

A psychologist and a functional medicine practitioner discuss happiness, eudaimonia, wellness, free will and more

Post by “BrainToBeing” of December 30, 2023 at 6:16 PM

[Quote from Godfrey](#)

However I'm wondering if the second quote is suggesting that there's a way in which the external becomes internal.

Certainly, in these philosophical discussions, a dilemma is variations of concepts and vocabulary definitions. With that acknowledged...

In my view the external becomes internal from at least the moment of birth. We learn about the outside world, and the other beings of the outside world. We begin the process of weaving our inside (me-we) relationships to all of these outside influences.

About age 2 things begin to "come to a head" (pun intended) as we begin developing in earnest our perspectives of relationship between "them" and "us" (group/tribal) and "they" and "me" (individual).

Many emotional illnesses develop when the balance points of these relationships are not good. For example, narcissism is "too much me, not enough we" in the balance of responsibilities. Neurosis develops when personal control and responsibility is "too much you, not enough me".

Of course, none of this is surprising since we are a social species. We have evolved with a group orientation. And, in group dynamics we individually work out the balance points of control and responsibility between self and other (what I call "the self-other dynamic"). All of this is "internal" even though the data for building these internal systems is predominantly based on external information and feedback.