today.

• Social media and news

You are conditioned by what you see on TV or on your cell phone.

Whether you're scrolling Instagram or you're watching the news.

Most programming today comes at you through an echo chamber, which pushes you further down a rabbit hole of:

Us vs Them

• Marketing and sales

Whether it's Nike, McDonald's, or any other company, they know more about psychology than you do.

They know how to attract you with:

• visuals
• colors
• smells
• taste

They appeal to psychological senses you aren't even aware are being triggered.

• School and Gov't

In childhood, school teaches you how to behave.

Initially, they were meant to teach you to be a good factory worker.

Today, they're meant to teach you to be a good office worker.

The government tells you how to think and behave, and most of you listen.

• How to unplug

If you want to unplug yourself from the programming,

the first step is to realize you've been programmed.

Once you have, start to understand:

• Mental models
• Shadow work
• Meditation
• No news
• Expose
• Read
• CBT

• Mental models

Humans have a lot of mental biases.

When you understand those biases, you can understand how to avoid getting caught by them.

Read @farnamstreet and @SahilBloom for a deep dive into mental models and frameworks.

@farnamstreet @SahilBloom • Shadow work

Carl Jung said until you make the unconscious conscious, it will direct your life and you will call it fate.

Through shadow work or psychoanalysis, seek to understand your childhood trauma, the triggers, and the coping mechanism.

@farnamstreet @SahilBloom When you understand your:

• childhood trauma
• what triggers it as an adult
• how you've evolved coping mechanism

You put yourself in a position of strength.

You can avoid the triggers and you can have healthier coping mechanisms for when you are triggered.

@farnamstreet @SahilBloom • Meditation

Meditation and mindfulness cut through the noise.

The goal is for us to be in a neutral mind.

We may have biases, think about the past, or dream about the future, but when we are present and focused on facts in this moment,

We will make better life decisions.

@farnamstreet @SahilBloom • No news

Don't let the news condition you.

In almost all material ways we are better off today than we have ever been.

Yet, many people think society is unraveling and the world is in a much worse spot.

Fear sells and you're being sold.

Shut off the news - read a book.

@farnamstreet @SahilBloom • Expose

Do not let the echo chambers condition you.

Do not only listen to Democrats or only listen to Republicans.

If you are a Republican, watch CNN and read the New York Times.

If you're a Democrat, watch Fox News.

In both scenarios, seek to understand the other's view.

@farnamstreet @SahilBloom • Read

When we read a book we stand on the shoulders of giants.

Someone may have put 10+ years of their life and work into that book you read.

They will teach you about biases, conditioning, mindset, and mental models.

Read deeply and read widely to open your mind to life.

@farnamstreet @SahilBloom • CBT

We have 35,000 thoughts per day.

Most of those thoughts are negative.

CBT, and thought auditing per see, help you to reduce those negative thoughts.

They help you reach a place of neutral, fact based, thought.

Combined with meditation and mindfulness, CBT is ■.

@farnamstreet @SahilBloom TL;DR:

If you want to unplug yourself from the matrix,

the first step is to realize yo're in the matrix.

Once you have, start to understand:

• Mental models
• Shadow work
• Meditation
• No news
• Expose
• Read
• CBT

@farnamstreet @SahilBloom Let's help as many people as possible unplug from the system:

• Follow @IAmClintMurphy
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https://t.co/CT6Rf1AWNV

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> — Clint Murphy (@IAmClintMurphy) September 15, 2022

@farnamstreet @SahilBloom If you enjoyed this and you want to:

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• Achieve more
• Make money doing it

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