

Introduction

Dissociation can be defined as, “Disconnection and lack of continuity between thoughts, memories, surroundings, actions, and identity.” according to the Mayo Clinic. Stereotypically, dissociation is a literal spacer word between a condition and a symptom. I.e. condition: PTSD, symptom: dissociation. The way the concept of dissociation is considered if the terminology shifts from symptom to result will fundamentally change the methodology of dealing with the state of dissociation. So far I’ve described the term as a concept, result, and state, which holds true - however dissociation is not a symptom, it is the ultimate condition. In full transparency, this is intended to be analysis not self help.

Inspiration for this examination comes from a train of thought I experienced after returning from a long vacation. I was driving down N. State Street, “Sometimes I feel like Bellingham is akin to an evil vacation, one where I am detached from my sense of self and individual logic.”-me, 12/8/24.

~~The Consideration~~

Upon dissection, this line of trust in the dissociative result mirror the principles of a suicide - the removal of one self from life - which links to *Camu on the question of suicide* - this will be the piece where I will pull my analysis point for the assessment of dissociation as the result of mental suicide.

The dissociative result begins with an untreated insecurity. “The trauma of a certain event undermined him, leading him to commit-” (Camu pg 2).

Emphasis on undermined, see, insecurity is natural, fine, however it results in dissociation when the mind undermines itself so greatly that it becomes a burning building, forcing inhabitants to leave, escape, by whatever modes necessary.

The next step is basically that, “killing your(self) amounts to confessing, confessing that life is too much for you, or that you do not understand it.” (Camu pg 2) which is to say that the undermining of the self - the personal perception that whatever is currently happening in your life is too much for you and beyond your understanding leads to the mental suicide of dissociation.

Now we have the antecedent of undermine, the behavior of mental suicide due to the confession that your current reality is too much for you to deal with and beyond your personal understanding, but what about the consequence?

Well....the consequence is that you're dead.

Death due to divorce. "The divorce between the actor and his setting is promptly the feeling of absurdity." (Camu pg 3) |subject perception of absurdity, see endnote|

Result

Antecedent: repetitive undermining due to belief that your current life is too much for you and beyond your understanding.

Behavior: killing the self by means of dissociation.

Consequence: death through the divorce of the actor and his setting.

Treatment

Re-examine. The dissociative result comes from an over consideration of the meaning of the life and interpersonal interactions from almost an obsessive compulsive frame of mind. The question of mental suicide is not what makes life meaningful, but the answer is that life has no meaning outside of subject desire. Considering how we view the individual life is nice, but that alone isnt a real strategy - there is no functional modification in undermining due to lack of understanding, mental suicide, and the result of death. Comparatively this would be like someone saying "I'm afraid of the ocean" and being told by someone else "don't be scared it's just water."

Modification Conclusion

The modification to fight the dissociative result is conscious revolt which is aware rebellion.

Aware Rebellion

1. The admittance that you are undermining yourself due to a veiled desire for self submission.
2. The combating of the desire of self submission with self domination.
3. The actor is fused to the life, aware rebellion has been reached.

EndNote

To delve into the obsessive reconsideration of life due to its inherent absurdity I will quote that, "-living is keeping the absurd alive-" (Camu pg 3) "(mental)-suicide settles the absurd-" (Camu

pg 4) “-in order to keep the absurd(and the self by association)alive, it cannot be settled.”
(Camu pg 4) So, “-revolt(self domination)gives life its value.” (Camu pg 4). Extremely important to note that do not take this string of 4 quotes to mean that the absurd should be dealt with through denial of its existence. Actually, one must A. Accept the discrepancy in the expectation versus reality of the life and B) Rebel against the absurd in order to give the life personal value and meaning - accept the reality of the absurd.