

# **Self-Helplessness**

A Choose Your Own Adventure Self-Help  
Book

**Choose Your Own Adventure...**

**...no-one else cares enough about you  
to do it for you...**

David Pocknee

Are You Sad?

If yes, then turn to page **2**.

If no, then turn to page **3**.

Have you been sad long?

If yes, then turn to page **7**.

If no, then turn to page **4**.

Do you frequently feel  
sad?

If yes, then turn to page **86**.

If no, then turn to page **40**.

Are you often anxious?

If yes, then turn to page **6**.

If no, then turn to page **75**.

Do you use alcohol as a  
control for anxiety?

If yes, then turn to page **8**.

If no, then turn to page **61**.

Were you anxious  
recently?

If yes, then turn to page **96**.

If no, then turn to page **48**.

Are you afraid of a  
sadness that, once it  
arrives, will never leave  
you?

If yes, then turn to page **81**.  
If no, then turn to page **68**.



Do you, or people you know, think that you are more fun drunk than sober?

If yes, then turn to page **49**.

If no, then turn to page **7**.

Have non-reciprocated  
amorous feelings made  
you feel worthless?

If yes, then turn to page **27**.

If no, then turn to page **23**.

Do you frequently feel as  
if you are living  
underwater?

If yes, then turn to page **79**.

If no, then turn to page **57**.

Does your sexuality  
cause you anxiety?

If yes, then turn to page **90**.  
If no, then turn to page **27**.

Did you feel emotionally  
empty after the last time  
you had sex?

If yes, then turn to page **20**.

If no, then turn to page **2**.

Are you worried you have  
lost the capacity to feel  
anything?

If yes, then turn to page **68**.

If no, then turn to page **87**.

Do you feel more comfortable around books than people, but aren't sure which make you feel more alone?

If yes, then turn to page **10**.

If no, then turn to page **18**.

Do you have a negative  
mental image of  
yourself?

If yes, then turn to page **74**.

If no, then turn to page **51**.



Have you showered  
recently?

If yes, then turn to page **39**.

If no, then turn to page **83**.

Do you feel as if you live  
your emotional life  
devoid of any strong  
feeling, in the dead  
centre of nothingness?

If yes, then turn to page **30**.  
If no, then turn to page **15**.

Do you dislike being  
touched by other people?

If yes, then turn to page **64**.

If no, then turn to page **77**.

Have you ever had a  
panic attack?

If yes, then turn to page **76**.

If no, then turn to page **11**.

Did you hate yourself  
after the last time you  
had sex?

If yes, then turn to page **54**.

If no, then turn to page **99**.

Do you sometimes cry for  
no reason?

If yes, then turn to page **29**.

If no, then turn to page **41**.

Have you given up caring  
what other people think  
about you?

If yes, then turn to page **47**.

If no, then turn to page **35**.

Would you describe  
yourself as a  
hypochondriac?

If yes, then turn to page **15**.  
If no, then turn to page **27**.



Were you ill recently?

If yes, then turn to page **42**.

If no, then turn to page **96**.

Do you sometimes find it  
difficult to go outside?

If yes, then turn to page **14**.

If no, then turn to page **56**.

Would you describe your alcohol consumption as “self-destructive”?

If yes, then turn to page **71**.

If no, then turn to page **69**.

Do you worry you will die  
alone?

If yes, then turn to page **85**.

If no, then turn to page **31**.

Does the dissonance  
between your mental  
image of yourself and  
reality cause you  
anxiety?

If yes, then turn to page **46**.

If no, then turn to page **82**.

Do you feel like you are  
unable to hold onto your  
happiness?

If yes, then turn to page **44**.

If no, then turn to page **71**.

Have you learned a set of trivial skills as a way of showing off in public in order to detract from the fact that you have nothing inside?

If yes, then turn to page **56**.

If no, then turn to page **43**.

Do you have trouble  
getting out of bed in the  
morning?

If yes, then turn to page **43**.

If no, then turn to page **89**.



Does reconciling your  
public and private  
versions of yourself  
cause you anxiety?

If yes, then turn to page **1**.  
If no, then turn to page **1**.

Do you fantasize about  
being chemically  
castrated?

If yes, then turn to page **95**.

If no, then turn to page **16**.

Does the sexual nature of your being cause you so much anxiety that you have decided to live as asexually as possible?

If yes, then turn to page **45**.

If no, then turn to page **32**.

Do you have violent  
fantasies about  
punishing people who  
are happy?

If yes, then turn to page **40**.  
If no, then turn to page **22**.

Do you ever wake up and  
feel disappointed that  
you made it through the  
night?

If yes, then turn to page **87**.  
If no, then turn to page **79**.

Does self-improvement  
seem like a futile  
pursuit?

If yes, then turn to page **65**.  
If no, then turn to page **12**.

Do you feel that your  
need to be around other  
people is a weakness?

If yes, then turn to page **57**.

If no, then turn to page **67**.

Have you been  
neglecting your personal  
appearance recently?

If yes, then turn to page **22**.

If no, then turn to page **14**.



Are you currently  
anxious?

If yes, then turn to page **4**.  
If no, then turn to page **60**.

Do you exercise?

If yes, then turn to page **89**.

If no, then turn to page **21**.

When your body exhibits the slightest change, do you presume it to be a symptom of a terrible illness?

If yes, then turn to page **23**.

If no, then turn to page **93**.

Do you sometimes have  
violent fantasies about  
inflicting harm on  
yourself or others?

If yes, then turn to page **53**.

If no, then turn to page **62**.

Do you feel that those  
around you do not show  
you enough respect?

If yes, then turn to page **84**.

If no, then turn to page **90**.

Are you well?

If yes, then turn to page **61**.

If no, then turn to page **2**.

Do you think your view of  
yourself is similar to  
what others think of you?

If yes, then turn to page **32**.

If no, then turn to page **34**.

Do you drink alcohol  
heavily?

If yes, then turn to page **5**.  
If no, then turn to page **55**.



Is it hard to motivate  
yourself?

If yes, then turn to page **66**.

If no, then turn to page **20**.

Do you hate yourself  
more when you are sober  
rather than drunk?

If yes, then turn to page **26**.

If no, then turn to page **52**.

Have you put on weight  
recently?

If yes, then turn to page **16**.

If no, then turn to page **30**.

Do you feel paralyzed by anxiety in a way that prevents you being productive?

If yes, then turn to page **25**.

If no, then turn to page **76**.

Do you feel as if the  
world owes you  
happiness?

If yes, then turn to page **21**.

If no, then turn to page **66**.

Have you ever fantasized  
about walking through a  
packed nightclub  
wearing a gas mask and  
an open cannister of  
sarin gas?

If yes, then turn to page **73**.  
If no, then turn to page **33**.

Have you noticed a drop  
in your libido recently?

If yes, then turn to page **98**.

If no, then turn to page **96**.

Have you had sex  
recently?

If yes, then turn to page **12**.

If no, then turn to page **45**.



Is your primary  
motivation for doing  
anything to impress  
other people?

If yes, then turn to page **77**.

If no, then turn to page **84**.

Do you feel as if, if you  
were stronger, you would  
need nobody but  
yourself?

If yes, then turn to page **60**.

If no, then turn to page **10**.

Would you kill someone  
if there were no  
consequences?

If yes, then turn to page **3**.  
If no, then turn to page **70**.

Do you despise other  
people?

If yes, then turn to page **72**.

If no, then turn to page **64**.

Do you have an ever-present feeling of numbness?

If yes, then turn to page **13**.

If no, then turn to page **72**.

Do you worry about  
getting ill?

If yes, then turn to page **24**.

If no, then turn to page **99**.

Are you drunk now?

If yes, then turn to page **97**.

If no, then turn to page **85**.

Do you feel that your  
days lack structure?

If yes, then turn to page **51**.

If no, then turn to page **29**.



Would you rather that  
you were not touched by  
anyone?

If yes, then turn to page **36**.

If no, then turn to page **59**.

Do you feel that your inability to transform yourself into the best person you can be means that you will never be happy?

If yes, then turn to page **92**.  
If no, then turn to page **24**.

Do you often over-sleep?

If yes, then turn to page **94**.

If no, then turn to page **42**.

Do you feel confused  
and jealous when you  
see other people who are  
happy?

If yes, then turn to page **35**.

If no, then turn to page **73**.

Have you cried recently?

If yes, then turn to page **80**.

If no, then turn to page **65**.

Does meeting new  
people make you feel  
anxious?

If yes, then turn to page **19**.  
If no, then turn to page **26**.

Is silence preferable to  
the incessant inanity of  
each banal clump of  
conversational excrement  
that spews from the  
mouths of other people  
like effluence from a  
sewer pipe?

If yes, then turn to page **55**.

If no, then turn to page **58**.

Do you wish you were  
drunk now?

If yes, then turn to page **62**.  
If no, then turn to page **17**.



Are you in love?

If yes, then turn to page **75**.

If no, then turn to page **36**.

Do you ever fantasize  
about shooting  
pedestrians and/or other  
motorists with a sniper  
rifle whilst travelling as a  
passenger in a car?

If yes, then turn to page **58**.

If no, then turn to page **46**.

Is your mental self-image  
out of step with reality?

If yes, then turn to page **28**.

If no, then turn to page **16**.

Did someone say that  
they loved you recently?

If yes, then turn to page **100**.

If no, then turn to page **37**.

Does anxiety ever  
prevent you from doing  
things you want to do?

If yes, then turn to page **78**.

If no, then turn to page **74**.

Has your need for other people's praise led you to become a person you despise?

If yes, then turn to page **59**.

If no, then turn to page **38**.

Do you sometimes feel  
jealous about other  
people's lack of anxiety  
when they interact with  
others?

If yes, then turn to page **38**.

If no, then turn to page **53**.

Would you class the mirror as “an implement of disappointment”?

If yes, then turn to page **37**.

If no, then turn to page **47**.



Do you sometimes rub  
salt into your eyes in  
order to remember what  
crying feels like?

If yes, then turn to page **93**.

If no, then turn to page **49**.

Do you sometimes feel  
sad for no reason?

If yes, then turn to page **88**.

If no, then turn to page **91**.

Do you often find that  
you have nothing to say  
in a conversation?

If yes, then turn to page **70**.

If no, then turn to page **39**.

Do you worry that, if you were to enter into a relationship, you would have nothing to offer emotionally, and vampirically leach off the other person, gradually wearing them down until they were an empty shell of their former self?

If yes, then turn to page **18**.

If no, then turn to page **78**.

Have you ever had fantasies about using violence to instil respect in those around you?

If yes, then turn to page **67**.

If no, then turn to page **28**.

Do you feel emotionally  
closed-off?

If yes, then turn to page **83**.

If no, then turn to page **44**.

Are you happy?

If yes, then turn to page **99**.

If no, then turn to page **13**.

Does life feel like it has  
no purpose/meaning?

If yes, then turn to page **48**.

If no, then turn to page **5**.



Have you lost interest in things you used to enjoy?

If yes, then turn to page **31**.

If no, then turn to page **94**.

Do you eat unhealthily?

If yes, then turn to page **50**.

If no, then turn to page **19**.

Do you wish that you had  
no body and existed only  
as a consciousness?

If yes, then turn to page **33**.

If no, then turn to page **51**.

Have you ever had strong feelings for someone who did not reciprocate them?

If yes, then turn to page **9**.

If no, then turn to page **54**.

Do you lack energy?

If yes, then turn to page **41**.

If no, then turn to page **81**.

Can you only cry at movies, whilst the rest of your life leaves you emotionally empty?

If yes, then turn to page **17**.  
If no, then turn to page **98**.

Is getting up in the morning difficult?

If yes, then turn to page **63**.

If no, then turn to page **88**.

Have you ever fantasized  
about removing your  
genitals using  
woodworking tools?

If yes, then turn to page **34**.

If no, then turn to page **82**.



Does being around other  
people make you feel  
anxious?

If yes, then turn to page **69**.

If no, then turn to page **92**.

Do you have trouble  
maintaining eye contact  
with other people?

If yes, then turn to page **82**.

If no, then turn to page **25**.

Do you wish you could  
expunge sexual feelings  
from your existence?

If yes, then turn to page **11**.

If no, then turn to page **93**.

Are you worried your  
happiness will end, like  
all things?

If yes, then turn to page **52**.  
If no, then turn to page **100**.

Do you think that the  
last person who said they  
loved you was lying?

If yes, then turn to page **91**.

If no, then turn to page **8**.

**Much Too Much Noise 2015**  
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