

# Guide to resuming / sustaining activity after being frozen / stuck

**Post by “Root304” of November 9, 2024 at 5:30 AM**

Thank you for this post. So much of this rings pertinent and relevant to my own "struggles" with action and inaction while living in katastematic pleasure.

I can be perfectly content just laying about most days without any intoxicants or anything, and in some ways that has been incredibly healthy. Allowing myself to just be and be resoundingly happy when before gnawing doubts, urges, ambitions, senses of shame and comparison - a whole variety of anguish would arise. I've arranged my life pretty blessedly. Working a lovely job where all my hours are within 2 or 3 really long 12 to 10 hours days but manageable and pretty fun, allowing me so much lesiure during the other 4 or 5 days of lazily tending house and carting kids around. I poke around at projects, possible small business ideas or learning complex board game for my game nights with friends. I also do some odds and ends sort of work to supplement my income. All very pleasant and I like the variety of experiences.

But the reality is that I need to do more and prepare for all this unanticipatable change ahead. But I have to anticipate and adapt and already be in more secure positions but I simply cannot abide the anxiety and eventual fear that searching and wondering what is and isn't in my skills set brings about; let alone fears of curbed Human Rights and political violence this American has no real life context to draw from. I simply wish I could not need to think and ruminate and plan so much. Just work my job, make my money to pay the bills and come back to my more thorough state of pleasure.