

Original Paper

Understanding the Psychology of Losers

Anon¹

¹ United Kingdom

Received: February 11, 2024 Accepted: February 29, 2024 Online Published: March 20, 2024
doi:10.22158/sshsr.v5n2p34 URL: <http://dx.doi.org/10.22158/sshsr.v5n2p34>

Loser psychology has had an extremely bad press in our culture, but it is questionable that what is said about losers fully understands the psychology. If we are properly to understand being a loser, we need to get passed the stigma and examine its intellectual understand of things in terms of both self and life. What is said in the media is largely negative but if we fully understand the outlook more there will be more sympathy and less criticism. We will see that as Ozzy Osbourne said of it “I can understand what you see you think is real.” Such an understanding also yields new ways to attack the psychology by looking at its rationalisations but might also generate some sympathy.

Starting out

Early in life we start to formulate your goals and using the loser-based intelligence you can begin to work towards them. Once we do well at school and are seduced by this, we begin to have some status once we progress academically. So, once in education it is too late to give up the psychology by then and there is no possibility of living life differently. Then later in higher education you can relate your goals and experiences in a more philosophical way which helps justify to yourself the path you have chosen.

This intellectual side hits you once you start secondary school and this helps with developing the traits in the psychology. There you can get very much involved with this as you start to formulate your goals. Sitting exams at school are competitive and this fits in well with the loser’s outlook that things are essentially a power struggle. It is very possible to get to this point at school even with the stigma. You might take after your parents for being brainy which helps though not all losers are the same in this respect.

You learn to like study and it is perceived this is the most important thing to you but loving relations are also possible. Study comes first. This looks like you have got your priorities wrong, but losers and Nevers have threat in relation to their material drives the same as everyone else. So, although they think love is the most important thing this other drive still matters. As you can see life as essentially a power struggle, so this competitive outlook has its reasons. After that the materialism becomes more apparent and this

should cheer for the loser sadness in life. This is particularly true when you are younger when start wanting and having the material side for yourself.

The loser “game of life” as Roxette called it then starts to duplicate capitalist values and affirms them as correct since they appear to be all down to self-interest. Then with the loser competitive outlook there is here some recognition of the notion of social struggle involved with this which is initially expressed through academic work and later in the career struggle. It gives the impression this is what is happening in their life is real and shows to people this is how they see things. Yet the competitive materialist power struggle also aims towards achieving your dreams and this is also affirmed. It is noted this has been a source for people historically and religiously. This self- interest seems the best strategy for getting there. The loser even prizes the success goal even over falling in love.

With this psychology even if you win you lose but that thought is justified because life hasn’t got there the winning state and so you always want more. This outcome might also be related to achieving your albeit selfish dreams which again until you achieve them nothing is enough. Yet, as long as you are making progress you won’t be depressed. Your goals are paramount, but they are also your dreams which although you may have for selfish reasons for wanting them you still think it good you have them for mood and motivation. So these other motivations are open ended and never ending until the outcome has been achieved.

Thinking about this capitalist selfishness, this is also involved with political oppression and so needs an answer. So, for losers there is a need to escape this by succeeding and so conforming to capitalist values. Here falling in love as for many people is not an answer as it doesn’t stop people feeling affected by oppression. You remember the song by the sex pistols which says, “don’t be told about what you need.” Some losers maybe led to rebel against capitalism about this but where this is combined with the never it will be thought more useful to collaborate instead.

Losers see life as fearlessly competitive like the individualism under capitalism. They think there is some truth in this. So there might be a reason for what they are want materially. Then they adopt the capitalist outlook and try to identify with it. Yet the losers view of the system isn’t the same as the normal view as what loses want has not been disciplined. So, what they want so it is never enough. It is also part of capitalist economics that human wants are unlimited when resources are scarce, and we are encouraged to consume more and more by the media.

At the outset you play the losers game of life, and this is fun and pleasurable in terms of developing you brains and having material things. So as long as you have got the game it should save you from the loser depression. Yet this may be not always do this later in life. As one song goes “when I was young, I never needed anyone and making love was just for fun.” Getting where you want to be is an important motivator at this early time of life and we are full of dreams and ambitions. Again, the loser psychology picks up on this as we all have such goals.

Early on you can also have a variety of other interests that add to the fun in life. In my case I got into archery and found this enjoyable. it was possible to have other things in life rather than just the materialist

power struggle, but they were always regarded as secondary. All the same sport is competitive so this tends to reinforce the loser outlook on life and makes it easy to become interested in other things. You begin to like the idea of entering competitions and it feels like another string to your bow by winning them.

When young you can see the loser psychology as akin to a great adventure which is what you are supposed to think in life. This becomes another rationale for believing you want your goals. You may not have the courage for the adventure, but this outlook still makes some sense to you. It is a great undertaking what you are trying to do in life and like any challenge it begins to make sense. To you this is important for what you are doing. Losers will romanticise their goals in this way.

The problem with being a loser is that you are not in touch with your emotions and that is pressured for. Love is the most important thing, but you can still be romantic about it and have it as one of the goals of the game. Loser goals are romantic, and they want loving relations but only with partners who will accept them as losers. The initial thought is to get your career sorted out first and then think about emotional relationships later on. For this early time of life, you do not need them immediately and so do not miss them. Later however they become very important.

You can also see the attempt to achieve your goals as something noble. Yet you are not sure about this. It is one step further to rationalising the psychology that you can have intellectual abilities which will help other people. This reflects the nice side of the psychology although this might just be an excuse for achieving your goals. On the other hand the other nasty side might contradict this. As we shall see this nicety doesn't get round this side to your character. So even if you are nice and don't hurt anyone with the nasty side people will still dislike you for it and stigmatise.

Starting out on your journey you set yourself up in opposition to people and liken it to something heroic. The same rationalisation occurs with the stigma which pits you against other people in a different way. The problem with this thought is that losers are cowards so you have to be very careful with the competition and social conflicts in your life. In particular in the movie *Gladiator* the loser emperor is said to have been afraid all your life. All the same this has not held my family back in their careers and in many ways, you are on your own with this as it makes you stick close to your family so you are not completely on your own with it all.

In *Gladiator* Russel Crowe says, "I think you have been afraid all your life." The answer is that losers use fear for drive. The psychology doesn't allow for building strength, but this can be got around as virtually nobody is going to know. It makes you a coward but there are ways of ignoring this and hiding it so you will be reassured by material success which in time can be used to strengthen character. It won't hold you back in terms of your goals so the problem can be ignored.

Loser psychology creates a narrative and a world. It is engaging with your life story and projects this in a progressive format. This is how you see the game. So you can see your progression through the different academic and status levels and how you build up the material side. Then getting where you want to be comes more into sight. All this creates some faith and evidence you won't lose the game which is vital

to being a loser. Yet you can get stuck with this narrative which tends to emphasize waiting and the material side more until things start moving again. Here the material side becomes a means to an end in that being so empowered overtime so later we may do better educationally. Here being an academic was my loser goal.

Materialism

Losers are very selfish materially, but this is true for a lot of people. Capitalism is often thought to be selfish which chimes with the losers view of society. It might be human nature. On the material side led zeppelin sang “there is a lady who is sure all that glitters is gold.” Yet this thought is common to the system we live in. Selfishness even causes wars and break ups, so the loser selfish side seems relatively innocuous. Yet losers like to be nice, so they don’t often see this side. It is mainly at the back of your mind but is still a rationale. This thought is well hidden from other people so when meeting losers, we are often not aware of it.

Never psychology is also product of seeing the material side of the system. With it because nothing but the top will do so losing cannot be accepted. Life is about getting what you want and winning is the only answer. You won’t accept anything less than the best and so must set out to achieve it. Even though the thought is also to some extent you will never do it but must try even so. Again, this is a very common social attitude.

With the feeling of having power there is nothing like it so it is no wonder losers want it. You cannot just give the power feeling up. So, this too has been an important source in history where even family feeling has been sacrificed for the need for power and has caused much conflict again. Then all those who gain power are afraid to lose it, especially for losers. Power will be another one of your loser goals, but your dreams will take priority and are more specific. Then the feelings of being empowered will then in turn be useful for your other goals.

From here it becomes apparent that being common is also not good enough. You want more than that, but the problem is you are saying the ordinary people are not good enough for you. There is some kind of trap with this as when you try to be nice your negative attitude comes through, which I never found a way of stopping. People will pick up on your negative view of them even though a lot of people agree such a life is shit. Then they will retaliate and this is where the problem with life as a loser begins as everybody is going to be able to spot this through its frequent presence in the media, though often though people are none the wiser.

So, people with this psychology are questioning whether the loving side of life is more important than the material/power side. This thought makes people into Hitlers and Napoleons. It is saying power and materialism are more important goals and once confronted with this fact people are going to realise the truth in it. The reason behind this is that there is a distinction in life between crème and shit and in another way to more to do with status you are either nobody or somebody. Both are important to loser psychology as to many people.

Later in life the material side is something else that can make you unhappy with the loser psychology. There is something self-destructive about being a loser while the never thinks nothing is ever enough. So, for instance we feel threatened by not having things and once we have got them we are still depressed. The answer is that you can always buy more which should cheer you up again, but the depression will set in afterwards. This may click your amygdala back but the never gives a drive that might avoid this.

Son of bitches have been taught you can have what you want, and people again find this unacceptable. As a loser you can turn this into a game in which money and status are very important despite this stigma. You can wait for the material outcomes up to a point though not having everything you want could lead to depression. Then it is possible to wait and pursue status goals. In their defence losers are happy to achieve material success instead of just commanding it and if things don't work out thinking you can have what you want is the depressing risk you take.

In a famous song by Madonna called "material girl" money is said to be prized over love. Yet love is still possible for losers. The materially motivated side of life is the sort of thing that first forms loser relationships anyway. After that you can form relationships in the usual way as the love still comes through. Losers sees life as a power struggle in which the purpose is to acquire material things, and this might produce some further rationalisation about the material side of the psychology. There is still major truth in this despite being in love.

Another song by Led Zeppelin that also questions the material side as "she is buying a stairway to heaven." Again this material side has some truth in it for everyone, but the goals are not just material as losers are trying to use this to realise their dreams. So you need a way of making money to play the game using material things to get there. The problem is that this might not be possible depending on what you earn. Yet it but does stand chance if you have been to university with the loser intellect. Again, this is more often just a means to an end.

Giving up the material side of loser psychology means as the song by the sex pistols sang "don't be told about what you want don't be told about what you need...there is no future for you." So, when people learn about the poverty experienced by being at the bottom of the heap, they might be more sympathetic as it is a very common experience. People criticize losers as they are deliberately giving themselves permission to be miserable but if the psychology got erased this would still be true. Losers may give themselves permission to be miserable which to some extent is another excuse for the underlying attitude, but you could see life like that.

So the permission to be miserable trades off the Marxist concept of alienation which does indeed make some people miserable and has also been an important thought historically. Being a loser you tend to ignore these issues by being absorbed into intellectual work but the underlying attitude is still there. Nevers are more furious with capitalism as it inflicts inequality, yet they will never accept less or give up wanting it. They will do all they can to succeed, and this is where compliance with capitalism comes in and they collaborate with the status quo.

It is part of the loser psychology that as Magnum sang “prizes won’t be given for the last ones in the line and that is something we all appear to dread”. Losers take this very seriously and they think the psychology is the only chance they have. Again, the loser outlook chimes with the system we live under and with what everyone thinks. The prospect of losing your brains and what that means for being at the bottom of the heap is painful and terrifying. This is the bit they don’t tell you about with the stigma.

Society will tell losers to give up the power drive because there is so much else but losers won’t believe this as being true anyway. Without your brains there will be a suicidal depression. Loser psychology doesn’t see life this way as the most important thing is to win even though as Peter Gabriel sings about them “you worry too much” and “there is a place we belong.” Without power there is oppression so winning is so much more important. People will tell a loser you just have to be happy but they won’t be happy unless they achieve their goals. You cannot do it normal ways because it doesn’t stand any chance, so the never psychology is the only way.

Sheryl Crowe sang “if it makes you happy it cannot be that bad...then why are you so sad?” This makes sense to a loser as it acknowledges the Marxist problem of alienation. Yet it thinks it can be solved through capitalism. You are happy enough because there I hope, and you can see your intellect working to get you there. Then something needs to be done about happiness in material terms, so it acts and spends on the basis to help this and that is why you are buying a stair way to heaven.

The paradox of the sadness with being a loser is that the stigma threat is emotionally painful but the fun side and pleasure is still there. This depends heavily on what the psychology wants in life to feel this and the more positive it can be about achieving its goals the more you can enjoy the plan. Academic success is a powerful way of doing this. You value and like the intellectual side and even though it throws you out of balance with your emotions. Yet it doesn’t stop feeling sad, happy or loving and they are still important parts of your life for doing this.

Another criticism is that for losers they think there is a place for me anywhere when they don’t belong anyway materially posh which may be out of their league. This is where materialism comes in again as this is where they think they can get to. They feel this is what they want and should have so again from the internal perspective it does make some sense. They could never be a part of the world in any other way and such a place will keep you happy. It also involves not having the problem of alienation by not being able to go to such places.

In the end the materialism is the most important thing so getting out and enjoying things in life all tends to be reduced to the psychology. This again is seen as a means to an end and the materialism is not always an end in itself, even as might be implied in stairway to heaven. To avoid threat there is a need to dress well and keep up to date with electronics. Yet it is also useful to have the intellectual side of life which losers love most and they can use it for whatever end this loser psychology dreams of. Developing the mind has always been more important than the money but you cannot have one without the other which still makes the materialism important.

The Struggle with Stigma

Losers are labelled that but the ones I know have all been successful people and knowing family members who are successful is a great source of motivation and reassurance. Yet the odds are stacked against you with the stigma as it feels like because of the media the whole world is out to get you. All the same this problem can be worked around and instead of losing you can still achieve your goals and be happy in life.

The danger is that through the media stigma people with recognise you as a loser. You can use some examples like from the movie the great escape here which might make you feel a bit safer as there are positive images in the media. In this movie the character Henley states about a loser “he is a crazy mixed up kid that Werner but I like him.” The problem is that the overall image is extremely negative and although fragmented it picks up on lots of individual aspects and behaviour.

One reason for the stigma is that creates a problem for and is a threat to the status quo. It is saying power relations are more important than loving ones which challenges this capitalist outlook in life. Other people might believe it so even amongst the upper classes it is not allowed because it set a bad example. Groucho Marx was an example of this. These political problems will make the stigma very hard to shift as the outlook has hegemony and appears as common sense to everyone so that the loser outlook is wrong. The stigma starts by criticising you and this gets to work on your mind. It makes you afraid and clicks your amygdala back which could be detrimental to the intellectual goals of a loser. It tries to do this through repetition yet as we have seen most of these criticisms of loser can be answered. The loser attitude is thinking I am going to do what I want and with regards the stigma no one has the right to stop you. There are stronger reasons than this which most losers won't realise so that no one can say you are wrong. Yet losers have to confront the stigma as part of their struggle to succeed in life. It means people are invading you mind trying to destroy and this happens with the media too. By showing the psychology in a hostile way it can be damaged. Yet I think you can begin to think about the stigma before it can damage you. So, I have seen that you can ignore it after a while and then you can rationalise and think about it. The problem it can still cause some damage, but a love of intellectual things should avoid this and so at times the classroom becomes a lifeline. The question is can you use this knowledge to find a way back and repair what has happened?

To do this as you have always picked up on things in your environment and might still do so. You might pick up on a few new intellectual things and in my case I have learned a lot of information technology. Sitting in a class to do this gets to have a familiar feel so you don't worry about people finding out about being a loser. This too might repair some of the damage but too much here may prevent this. In my case it was necessary to find a clinical psychologist to help with this. Some people also say the answer lies inside you even if you have apparent limits to your ability.

So, the worst part is the fear of losing your intellectual abilities. This is terrifying and you will do anything to keep it. Here you can immerse yourself in and make a life out of study. This will stop you being frightened by other people and stigma. Being distracted stops you remembering the dangerous thoughts

so far. All the same, you don't want to on your own with this, so you need to meet other losers as at university as this again this provides a focus in life to immerse yourself away from worrying about other people.

The stigma plays on your insecurities. And films like Johnny English make losers out to be incompetent. Another example was the emperor in the movie Gladiator which was painful to watch as there is some truth in it. Yet as with my family background the ones I know are all professional people. You will still learn from experience that you are intelligent and can be effective in your job. In my case I am highly qualified and have some management experience.

The stigma can destroy your intellect as through critical music. This is the worst aspect of the stigma because losers prize this so highly. Losers are sensitive to this influence, and it absorbs into your mind so doing much damage. Then some peak experience might be useful for trying to keeping your abilities as it might reopen your frontal lobes. In addition to the damage done by the stigma the loser psychology also represents the whole world as threat. All this clicks the amygdala back, so the question is this can be got around or overcome by having pleasurable experiences.

The higher mind might also be an answer to some of this as it might restore some intellectual functioning. Again this will click you forward in life as a loser and I have felt pleasure circuits forming in the frontal lobes, in addition to the power struggle which also clicks you forward. Relaxation techniques are useful for losers, and you need to keep a pleasure diary. It is helpful to keep a file of nice things people have said about you to stop being affected by the stigma and again a private clinical psychologist can help with this too.

In some ways you get used to the media and learn to avoid it. You can then regard music as background noise so you will not take too much notice, though you still hear it from time to time. Some media is even sympathetic to the condition like Roxette but the overwhelming message is negative and still dangerous. The more established we become in life the less chance there is that we will be so aware of the effects of media but to get to this point we will need to ignore it first.

When out and about the media will attack the loser psychology. The situation is bad as the society for destroying the mind which makes it so serious. This can make losers reclusive though often other people are none the wiser. It tends to creates a mass paranoia so often too as you hear the music everywhere so it is another problem for getting out. It. Yet eventually you end up seeing it as just background music so you can ignore it impact and the mind can disconnect. Once you have heard it a few times you can swich off to it which will save you from the damage and you can get out.

Keeping away from people can be done to protect you from stigma very effectively. This still means staying indoors to get away from neighbours and people in the local area. Yet you can still enjoy all the social things in life with your loser friends quite anonymously in terms of the stigma. This will help get you through life and towards the end I have seen some people will realise you were never happy with the capitalist system. This is a thought that might also inspire hope that there may be some sympathy with the psychology.

One way the stigma works to undermine and destroy it is that society tries to say the goals of the psychology will fail in some way. Often as I said I have found it is possible to ignore this as the losers I know have all been successful people. They have jobs and families, are not missing out on anything in life. They are often getting to where they want to be. My father had achieved his professional goals which for me was a good sign as I think you need personal examples of this to inspire hope with you especially when it looks like the stigma might be true.

The stigma is more of a problem with finding a job and partner and this provides another way that society tries to attack it. You might be perceived to be possessive and controlling but when being in love with another loser this might have an answer. It is extremely unlikely that either partner will change their outlook despite all the pressure for this and where this does occur there is much opportunity to meet someone else with the same psychology.

The problem with how to stop the damage is that we automatically take note of things in our environment including the media. The stigma gets into your memory and destructively infiltrates your thinking. We need to ask how did it get there in the first place? To begin with I believed them about missing out on the emotional side then I realised what it meant to give up the psychology. The paranoia make me erase things myself until I realised you can still have emotional relations with it.

Yet you can get through most of the day without coming into contact with media stigma so most of the time you are safe. Often your mind is somewhere else but because it is a threat you keep remembering about it. I do have family contact which might help a bit as it means I am not completely on my own with these issues and I have grown up with this support. Yet sometimes you can let the damaging thoughts just come and go and divert your attention to thinking about something else like my writing.

Every time the stigma destroys part of the mind it causes fear and emotional pain. This again clicks the amygdala back and it interferes with achieving the goals of the psychology. It then relies on power for clicking you forward while relationships and sticking close to your family can make you feel safe here. All my family made it and got through life without giving up the psychology. This inspires some hope you can do the same, but you may still need to find a way.

The stigma will try to stop you being successful, so you need to find other ways to ignore it. One is to be immersed in your work and my writing tends to take my mind off the fear it causes. So long as you can find something to keep your brains working then there is hope to getting through life on this basis. Yet as we have seen this might need some professional psychological help at some point. If you concentrate solely on your job this will help but this has been criticised by Bruce Springsteen for “Working on the highway, working on the highway?” Doing a job immerses yourself in life and what you are trying to do with your goals, but this drives everybody else mad.

Yet another way the stigma attacks you is very acute as it is not just about attitude. This is because it is thought to be nasty and again there are examples of this in the media. The problem is that there is some truth in the stigma, so it is difficult to ignore. Losers are a bit more sensitive, but they don't like to see

the nasty side of their character. They have to try to ignore the stigma as best they can. This is done by remembering all the nice things connected to the psychology and your family who love you.

The suffering with the stigma and the fear it causes you will just make the nasty reaction to people worse as this is on top of the what the stigma will make you into. The outcome is that you will be living in poverty and so you will be completely alienated from people both from the Marxist point of view and for what the society has done to you through stigma. This outcome is going to cause acute depression and will severely affect your mental health. The whole thing is terrifying and has to be avoided at all costs. people will just say it is your own fault but there are reasons for seeing this outcome within philosophical terms.

The reason the never psychology is there is because this is what capitalism inflict upon you. It is an appropriate answer to this. People don't approve of the underlying attitude whether nasty or not but this part can be justified with a proper explanation. Being nasty compared to normal competitiveness seems the only way winning, and losers want success. It will never give this up no matter what else life has to offer. It is too important. They are choosing the materialism but there is truth in it. It is also acceptable on an upper class basis as they would rather die than give up the power they have. The nasty never outlook is just the price to pay for winning and not to be unhappy with life. We can affirm it in so far life is like that.

Society sees losers in nasty terms, but this is a reaction to what life under capitalism can do to you. So being nasty is a reaction to what social inequalities can do to your state of mind and once this is realised people will respect it better. There is some truth here and as another song says of the system "it's like that and that is the way it is". So it's no wonder it makes some people nasty. The feelings of oppression which don't have an answer by falling in love will create this outcome for losers as for other people. We will begin to understand why they are like this.

The nasty side is too difficult just to give up as without it you will end up with nothing. So, the need to have it to win resurfaces here. in the end the rationale is the same that you feel you have got no choice. It means that succeeding utilises the nasty side, so it is too important to give up. Yet it is the nasty side people still don't know how to come to terms as most other losers predominantly they normally behave by being nice. Such being nasty doesn't stop meeting friends and partners and although they say nothing else is good enough materially, they can still fall in love. It is to these issues we will now turn.

Emotions

However philosophical you get about the psychology there will always be a problem of ending up on your own especially as the stigma isolates you. If you are thought to be possessive and controlling and using your friends this outcome, is possible, especially if the media is highlighting this aspect of your behaviour making it recognisable in your own attitudes or actions. Yet this is not always going to be the result as much can be said and done about your relationships with society and other people.

I remember the song about losers that periodically they “don’t want to be all by myself.” Yet these feelings will pass once you get immersed in the game again as it is too important. Meeting other losers should be easy and if you have friends you can rely on them for help if you get dumped. You will meet someone and fall in love so this outcome might never happen and stops it before it gets to that point of being on your own. It is possible that once the feelings of isolation have gone to live on your own with support from family and friends as when with the same psychology.

Love is Maggy Riley’s answer to the loser psychology but may not always be needed. I remember Margot Kidder’s line in Superman where she says, “I have seen how the other half live I would go bananas in a week.” So pursuing career goals give losers a sense of purpose and is something meaningful to them. Again, if you have a good job there will be some status involved also and pursuing a career can make life very rewarding even when being single.

Peter Gabriel is a bit more sympathetic and says for losers “there is a place where we belong.” The problem here is you know it is not true. The never will not accept this outcome as you may still want power even when you are in love which again this is true for ordinary relationships. Nelly Furtado sang in Like a Bird “I don’t know where my home is... I would only fly away” which I think it because you are living in a world you cannot be a part of. Meredith Brooks further criticised in a song called Bitch that you wouldn’t want love in “any other way.” Yet you still have a lot to give when being in love like this.

Still many losers feel depressed and although they get high on the material side it is get something you get used to and take for granted so the depression soon sets in again. Power makes a difference to this though it doesn’t always help achieve your dreams which is another way you can get unstuck. Yet the prestige of having a good job will give you something in life even if you don’t get what you want and you are able to make do with that to some extent. So if being a loser and you are not thick it means losers don’t always cause trouble or try to use people.

Even losers that are relatively successful get depressed. Then they are more likely to go up and down with life as having a good job like power has a soothing effect here. With the depression you need to have a wish list for the material side and again this will cause pleasure versus the stigma and your other struggles in life. The problem is you are not achieving the goals or dreams you have in life, and they do not accept that life doesn’t always turn out the way you want. It is not a case of keeping going with life until you are happy and knowing what you want. The materialism is open ended and thankfully you will never give up on it.

Even with family contact losers can still feel very much on their own so they may rely on their partners. Yet sometimes this still is not an answer. Being on your own in life and depressed with the material side through not achieving your goals has meant for some losers the alternative that you could start a family. This albeit when still being in love it means that having kids was about as far as life was going to go. So, as far as the happiness was going to go with your family the kids will have given you something, but you will still feel depressed.

I think the loneliness of being all by yourself as The Verve sang about being isolated “I never want to feel like I did that day.” Often this only happens after a relationship break up. Yet under the right material terms you will come through this, as you can focus on something else instead. Then if you meet someone new you will be fine with life again. Eventually you forget these lonely feelings in time as being in love and staying together with meeting another loser will eventually avoid them.

As it is possible to rely on your friends to get through these things it can be answered by finding way to make new friends on courses or in my case archery clubs. These feelings of loneliness only really happen when your life path comes to an end, and it seems like there is nothing left. Again, time and effort will heal this so all you have got to do is endure things until then and not give up hope. You don't need to change the psychology to avoid being so isolated.

Losers are also easy to be a round so they make friends and partners with each other very easily again without using people. The problem here is the media again as the fear of stigma can shut your emotions down. Yet as we have seen you can learn to ignore these things. This fear may stop loving relations between two losers and may also disrupt your friendships so the important thing here as we have seen with emotional support is that the media stigma can be resisted. Losers will meet other losers so it is not that they will use you or be possessive and controlling with each other. In the end love will keep you together.

There is often some emotional conflict within loser families which causes some pain as through maternal jealousy. The problem here is that losers are driven and wanting to succeed with their psychology. Yet with the jealousy it means that the kids though they still feel loved may not be encouraged at school or allowed to develop a career. Later it is possible to be seduced by having family members who are successful as by going to university so the conflict here can be lessened. Yet the jealousy may mean initially your parents may not be supportive, so you have to do everything on your own.

In my case this jealousy has had its emotionally painful reasons and so my mother wants me to forgive her. Yet with the loser goals this is not forgivable as it prizes intelligence above all else. Then a solution presented itself as with the help of psychotherapy as it still might be ok as you will be taught about the brain to get there in the end. Also I didn't think what I was missing from parental teaching to be at a high enough level to answer the goals I had set myself anyway. This should make the way for more amicable family relations. In the end the loser intellect is all that matters and that much of it is still imprinted so it might be enough to get your goals in spite of the jealousy holding you back. It might be enough if your parents don't help with succeeding in life.

Furthermore, later in life things with my parents changed as they put me through university in any case. That meant I could still pursue my loser goals to be intelligent and gain some status as a graduate. I longed to be an academic but found making money also came into the equation. I developed a love of all this study so I could never give it up. Instead of stopping my path as I was able to progress with my goals and then didn't end up feeling lonely as I found friends that had the same outlook on education. It was possible to fall in love by meeting other losers and as one song about them goes “we dream the same

dream, we want the same thing.” You dreams can then be shared and this can form part of the basis of a long-term relationship.

In particular it is a problem with your parents that as in the Fleetwood Mac song goes “I couldn’t walk away from you if I tired.” This is where the emotional conflict reoccurs as you need your family for your goals despite the maternal jealousy. Yet this too can be worked around as the emotional side can be put up with since it prioritises intellectual goals over emotional family feeling. These problems can also be discussed with a psychotherapist as once you are in touch with your emotions the gap can be filled by meeting a partner.

So the material side with its selfishness can be answered which means that being a bitch is not as Fleetwood mac sang “well did she make you cry make you breakdown shatter your illusions of love.” Losers tend to meet other losers do they will not always be using you. Further they may not even get involved at all when living in a world they cannot be part of. In fact, they may instead devote themselves to a career so will still achieve their material goals without the need for marriage.

Yet there is another way that “did she make you cry make you breakdown shatter your illusions of love.” Passion is a motive for adultery as In Tolstoy’s Anna Karenin. There Anna cannot reconcile her passionate nature with her cold marriage partner. Again, this appears very selfish, and losers have to ignore feeling guilty about the betrayal. To do this they rationalise their instincts assuming this is a reason. They let themselves be seduced but they also think there is a legitimate motive for what they have done, as passion is in our nature. They know this is wrong and are vulnerable to criticism for it yet the answer comes that many people are more selfish in other ways.

Other aspects of the stigma are that losers can adopt the attitude that having an attractive partner is the only thing good enough for them. Conversely being a loser is also thought to be very unattractive as in the film Under Siege. Yet another problem as for Cameron in Ferris Bleuler’s day off is that sex “is built up in his mind as the be all and end all of human existence.” Finally, power drive also interferes with sex drive. Yet in spite of all this losers are much the same as everyone else so you will meet losers and still fall in love. So instead of the prettiest you are more likely just to meet other losers who in contrast to under siege et al still appear attractive to each other.

Finally, it is also possible to be nice about this sexual side of being a loser as you can see that there is some truth in it, as we all have the same desires. It will be thought by people that love is the most important thing, but this doesn’t contradict the role of sexual attractiveness in forming human relationships. There I some truth in this as with other aspects of the loser outlook. Again the answer to the media image is that is still possible to meet someone and fall in love even despite the influence of all this sexual stigma, which again is largely founded on a misconception. You can again prevent the negative influence of the media here by meeting someone.

Later Life

So you can make a life out of the loser game rationalised in its material and intellectual terms. Then you will see yourself making progress with it which will seem to make sense. Yet towards the end of your life you may not be where you want to be even though the never means you will never give up hope. Initially you can see yourself winning the game which will reassure you your life is working out but problems will occur later in life when time is running out or a relationship fails. The problem is that you are very lucky if your dreams work out. Losers will accept this pain.

Another outcome at this time of life is the depressing problems that can happen when losers get lost in life and forget their motivations. We can be too immersed in our problems to remember the initial motivations for the game. As life's problems can take over this tends to put goals at the back of your mind as things start to become a struggle. Once they stop achieving things, they can lose direction and reach the limits of their potential. Then they have to get use to their lives because nothing is going to change. This is very difficult.

The loser psychology to a large extent sees life as a power struggle which as we have seen has some truth in it. This outlook might save you if the game goes wrong materially. Even if this causes some depression you are not going to give it up. The never will reinforce this so you won't change things. You may get sick of the game if the material side doesn't work out, but it is still there which means you cannot give it up as there is no choice involved. Some people make it through their whole lives despite the stigma and this is reassuring for when your progress with the game slows up from time to time and you are trying to get through life without changing anything.

Alternatively, losers can go through a lot of pain if their dreams don't work out. This can cause problems such as bitterness so for example a loser can be as nice as pie to you face but behind your back they criticise as they are in pain and get jealous. Again, this is not the only outcome as later on as it is possible to rely on religion to soothe these feelings. That reliance will sustain you in the face of the stigma at this time of life and get you through the rest of it without having to change anything.

Conclusion

If we are to really understand the psychology of losers we will realise that our stigmatised understandings of it only goes so far and that many of the criticisms involved will not change the underlying thought processes involved with the psychology. Yet these can in turn be criticised in terms of what the loser is trying to rationalise as being real here which will create further problems for social attitudes that losers face. Conversely it also maybe on the philosophical basis of how loser psychology understands things as within its own terms will generate more sympathy for the psychology than is generally displayed in the media. We need to see life through their eyes to form a judgment about this when we support or oppose.