The Joker and Violence as a Resource

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The antagonistic villain of Batman and his constant manifestation submerged in delirium perfectly reflect the process of psychological transformation suffered by an individual who gradually finds in violence the only source of authentic expression.

There are innate dominant instincts linked to these expressions that are part of our existence and that we must learn to control throughout our growth. These are behaviors that are acquired by imitating close members with the same behavior.

The truth is that living in society limits our aggressive expressions, knowing that self-regulation is essential for healthy coexistence and consensus.

But how do we learn to deal with the frustration that things are not always as we want them to be?

Part of learning is understanding that frustration is a fundamental part of development, repetition makes practice and that leads to learning. An achievement cannot be conceived as such without first experiencing failure.

The integration of the no as a construction of the limit is necessary for a correct development of the potentialities, understanding the success as a sum of social exchanges and experiences that implies running from the comfort zone and facing our anguish.

The rupture of the institutions, the lack of public trust and the community in decline that are seen in Gothic City but that can make reference to a latent reality are some of the main causes of the lack of self-regulation that gives rise to the impulsivity of the excessive acts.

The absence of a social context that allows the construction by overcoming difficulties through a personal journey overlaps a false security that is manifested by the immediate response to the search for pleasant life and personal satisfaction that does not give rise to disappointment.

The supremacy of desire and the search for immediate pleasure refer to a stimulation whose response offers us nothing more than a sense of long-term structural dissatisfaction.

Intolerance is related to the inability to face that narcissistic wound, the anger of not being able to do something whose final consequence is the real limit. The main drawback is that when the limit arises as such and concrete we do not have the resources to deal with that situation, mainly because we are immersed in a Gothic reality of heroes and villains where everything is offered to us as if we were the bat with a cape and everything. Aggression can be considered a consequence of non-tolerance for waiting and immediate dissatisfaction.

The way we channel our basic emotions resides in each one of us. Our resources made available always thinking of an empathic response that seeks the common good is substantial to achieve a true socio-community commitment.

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The real challenge is to seek consensus through dialogue and exchange, to understand that violence cannot be a naturalized mode of expression with harmful consequences for the parties involved. Let’s promote respect and tolerance by building consensus, let’s avoid being villains or superheroes.

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