

# The Me-Too revolution is not so Me-Too

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**Abstract:** *Man has been experiencing since his birth. These experiences got recorded in his brain along with the cognitive processes that ran parallel with his growth. The experiences got stored as pleasurable and painful memories. Painful memories during childhood were recorder and got surfaced when one grew up. It is the inadequacy of the mind to deal with propped up memories that lead to the present 'metoo' revolution.*

**Key Words:** *Me-too, Movement, Revolution, Abuse, Social, sexual, counselling.*

## 1. INTRODUCTION:

Piled up childhood painful memories that were addressed with great difficulty by an individual over his growing up years were surfaced when the social movement encouraged one to come out in open and talk about them on a social platform. Man has never been free from suffering and this very fact caught momentum that one was inspired to share this suffering with others.

The collective expression soon became a movement and the queues in the waiting room of psychologists and psychotherapists got longer.

As a practitioner one wonders if this movement, other than its objective for propaganda, is meaningful enough to reopen the wounds those were healed with great difficulty. Has the movement lost its original destination?

## 2. DISCUSSIONS:

The movement that moved the world on social media does not have the momentum to bring around a revolution as is largely publicised. Let us understand it with a psycho-philosophical perspective.

There are two ends of the dichotomy. On one end, we have an unethical barter where an exchange mechanism functioned resulting in a trade of mutually beneficial attributes on fundamentally socially immoral terms. On the other end, largely the child and occasionally an adult became a victim of sexual abuse by a relative or some other person amounting to exploitation that was completely unnatural. Both these need to be treated separately as the former was on account of an adult resolving a conflict intellectually while the latter was on account of a child resorting to fear and helplessness born out of threat.

I am addressing the latter here first as there is a huge number of persons who have surfaced expressing their past and coming out with their emotions.

We have as human, without exception, are storehouses of painful and pleasurable memories. The mind tends to record painful memories much more than the pleasurable, by its design. One has experienced pains of several kinds throughout one's memory lane and childhood remained the largest shelf for the same.

Sexual abuse is classified as a very painful memory that has left scars on the mind. Cases where significant time has passed in between these events and now, individuals have worked out ways to deal with this mental trauma mostly through internal rationalisation or catharsis. They have been largely successful in healing the wounds, needless to say, the scars remain. Moreover, they have learned with efforts to live with pains as we humans have immense ability to deal with and tolerate pains. This process of self-healing occurred over some time for each one of us.

With the media movement, an individual was persuaded to walk through the memory lane and dig out those wounds that have healed. For the wound to heal, one has to stop touching it. This principle worked over the past periods of recovery. But now since the wound is reopened, in all practical terms, one will have to devise a fresh mechanism to deal with the reopened wound. What worked in the past need not work again and one has invited struggle to work-out a new method, a new technique, a new system and an altogether new catharsis. Although, the present times are better equipped with coping mechanisms as qualified therapists too are at disposal, one needs to spend time, energy and efforts to utilise them.

Coming to the coping up mechanism, the emotions that would surface now (after a period the painful experience was recorded) are low self-esteem and anger. Both being counter-productive are likely to result in blame and revenge. Left unattended, blame game may further lead to questioning the self-worth and revenge would call for harm to the self or the other. Choosing to play a Victim card too has its ramifications. One would require to work on ways to address them so that the outcome is positive. Counselling from psychologists and psychotherapists works in most of the childhood abuses cases.

This movement has given birth to these avoidable issues unintentionally. What needs to be done is spread awareness and educate the young to act so that they sense and resist such situations of abuse. This needs to be exercised on the school level and not on a social media platform where it activates the avoidable issues raised above. Rather than the Me-Too movement, we need to have a 'STOP IT' drive.

Talking about the former, in events where adults resorted to immoral exchange, exposure may reduce the number of such transactions temporarily. History has enough shreds of evidence to substantiate that power, money and sex coexisted and we have struggled for 40000 years to separate them. It would require great courage for one, not to give up one's ethical standards for material benefits, and would require to learn techniques to deal with one's ambition which would be at stake. To arrive at such a state of mind, we will have to educate the young to bear the pain of "not having" certain pleasures at the cost of "having" certain moral standards. We need to work hard to create an incorruptible mind that has transcended thoughts as it is the very thought that divides and is the root of corruption jeopardising morality. One need not forget that morality is also a time and space-dependent entity and hence the challenge to resolve the latter issue is herculean. This education can only be imparted at a mentor-pupil level and not on a social media platform. Imperatively, Me-Too is redundant.

### 3. CONCLUSIONS:

A lot of water has flown over the social media to propagate the painful memories that one experience during his earlier age. Accepting the fact that history cannot be undone but only be a tool to learn so that similar errors are not repeated is the role of intelligence. With this endeavour, the movement caught momentum, however, it got lost in individual expressions that validated punishment for the doer and lost its main purpose to set barometers that such incidents be prevented for the future generations. We have an opportunity to rewrite the script of this movement and make it more 'prevention centred' rather than 'episode centred'.

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Inputs from various learned men and women in my earlier life, subconsciously contributed to my evolvment and naming them individually over here would be practically difficult. I feel that consciousness had arranged for us to meet so that the bigger purpose of life would be fulfilled. I surrender my 'self' to that consciousness which not only brought people in my life but spirits a swell embodied and personified as humans too

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