
From: jeffrey E. <jeevacation@gmail.com>
Sent: Saturday, August 27, 2016 5:41 PM
To: Joscha Bach
Subject: Re: Talk?

I don't have the gene for shame jealously or guilt. =C2 so I have three in their place for loyalty

On Sat, Aug 27, 2016 at 1:34 PM, Joscha Bach [REDACTED] > wrote:

Dear Jeffrey,

You are probably busy with other things, but I would be happy to talk to you.

When you once mentioned that you are free of shame, I was instantly envious. Shame may not prevent people from making social mistakes, but it surely prevents them from looking at them and fixing them rationally. (That is probably the main purpose of shame: it is meant to prevent the individual from escaping the submission to social norms; being ashamed means to be unable to forgive yourself, so one cannot deal with the issues in a rational way.) Being an aspie does not absolve me of being ashamed of my social failures, the lack of instincts just makes it slightly harder to avoid them.

I currently suspect that my occasional inability to stop may have simply been the downside of a [REDACTED] that increases focus and goal-directedness. Social situations are highly interactive, and one needs to recalibrate goals and behavior from moment to moment, while programming and writing benefits from staying on track regardless of distractions.

It is hard to see for someone who is ashamed of social disfunction and thus goes into a mixture of beating-yourself-up and denial, i.e. dealing with the emotional fallout rather than the actual problem.

I regret the practical, attentional and social mayhem I have caused. Frankly, I am surprised that you supported me through this.

Sincerely thankful,

Joscha

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=A0 please note

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