

SAMENESS

Life feels thin.

She is uninteresting.

Thinking is painful.

You feel hollow inside.

You don't care.

You can't sleep.

You want to sleep.

You want to be numb.

You want out.

You want to disappear from your family.

You are tired of earning money.

Nothing interests you.

You don't want to move.

Conversation seems vapid.

You don't want to meet anyone.

Nothing really changes.

It's all the same.

You are ready to be free.

THE BLISS OF ZERO

A man of zero feels:

I love to be awake, doing nothing.

I love to be alert, thinking nothing.

I love to be aware, knowing nothing.

I love zero.

MY FRIENDS

You may compare yourself to your friends:

I have little interest in my family.
My friends seem so invested in theirs.

I don't care about much.
My friends seem to care about a lot.

I don't feel fulfilled by the world.
My friends seem to feel OK most of the time.

I go through the daily motions.
My friends seem so enthusiastic about their lives.

I feel empty.
My friends seem so full of life.

I love disappearing in sleep.
My friends seem to cherish starting the day.

I don't have the willpower to make my life better.
My friends seem dedicated to improving their lives.

I'm not called into action by the drama of woman and world.
My friends seem tangled up in relationships and events.