

July 19 | 8 pm UTC

**Tantrums, Bystanding
or Impactful
Social Action:
Exploring the
Shadow of Activism**

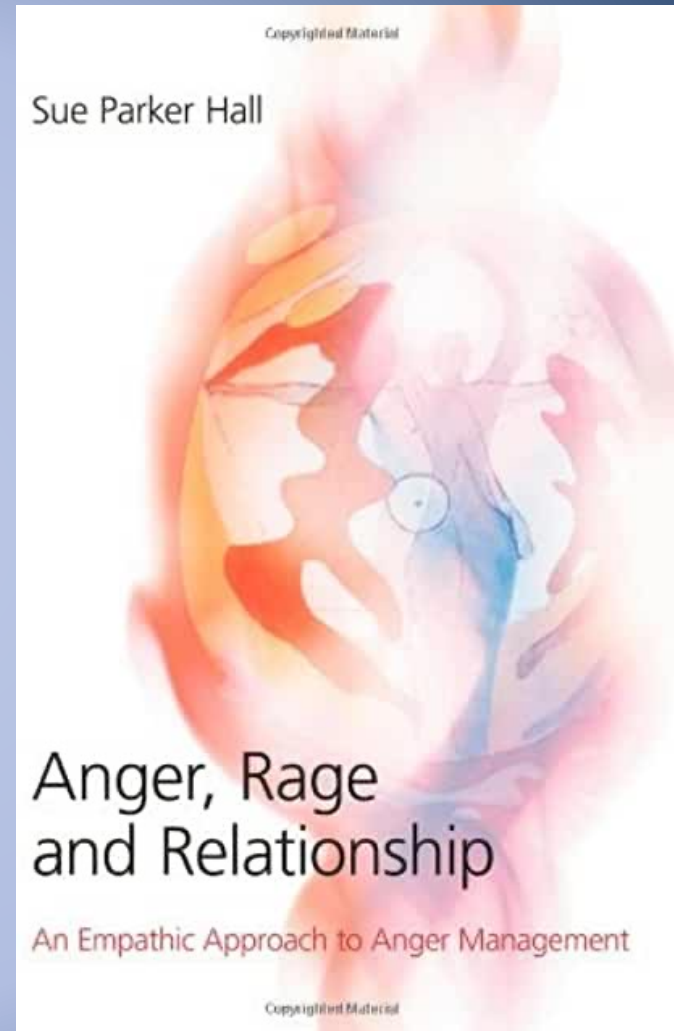
**WCH Mind Health
Webinar**



With Sue Parker Hall



based on chapter 14
'Adult Rage'



social change continuum



slow, no change

moderate change

radical, fast change

me and my
shadow.....



whatever we have not
integrated, we project out onto
the world.....

it's important to...at least, reflect
on what may be in our history
that motivates us to campaign
for the particular changes we
wish to see.....

and at best, process any related
trauma before we embark on or
continue our social activism

our natural state according to.....

Humanistic philosophy



Maslow, 1943

'co-operation rather than struggle is the basic law of human life' (Montagu, 1950)

our natural state according to.....

Humanistic philosophy (cont'd)



'just as a human infant tends, individually, to select a diet similar to that selected by other human infants, so a client in therapy tends, individually, to choose value directions similar to those chosen by other clients'

Rogers, 1964

across cultures - USA, Japan, Holland and France

model of the self

pro-social



our natural state

boundary around self



adult ego state

vulnerable
real self

safety

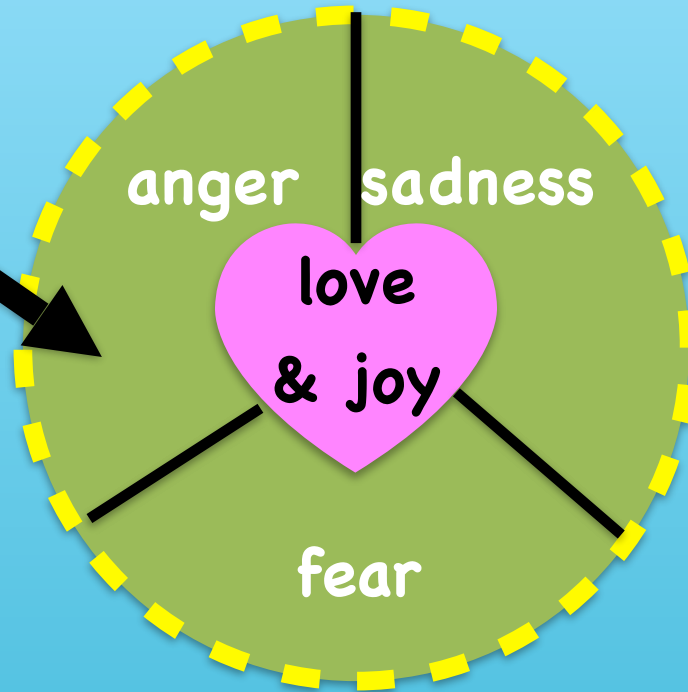
emotion
processing zone

ethics & values

strongest body &
spiritual connection

transformation
happens here

boundary around self



'integrated Adult'
Berne, 1961

**'a degree of self-
actualisation,
functioning'**
Maslow, 1970

**'functional if not
fully functioning'**
Rogers, 1961

**'co-operation Vs
struggle'**
Montagu, 1950

I'm OK - You're OK

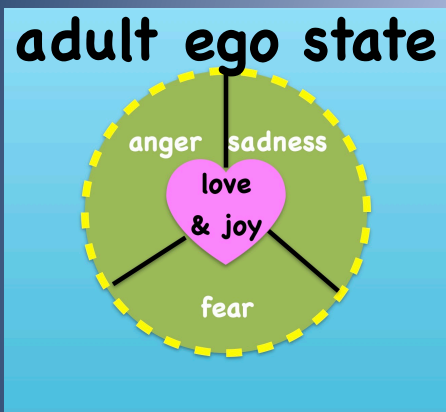
adult ego state



'the purpose of **anger** is to uphold an individual's rights and protect their body, emotions, intellect and spirit'

'the purpose of **adult rage** is to uphold the rights of, and protect other individuals, communities, nations and the planet'

'adult rage is the capacity to experience multiple processing emotions at once without overwhelm or underwhelm; a heartfelt response to unjust practices; steeped in empathy and compassion and generates social action which is deeply respectful of humanity, that does not patronise, exploit, retaliate or exclude.



this powerful energy is intrinsically life-preserving and -enhancing; it catalyses action and sustains commitment and stamina, even in the most challenging circumstances, in order to bring about radical social change'

(Parker Hall, 2009)



the role of adult rage in raising self and others' consciousness to the reality of the situation, and to resist and challenge oppression and tyranny.

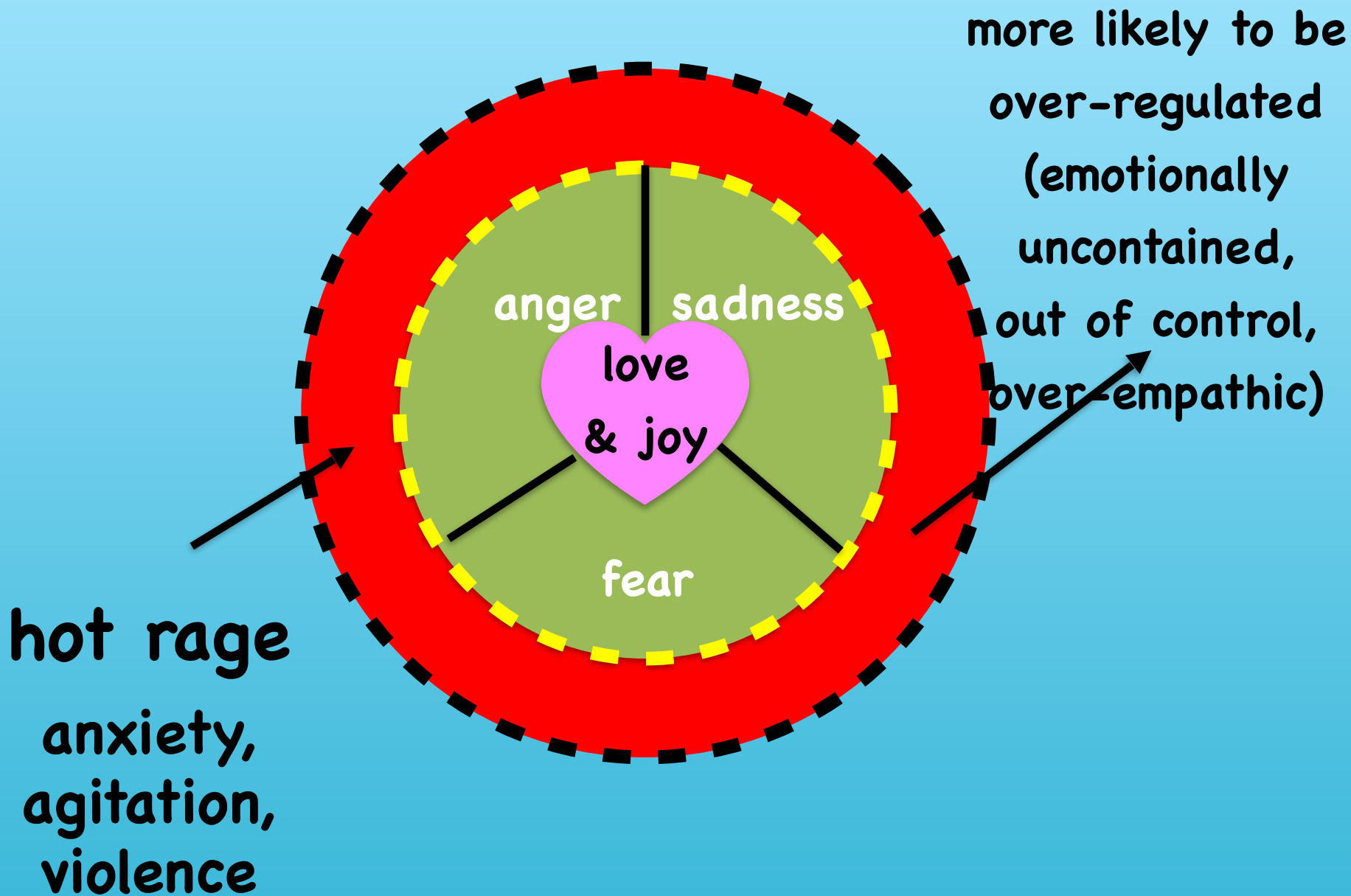
and to single issues including

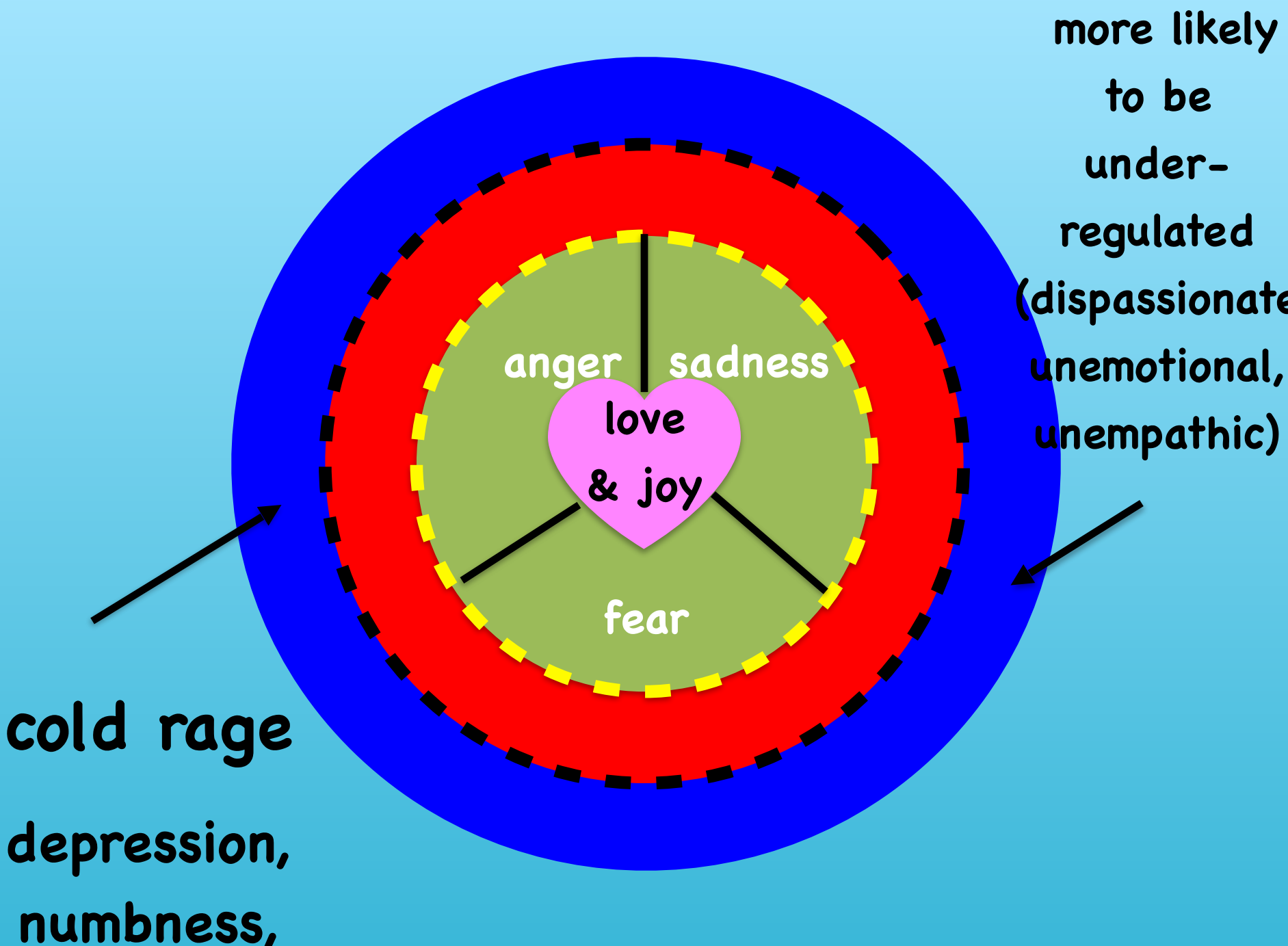
- child protection
- human trafficking
- lockdowns, vaccine injury
- CBDC
- 15 minute cities

and to environmental issues

- clean air & water
- deforestation / pollution
- the impact of industry







activism from archaic rage

rescuing
(self-seeking)

I'm OK - You're not OK
(covering I'm not OK)

discounts others' resources
patronises and
disempowers

persecutory
(anti-social)

I'm OK - You're not OK
(covering I'm not OK)

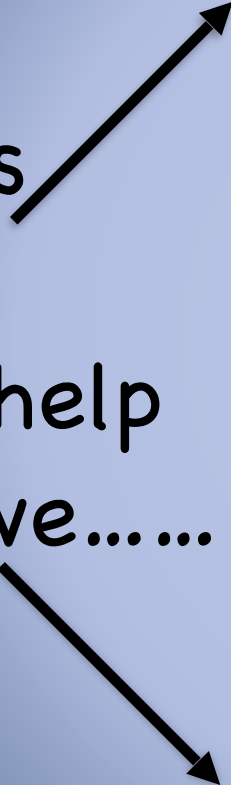
coercive, shaming, invites
resistance/rebellion/escalates
conflict/invites reprisals

bystander

I'm not OK - You're not OK

does nothing

both
forms
of
pseudo-help
may involve.....



- being a victim and denying it
- treating others as objects (lacking in empathy)
- salving the helper's emotional wounds of unprocessed trauma
- need to feel powerful and/or superior
- signalling virtue
- knowing best (discounting others' frame of reference)
- leaves others disempowered, humiliated, resentful

rescuing pseudo help

- feel more in control
- project suffering &/or inadequacies
- can lead to burn out
- differences not recognised
- others are victims

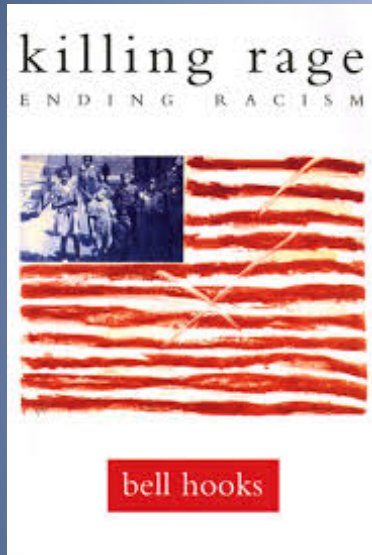
persecutory pseudo-help

- punishing, controlling, retaliatory, compensation seeking, restraining
- seeking others' compliance
- differences are existential threats
- others are scapegoats
- intolerance, righteous indignation, extremism
- can be violent

bell hooks



- black American cultural and social critic
- writing about 'militant rage'
- in resisting racism and sexism



1996

- she listened to her rage and

'allowed it to motivate me to take pen in hand and write...take that rage and move it beyond fruitless scapegoating of any group, linking it instead to a passion for freedom and justice that illuminates, heals, and makes redemptive struggle possible'

'women do not bear sons and daughters for war'





Michael Moore
Documentary
director and
producer

an alternative voice to dominant versions of truth; challenges powerful institutions such as the American government, the media and corporations

- 'mockumentary'
- painstakingly researched facts
- film footage
- interviews
- public figures asked awkward questions
- entertaining and imaginative pranks

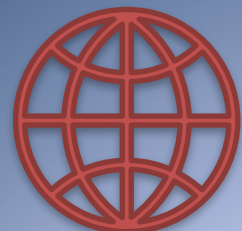


<https://youtu.be/loLzYdLZPPE>

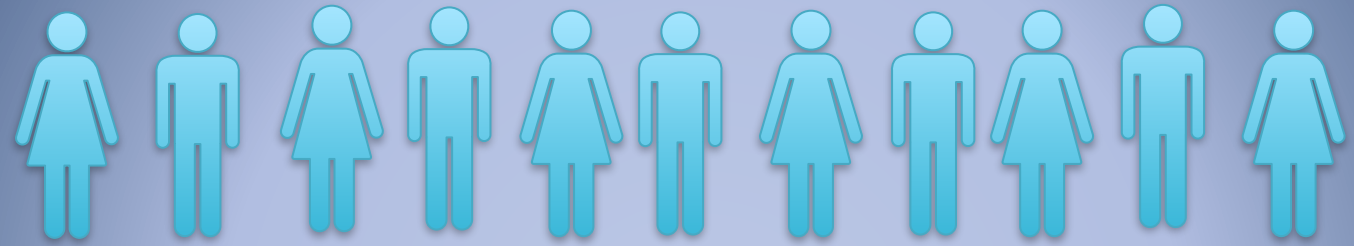
Cassie Jaye, documentary film maker



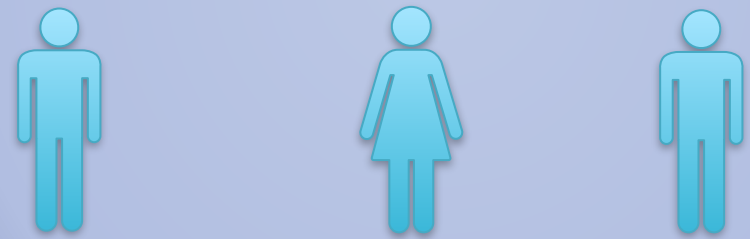
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lobbying / taking action / protesting



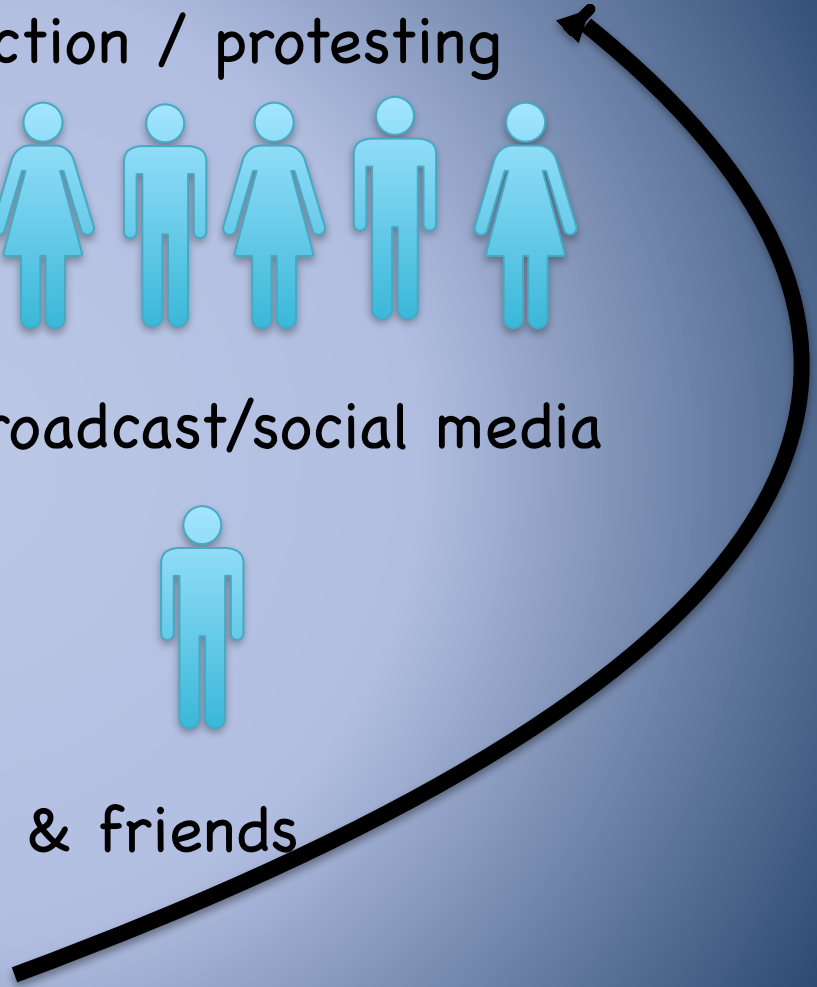
disseminate - write/broadcast/social media



talk to family & friends



**taking
action**



archaic rage

trauma related

a negative
evaluation of
humanity

pseudo-helping

different
agenda from
that stated

revenge/
exploitation
coercion

Adult rage

non-trauma related

a positive evaluation
of humanity

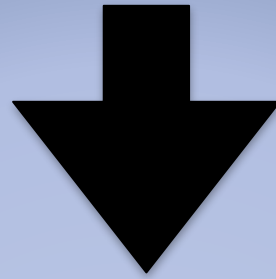
authentic helping

agenda congruent
with that stated

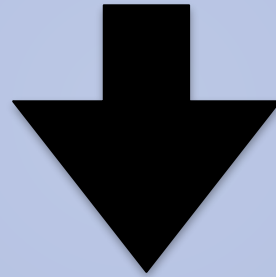
justice/negotiation
persuasion



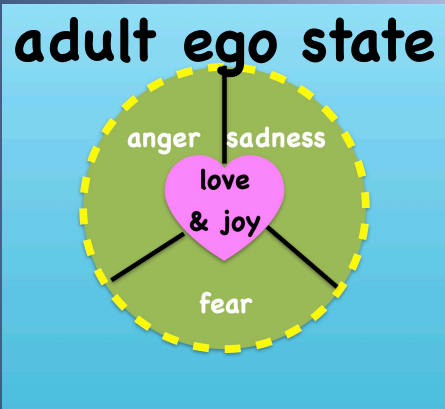
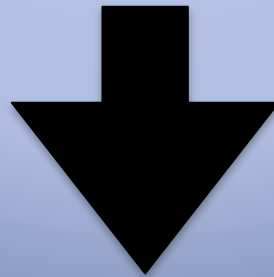
emotional maturity



relational maturity



involved in community





Dr Tess Lawrie



RFK Jnr



Del Bigtree



Dr Mike Yeadon



Andrew Bridgen MP



Reiner Fuellmich



Judy Mikovits



JP Sears



Bob Moran



Katie Hopkins



Vovan and Lexus

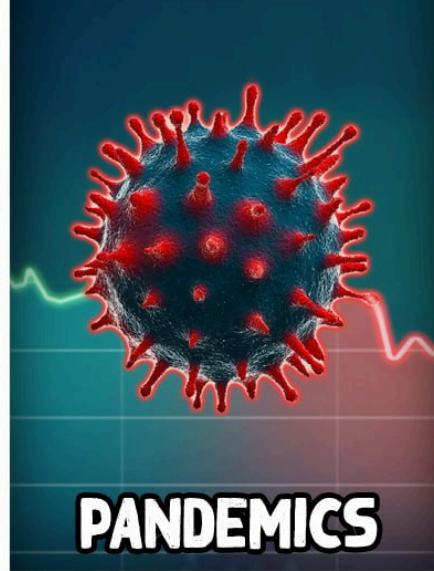
THE LIES THE GOVERNMENT TELLS US TODAY



FALSE FLAGS



SHOOTINGS



PANDEMICS



@THEFREETHOUGHTPROJECT

**ARE THE SAME LIES THAT WILL BE TAUGHT
TO OUR CHILDREN IN HISTORY CLASSES TOMORROW**

a few tips.....



- do deep inner work, don't engage with an underdeveloped brain
- meet the parts you don't really want to think about
- don't overwhelm yourself
- step up your self care
- chunk down - make it manageable, do only your part (you can't manage the whole of the planet's problems in one psyche)
- engage with integrated brain, not underdeveloped one
- with emotional maturity not immaturity (Adult)



the end

thank you