

# HOUSEBLOKE





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## JUNE 2015

Hello Podunk,

I Like you. I should do re-ally, I wrote you. I won't be writing anything else like you for a while

though. I want to focus on the calm, happy and active stuff more you see. Now I know you include all those things but you also include the anxious

and sad stuff too. It'll all be ok. You'll be fine.

Cheers,

J.Doughty Esq

**Urbicolous: Antithesis to Podunk. Part 1**

Got a new notebook and some new pens. I've got a lot of work to do and much planning is required. The first thing I drew in the notebook was a pie chart. The chart has three pieces. One is called happy. One is called calm. The other is called active. I have determined that if I work on improving these three

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# Ready to stop focussing on the darkness in my writing and concentrate on happiness, activeness and calm.

things life will improve. Not that it is bad. Far from it. Less than five years ago I was in a group workshop with my eyes closed as we had been given the task of imagining where we wanted to be in five years time. It's been four and a half years now and I can honestly say I have arrived at the

destination I dreamed of.

Simply being at that place does not put me on paradise island. That wasn't where I imagined I would be. It's not a place I ever want to be. Well maybe for a visit but that is all. I like to be part of society. I like to earn. I like to participate. I like

to collaborate. I like to work. I am doing all of these things now. From home. My main responsibility is being a parent. I am a husband. I am an author. I don't earn much. I'm still building. It's working. I can do a lot more. The prospect of that is exciting.

I made some notes about the factors that impact our happy, calm and active goals. One factor is circumstances. Finances, environment, exposure to mass media, rules implemented by government. One factor is what we do. How we act. How we think. I've been reading about happiness thanks

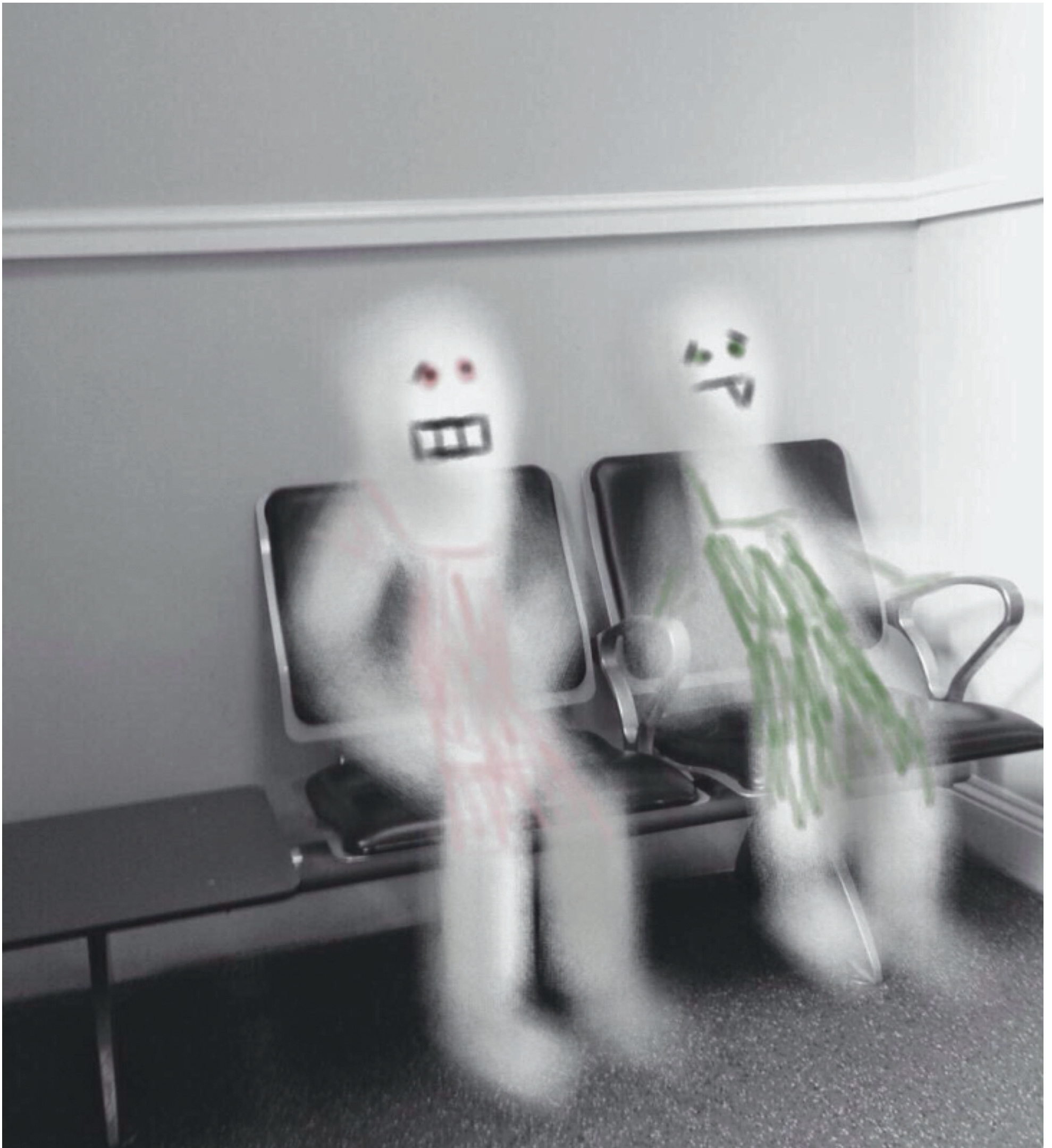


to the books of Gretchen Rubin. I have been reading about calm thanks to Michael Acton Smith. I have also been reading about armchair activism

thanks to Ruth Stokes. I am learning and equipping myself with the tools I need to achieve all of these things within our home and beyond.

I'm planning to write about ten thousand words about this over several posts. Straight up prose and some poems. There will be audio.

There will be video. There will be the print version when it all comes together. As a memento. I'm looking forward to this.



Hey I just met you  
and this is crazy  
you didn't want my  
number and called  
me boring.

**Zero Tolerance (formatted)**

ZERO TOLERANCE ON  
JOKES

THE END

ZERO TOLERANCE ON  
BANTER

THE END

ZERO TOLERANCE ON  
SELFIES

THE END

ZERO TOLERANCE ON  
CAPS AND GRAMMATICAL  
ERRORS

Why? Are you marking  
these out of 10?

NO

SHHH

**Drawing**

Part of me can't draw

Past me could draw

Not the best or worst

Future me will draw

Like these ones here

Here on the wall

They decorate today

Thanks mate

### **Urbicolous: Antithesis to Podunk: part 2**

The notebook has been on the shelf since the weekend. Too busy getting on with things to sit around and make lists. Or ponder over the lists. Or elaborate on the lists. Good thing the goals are

simple. Happy. Calm. Active. Knowing that tasks on one of the lists have been completed gives a sense of fulfilment.

I've been intending to do some big charcoal drawings in the not so distant future. Making space and time for this is a challenge in itself. It'll be alright though. I want to frame them up too so I might start smaller so

that I can use smaller frames. We will see.

Nope, they must be bigger.

And with that I'm off to get supplies.

Except that there is too much other stuff to do today.

And that is absolutely fine.

I'll sketch in my notebook first.

### **Called me boring**

Hey I just met you and this is crazy you didn't want my number and called me boring.

Hey I just met you and this is crazy you didn't want my number and said you felt sorry for me.

Marinated

oo

in



Mindfulness



## Self Diagnosis Generator

Hyper	Angst	Addict
Problem	Dopamine	Cortex
Functioning	Mood	Activity
Irrational	Social	Patterns
Dual	Thought	Delay
Anti	Attention	Behaviour
Low	Sunlight	Dependant
Obsessive	Human	Drive
Internal	Euphoric	Complex
Substance	Anger	Status
Substance	Autonomous	Episode
Negative	Abstract	Visions
Unconventional	Panic	Nocturnal
External	Serotonin	Personality
Self	Relationship	Function
Multiple	Hygiene	Drive
High	Pleasure	Complex
Positive	Compulsive	Visions
Rapid	Communication	Intolerance
Moderate	Identity	Projections

Select a word from each column to form a suitable phrase that describes how you are.

This self diagnosis does not have to be permanent. You can choose to change or lose your label at any time.

Oh and by the way if you do have any health concerns on your mind it is always best to go to your GP first before diagnosing yourself.



Hey I just met you and this is crazy you didn't want my number and said you were fed up of listening to me blow my own trumpet.

Hey I just met you and this is crazy you didn't want my number and

stole all my best lines for your own personal gain.

For the record I don't believe that it is possible to steal hot air.

#### **Response to a Thing**

Read a thing that was

bashing on mindfulness. The thing strongly indicated that the meditation based practice can have adverse effects like depression, mania and psychosis. I believe this to be poppycock. I put it to you that people who experience depression, mania

and psychosis will experience these things whether they practice mindfulness or not. Therefore, dishing this stuff up on the NHS and then reporting back that it causes these mental health conditions does nothing to help those be-



ing 'treated'. It's just more fear mongering tripe.

I have found in my experience that subscribing to one way of thinking is what is harmful to me. It makes far more sense for me to pick and choose from a wealth of positive ideas presented by multiple schools of thought in order to create a balance in my life. This way if one thing isn't working I have other things to support me.

I quite like imperfections

and find comfort in a slight sense of disorganisation too so a constant sense of perfect balance would probably drive me bonkers anyway. See, there's nothing crazy about me is there.

### Housebloke

housebloke

no rebel

can multitask

a natural

indoors

disorganised

sometimes

tough morning

furry friend

no breakfast

compromise

sofa time

less telly

housebloke

### Waking up happy?

5/27/2015

Yes. That's right. For two days in a row now I have woken up happy. Not leaping about and full of the joys of spring in a way that is physically visible. It's more like wake up, drag myself out of bed, drink coffee, take meds, go for a cigarette. For a long time now during this moment of contemplation whilst smoking that it dawns on me how riddled with depression I am. Well not for the last two days. Whilst contemplating it's become apparent that I am happy. I am calm. It doesn't last. Over the course of the day anxiety and depression creeps in at points but it's easier to deal with. Easier to describe. My circumstances and active attempts to control how I act and think are working in my favour. This makes dealing with daily responsibilities more manageable. Don't expect me to release a fitness DVD anytime soon. It's not like that. Never say never though. Where's my notebook?

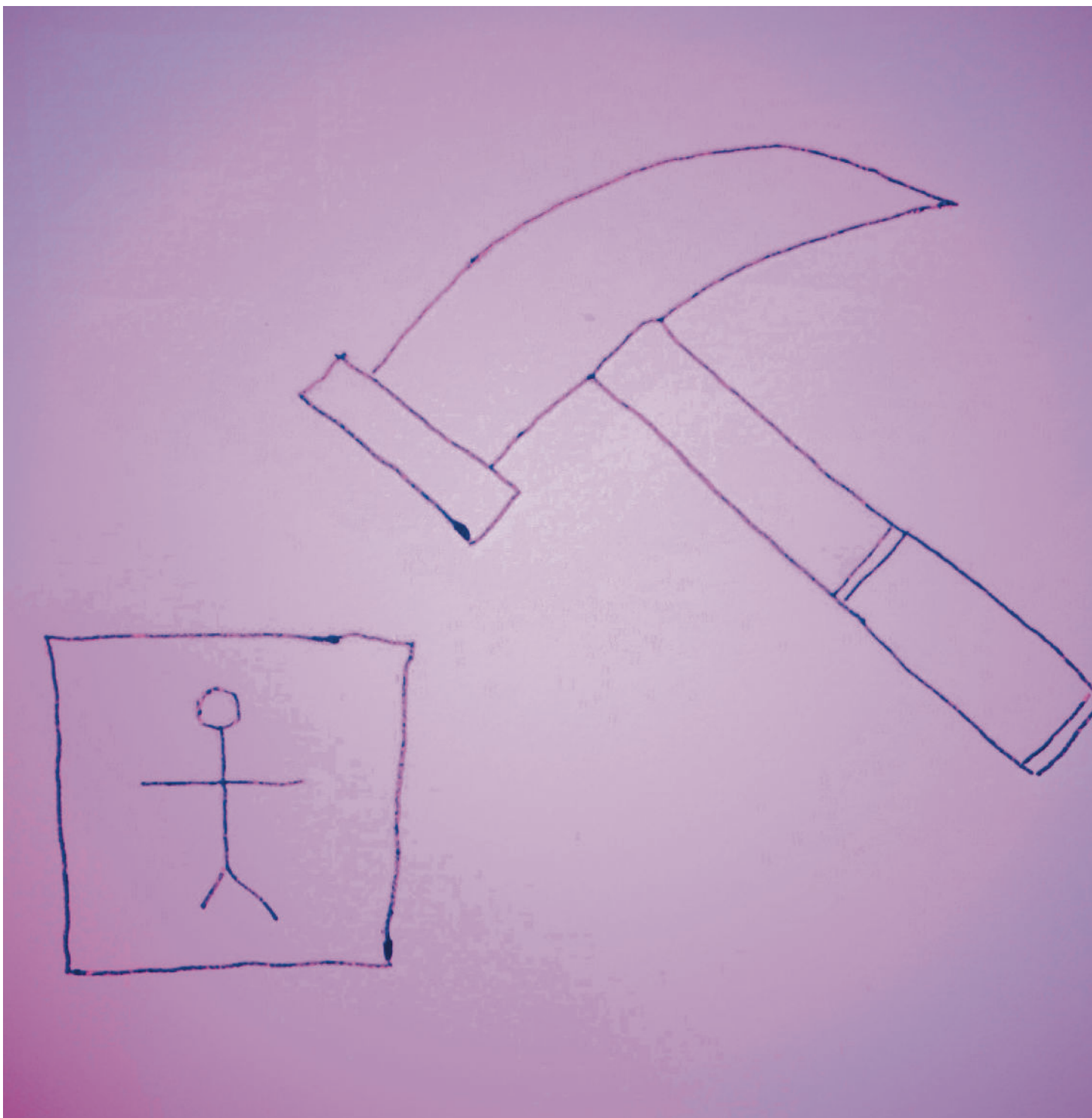
### Earth

Sometimes we don't want to act or think

We just want to live our lives at times

Reading a mans take on restoration

Of human virtues that



lack today

The message should be spread far

Only a handful took action on that

Maybe they were too busy moaning

And regularly bad-

products

Sometimes we don't want to act or think

### Three Day Week

We all complain about working too much don't we. Then we spend so much spare time tapping away on social networks.

data that is helping to build the AI that will one day supersede the human race. Probably. Anyway I'm going off on a paranoid tangent. The combination of screen time, consuming adverts and engaging is not something I would do for more than 37 hours a week in an office so why

and active.

Here's the plan. The three day week. Tuesday to Thursday I'll have no limit on how much social site stuff I can use. Then it goes off. Till the following Tuesday. I'll test this for a week and keep you updated. Right now I'm feeling the withdrawal symptoms. What's going on? I'm out of the loop. Then I focus on what is happening in the room and in myself. I'm calm. I'm happy. It's working already. Have a good weekend.

I'll start by saying that for the record I will likely post links to my writings to social networks even when I am not using them during my days off.

### Negative perceptions

So, over the last six months I took an active break from Facebook. Deleted my account. Deleted. Not deactivated. It was the only way to stop me from using it. I don't hate Facebook. In the same way that I don't hate being in a busy pub but both of these things are not easy for me to deal with. I always thought I was just a bit anti-social. I had to make considerable effort to socialise and enjoy it my entire life so far. There are plenty of photos of me looking like I'm the life and soul of the party and some not so much. Photos where I am

mouthed others

Take it back to factory settings

Everyone equals righteous human

We are not here to push

In some ways this is fun for me (twitter in particular) but I also find it very exhausting. Elements of it are like working. And no amount of messing about can change that. Every tap, every click, every post is generating

do more than that at home. Time to work for myself now. I've told you before. I have a house to keep and a toddler to run around after. I need to conserve as much positive energy as I can in order to keep happy, calm

# MIDDLE CLASS SCUM



asleep, drunk under a table for example.

It's become apparent to me that I was drinking fast so that I would fall asleep so I wouldn't have to deal with the chronic anxiety and depression whilst trying to look like I was having fun and fitting in.

I have come to this conclusion after reading that researchers have found People with elevated depression are poorer at hearing all types of emotional speech. Meaning that people with depression have a tendency to have a negative perception of information in social situations and therefore don't always get the full picture. It is also more isolating for us in situations where there is so much noise we can't hear the person we are trying to have a conversation with.

I would suggest in my experience this translates to Facebook. I used to say to myself "I'll log in and use Facebook until I have a suicidal thought and then I'll log out" in a half joking way. But often I would be so anxious and depressed after spending some time there that I had to log out.

If we have a bias towards interpreting information as negative through our ears then surely that goes for our other senses too.

In my experience that would make sense.

I came back to Facebook for work purposes recently and am still reluctant to take it to the level that I was using it before. It felt like an endless stream of Daily Mail and YouTube reader comments sometimes. That was my negative perception.

I hope to enjoy Facebook and real life social activity by dealing with my condition my way but I will no longer push myself to take part. I was my own boot camp style social instructor for a while "YOU WILL GO TO THIS, YOU WILL HAVE FUN, WHY DID YOU NOT HAVE FUN, TRY HARDER NEXT TIME, YOU'RE RUBBISH AT MAKING FRIENDS AND INFLUENCING PEOPLE, YOU FAILURE, GOOD FOR NOTHING". It was relentless. I'll do this in my own time and on my terms and in return you'll get a better person to be around online and offline.

### Choice

Why campaign against negative action when you could promote a positive action?

Play a guitar because you want to play music and not because you are bored.

Contact and meet up

with a friend because you want to communicate and interact and not because you are bored.

Chronic depression and anxiety sufferers have the potential to be experts in negative thought if they enable themselves.

We are natural detectors of negativity and this takes its toll. This is why we need to create happy, calm and active things in our circumstantially evolved home environment.

Bashing the toxicity of negative speech or saturating yourself in negative speech to the point where it becomes normal are both equally addictive and harmful pastimes.

What is your choice? My choice is to eliminate the toxicity of negative speech by promoting a calm, happy, active home and social environment.

It is only by employing this school of positive thought and action that I can enable myself to deal with chronic anxiety and depression.

### Using personal property to publicly publish is proper

Previously we lived in an age where broadcasting and publishing were considered private property. It was presented to a gen-

eration as the place you wanted to be.

We now live in an age where our personal property enables us to broadcast and publish. It is being presented to a generation as the place you want to be.

The private publishers and broadcasters send a message that says in using this personal property to broadcast and publish we are giving up our privacy.

In reality we have more privacy than ever before as all publishing and broadcasting is creative. All information presented to us by the individual is distorted by that individual's perception and their level of effective communication.



**Housebloke** is a monthly retrospective memento of musings from J.Doughty Esq. You can find it's online counterpart at <http://housebloke.weebly.com>

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