

## Delusion

false beliefs held by an individual which are **stubbornly** retained and defended despite their logical **inconsistencies** with objective reality and valid evidence to the **contrary**. Not only do such

### Vocabulary:

Stubbornly - in a manner that shows dogged determination not to change one's attitude or position on something.

Contrary - opposite in nature, direction, or meaning.

Verb - Retained

Noun that's receiving- beliefs

Noun that's doing- Black people

Black people hold onto beliefs that are not true and say that those beliefs are true even though other things and people say differently and don't match with reality.

valid evidence to the **contrary**. Not only do such beliefs **persist** directly in the face of contradictory evidence, they persist in the face of continuous negative consequences resulting from their being held.

### Vocabulary:

Persist - continue in an opinion or course of action in spite of difficulty or opposition.

Verb - persist

Noun that's receiving- delusion

Noun that's doing- blacks

We continue to believe false things even though there are things that say otherwise and even though believing these false things can be extremely bad for us.

Dominant Whites have from the distant past up to the present moment **unabatingly** continued to **propagate** historical and cultural falsehoods (concerning things Afrikan as well as European) as truths, **fabricated** evidence to support such **confabulations** and lies, continued to **obscure** reality and conceal their inhumane motives behind a ***papier-mâché* facade** of humanity and hypocritical moral superiority. The creation,

Vocabulary:

Unabatingly - Filters. Without abating; ceaselessly; relentlessly

Propagate - spread and promote (an idea, theory, etc.) widely.

Fabricate - invent (something) in order to deceive.

Obscure - not discovered or known about; uncertain or not clearly expressed or easily understood

Confabulation - a symptom of various memory disorders in which made-up stories fill in any gaps in memory

Facade - a deceptive outward appearance

Verb - continued

Noun that receiving- spread historical and cultural falsehoods

Noun that doing- white people

White people made and continue to make up lies about our history and culture and their history and culture. They also made and made up evidence to support each lie that they told and tell.

They make up these lies and stories so that they can hide who they really are.

humanity and hypocritical moral superiority. The creation, presentation, and **sinister** manipulation of powerful cultural images and ideas, information and ideology, symbols and values, rewards and punishments, social communications and interactions, have allowed Whites by **dint** of their overwhelming social power, to **inculcate** their subordinate Afrikan subjects with detrimental delusions whose attitudinal-behavioral expression advance the interests of White supremacy. Dominant

Vocabulary:

Sinister - giving the impression that something harmful or evil is happening or will happen.

Dint - a dent or hollow in a surface or a blow or stroke, typically one made with a weapon in fighting

Inculcate - instil (an idea, attitude, or habit) by persistent instruction or teach (someone) an attitude, idea, or habit by persistent instruction.

Verb - manipulation

Noun that's receiving- powerful cultural images and ideas

Noun that's doing- white people

White people were and are able to feed us delusions that mess up our behavior because they have messed up what we think and what we know about our culture and ourselves.

expression advance the interests of White supremacy. Dominant Whites utilize such **inculcated** delusory images, ideas, values, ideologies, etc., to justify their supremacy as well as to convince themselves and their Afrikan subjects that they only have themselves (or fate perhaps?) to blame for their inferiorization.

Vocabulary:

Inculcated - instil (an idea, attitude, or habit) by persistent instruction or teach (someone) an attitude, idea, or habit by persistent instruction.

Verb - utilize

Noun that's receiving- inoculated delusions

Noun that's doing- White people

White people were and are able to use the stuff that the delugens that they put into our minds to say to Africans and themselves that they were and are not in the wrong for our captivity and that we can only blame ourselves or the creator for what happened to us.

As the continuity of White supremacy is **premised** on the acceptance by Afrikans of the European falsification of Afrikan

history and culture as true, so does its continuity also depend on their continuing acceptance of European self-serving ideological fabrications as true. In fact, in order for Afrikans

Vocabulary:

Premised - base an argument, theory, or undertaking on.

Verb - acceptance

Noun that receiving- falsification of African history and culture

Noun that doing- Blacks

White supremacy depends on making black people believe false things about our history and culture and it also depends on African people continuing to believe those lies.

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ideological fabrications as true. In fact, in order for Afrikans to remain in their positions of subordination they must be compelled (most efficiently if achieved **subliminally**) to *mistake* certain Eurocentric lies for truths and certain Afrocentric truths for lies. For it is this fundamental *mistake* which **inverts** and

Vocabulary:

Subliminally - (of a stimulus or mental process) below the threshold of sensation or consciousness; perceived by or affecting someone's mind without their being aware of it

Verb - compelled

Noun that receiving- mistake lies for truth

Noun that doing- Black

If white people want to continue to dominate over us, they have to make us unconsciously believe the lies that tell us about ourselves and themselves.

for lies. For it is this fundamental *mistake* which **inverts** and reverses the subordinated Afrikan collective personality. The virtually unchallenged social power **wielded** by the White

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Vocabulary:

Inverts - put upside down or in the opposite position, order, or arrangement.

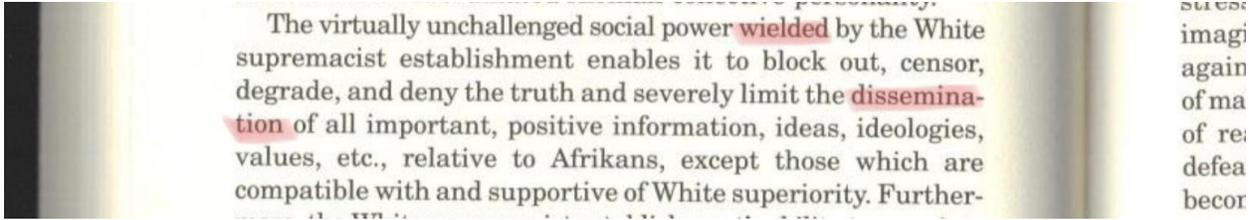
Wielded - hold and use (a weapon or tool).

Verb - inverts

Noun that receiving- personality

Noun that doing- white people

Black people believing the lies that are told by the white people changes black people's personality.



Vocabulary:

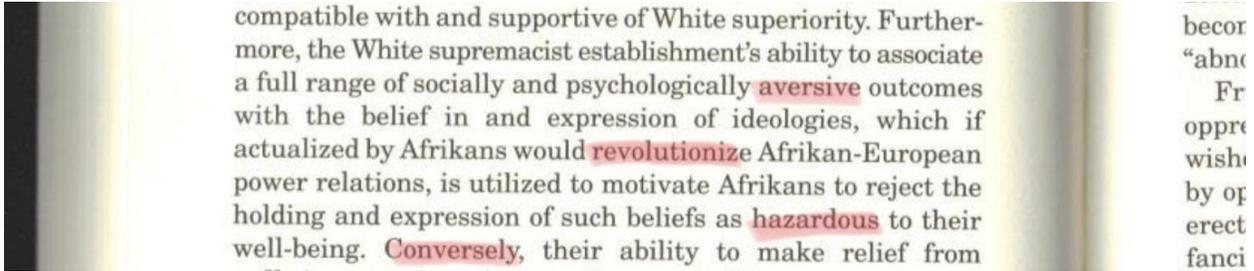
Dissemination - the action or fact of spreading something, especially information, widely.

Verb - enables

Noun that receiving- white supremacist establishment

Noun that doing- white people

White people use the power that they have, with the help of their business and their system to make sure that any important and good information about us does not reach us unless that information somehow helps them and their system.



Vocabulary:

Aversive - causing strong dislike or disinclination.

Revolutionize - change (something) radically or fundamentally.

Hazardous - risky; dangerous.

Conversely - introducing a statement or idea which reverses one that has just been made or referred to.

Verb - associate

Noun that receiving- adverse outcomes and utilized

Noun that doing- white people

White people use their power and their system to make us think that all of the good things about us are bad for us. If we didn't think that everything good about us was bad then it would be harder for white people to maintain power over us.

well-being. **Conversely**, their ability to make relief from suffering aversive outcomes; the receipt of future material and non-material rewards, some **modicum** of security, social acceptance, and the like, **contingent** on the belief in and expression of established, self-serving Eurocentric ideologies, is utilized to motivate Afrikans to hold fast to such beliefs as ensuring their well-being. Consequently, the measure of the

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#### Vocabulary:

**Conversely** - introducing a statement or idea which reverses one that has just been made or referred to.

**Modicum** - a small quantity of a particular thing, especially something desirable or valuable.

**Contingent** - subject to chance or occurring or existing only if (certain circumstances) are the case; dependent on.

Verb - make

Noun thats receiving- relief from suffering

Noun that doing- white people

White people use the fact that they seem to be able to do all of these great things to make black people think that them not knowing anything about themselves and relying on white people is a good thing.

ensuring their well-being. Consequently, the measure of the truth value of an ideology, belief, value, etc., in the subordinate Afrikan mind is neither determined by the degree to which it accurately represents objective reality nor by the degree to which it may equalize or revolutionize the power relations between Whites and Blacks. The basis for belief is not truth

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Verb - determined

Noun thats receiving- things about the african mind

Noun that doing- white people?

Seeing if black people have a good mindset is not judged by if we know the actually truth, it is judged by if we can say that white people dominating over us is ok.

between Whites and Blacks. The basis for belief is not truth but **expediency** — the measure of pain or pleasure its holding and expression may bring to its host. The basis for the

#### Vocabulary:

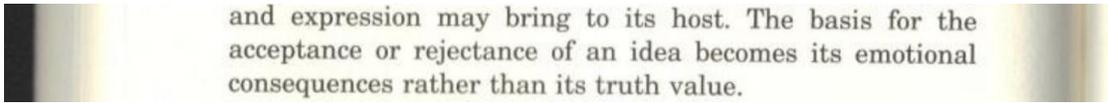
Expediency - the quality of being convenient and practical despite possibly being improper or immoral; convenience.

Verb - expediency

Noun that's receiving- belief

Noun that's doing- White people

Belief is not based on truth, it is based on convenience and the amount of different feelings it can give to people.



and expression may bring to its host. The basis for the acceptance or rejection of an idea becomes its emotional consequences rather than its truth value.

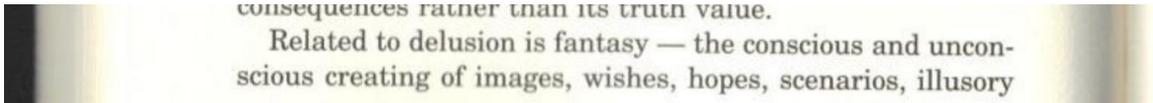
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Verb - acceptance or rejection

Noun that's receiving- an idea

Noun that's doing- black people

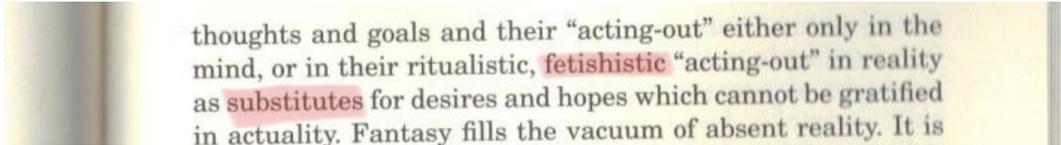
Deciding if you will go with or not go with an idea has to do more with how we will feel emotionally instead of what our values are.



consequences rather than its truth value.

Related to delusion is fantasy — the conscious and unconscious creating of images, wishes, hopes, scenarios, illusory

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thoughts and goals and their “acting-out” either only in the mind, or in their ritualistic, fetishistic “acting-out” in reality as substitutes for desires and hopes which cannot be gratified in actuality. Fantasy fills the vacuum of absent reality. It is

Vocabulary:

Fetishistic - having an excessive and irrational devotion or commitment to a particular thing.

Verb - substitute

Noun that's receiving- actuality

Noun that's doing- black people

Fantasy is connected to delusion. Fantasy is when you create things in your mind that mostly won't happen and act them out in your mind or in reality. Fantasy is sometimes used in the palace of knowing that what we want to happen may not actually happen.

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in actuality. Fantasy fills the vacuum of absent reality. It is a **pretense**, a passive or active **charade**, the **pretentious** living and acting of a daydream, a substitute for action, a hope **tenaciously** clung to in the face of hopelessness. An escape from

Vocabulary:

Pretense - an attempt to make something that is not the case appear true.

Charade - an absurd pretence intended to create a pleasant or respectable appearance.

Tenaciously - with a firm hold of something; closely.

Sentence one:

Verb - fills

Noun that's receiving- vacuum

Noun that's doing- black people

Fantasy is used to go in place of the truth that we either do not know or do not want to see.

Sentence two :

Verb - pretence

Noun that's receiving- daydream

Noun that's doing- black people

Black people hold onto fantasies and act them out so that we can feel like everything is fine.

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**tenaciously** clung to in the face of hopelessness. An escape from stress and frustration, fantasy **gratifies** frustrated desires by imaginary or **substitute** achievements — by defending the ego against paralyzing despair. Thus the easier accomplishments

Vocabulary:

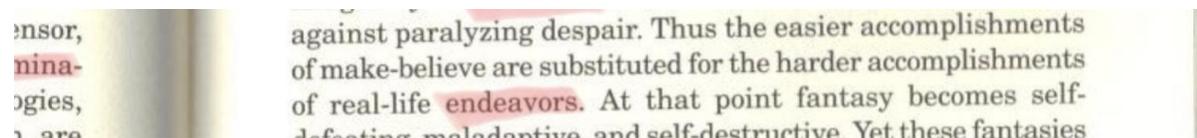
Gratifies - give (someone) pleasure or satisfaction.

Verb - escape

Noun that's receiving- stress

Noun that's doing- black people

Fantasy allows us to escape from things that we don't want to do or think about. We make up a fantasy that we like and use it to distract ourselves from the things that we don't want to worry about.



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against paralyzing despair. Thus the easier accomplishments of make-believe are substituted for the harder accomplishments of real-life endeavors. At that point fantasy becomes self-defeating, maladaptive, and self-destructive. Yet these fantasies

Vocabulary:

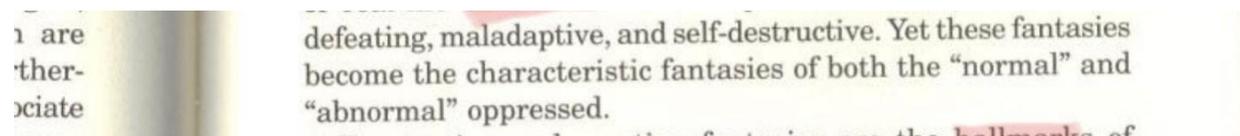
Endeavors - try hard to do or achieve something.

Verb - substituted

Noun that's receiving- make believe accomplishments

Noun that's doing- black people

The things that we did in our fantasy replace the hard things that we did or have to do in real life.



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defeating, maladaptive, and self-destructive. Yet these fantasies become the characteristic fantasies of both the "normal" and "abnormal" oppressed.

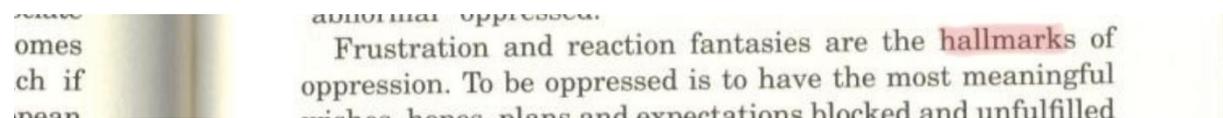
... are the hallmarks of

Verb - become

Noun that's receiving- fantasies

Noun that's doing- black people

The way we act in our fantasies and translate to how we act in real life.



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abnormal oppressed.

Frustration and reaction fantasies are the hallmarks of oppression. To be oppressed is to have the most meaningful wishes, hopes, plans and expectations blocked and unfulfilled

Vocabulary:

Hallmarks - a mark stamped on articles of gold, silver, or platinum by the British assay offices, certifying their standard of purity.

Verb - hallmark

Noun that's receiving- fantasy

Noun that's doing- white people

Oppression is built off of us making up fantasies because we are trying to avoid something.

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oppression. To be oppressed is to have the most meaningful wishes, hopes, plans and expectations blocked and unfulfilled by oppression or the oppressive circumstances the oppressor erects and maintains. However, the **reactionary** fantasies and

Verb - have

Noun that's receiving- most meaningful wishes, hopes ...

Noun that's doing- white people

If you are oppressed then there are so many things you want and wish for but can't get because the people who are oppressing you won't allow you to have those things.

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erects and maintains. However, the **reactionary** fantasies and fanciful charades of the oppressed, their pursuit of vain hopes, addiction to substitute gratifications, energize and support the oppressive regime and help to maintain their own oppression.

Vocabulary :

Reactionary - opposing political or social progress or reform.

Fanciful - over-imaginative and unrealistic.

Charades - an absurd pretence intended to create a pleasant or respectable appearance.

Verb - fanciful

Noun that's receiving- fantasies

Noun that's doing- black people

The good feelings that black people get from creating and being in their fantasies helps us stay in these fantasies and also helps white oppression continue and helps keep us oppressed.

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Their religion, handed-down by their oppressors, promises them rescue, a messiah, a Moses, "pie-in-the-sky" — and thus their revolutionary will is **pacified**. They wait on the Lord, the

Vocabulary:

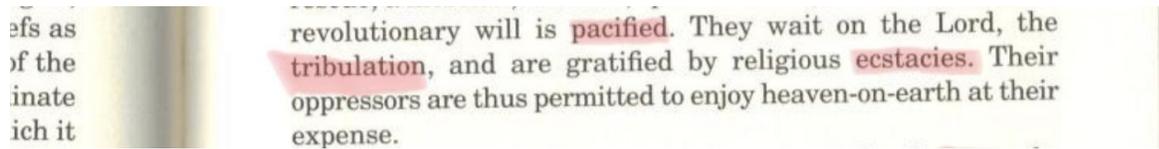
Pacified - quell the anger, agitation, or excitement of.

Verb - handed

Noun that's receiving- religion

Noun that's doing- white people

White people have made black people believe in their religion with says someone great will eventually come to save them.



...revolutionary will is **pacified**. They wait on the Lord, the **tribulation**, and are gratified by religious **ecstasies**. Their oppressors are thus permitted to enjoy heaven-on-earth at their expense.

Vocabulary:

Ecstasies - an overwhelming feeling of great happiness or joyful excitement.

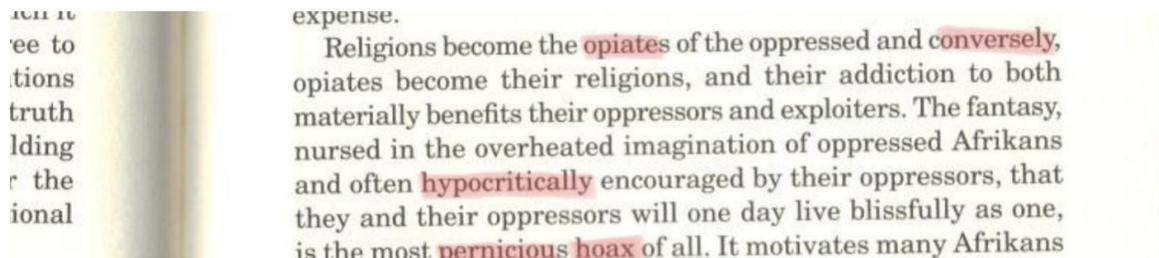
Tribulation - a cause of great trouble or suffering.

Verb - wait

Noun that's receiving- lord

Noun that's doing- black people

Black people wait on and rely on a savior or god to stop our troubles. This means that black people are not fighting back and this allows white people to live like they want to without having to worry about what black people might do.



...expense.  
Religions become the **opiates** of the oppressed and **conversely**, opiates become their religions, and their addiction to both materially benefits their oppressors and exploiters. The fantasy, nursed in the overheated imagination of oppressed Afrikans and often **hypocritically** encouraged by their oppressors, that they and their oppressors will one day live blissfully as one, is the most **pernicious hoax** of all. It motivates many Afrikans

Vocabulary:

Opiates - dull the senses of (someone) with or as if with opium.

Conversely - introducing a statement or idea which reverses one that has just been made or referred to.

Hypocritically - behaving in a way that suggests one has higher standards or more noble beliefs than is the case.

Pernicious - having a harmful effect, especially in a gradual or subtle way.

Hoax - a humorous or malicious deception.

Sentence one:

Verb - conversely

Noun that's receiving- opiates

Noun that's doing- white people

Black people rely heavily on religion and this monetarily helps out white people and their system.

Sentence two:

Verb - nursed

Noun that's receiving- fantasy

Noun that's doing- white people

The worst fantasy that white people tell black people is that at some point we will all live together in peace. This fantasy also hurts us.

is the most **pernicious** **hoax** of all. It motivates many Africans to **blithely** nurture and protect a system which exploits and blinds them to its **intrinsicly** evil purpose, and its ultimate

deadly intent. Thus, **compensatory** fantasy under oppression often comes to characterize, as a necessary **adjunct** to the oppressive regime, the "normal" consciousness of the oppressed.

Vocabulary:

Blithely - in a way that shows a casual and cheerful indifference considered to be callous or improper.

Intrinsicly - in an essential or natural way.

Compensatory - reducing or offsetting the unpleasant or unwelcome effects of something.

Adjunct - a thing added to something else as a supplementary rather than an essential part.

Sentence one:

Verb - motivates

Noun that's receiving- black people

Noun that's doing- fantasy that white people tell

The fantasy that white people tell makes black people want to be carefree and keep the white system, which has and still hurts us in many ways, in place.

Sentence two :

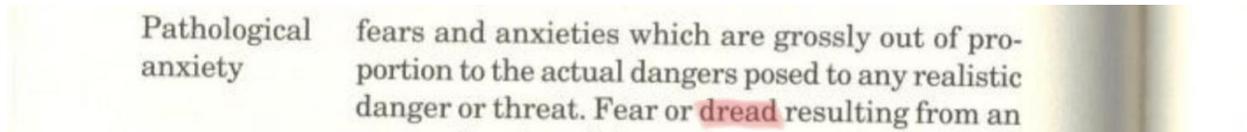
Verb - adjunct

Noun that's receiving- fantasy

Noun that's doing- white people

The fantasy that allows us to get away from things that we don't like helps to hurt our consciousness

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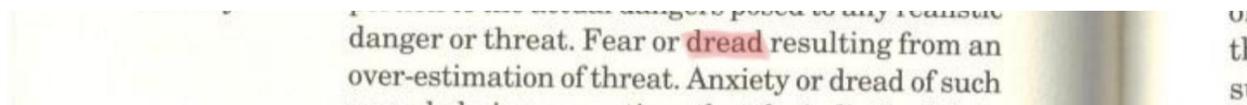
Pathological anxiety fears and anxieties which are grossly out of proportion to the actual dangers posed to any realistic danger or threat. Fear or **dread** resulting from an

Verb - out of proportion

Noun that receiving- fears and anxieties

Noun that doing- black people

Pathological anxiety is when we are much more scared of something than we actually should be.



danger or threat. Fear or **dread** resulting from an over-estimation of threat. Anxiety or dread of such

Vocabulary:

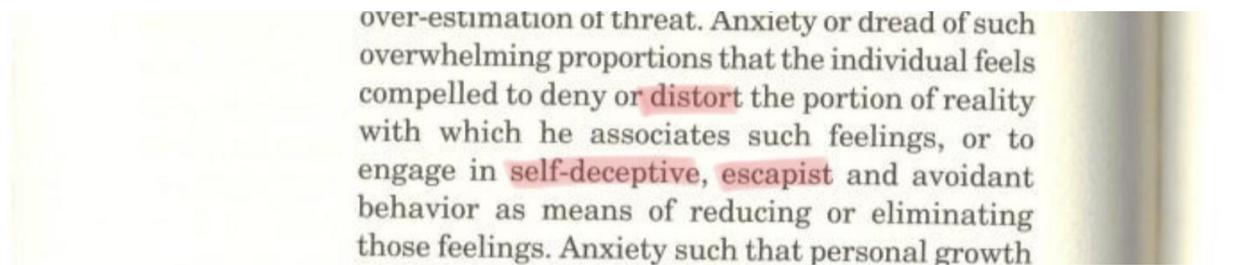
Dread - anticipate with great apprehension or fear.

Verb - resulting

Noun that receiving- fear or dread

Noun that doing- black people

Blacks think that something will hurt them more than it actually will cause them to have a lot of fear for that thing.



over-estimation of threat. Anxiety or dread of such overwhelming proportions that the individual feels compelled to deny or **distort** the portion of reality with which he associates such feelings, or to engage in **self-deceptive, escapist** and avoidant behavior as means of reducing or eliminating those feelings. Anxiety such that personal growth

Vocabulary:

Distort - give a misleading or false account or impression of.

Self deceptive - the action or practice of allowing oneself to believe that a false or unvalidated feeling, idea, or situation is true.

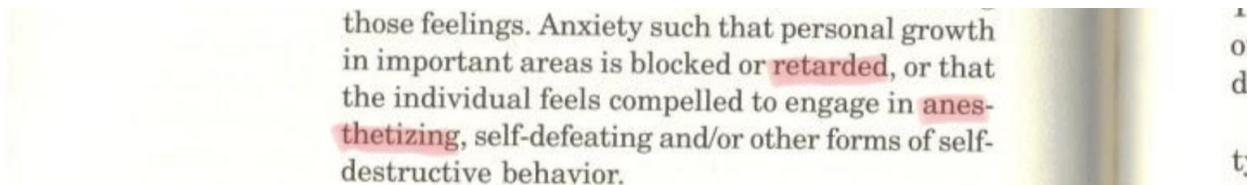
Escapist - a person who seeks distraction and relief from unpleasant realities, especially in the form of entertainment or fantasy.

Verb - feels

Noun that receiving- compelled

Noun that doing- black people

Blacks being very, very scared of something can cause them to try to not remember how they became scared of that thing or try to ignore or distract themselves from that thing so that they will not feel emotions that they don't want to feel.



Vocabulary:

Retarded - less advanced in mental, physical, or social development than is usual for one's age.

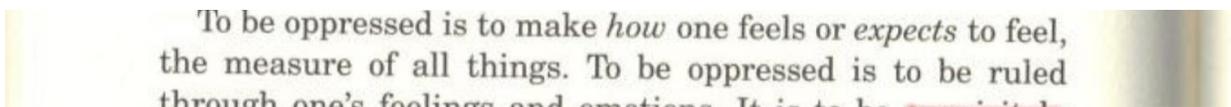
Anesthetizing - administer an anaesthetic to (a person or animal), especially so as to induce a loss of consciousness or deprive of feeling or awareness.

Verb - growth

Noun that receiving- personal

Noun that doing- blacks

Blacks can feel so scared that the growth of important parts of themselves are weather blocked or less advanced. Blacks can also feel so scared that they want to not be aware of things or do things that will hurt themselves.



Verb - feel

Noun that receiving- black people

Noun that doing- white people

A part of oppression is controlling how black people feel and are supposed to feel. Oppression is also built off of how black people feel.

the measure of all things. To be oppressed is to be ruled through one's feelings and emotions. It is to be **exquisitely** exposed to and manipulated by a play on one's dreads and fears

Verb - ruled

Noun that receiving- black people

Noun that doing- white people

If you are oppressed then you are dominated by how people feel.

through one's feelings and emotions. It is to be **exquisitely** exposed to and manipulated by a play on one's dreads and fears by one's oppressors; by a play on one's needs for **respite** from their terror; by a play on one's needs for **catharsis**, **solace**, and **compensatory** joy. Anxiety is the whip in the hand of the

Vocabulary:

Exquisitely - in an extremely beautiful and delicate manner.

Respite - a short period of rest or relief from something difficult or unpleasant.

Catharsis - the process of releasing, and thereby providing relief from, strong or repressed emotions.

Solace - comfort or consolation in a time of distress or sadness.

Compensatory - (of a payment) intended to recompense someone who has experienced loss, suffering, or injury or reducing or offsetting the unpleasant or unwelcome effects of something.

Verb - manipulated

Noun that receiving- black people's fears

Noun that doing- white people

White people use our fear to see what we want and use what we want against us or give it to us in a way that will still allow them to dominate over us.

**compensatory** joy. Anxiety is the whip in the hand of the oppressor used to drive the oppressed to completion of their appointed rounds.

Verb - drive

Noun that receiving- black people

Noun that doing- white people

White people use what we are scared of to make us do what they want.

The ultimate power of White domination and social control resides in their ability to successfully *intimidate* subordinated Afrikans; to convince them of the *inevitability* of White supremacy; of the awesome *invincibility* of White power. The

Vocabulary:

Inevitability - the quality of being certain to happen.

Verb - control

Noun that's receiving- black people

Noun that's doing- white people

The only way white people can have the amount of power that they have is if they convince black people that there will always be white supremacy and that white power will always be amazing.

supremacy; of the awesome *invincibility* of White power. The history of White-Black social relations has been one of *unrelenting* intimidation, terror, mental and physical abuse of Black peoples, White-on-Black violence; of *endemic* injustice, and of the unending, *unrequited* attempts by subordinate Afrikans

to avoid, escape, or some way prevent, temper or *ameliorate* the *horrendous* aftereffects of these activities. Avoidance and

Vocabulary:

Unrelenting - not yielding in strength, severity, or determination.

Endemic - (of a disease or condition) regularly found among particular people or in a certain area or (of a plant or animal) native and restricted to a certain place.

Unrequited - (of a feeling, especially love) not returned.

Ameliorate - make (something bad or unsatisfactory) better.

Horrendous - extremely unpleasant, horrifying, or terrible.

Verb - been

Noun that's receiving- the history of white and black social relations

Noun that's doing- white people

The relationship between white and black people is a relationship where black people are abused in many ways by white people. Because of this black people try to run away from the abuse so they can feel better.

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ppressed.  
the **horrendous** aftereffects of these activities. Avoidance and  
escape from White-instigated anxieties **preoccupy** the conscious-  
ness and subconsciousness of oppressed Afrikans. This

Vocabulary:

Preoccupy - (of a matter or subject) dominate or engross the mind of (someone) to the exclusion of other thoughts.

Verb - avoidance

Noun that receiving- white instigated anxieties

Noun that doing- blacks

Wanting to get away from the fears that wwhite people have put into our minds is what black people are most focused on whether we know it or not.

ness and subconsciousness of oppressed Afrikans. This  
preoccupation pathologizes, i.e., imbalances, the Afrikan psyche.  
Consequently even the "normal" Afrikan under White domina-

Verb - imbalance

Noun that receiving- afrikan psyche

Noun that doing- white people

Because we are so focused on getting away from the fears there other things that we don't end up thinking about.

preoccupation pathologizes, i.e., imbalances, the Afrikan psyche.  
Consequently, even the "normal" Afrikan under White domina-  
tion is primarily motivated by the desire to escape — to actively  
or **passively** avoid or in some other way **neutralize** or **alleviate**  
the fearful effects of his oppression. By definition, White

Vocabulary:

Passively - in an accepting manner, without active response or resistance.

Neutralize - make (something) ineffective by applying an opposite force or effect.

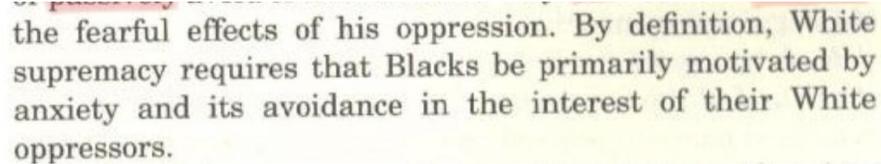
Alleviate - to make (something, such as pain or suffering) more bearable a drug that alleviates the symptoms using relaxation techniques to alleviate stress

Verb - motivated

Noun that receiving- escape

Noun that doing- balck people

Even black people who are considered normal n the white system get through their lives by trying to run away or not feel certain fears that are caused by oppression.



the fearful effects of his oppression. By definition, White supremacy requires that Blacks be primarily motivated by anxiety and its avoidance in the interest of their White oppressors.

Verb - requires

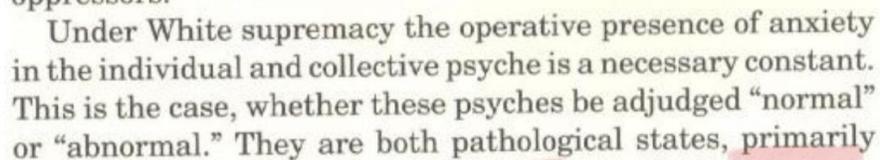
Noun thats receiving- anxiety

Noun that doing- white people

For white supremacy to work properly white people have to make sure that black people mostly do things out of fear and try to avoid things that white people want us to avoid.



oppressors.



Under White supremacy the operative presence of anxiety in the individual and collective psyche is a necessary constant. This is the case, whether these psyches be adjudged "normal" or "abnormal." They are both pathological states, primarily

Sentence one:

Vocabulary:

Operative - functioning or having effect.

Verb - constant

Noun thats receiving- anxiety

Noun that doing- white people

The white system makes sure that balck people have something that they are scared of in their minds at all times.

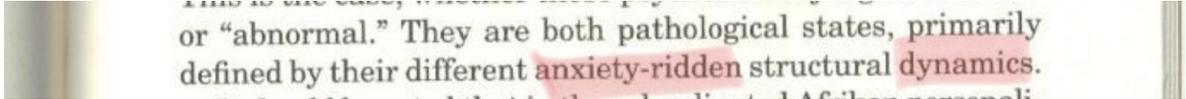
Sentence two:

Verb - adjudged

Noun thats receiving- psyches

Noun that doing- white people

White people make sure that all black people have fear in their minds, the ones who are considered normal in their society and the ones who are considered not normal in their society.



or "abnormal." They are both pathological states, primarily defined by their different anxiety-ridden structural dynamics.

Vocabulary:

Anxiety - ridden - filled with worry or concerns.

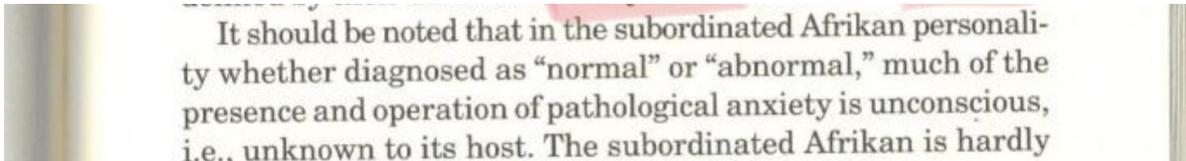
Dynamics - the forces or properties which stimulate growth, development, or change within a system or process.

Verb - defined

Noun that receiving- pathological states

Noun that doing- white people

White people decide what black people are normal and not normal based on how scared they are and what scares we focus on.



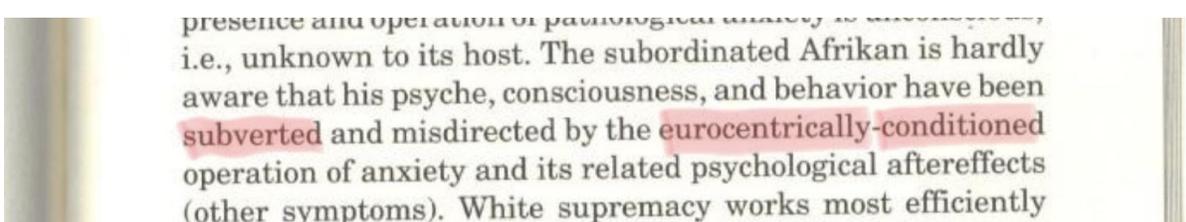
It should be noted that in the subordinated Afrikan personality whether diagnosed as "normal" or "abnormal," much of the presence and operation of pathological anxiety is unconscious, i.e., unknown to its host. The subordinated Afrikan is hardly

Verb - diagnosed

Noun that receiving- personality

Noun that doing- white people

It doesn't matter if the white system thinks that some of us are normal and some of us are abnormal, we all have been affected by oppression and most of the time we don't notice that we have.



presence and operation of pathological anxiety is unconscious, i.e., unknown to its host. The subordinated Afrikan is hardly aware that his psyche, consciousness, and behavior have been subverted and misdirected by the eurocentrically-conditioned operation of anxiety and its related psychological aftereffects (other symptoms). White supremacy works most efficiently

Vocabulary:

Subverted - undermine the power and authority of (an established system or institution).

Undermine - lessen the effectiveness, power, or ability of, especially gradually or insidiously.

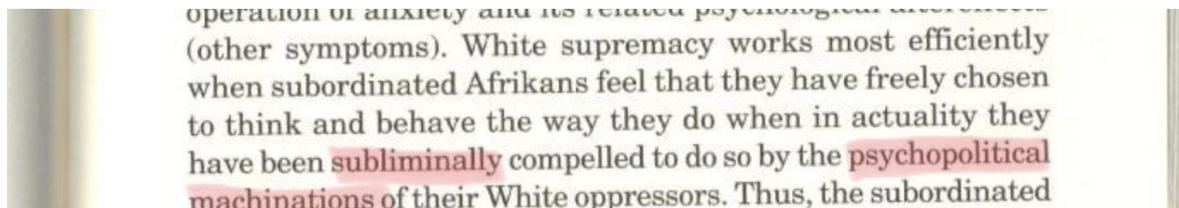
Conditioned - have a significant influence on or determine (the manner or outcome of something).

Verb - subverted

Noun that's receiving - psyche, consciousness and behavior

Noun that's doing - white people

Black people normally don't realize that white people have lowered the strength and messed with their mind, consciousness and behavior using anxiety and the things that anxiety comes with.



operation of anxiety and its related psychological symptoms (other symptoms). White supremacy works most efficiently when subordinated Africans feel that they have freely chosen to think and behave the way they do when in actuality they have been **subliminally** compelled to do so by the **psychopolitical machinations** of their White oppressors. Thus, the subordinated

Vocabulary:

Subliminally - (of a stimulus or mental process) below the threshold of sensation or consciousness; perceived by or affecting someone's mind without their being aware of it.

Psychopolitical - the study of the psychological aspects of political behavior and political structures, such as the effects of different types of system (democratic, fascist, socialist, etc.) on a society and its members.

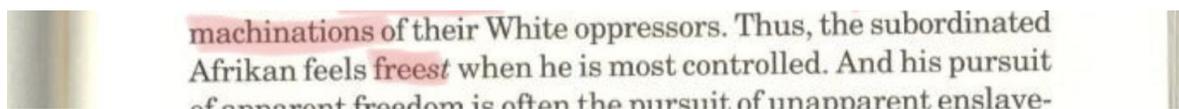
Machinations - a plot or scheme.

Verb - chosen

Noun that's receiving - think and behave

Noun that's doing - black people

White supremacy works better what white people are able to make black people think that we decided to feel certain ways and do certain things when actually, white people told us to feel that way and do these things without us realizing it.



**machinations** of their White oppressors. Thus, the subordinated African feels **freest** when he is most controlled. And his pursuit of apparent freedom is often the pursuit of unapparent enslavement.

Vocabulary:

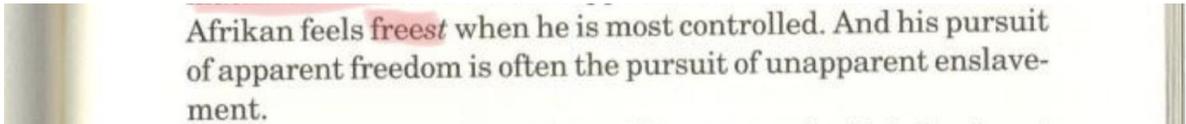
Freest - able to act or be done as one wishes; not under the control of another.

Verb - feels

Noun that's receiving- freest

Noun that's doing- black people

Because white people were able to make black people think that their ideas are actually their own it makes black people feel like they can do whatever they want even though they are being controlled in a lot of ways.



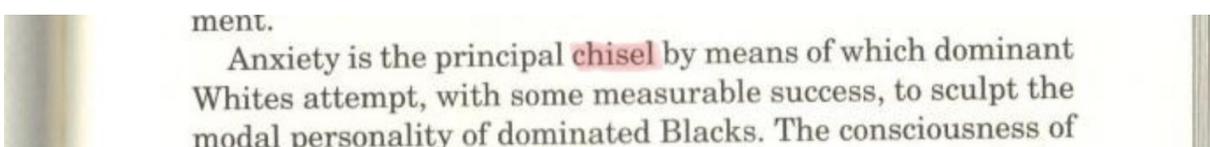
Afrikan feels **freest** when he is most controlled. And his pursuit of apparent freedom is often the pursuit of unapparent enslavement.

Verb - pursuit

Noun that's receiving- freedom

Noun that's doing- black people

Because black people think that they are free to do whatever they want most of the time when we try to get freedom we are actually getting oppressed even more.



ment.

Anxiety is the principal **chisel** by means of which dominant Whites attempt, with some measurable success, to sculpt the modal personality of dominated Blacks. The consciousness of

Vocabulary:

Chisel - a long-bladed hand tool with a bevelled cutting edge and a handle which is struck with a hammer or mallet, used to cut or shape wood, stone, or metal.

Verb - attempt

Noun that's receiving- sculpt the modal personality

Noun that's doing- white people

Anxiety is the tool that white people use to try and create a personality for black people that helps them. They are sadly doing a good job.

modal personality of dominated Blacks. The consciousness of subordinated Afrikans is **reactionarily** bent into shape by its **customary** defenses against the anxiety attacks leveled at it by their European oppressors. Consequently, the personalities

of many, if not most, subordinated Afrikans are little more than **elaborate** defense mechanisms against oppressive anxieties and stresses. These mostly unconscious defense systems against

Vocabulary:

Reactionarily - relating to, marked by, or favoring reaction especially : ultraconservative in politics.

Customary - according to the customs or usual practices associated with a particular society, place, or set of circumstances.

Elaborate - involving many carefully arranged parts or details; detailed and complicated in design and planning.

First sentence:

Verb - bent

Noun that's receiving- consciousness

Noun that's doing- black people

Black people form their consciousness in a way that allows them to defend themselves against the anxiety that the white people are trying to put in them.

Second sentence :

Verb - elaborate

Noun that's receiving- personalities

Noun that's doing- black people

Because black people are trying to defend themselves against anxiety we try to act in ways that help to do that.

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stresses. These mostly unconscious defense systems against oppressive anxieties have been so organized and **automatized** that the "normal" subordinated Afrikan experiences relatively little **overt** or conscious anxiety. They then **stereotypically**

Vocabulary:

Automatized - operated by largely automatic equipment; automated.

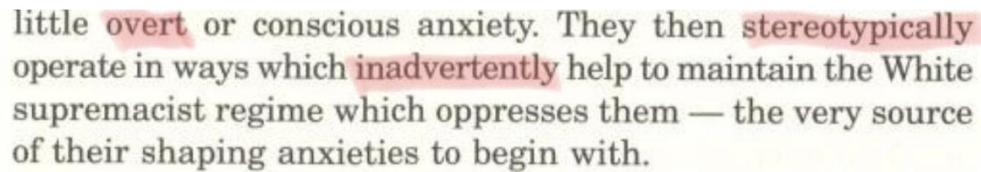
Overt - done or shown openly; plainly apparent.

Verb - unconscious

Noun that's receiving- defence systems

Noun that's doing- black people

Because we have to stop ourselves from accepting the anxiety that white people want us to have, we have trained ourselves to protect ourselves without us knowing. Because of this even if we have anxiety we don't know that we do and we don't show that we have it.



little **overt** or conscious anxiety. They then **stereotypically** operate in ways which **inadvertently** help to maintain the White supremacist regime which oppresses them — the very source of their shaping anxieties to begin with.

Vocabulary:

Stereotypically - relating to a widely held but fixed and oversimplified image or idea of a particular type of person or thing.

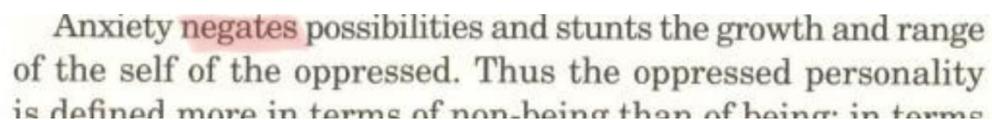
Inadvertently - without intention; accidentally.

Verb - operate

Noun that's receiving- to maintain white supremacy

Noun that's doing- Black people

Because we have trained ourselves to not be aware of white we have anxiety we sometimes can act in ways that help the white people and their system even though the white people are the reason why we have anxiety in the first place.



Anxiety **negates** possibilities and stunts the growth and range of the self of the oppressed. Thus the oppressed personality is defined more in terms of non-being than of being; in terms

Vocabulary:

Negates - make (a clause, sentence, or proposition) negative in meaning.

Verb - stunts

Noun that's receiving- growth

Noun that's doing- white people

Anxiety can make it harder for us, black people, to develop into who we need to be.

of the self of the oppressed. Thus the oppressed personality is defined more in terms of non-being than of being; in terms of what it is not rather than what it is; its lacks, rather than its **amplitudes**.

Vocabulary:

Amplitudes - the maximum extent of a vibration or oscillation, measured from the position of equilibrium.

Verb - defined

Noun that's receiving- oppressed personality

Noun that's doing- white people

Black people's personalities when they are being oppressed is looked at for what is wrong with it rather than what is right.

Under White supremacy the subordinated Afrikan self comes into being **principally** to preserve a sense of security, to protect against anxiety.

Vocabulary:

Principally - for the most part; chiefly.

Verb - into

Noun that's receiving- being

Noun that's doing- black people

When white people are oppressing us black people normally rely on their africaness to help protect them from anxiety and to make them feel safe.

Thus, *constriction and impoverishment of personality make it possible to avoid **subjective conflict** and **concomitant** anxiety.*

Vocabulary:

Subjective - based on or influenced by personal feelings, tastes, or opinions.  
Concomitant - naturally accompanying or associated.

Verb - possible  
Noun that's receiving - anxiety  
Noun that's doing - white people

If you change your personality in a sudden way you can avoid anxiety and the complications that come with it.

But the person's freedom, originality, capacity for independent love, as well as his other possibilities for expansion and development as an autonomous personality are renounced in the same process. By accepting impoverishment of personality.

Vocabulary:

Autonomous - (of a country or region) having the freedom to govern itself or control its own affairs.  
Renounced - formally declare one's abandonment of (a claim, right, or possession).

Verb - freedom  
Noun that's receiving - expansion  
Noun that's doing - black people

While we are trying to avoid anxiety we can also be making it harder for ourselves to grow in different areas.

the same process. By accepting impoverishment of personality, one can buy temporary freedom from anxiety, to be sure. But the price for this "bargain" is the loss of those unique and most

Verb - accepting  
Noun that's receiving - impoverishment of personality  
Noun that's doing - black people

If black people accept the fact that their personality won't be what it can be then they can get freedom from anxiety but only for a little while.

one can buy temporary freedom from anxiety, to be sure. But the price for this “bargain” is the loss of those unique and most precious characteristics of the human self.

Verb - bargain

Noun that's receiving- characteristics

Noun that's doing- black people

Most of the time when black people decide to give up their personality for freedom from anxiety they lose things about themselves that make them different from other people.

*...the positive aspects of selfhood develop as the individual [or a people] confronts, moves through, and overcomes anxiety-creating experiences.<sup>11</sup>*

Verb - develop

Noun that's receiving- selfhood

Noun that's doing- black people

In order to get the good part about being a person you need to work through and overcome anxiety.