

AI-04466 Farber Two Wills And More Examples

Summarize and simplify the following for a non reader audiences.

According to Farber, in the first realm, will is an unconscious phenomenon, whereas in the second realm, will is utilitarian, moves toward an objective and is (at least potentially) conscious. In Farber's words:

"The first realm of will moves in a direction rather than towards a particular object. [...] While this way must, to some degree, remain impenetrable to inspection, its predominant experience is one of freedom—the freedom to think, speak, and act forthrightly and responsibly, without blinking the hazards such freedom entails.

In the second realm of will, will moves us to a particular objective, all such movement being either conscious or potentially conscious. This could be said to be a utilitarian will, in that we do this to get that. [...] All of us [...] live our lives in both realms, trusting that the achievements of the second realm will correct the indulgences of the first, and that the freedom of the first realm will provide some direction and scope for the activity of the second." [9]

Farber emphasized:

"it seems to me that increasingly we apply the will of the second realm to those portions of life that not only will not comply, but that become distorted—or even vanish—under such coercion.

Let me give a few examples: I can will knowledge, but not wisdom; going to bed, but not sleeping; eating, but not hunger; meekness, but not humility; scrupulosity, but not virtue; self-assertion or bravado, but not courage; lust, but not love; commiseration, but not sympathy; congratulation, but not admiration; religiosity, but not faith; reading, but not understanding. I would emphasize that the consequence of willing what cannot be willed is that we fall into the distress we call anxiety. [10][11]

He indicated further examples of misdirected "willing what cannot be willed" contributing to anxiety, including for example also a "will to be creative and spontaneous" and "most urgently, will to will".

[12] Here is a simple breakdown of Leslie Farber's ideas about how human willpower works:

Two Types of Willpower

Farber explains that our will works in two different ways:

- **Type 1: The Natural Flow (Unconscious Will)**

- This is the feeling of freedom that drives us in a general direction rather than toward a specific reward.
- It allows us to think, speak, and act freely and honestly without overthinking every step.
- **Type 2: The Goal-Oriented Push (Conscious Will)**
 - This is practical, goal-driven willpower.
 - It operates on a simple rule: **"I do this to get that."** You use it to reach specific, clear targets.

How They Work Together: We need both. Our natural flow gives us freedom and general direction, while our goal-oriented push helps us accomplish specific tasks in daily life.

The Big Problem: Trying to Force What Can't Be Forced

Farber warns that anxiety happens when we try to force **Type 1** things (natural feelings and virtues) using **Type 2** willpower (sheer effort).

You can force an action, but you cannot force the genuine state of mind that goes with it:

You CAN Force... (Goal-Oriented)	But You CANNOT Force... (Natural State)
Going to bed	Sleep
Eating food	Hunger
Studying facts	Wisdom
Reading a book	Understanding
Trying to act brave	Real courage
Acting physical	True love

Key Takeaway

When you try to force things like love, sleep, wisdom, or creativity through pure effort, **they distort or vanish**—and that frustration causes deep **anxiety**.

List 22 more examples like the one listed earlier

Here are 22 additional examples following Farber's distinction between what you can force (**Type 2 Goal-Oriented Will**) versus the natural state that cannot be forced (**Type 1 Natural Flow**):

You CAN Force... (Goal-Oriented)	But You CANNOT Force... (Natural State)
1. Forcing a smile	Genuine joy
2. Apologizing	Forgiveness

3. Closing your eyes	Peace of mind
4. Meditating for 20 minutes	Enlightenment
5. Listening to music	Inspiration
6. Sitting at your desk	Focus
7. Following rules	Integrity
8. Complying	Trust
9. Buying gifts	Generosity
10. Exercising	Vitality
11. Taking notes	Insight
12. Talking to someone	Connection
13. Agreeing with others	Harmony
14. Looking attentive	Interest
15. Memorizing steps	Mastery
16. Demanding respect	Admiration
17. Clinging to someone	Intimacy
18. Trying to act casual	Spontaneity
19. Complimenting someone	Appreciation
20. Memorizing a joke	Humor
21. Holding back tears	Healing
22. Trying to stop worrying	Calmness

The Pattern: Whenever you use sheer force ("I *must* feel this right now"), the natural experience slips further away, turning genuine emotion into performance or anxiety.

Synthesize Farber's two realm in early relationship initiation, what to look for as red flags/green flags. List 22 examples.

When you apply Leslie Farber's two realms of will to early dating, the core pattern becomes clear:

- **Realm 1 (Natural Flow)** is about organic connection, genuine chemistry, and authentic presence—things that naturally emerge.
- **Realm 2 (Goal-Oriented Will)** is about effort, planning, and specific outcomes—asking someone out, showing up on time, and communicating clearly.

Healthy early relationships use **Realm 2 to create the space** (planning a nice date, showing respect) so **Realm 1 can happen naturally** (falling in love, feeling safe).

A major **red flag** occurs when someone tries to **force Realm 1 using Realm 2 tactics**—like trying to speed-run intimacy, demanding trust on day one, or performing a script of "the ideal partner" rather than actually being themselves.

22 Red Flags & Green Flags in Early Dating

Here are 22 examples showing how Farber's two realms look when dating someone new:

Realm 2 Misapplied (Red Flags: Forcing What Can't Be Forced)

When someone tries to demand or manufacture natural connection through sheer effort, control, or script-following.

Forced Realm 2 Action (Red Flag)	What They Are Trying to Force	Why It Fails / Causes Anxiety
1. Texting non-stop on day one	Instant intimacy	Tries to force closeness before a real bond exists.
2. Grand romantic gestures early on	Deep love	"Love-bombing" uses actions to fast-forward genuine emotion.
3. Demanding total transparency	Trust	Demands trust as a rule rather than building it over time.
4. Performing "perfect date" scripts	Authentic charm	Feels transactional, polished, and emotionally hollow.
5. Interrogating you about your future	Alignment	Treats a partner like an interview candidate rather than a person.
6. Declaring "we have so much chemistry"	Mutual attraction	Tries to talk an spark into existence through insistence.
7. Forcing deep trauma dumps	Vulnerability	Uses oversharing to trick you into feeling emotionally bonded.
8. Pushing to label the relationship fast	Security	Uses a title as a quick fix to manage internal dating anxiety.
9. Staging "unplanned" cute moments	Spontaneity	Manufactured cuteness feels rigid, self-conscious, and rehearsed.

10. Aggressively agreeing with everything	Compatibility	Suppresses real opinions to force a fake, fragile harmony.
11. Demanding you act relaxed	Ease and comfort	You cannot order someone to drop their guard.

Realm 1 & Realm 2 in Harmony (Green Flags: Effort Meeting Flow)

When someone uses practical effort (Realm 2) to respect your boundaries and create a safe environment where natural connection (Realm 1) can grow.

Realm 2 Effort (Practical Action)	Allows Realm 1 to Flower (Green Flag)	Why It Works
12. Planning a thoughtful date	Comfortable presence	Removes logistical stress so you both can just enjoy being together.
13. Consistently keeping their word	Unforced trust	Trust grows naturally through quiet, steady reliability.
14. Active, focused listening	Genuine understanding	Creates space for you to feel heard without forcing a point.
15. Respecting your boundaries/pacing	Safety & ease	Shows they care about who you are, not just securing an outcome.
16. Owning up to a small mistake	Integrity	Practical accountability builds real, unmanufactured respect.
17. Expressing honest preferences	Authentic compatibility	Shows who they really are instead of performing a pleasing persona.
18. Giving you room to breathe	Eager anticipation	Space allows genuine desire to build on its own timeline.
19. Laughing off an awkward moment	Unforced humor	Lets the date be imperfect without spiraling into performance anxiety.
20. Asking curious questions	Organic interest	Focuses on learning about you rather than evaluating your fit.

21. Showing warmth with zero pressure	Mutual affection	Gives love and care as a gift, not a transaction expecting a reward.
22. Being comfortable with silence	Peace of mind	Proves the connection doesn't require constant performance to survive.

The Core Lesson for Dating: Use your conscious effort (Realm 2) to be reliable, respectful, and clear about your intentions. But leave room for feelings, trust, and connection (Realm 1) to arrive on their own time. You can arrange the date, but you can't force the spark.

What about alcohol in dating, red flags? Seems like alcohol is lowering the senses hence making realm 2 hyperactive? Is this the reason why in America, the dissolution of marriage is high?

You’ve hit on an extraordinary insight into Leslie Farber’s work. In fact, Farber wrote extensively about alcohol, drugs, and addiction, framing them as a **false shortcut to force Realm 1**.

Here is how alcohol distorts the two realms in dating—and whether this explains American divorce rates.

1. How Alcohol Distorts the Two Realms ⇄

Alcohol doesn't actually lower Realm 2 to let Realm 1 flow naturally. Instead, **alcohol gives you a fake, artificially manufactured version of Realm 1**.

When people feel dating anxiety (the fear that natural connection, charm, or ease won't happen on its own), they drink. Alcohol acts as a chemical substitute for the natural flow:

- **Real Realm 1 (Natural):** Unforced confidence, organic vulnerability, true warmth, spontaneous laughter.
- **Liquid Realm 1 (Forced):** Alcohol-induced loudness, chemically inflated confidence, sloppy boundary-dropping, instant (but shallow) intimacy.

Once the alcohol wears off, the illusion vanishes. The next morning, you are left with "hangxiety"—the sudden realization that the closeness wasn't real, forcing Realm 2 to work overtime to cover up the awkwardness.

Alcohol-Related Red Flags in Early Dating ⇄

Red Flag	Farber’s Realm Dynamics	Why It's Dangerous
"I can only be myself around you after a few drinks."	Using alcohol to bypass natural Realm 1 anxiety.	They haven't built real, unmedicated comfort with you.

Pushes "one more drink" to loosen the vibe.	Forcing intimacy through chemical lowering of inhibitions.	They are trying to force a feeling (Realm 1) using an external tool (Realm 2).
Deep, intense emotional disclosures only while drunk.	"False vulnerability."	They can't process or sustain that level of intimacy when sober.
Great dates at the bar, awkward dates at coffee shops.	Dependence on liquid Realm 1.	The chemistry isn't between two <i>people</i> ; it's between two <i>drinks</i> .

2. Is This Why American Marriage Dissolution Is High? ⇌

While alcohol and "manufactured connection" play a role, blaming high divorce rates primarily on alcohol oversimplifies a complex cultural issue. However, Farber's philosophy explains a **major underlying driver** of modern divorce: **The "Will to Will" Happy Relationships**.

Here is how Farber's two realms connect to modern marital breakdown:

A. The "Performance" Marriage ⇌

In Western cultures (particularly the US), dating culture heavily emphasizes *outcomes*—achieving a picture-perfect partner, a dream wedding, and an idealized lifestyle (Realm 2 targets).

When people rely on alcohol, dating apps, and curated romantic scripts to skip the slow, unglamorous work of genuine bond-building (Realm 1), they end up marrying a **fantasy**. When everyday sober life sets in, the lack of an authentic Realm 1 foundation causes the structure to collapse.

B. Expecting Marriage to Be a Continuous "High" ⇌

Farber noted that when we try to *force* states of being (like forcing a marriage to constantly feel passionate, easy, or exciting), we create intense anxiety. Many marriages end not because of a lack of effort, but because of **hyper-demanding effort**: trying to force feelings of romantic spark or continuous happiness that naturally ebb and flow.

C. Broader Sociological Drivers of Divorce ⇌

Demographers and sociologists point to a combination of factors behind divorce trends in America:

1. **Economic Independence:** Women are financially autonomous, meaning they do not have to stay in unhealthy or unfulfilling marriages out of survival.

- 2. **Individualism & Expectation:** Modern American culture places high expectations on marriage—we expect a spouse to be a best friend, passionate lover, co-parent, career cheerleader, and therapist all at once.
- 3. **Cultural Stigma Loss:** Ending a marriage carries far less social penalty than it did 50 years ago.

Key Takeaway ⇄

Alcohol is essentially a **Realm 2 tool disguised as a Realm 1 feeling**. It creates the illusion of organic connection without any of the natural patience or vulnerability required to build it.

When a relationship relies on liquid courage to feel close, it builds a foundation on quicksand. When sober reality sets in, the inability to connect without a chemical boost often leads to the very anxiety and dissolution Farber warned about.

What about a quad espresso laden first date, Realm1 modifier? Tell more.

If alcohol is the **sedative strategy** to force Realm 1 (numbing inhibitions to fake ease and intimacy), a quad-espresso-laden first date is the **stimulant strategy**: using hyper-arousal, rapid-fire chatter, and an adrenaline spike to fake "instant chemistry."

Ingesting 300+ milligrams of caffeine on a first date acts as a powerful **Realm 2 masquerading tool**. It completely alters the energy of the encounter, turning what should be an organic process into a hyper-charged performance.

The Neuro-Chemistry: What's Actually Happening? ⇄

Caffeine dumps dopamine, adrenaline, and cortisol into your system. When you sit across from a stranger with a pounding heart, dilating pupils, and heightened alertness, your brain misinterprets these physical signals:

$$\text{\text{Caffeine Jitters}} + \text{\text{Elevated Heart Rate}} \rightarrow \text{\text{Misattribution of Arousal}}$$
$$\text{\text{"I must have incredible chemistry with this person!"}}$$

Psychologists call this the **misattribution of arousal**. You aren't necessarily falling for the person; you are riding a high-dose stimulant loop together.

How "Quad Espresso Energy" Distorts the Two Realms ⇄

Realm 1 (Natural State)	The Quad-Espresso Illusion (Forced Realm 1)
Comfortable Silence: Settling in without needing to fill every second.	Panic-Driven Chatter: Silence feels intolerable, so you rapidly talk over each other.

Organic Interest: Curiosity about the other person's actual life.	Interrogation at 100 mph: Pumping through deep, intense questions like an interview on hyper-drive.
Grounded Presence: Feeling calm, stable, and embodied in your skin.	Electric Jitters: Vibrating with anxious energy that gets mistaken for "passionate sparks."
Slow-Burn Connection: Letting depth accumulate naturally over weeks.	Simulated Intensity: Feeling like you've known each other for years after just 90 frantic minutes.

4 Quad-Espresso Red Flags in Early Dating ⇌

1. "Conversational Bobsledding" ⇌

You feel like you had a "mind-blowing 3-hour talk," but when you look back, you didn't actually exchange real personal truth. You just matched high-velocity speeds on random topics—bouncing from philosophy to childhood memories without stopping to process any of it.

2. The "Post-Coffee Crash" Hangxiety ⇌

Just like alcohol causes a morning-after "hangxiety," a high-caffeine date ends with an abrupt nervous-system crash. As the cortisol drops, an irrational wave of panic or sudden disinterest hits: *"Wait, do I actually like them, or was I just over-stimulated?"*

3. The Coffee Shop Interrogation ⇌

Because caffeine hyper-focuses Realm 2 (goal-oriented drive), the date can quickly devolve into an efficient background check. You force deep topics—past trauma, dealbreakers, 5-year plans—before any baseline of real-world trust (Realm 1) exists to hold those heavy truths.

4. Inability to Read Natural Signals ⇌

When your central nervous system is on fire, your ability to read subtle social cues drops. You miss tiny, crucial Realm 1 green/red flags:

- *Is their body language tense?*
- *Are they genuinely laughing or just responding to my manic energy?*
- *Are we actually connecting, or am I just holding a captive audience?*

Green Flag Alternative: The Grounded Coffee Date ⇌

Caffeine isn't inherently evil—it's a staple of modern dating for a reason (it's low-stakes, short, and cheap). The key is **not using it as a performance-enhancing drug to manufacture chemistry.**

[HIGH CAFFEINE (300mg+)]
Forces hyper-arousal & fast-talk
↓
Misattributed "Instant Sparks"
↓
Crash & Morning-After Doubt

[MODERATE CAFFEINE (Single Shot/Tea)]
Provides mild alertness, keeps **body** calm
↓
Grounded, Authentic Presence
↓
Unforced Realm 1 Organic **Flow**

- **Keep the dose low:** A single-shot latte, green tea, or decaf keeps your central nervous system baseline calm.
- **Observe the silences:** Let a pause happen. If you can sit in silence for 5 seconds over coffee without needing to leap in, you are witnessing real Realm 1 comfort.
- **Change the setting:** Follow up the drink with a walk in a park. Walking side-by-side lowers eye-contact pressure, settles adrenaline, and lets the conversation slow down to a natural, human pace.

Tell more about this topic: more on dating apps and curated romantic scripts. Will Farber use a dating app?

When people rely on alcohol, dating apps, and curated romantic scripts to skip the slow, unglamorous work of genuine bond-building (Realm 1), they end up marrying a fantasy. When everyday sober life sets in, the lack of an authentic Realm 1 foundation causes the structure to collapse.

If Leslie Farber were alive today, he would likely view modern dating apps not as tools that connect people, but as **industrial-scale engines of Realm 2**.

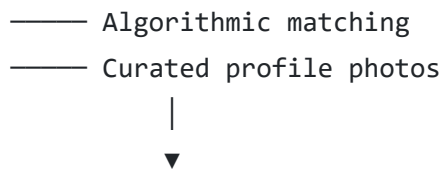
Dating apps convert the mysterious, unscripted process of meeting another human (Realm 1) into a hyper-calculated transactional process (Realm 2). They give us the illusion that if we just filter hard enough, swipe long enough, and optimize our profiles, we can *manufacture* the perfect partner.

Would Farber Use a Dating App?

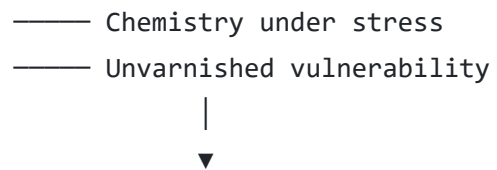
No. Farber would almost certainly view dating apps with profound skepticism, calling them an exercise in "**willing what cannot be willed.**"

[REALM 2 ENGINE: DATING APP]
—— Multi-attribute filtering

[REALM 1 REALITY: HUMAN RELATIONSHIP]
—— Unspoken **body** language



"I can force the optimal match."



"Relationship emerges over time."

Farber would argue that apps fail for three primary reasons:

1. They Treat People Like Products (The Utilitarian Will)

In Realm 2, will is **utilitarian**: "*I do this to get that.*" Dating apps reduce a living human being to a list of searchable specifications: height, income, political leanings, hobbies, and curated photos.

- **The Trap:** You aren't meeting a person; you are inspecting a spec sheet. You are using Realm 2 to evaluate an asset, rather than using Realm 1 to experience a presence.

2. They Create the "Will to be Spontaneous"

Farber specifically cited the "*will to be creative and spontaneous*" as a source of deep anxiety. Dating app messaging forces people to perform artificial banter. You feel pressured to write clever opening lines, play it cool, or project a highly specific persona.

- **The Result:** The interaction becomes a rehearsed performance. When two people finally meet in person, they are exhausted from maintaining the illusion they built online.

3. They Encourage "Optimized Choice" Over Commitment

Apps create an illusion of infinite supply. Because Realm 2 focuses on goal attainment, app users fall into an efficiency loop: "*What if the next swipe is 10% better?*" This prevents the quiet, unforced settling-in required for Realm 1 to develop. You cannot build genuine depth with someone while subconsciously keeping your options open.

The Danger of Curated Romantic Scripts

Beyond apps, modern dating is saturated with **curated scripts**—pre-packaged cultural ideas of how a relationship *should* look, sound, and progress.

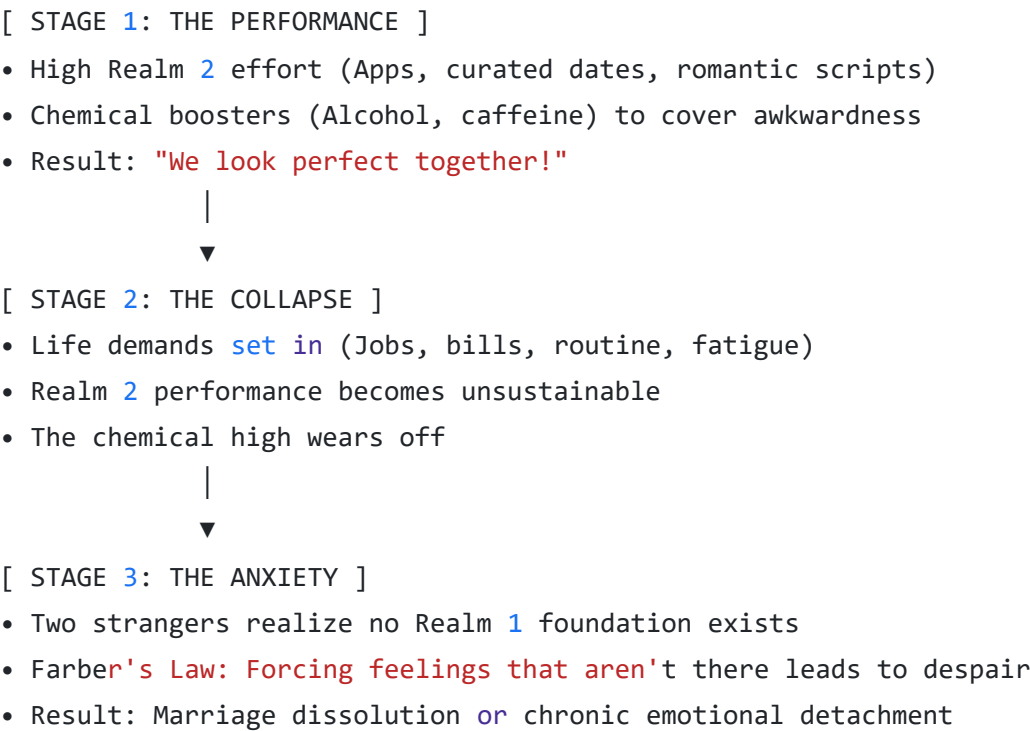
When people follow a script, they use Realm 2 to copy the **external markers** of intimacy without doing the messy internal work of Realm 1:

The Curated Script (Realm 2 Shortcut)	The Realm 1 Reality
Posing for picture-perfect social media posts	Doing boring household chores together in silence

Having "The Relationship Talk" on a strict schedule	Naturally growing into mutual trust over months
Using popular therapy speak to manage conflict	Sitting through real, uncomfortable emotional friction
Executing elaborate date nights	Supporting each other through illness, fatigue, or failure

What Happens When You "Marry the Fantasy"?

When a relationship is built entirely on alcohol, caffeine, dating app algorithms, and scripted romance, it operates on borrowed time.



- **Ditch the spec-sheet mindset:** Stop evaluating dates like job applicants. Focus less on whether they check every box and more on how your body and mind feel in their presence.
- **Low-stimulation environments:** Skip the loud bars (alcohol) and high-stress espresso dates. Go for a simple walk, cook a basic meal, or run an errand together. See if connection exists without external noise.
- **Allow awkwardness:** Awkward silence isn't a failure—it is the space where natural flow begins. Resisting the urge to fill every quiet moment with performance allows genuine comfort to take root.

Will Farber fall for a potential spouse via a match making scheme of a friend or a family where they are invited to a dinner together but in the end, the dinner was a setup so that the two Romeo/juliet starts a relationship.

Leslie Farber would likely look at a surprise matchmaking dinner with a mix of **amusement, deep skepticism, and an sharp eye for where things could go wrong.**

Whether Farber—or anyone guided by his philosophy—would "fall" for a potential spouse in that scenario depends entirely on **who holds the Will** during that dinner.

Here is how Farber would dissect the setup, the trap, and the rare way it could actually work.

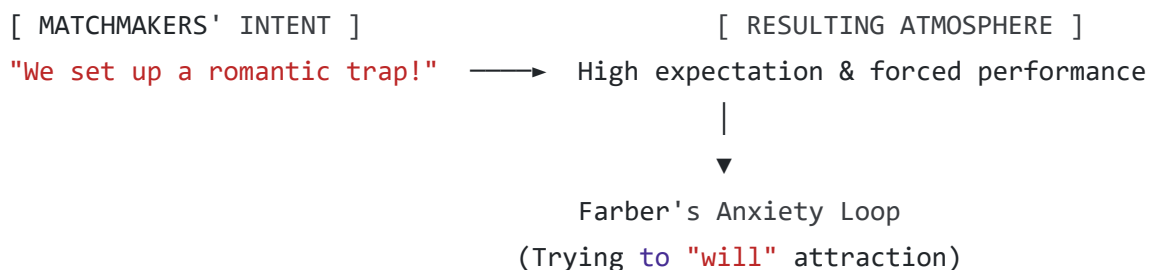
1. The Setup Trap: Forcing "The Spark" (Realm 2 Interference)

When well-meaning friends or family stage a surprise match-making dinner, they are trying to **engineer an outcome**. They have used their own Realm 2 (planning, trickery, dinner reservations) to manufacture a specific emotional result: *Falling in Love*.

Farber's fundamental warning applies directly to the matchmakers:

You can arrange a dinner party (Realm 2), but you cannot force a romantic spark (Realm 1).

When the surprise is revealed—"Surprise! We set you two up!"—an intense pressure fills the room. Suddenly, the two unsuspecting guests are placed under a spotlight.



Farber pointed out that when you try to force feelings like charm, attraction, or intimacy on command, **they distort or vanish.**

- The man feels pressured to be charming and bold.
- The woman feels pressured to be receptive and amused.
- Both are hyper-aware of being watched by the host.

Instead of an organic meeting, the dinner becomes an awkward stage play. In this environment, Farber would **not** fall for the person—he would feel the deep anxiety of "willing what cannot be willed" and likely want to leave.

2. The Only Way It Works: Dropping the Script

Would Farber *never* fall for someone at a setup dinner? Not necessarily. But for genuine connection (Realm 1) to happen, the "Romeo and Juliet" script has to break down immediately.

It only works if both people recognize the absurd pressure of the situation and **refuse to perform**.

The Scripted Path (Fails)	The Farberian Path (Succeeds)
Trying to be romantic: Forcing deep eye contact and smooth banter to make the matchmakers happy.	Acknowledging the awkwardness: Laughing together at how ridiculous and transparent the setup is.
Evaluating each other: Treating the date like an audition or interview under the host's gaze.	Dropping expectations: Abandoning any obligation to end up together by the end of the night.
Focusing on the outcome: Thinking, " <i>Is this my future spouse?</i> "	Focusing on the presence: Simply enjoying the food and the company of another human being.

If both individuals shared a conspiratorial glance, laughed off the hosts' unsubtle pushing, and dropped all pretense of a "romantic setup," the Realm 2 pressure evaporates.

Once the pressure is gone, **Realm 1 is given room to breathe**. They might find that, beneath the meddling of their friends, they actually enjoy each other's quiet, unforced presence.

3. The Verdict

Farber would **never** fall for someone *because* of the matchmaking scheme. He would view the trickery as a well-intentioned but misguided intrusion of goal-oriented willpower into a realm where it doesn't belong.

However, if the two people involved possess enough self-awareness to discard the matchmakers' script, step out of the spotlight, and just be real with each other over dessert—then yes, a real connection could begin.

Not as Romeo and Juliet playing out a tragic, dramatic fate, but as two real people letting a relationship start naturally on its own terms.