



**DON'T LET THEM
CRUSH YOUR SPIRIT**

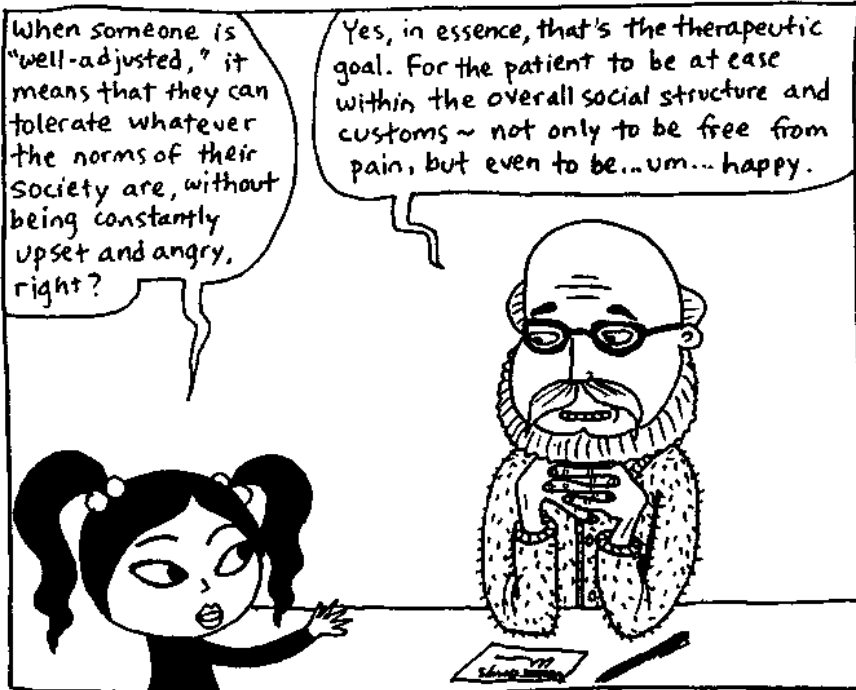
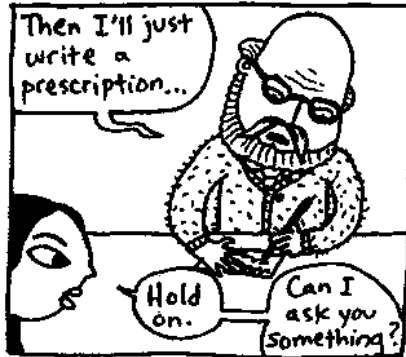


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ATTITUDE ADJUSTMENT



**On being CRAZY
in a crazy world...**



This zine is an excerpt from an amazing graphic novel by Derrick Jensen & Stephanie McMillan called *As The World Burns: So simple Things You can Do To Stay In Denial*

I knew you'd be back.
How?
Because you're a tool.
I am NOT a tool.
I choose to do this.
Then you're a brainwashed tool.

You can say what you want, but it doesn't matter in the slightest.
Because you have a gun.
Because I've got the power. Now, do you associate with [redacted]?
Does it matter?

You didn't answer my question. You're not being helpful. That means you're being unhelpful. That means you're against us. That means I'm going to arrest you.

To keep the streets safe ...
You have the right...
... for your corporate masters.
... to remain silent...

And these pills you plan to prescribe will help me to be well-adjusted?
They can help, yes. They alter the chemistry of your brain, to smooth out the ups and downs of everyday life, enhancing enjoyment and productivity.
Productivity. Hmm.

So it will no longer bother me that our planet is being destroyed by greedy corporations?

I won't cry any more about the frog species going extinct, or the polar bears swimming through the ocean to ice that's no longer there?

I won't be haunted any more by the ghosts of the numberless war dead, soldiers and civilians, lost friends and broken families?

The agony that I feel about all the people being kidnapped and legally tortured by the government will ease off?

The screaming won't trouble my dreams any more?



Here's one more thing you must understand.

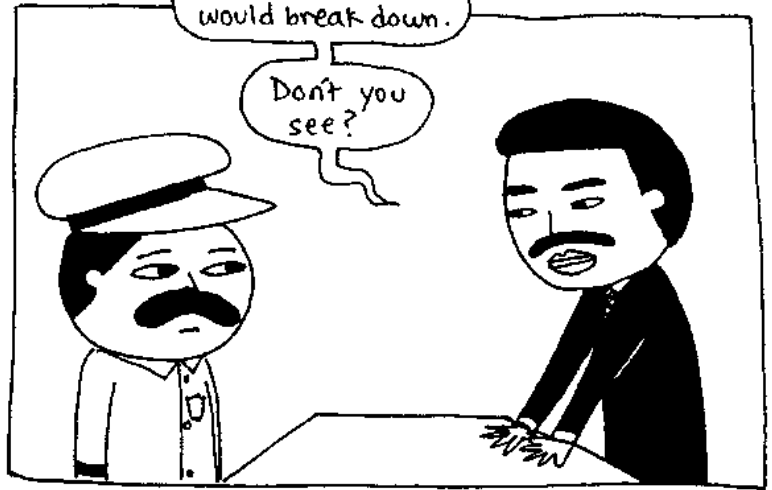
You, like everyone else, are an instrument, a tool, a tiny cog in a big machine. We all need to do our parts to keep this machine running.

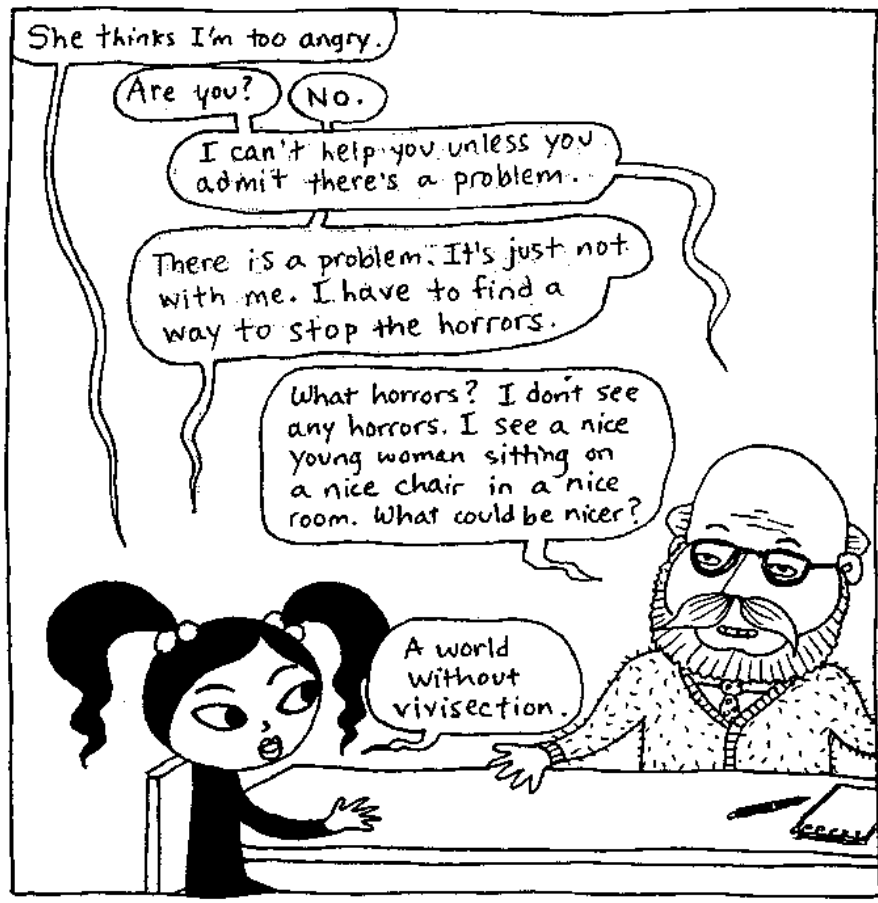
If too many gears get out of alignment or stop working altogether, the machine falls apart.

What would happen if the crankshaft in your car started thinking for itself, started thinking it didn't want to be part of a car, didn't want to drive you someplace?

What would happen if the sparkplugs started thinking for themselves, decided they didn't want to fire if you were going someplace they didn't approve of?

The machine would break down.







I don't see any vivisection.

If it's not in the room, it doesn't exist?

I'm trying to get you to be in the here and now.

And the here and now includes our social circumstances, which in this case includes the fact that this culture is killing the planet.

Your job is to keep the streets safe for CEOs and politicians?

The dispatcher said you were dangerous.

Do I look dangerous?

You might be a terrorist.

Nazis called the Jews terrorists. If your boss told you to arrest me because I was Jewish, or Black, or left-handed, would you?

My boss wouldn't ask me to do that.

But if he did...

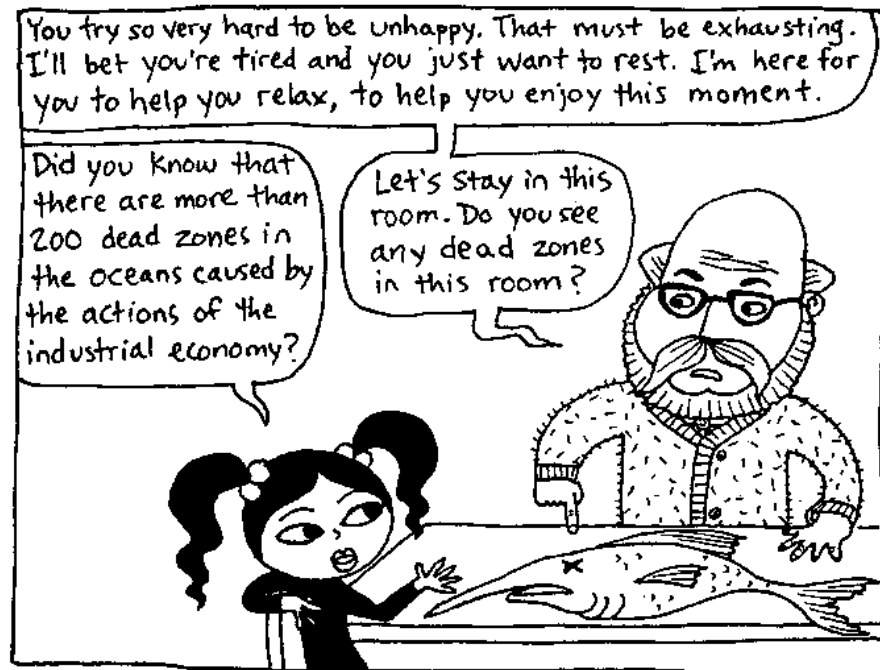
I, uh, well...

If your job depended on it.

I've got a family to support.

In other words...





No one can make you angry without your permission.

If I punch you, that won't make you angry?

Do you want to punch me?



You need to breathe out those bad emotions, and breathe in only good emotions.

Anger against injustice is a bad emotion?



You're insane. Bonkers. Stark raving mad. You're crazy, and you're trying to drive me crazy.

I can't drive you crazy. No one but you can do that. Why would I want to drive you crazy?

If I'm a sane human being, I'll remind you that once you were a sane human being too, that you were an animal who felt emotions and who felt outrage at a system that is killing everything you hold dear.

You're trying to get me to believe I'm helpless, that people really can't change things, that people really can't stop this culture from killing sea turtles and everything else.

Because if you can convince me not to act, then maybe your own inaction won't seem as horrid as it really is. And if you can convince me not to act, then I might not bring down this system that brings you tomatoes in January and air conditioning in July.



But more important than that, if you can convince me I'm helpless, maybe you can convince me I need your help.

How convenient for you!

Your fifty minutes are up. You can pay the receptionist on the way out.

Would you like to schedule another appointment?

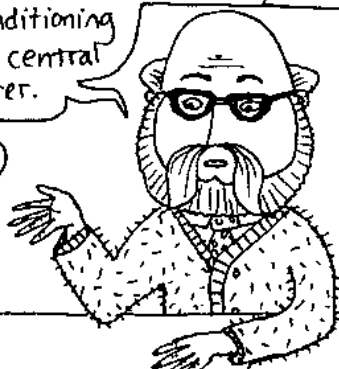
Clearly paranoid, and a danger to self and others. She needs to be apprehended, for her own good and for the good of society.

You see this big scary world, and you think it's going to destroy you, and you want someone to take care of you just like you say you want to take care of "sea turtles." But you'll never find someone to take care of you as long as you are this angry.

I don't want someone to take care of me.

I think you do. I think we all want someone to take care of us. And that's why we created this whole system. It gives us food and shelter and air conditioning in the summer and central heating in the winter.

No.



Just let go of your anger. Don't you see how pointless all of your anger at this "big bad system" is?

Why?
Because ultimately you can't do anything about it. So just lie back and enjoy what you can.
You'll be ever so much happier.

I get it now. I understand what you are doing.
I'm just trying to help you.

It's not killing everything I hold dear. I'm quite happy. You're the one who seems upset.

You're too afraid and too small to even feel outrage at the system turning you into a drone.



Interesting. I don't see any "system." I only see you and me sitting in this room, talking about your anger. I see and hear you acting out a lot of hostility. Are you always like this?

Are you sure your anger really is at vivisectors? Are you sure it's at this thing you call "the system"?



How is your relationship with your father?

My father's got nothing to do with it.

Why don't you want to talk about your father?



Whether my father was wonderful or flawed or horrible is entirely independent of the fact that right now vivisectors are torturing monkeys, rats, dogs, cats, mice, birds, insects, that right now sea turtles are being driven extinct, that right now amphibian populations are collapsing...

How does your anger affect your social life?

I don't want to talk about my social life.

Are you uncomfortable talking about your social life because your anger drives away your friends?

I'm not angry at my friends. I'm angry at the things that make me angry.

How do you know that "the system" is not just an easy place for you to put the anger you really feel toward other people, and toward your difficulties with other people? How do you really feel about your father?

If my father were perfect the system would still be killing the planet.

Ah, so you acknowledge your father isn't perfect.

I'm sure a smart girl like you knows what denial is, right?

Denial can run very deep.

Yes, it can.

And it can cause a lot of pain for those unfortunate enough to come in contact with people in denial.

I am perfectly aware of what you are saying.

Well, do you want to stop causing the pain?

I want to stop the culture from killing the planet.

You seem to be obsessed with destructive fantasies, with what you call "dead zones" with what you call "torture." That's a lot of negativity to carry around with you. That would be awfully heavy. I would want to lighten that load by setting it aside.

Yes, you would.

And I'm concerned about all this affection you have for sea turtles and such. Sea turtles aren't your family. What do sea turtles represent to you in your own life, in your real life?

Sea turtles are real life. They aren't just projections of my issues.

It can be scary to care about another human who can reject you. Sometimes people are too scared to even acknowledge this fear, so they project this fear of personal rejection by other humans onto things like "sea turtles" and their supposed destruction by some "all powerful system."

At some point you have to give up those fantasies and live in the real world.

Sea turtles aren't the real world?