My name is Alex

My name is Alex, I am a coach and lover of wisdom.. I create Down-to-earth philosophy content that has a chance to change your perspective on things.

The content is based on my own contemplations and insights, no parroting of chatGPT or wikipedia

Check out the reels section and check out my website where you can find my free booklist. Thanks!

Coaching and Psychotherapy
Most people don't know what coaching is. When they hear about it, they might think of sports coaches or internet gurus if you mention life coaching.

Let's compare psychotherapy with coaching.

Therapy helps you heal your emotional issues from the past. Coaching helps you build the future.

A therapist works with trauma, depression, anxiety — often rooted in unresolved emotional pain. It's about understanding and healing your past, mainly.

A coach builds your future by working with motivation, goals, and mindset. Coaches mostly guide clients by asking questions, as therapists do. Mentors and consultants give advice.

Well-done guidance using questions can help you a lot more than advice sometimes, because it makes you contemplate — leading to insight and wisdom.

In the same way, you build your math skills by rubbing your mind on solving math equations by yourself, instead of checking the result at the end of the book.

Imagine someone named Joe. He's burned out, feeling lost. Joe is paralyzed by trauma from past events, overwhelmed by shame, depression, and has panic attacks — it is pretty clear that he needs therapy. Poor Joe.

Therapy is not only for those with mental illness; so many people have to deal with emotional pain.

Now imagine someone named Lisa. Lisa went to therapy and managed to solve her past quite well, but she still feels overwhelmed and saddened by her actual life situation — like a well-functioning car stuck in traffic.

She is stable mentally but she wants to change careers, create more exciting relationships and find a life purpose. In her case, coaching has a chance to help.

Coaching is not only for high achievers. Most people's happiness is eaten away by their present life circumstances.
Ask yourself:

Do you still need to heal your past, or are you stable enough already for a more exciting future?

outro.

Maslow's Pyramid of Needs and Society

Maslow's hierarchy of needs model explains that people need to fulfill their basic needs in order to be more open to changing their values and expanding their consciousness.

If we want people to care more about the environment, minorities, and broader societal issues—we first need to ensure their fundamental needs are met, especially in their youth, when they form their identities.

How do we do that? Mostly by addressing poverty. Of course, many other factors play a role, but this is the catalyst that will improve everything else.

Keep in mind that I refer to Western countries—in the third world, there are issues like security and safety which have to be addressed first.

When average people can afford their rent and bills, feed their children, pursue a fulfilling purpose, and have enough free time to take care of their families, socialize, and enjoy life, society will change drastically for the better.

When you're stuck in survival mode all the time, your vision narrows. You mostly focus on hustling to keep yourself and your immediate "tribe" afloat.

When your boat is sinking, you don't give a damn about other sinking boats.

If we help people lessen the anxiety and stress of survival, they will be more open to learning and growth, and will be better educated in the long run—being more likely to choose more competent politicians.

They will stop falling for every silly piece of misinformation and propaganda thrown in their way.

How to fix poverty? Here is where you'll divide the world into camps. Don't ask this question at a family reunion dinner.

But even if we disagree on how to solve this problem, at least we can agree—I hope—that it is a serious problem that has to be addressed ASAP.

My name is Alex, and I create down-to-earth philosophy content. Come and check out my other reels. Thanks!

Reel 19: Extremism

A person who holds beliefs or acts in ways that are considered out of the ordinary can be seen as a nonconformist.

An extremist, on the other hand, is a person who claims to hold the absolute truth and believes they know better than the rest

being unwilling to change their minds even when overwhelming evidence proves that their worldview is out of whack

They might call themselves nonconformists, but most of them are actually very conformist, as they adopt a common extremist ideology.

In politics, we call a group to be extremist when they act outside of the democratic framework.

If a party holds unpopular beliefs but acts within the democratic framework, we can call them a political minority.

Some groups could be called extremists even if they push for very good ideas that could improve society, but society itself is not ready for such radical improvement.

Now, which ideas are good and which are bad is debatable, of course.

For example, if you believe that slavery is immoral, you're seen as a completely reasonable person today.

But in ancient Rome, if you held that opinion and tried to push it onto others, you could be considered an extremist and might even face serious consequences.

Now some extremist might say: aha so we are just ahead of our time."

Most probably not.

When people feel that they lack a meaningful purpose in life, they might find a toxic purpose instead.

They will turn to toxic ideologies that provide a sense of identity and meaning.

Extremists will painfully realize that they cannot force the whole world to believe what they believe just because they are so sure they are right and others are wrong.

If you recognize that you exhibit extremist symptoms, here are three fast solutions to mitigate that:

1. Be very skeptical of the information you consume online. Poorly regulated social media algorithms can spread hate, propaganda, and fake news. They can create echo chambers full of misinformation and disinformation.
2. Expose yourself to a variety of sources and worldviews without judging them. Try to understand why most people don't think like you do. In this way, you will begin to see your blind spots.
3. Change yourself, not others. Extremists blame others for their problems.

"Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself." - Rumi

thx Check out my other reels.

REEL: Infrastructure

REEL Mental and Social constructs

A social construction is an idea, belief, or concept that exists because a group of people collectively agree that it does. It's not something inherently

found in nature, but rather something we've created to make sense of the world, organize society, or simplify complex interactions.

Take money, for example. The paper bills or digital numbers in your bank account don't have intrinsic value—they only hold value because we all agree they do. Gender roles are another example. While biological sex is rooted in physical characteristics, the expectations and roles associated with being a "man" or a "woman" are largely shaped by cultural agreements.

Social constructions are powerful because they feel real and often guide our behaviors, laws, and interactions. But they can also change over time as collective agreements shift.

A mental construction is an idea, belief, or concept that exists in your mind and is shaped by your personal experiences, thoughts, emotions, and perceptions. It's how your brain organizes and makes sense of the world around you. For example, your idea of success, beauty, or happiness is a mental construction—it's not an objective truth but a subjective interpretation influenced by your upbringing, culture, and experiences.

A mental construction becomes a social construction when it's shared, accepted, and reinforced by a group of people or society as a whole. In other words, when enough individuals agree on a mental construction and treat it as a common reality, it transforms into a social construction. For example, money starts as a mental construction—the idea that a piece of paper or a digital number represents value. But when society collectively agrees on that value and uses it in trade, it becomes a social construction. Similarly, concepts like gender roles, beauty standards, or success are initially mental constructions but become social constructions when they are widely shared and upheld by cultural norms, institutions, and collective behavior.

Social constructions are subjective because they rely on collective human agreement and interpretation rather than objective, unchanging truths. What a society values, believes, or defines can vary based on culture, history, and context. For example, beauty standards differ across cultures and eras because they are shaped by collective perceptions and preferences rather than any universal rule.

They are also fluent because they can change over time as society's shared values, priorities, and understandings evolve. For instance, the concept of marriage has shifted significantly—from being primarily an economic or political arrangement to being seen as an expression of love and partnership. Similarly, gender roles and social expectations around them have evolved with changing cultural narratives.

This subjectivity and fluency mean that social constructions are not fixed; they adapt to societal shifts, technological advancements, and cultural changes, often sparking debate and reevaluation along the way.