

Ask yourself these questions (if you want to):

Is humanity a net benefit to life on earth?

Am I a net benefit to life on earth?

Do I believe that people who are a danger to themselves and/or others should be prevented from causing unnecessary harm?

When I buy things, am I complicit in the perpetuation of the business models which produce those goods?
Also, what if the purchase was unnecessary?

Do I make sure to not buy things that come from supply chains that exploit people's labor and/or are ecologically destructive?

Do I buy clothes made by sweatshop workers in South Asia, Central America, etc.?

Do I buy electronics that have cobalt mined by Congolese child slaves and are assembled by Chinese low-wage, exploited workers who work and live in factories where they have to have nets laid out to prevent people from jumping from high places to kill themselves?

Do I buy food produced by child laborers and/or abject slaves?

For example, do I buy chocolate that doesn't explicitly say that it isn't sourced from companies that use trafficked children on cocoa farms in west Africa?

Do I buy food that involves raping, torturing, and murdering animals, unnecessarily creating massive methane and nitrous oxide emissions, causing deforestation and biodiversity loss, and increasing the prevalence of antibiotic-resistant, potentially pandemic-causing zoonotic diseases?

Do I *have to* buy any of those things?

If I continue to buy these things, am I aiding and abetting forced labor?

Am I a *danger to others*?

Is the company I work for a net benefit to life on earth?

Does it use computers with minerals mined by impoverished people?

Do the employees drive cars to work?

Does it use electricity generated from burning fossil fuels?

If it isn't a net benefit, is it ethical to work in the role that I have?

Is money made from a job that is a net negative to life on earth dirty money?

When the company I work for makes sales, am I enabling the things that people do to get the money they use to buy the goods or services that my company offers?

Is it ethical for businesses to accept that money?

What are the odds that when you buy any given thing that the employees who receive the money that you gave the company won't use it to buy things from unethical supply chains?

If it is at all possible, is it ethical to buy things

from that company—especially if what you're buying is unnecessary?

Is it ethical to bring kids into the world whose needs, hypothetically, will be unable to be met?

Is it ethical to have kids knowing that their way of life (chosen for them by their parents, society, etc.) will be a net negative to life on earth?

Given that I don't have to live in the country that I do, am I even somewhat complicit in anything that the government spends my tax money on?

How bad would the government need to be before I couldn't justify giving them money?

How much time would you say you're decreasing your lifespan by living the lifestyle that you have? If it's nonzero, do you consider yourself a danger to yourself?

Am I willing to change my lifestyle to become a net positive to the world?

*What do I want to exist even if I don't?
How much of a difference do I make to it?*

Would there ever be anything that would make me change my consumption/lifestyle choices?

Will I change anything about my lifestyle to not be a danger to myself and others?
If not, should something be done to prevent me from harming anyone?

If you'd rather not be a net positive, I invite you to read this aloud to yourself:

"My name is [] and I am causing the collapse of the global ecosystem.

I coerce impoverished people - some of them children - to risk their lives in mines, and slave away in sweatshops.

I pay people to forcibly inseminate cows while they scream, and then drink the pus-filled breast milk that otherwise would've gone to the rape baby if that baby wasn't away being kept in a crate so small that its muscles underdevelop and are tender for when I eat its body.

I am a danger to myself and others."