Twitter Thread by ████████



████████
@UnmodernM

How to find the motivation to do something.

Requested by followers

Thread

I lean heavily towards psychoanalytic theory & Nitzschean philosophy.

That means with regards to this thread,

I believe not everyone has the ability to be motivated. And those that do, have multiple personalities constantly affecting their motivation.

Ill address accordingly.

Nietzsche believed not everyone can achieve an aim,

that they lack self-determination; which is a combination of self-control & self-legislation i.e

the ability to write laws in place that will help attain an aim while suppressing desires that directly/indirectly disrupt it.

This thread assumes you have the ability to set yourself an aim that generates enough motivation for you to pursue it.

Obviously the "how" of this thread will fail those who don't possess this quality.

Some will disagree & claim everyone possesses it.

And yet still fail.

Having the motivation to do something cannot be pinpointed or quantified. There's infinite amount of reasons on what compels people to do things.

But there is room to work and generate motivation for those who have none,

(assuming they possess the trait in temperament).

You need two ingredients to be motivated enough to achieve something:

1st - a source that generates motivation.

2nd - to protect the motivation’s longevity.

The 1st is achieved with self-contempt.

The 2nd is achieved through self-control.

To be motivated means to act in a particular way that would IDEALLY achieve something as a consequence of such repetitive behaviour.

This means there needs to be a reason for someone to behave in such particular way.

That reason is purpose or an objective.

Finding a purpose is easy:

A. Take stock of your current state of conditions.

B. Fantasise an ideal state of condition (doesn't matter if short-term).

Then make decisions that help you move from A to B.

Once achieved, set another purpose, this time with a longer timeframe.

The difficulty is in ACHIEVING the purpose.

One way is to live in contempt or oppression - it develops intensity to escape.

For eg: People who say 'don't work in a job you hate' dont consider the fact that the job you hate could well be the catalyst in achieving your purpose.

Its also possible to artificially generate a situation of "living in contempt" if you exeggerate your IDEAL situation.

Meaning: set an aim so high, that it makes your current situation suffer drastically in comparison,

WITHOUT obscuring the reality of achieving it.

This is why people in touch with their dark side such as jealousy or greed, have the ability to generate the motivation to succeed a purpose or objective.

Dark/negative emotions when concentrated into a desire to achieve, is an unmatched source of motivation.

Once you have enough contempt of your current situation, it should then generate motivation to achieve an ideal condition.

If it doesn't, then what you have doesn't suffer enough compared to what you want,

OR

you're the type that lacks the self-determination capacity.

Assuming you have now a source of motivation (self-contempt) to achieve a specific aim/purpose;

you then have to protect that motivation from your multiple personalities, all which come with their own set of urges & aims that directly conflict with yours.

A man who has found his purpose and generated enough motivation, can NEVER attain said purpose,

if his lust constantly aims to attain sexual pleasures by putting him in places that seek out women.

This is the essence of shadow integration, keeping your other selves in check.

Read my shadow integration threads.

Urges under your voluntary control will be prevented from undermining your motivation towards your aim.

This is what the 8th is all about; understanding your multiple personalities & developing a central governing-self through shadow work.

So motivation needs;

Self-contempt as a source to self-legislate laws in place to achieve a purpose that alleviates that contempt,

AND

protection through self-control, which is the integration of your other disruptive 'selves' through shadow work.

For those who have accepted they are not the self-determined type,

aim for daily objectives.

Do 1-2 things today for the purpose of making your tomorrow better.

When you get good at this, increase the timeframe. Aim for a week, a month & so on.

Full essay will be on my blog.