when shit goes wrong

we were trained to debug

debugging humans is ... different

a few debugging techniques I use

I start with my body

is my body healthy?

do I have food and shelter?

sweet, so it is just my mind that is buggy

common mental bugs are:

- no one loves me
- not good enough
- too much [thing]

only a matter of perception

step outside myself

accept that there are others that care about me

start caring about myself by doing mundane tasks

do something in my physical world, like ...

... do the dishes
... clean up a room
... plant some herbs

do something that can be done in an hour and leaves me satisfied

look back and be happy
about what I just did

next: get some rhythm
into my live again

also: accept others that try to help

accept that they not always get what I need right now

had to learn to see it as a sign that they care, never mind if it helps me right now

debugging my mental state is hard but persistence helps

debugging humans is like debugging a legacy project, getting more familiar over time

debugging humans is also a bit like looking at myself from outside ...

and changing my point
of view to see things in
a different light.

nothing is like it looks, it always just looks the way I want it to look

debugging humans is a lot about learning to see things in a nice way