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

I dont have the gene for shame jealousy or guilt.=C2 so I have three in their place for loyalty

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

Dear Jeffrey,

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

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 sure pre=ents them from looking at them and fixing them rationally. (That is probab=y the main purpose of shame: it is meant to prevent the individual from es=aping the submission to social norms; being ashamed means to be unable to =orgive yourself, so one cannot deal with the issues in a rational way.) Be=ng an aspie does not absolve me of being ashamed of my social failures, th= lack of instincts just makes it slightly harder to avoid them.

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

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

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

Sincerely thankful,

Joscha

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=A0 please note

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