

PLEASE COMPLETE AND BRING TO OUR NEXT CLASS MEETING, YOUR WRITTEN RESPONSES TO THE SEVEN QUESTIONS LISTED BELOW. WE WILL USE YOUR RESPONSES IN OUR CLASS ACTIVITIES THAT DAY. YOUR RESPONSES WILL COUNT AS THREE IN-CLASS ACTIVITIES. THANKS A BUNCH.

Excerpts from “Dead Souls” in *Violence: Reflections on a National Epidemic* (1997), by James Gilligan. New York: Vintage Books (Random House), 45-55 (Chapter 2).

47...The self cannot survive without love. The self starved of love dies. That is how violence can cause the death of the self even when it does not kill the body. The two possible sources of love for the self are love from others, and one’s own love for oneself. *Children who fail to receive sufficient love from others fail to build those reserves of self-love, and the capacity for self-love, which enable them to survive the inevitable rejections and humiliations which even the most fortunate of people cannot avoid.* Without feelings of love, the self feels numb, empty, and dead. The word I use in this book to refer to the absence or deficiency of self-love is shame; its opposite is pride, by which I mean a healthy sense of self-esteem, self-respect, and self-love. When self-love is sufficiently diminished, one feels shame. (Emphasis added.)

Consider the quotation listed above and pay particular attention to the emphasized sentence.

1. Define and explain what you think “reserves” means. For Wednesday’s class, please write down and bring to class your response. [25-word minimum]
2. Define and explain what you think “capacity” means. For Wednesday’s class, please write down and bring to class your response. [25-word minimum]
3. For our next class meeting, write down one definitional phrase and one synonym (i.e., single word, not phrase) from the attached definitions that increase your understanding of what “reserves” means in the quote above. Separately discuss how the phrase and the synonym you select increase your understanding of reserves. [50-word minimum]
4. For our next class meeting, write down one definitional phrase and one synonym (i.e., single word, not phrase) from the attached definitions that increase your understanding of what “capacity” means in the quote above. Separately discuss how the phrase and the synonym you select increase your understanding of capacity. [50-word minimum]

5. What does Gilligan mean by reserves of self-love in the above emphasized sentence? [50-word minimum]

6. What does Gilligan mean by capacity for self-love in the above emphasized sentence? [50-word minimum]

7. What do you think is the relationship that Gilligan wants us to understand between reserves of self-love and the capacity for self-love as they are used in the above paragraph? [50-word minimum]

OTHER KEY GILLIGAN QUOTES TO CAREFULLY CONSULT AND STUDY

2:51-2 The soul needs love as vitally and urgently as the lungs need oxygen; without it the soul dies, just as the body does without oxygen. It may not be self-evident to healthy people just how literally true this is, for healthy people have resources of love that are sufficient to tide them over periods of severe and painful rejection or loss....The kind of man I am describing protects himself from the emotional suffocation of living in a loveless atmosphere by withdrawing the love he has begun to feel from everyone and everything, in an attempt to reserve for himself whatever capacity for love he may have. But his supply of self-love is also deficient. And it cannot grow to the dimensions that are necessary for health when it is not fed by love from others. If it were not deficient, he could afford to love others. But his withdrawal of love from everyone and everything around him not only protects him from emotional pain, it also condemns him to the absence of emotional pleasure or joy; for we cannot enjoy the people who make up our world, cannot enjoy being with them, except to the degree that we love them. So the person who cannot love cannot have *any* feelings – pain *or* joy. But a joyless life is a synonym for hell. A man who does not love and cannot love, is, in effect, condemned to hell. His entire environment, from which — without love — he is cut off, is without enjoyment for him, and thus the world he “lives” in is a source of emptiness and emotional suffocation for him. Both the world and the self are experienced and perceived emotionally as being dead, inanimate, without a soul — without feelings.

2:52-3 ...How can one know that others have feelings, or be moved by the feelings of others, if one does not experience any feelings oneself? Since the sense of aliveness and humanness that comes from loving includes a vulnerability to pain, only those who are capable of risking pain can experience joy. Emotional health is not the absence of pain. It is the capacity to bear painful feelings when they occur, without letting them stop us from loving others and continuing to feel worthy of love ourselves. A person can expose himself to the vulnerability of loving another person only if he has enough self-esteem to protect himself from the devastation he would suffer if that love were not reciprocated. He cannot afford to give to another what no one has previously given him. Nor can he give to another the love which he cannot give himself. If he has taken the chance and lost, the results can be immediately and devastatingly lethal, to others and to himself. Without love (by which I mean here love for oneself), the self collapses, the soul dies, the psyche goes to hell.

OTHER GILLIGAN REFERENCES TO “CAPACITY” AND “RESERVES”

Excerpts from various chapters in *Violence: Reflections on a National Epidemic* (1997), by James Gilligan. New York: Vintage Books (Random House). These excerpts can give you a better and more accurate idea of how Gilligan uses these terms.

1:35 Did Ralph W. really know what fear is, or had he the **CAPACITY** for what most people refer to when they speak of fear? He certainly had no **CAPACITY** for one kind of normal fear — the fear of one’s own conscience, the capacity for empathy, remorse, and guilt.

1:36 That may be a partial explanation of this man’s behavior, but I wonder whether Ralph W. and others like him have even the **CAPACITY** for genuine anger. This absence of feelings is described consistently by murderers throughout the world and throughout history

2:47 Children who fail to receive sufficient love from others fail to build those reserves of self-love, and the **CAPACITY** for self-love, which enable them to survive the inevitable rejections and humiliations which even the most fortunate of people cannot avoid. Without feelings of love, the self feels numb, empty, and dead.

2:51 The kind of man I am describing protects himself from the emotional suffocation of living in a loveless atmosphere by withdrawing the love he has begun to feel from everyone and everything, in an attempt to reserve for himself whatever **CAPACITY** for love he may have. But his supply of self-love is also deficient.

2:52 Emotional health is not the absence of pain. It is the **CAPACITY** to bear painful feelings when they occur, without letting them stop us from loving others and continuing to feel worthy of love ourselves.

3:76 On the contrary, the **CAPACITY** to “control” one’s impulses by expressing them in words rather than actions could prevent murder, in the sense that words are often the only alternatives to violent actions (which is one reason why both psychotherapy and education can help to prevent violence).

3:77 At the end of Steinberg’s trial, an incident occurred which would seem to reveal both his deficient **CAPACITY** for feeling guilty together with an extreme hypersensitivity to ridicule

5:113a ...if they had the **CAPACITY** to feel guilty over hurting other people, they would not have the emotional capacity to hurt them.

5:113b With respect to fear, as we have seen, when the psyche is in danger, and overwhelmed by feelings of shame, one will readily sacrifice one’s body in order to rescue one’s psyche, one’s self-respect. That is why so called psychopaths, or sociopaths, or antisocial personalities have always been described as notably lacking in the **CAPACITY** to experience fear.

7:183...all of which was part of his argument as to why we should not waste time trying to understand them, or to facilitate their (nonexistent) **CAPACITY** to change, but should instead lock them up and throw away the key.

7:186 But how are the members of the lower class set against each other, rather than against the two classes above them who **RESERVE** most of the wealth and privileges of society for themselves?

8:207 I am not asserting any innate difference between rich and poor in the **CAPACITY** for feelings of shame or guilt, or innate differences in sensitivity to those feelings.

9:223 I believe that the most effective and powerful stimulus of violence in the human species is the experience of shame and humiliation, and that feelings of guilt, where the **CAPACITY** for them and sensitivity to them exists, can further alter the resulting psychophysiological situation, transforming it from one primarily oriented toward the destruction of others into one focusing on the destruction of one’s own body.

Epilogue:250 (quoting Edmund Burke)...“lacked the substantial **CAPACITY** to appreciate the wrongfulness (criminality) of his conduct...”

Ep:261-262 ...his **CAPACITY** for empathy with anyone else’s suffering, including his mother’s, seems to me to have been severely compromised and limited by the degree to which he was preoccupied with his own suffering.

re·serve (r¹-zûrv⁴) *tr.v.* **re·served**, **re·serv·ing**, **re·serves**. **1.** To keep back, as for future use or for a special purpose. **2.** To set or cause to be set apart for a particular person or use. See Synonyms at **book**. **3.** To keep or secure for oneself; retain: *I reserve the right to disagree*. See Synonyms at **keep**. --**re·serve** *n.* **Abbr. res.** **1.** Something kept back or saved for future use or a special purpose. **2.** The act of reserving. **3.** The keeping of one's feelings, thoughts, or affairs to oneself. **4.** Self-restraint in expression; reticence: "*One feels it everywhere, a quality of reserve, something held back*" (Rollene W. Saal). **5.** Lack of enthusiasm; skeptical caution. **6.** An amount of capital held back from investment in order to meet probable or possible demands. **7.** A reservation of public land: *a forest reserve*. **8.** An amount of a mineral, fossil fuel, or other resource known to exist in a particular location and to be exploitable: *the discovery of large oil reserves*. **9.** Often **reserves**. **a.** A fighting force kept uncommitted until strategic need arises. **b.** The part of a country's armed forces not on active duty but subject to call in an emergency. --**re·serve** *adj.* Held in or forming a reserve: *a reserve supply of food*. --**idiom. in reserve.** Kept back, set aside, or saved. --**re·serv·a·ble** *adj.* --**re·serv·er** *n.*

SYNONYMS:

1. (n.) Undeveloped land belonging to and used by a community: common; park; preserve; green
2. (n.) A supply stored or hidden for future use: stockpile; accumulation; cache; fund; hoard; inventory; nest egg; repository; reservoir; stash (US, colloquial); stock; store; treasure
3. (n.) Dissociation from one's surroundings: aloofness; detachment; distance; guardedness; remoteness; reticence; coolness; isolation; preoccupation; indifference; standoffishness
4. (n.) Unwillingness to reveal one's thoughts: reticence; secretiveness; taciturnity; aloofness; uncommunicativeness; openness (antonym); candidness (antonym)
5. (n.) A piece of land set aside to protect plants or animals: sanctuary; conservancy; game reserve; preserve; park (British)
6. (n.) Something available as a substitute if necessary: backup; alternative; replacement
7. (n.) Something accumulated for a particular use: supply; stock; provision; cache; fund; store
8. (n.) Lack of vanity or self-importance: modesty; humbleness; humility; meekness; unpretentiousness; self-effacement; restraint; constraint; lack of boastfulness; restrained behavior; immodesty (antonym); boastfulness (antonym); conceitedness (antonym); arrogance (antonym); vanity (antonym)
9. (v.) To order or arrange for (the use of) a product or service: book; charter; commission; contract; engage; get; hire; lease; obtain; order; procure; rent; requisition; retain; secure; subcontract; sublease; cancel (antonym)
10. (v.) To have and maintain in one's possession: retain; hold; keep; save; withhold; detain; preserve; discard (antonym); lose (antonym); surrender (antonym); relinquish (antonym)
11. (v.) To engage for later use: bespeak; book; charter
12. (v.) To accumulate and set aside for future use: hoard; aggregate; lay up; stack up; amass; assemble; bank; cache; collect; conserve; cumulate; deposit; earmark; garner; gather; heap; hold; keep; pile up; salt away; save; squirrel away (slang); stash (colloquial); stock up; stockpile; store; warehouse
13. (adj.) Remaining as an unused or excess portion or amount: leftover; extra; odd; spare

ca·pac·i·ty (k...p²s⁴-tŷ) *n., pl. ca·pac·i·ties.* **Abbr. c., C., cap.** **1.a.** The ability to receive, hold, or absorb. **b.** A measure of this ability; volume. **2.** The maximum amount that can be contained: *a trunk filled to capacity*. **3.a.** Ability to perform or produce; capability. **b.** The maximum or optimum amount that can be produced: *factories operating below capacity*. **4.** The power to learn or retain knowledge; mental ability. **5.** Innate potential for growth, development, or accomplishment; faculty. See Synonyms at **ability**. **6.** The quality of being suitable for or receptive to specified treatment: *the capacity of elastic to be stretched*. **7.** The position in which one functions; role: *in your capacity as sales manager*. **8.** Legal qualification or authority: *the capacity to make an arrest*. **9.** *Electricity.* Capacitance. --**ca·pac·i·ty** *adj.* Filling a space with the most it can hold: *a capacity crowd at the concert*.

SYNONYMS:

1. (n.) The power to perform a task: capability; ability; competence; facility; faculty; knack; means; might; mind; potential; skill; wherewithal; inadequacy (antonym); incompetence (antonym); ineptitude (antonym); inability (antonym)

RELATED DEFINITIONS AND SYNONYMS

re-source (rɪˈsɔːrs, -sɪzrs, -zɔːrs, -zɪzrs, rɪˈsɔːrs, -sɪzrs, -zɔːrs, -zɪzrs) *n.* **1.** Something that can be used for support or help: *The local library is a valuable resource.* **2.** Often **resources.** An available supply that can be drawn on when needed. **3.** The ability to deal with a difficult or troublesome situation effectively; initiative: *a person of resource.* **4.** Often **resources.** Means that can be used to cope with a difficult situation: *needed all my intellectual resources for the exam.* **5.a. resources.** The total means available for economic and political development, such as mineral wealth, labor force, and armaments. **b. resources.** The total means available to a company for increasing production or profit, including plant, labor, and raw material; assets. **c.** Such means considered individually.

SYNONYMS:

1. (n.) A source of help or relief in a time of need: recourse; expedient; refuge; resort; hope

sup-ply (sʌpˈplɪ) *v.* **supplied, sup-ply-ing, sup-plies.** --*tr.* **1.** To make available for use; provide. **2.** To furnish or equip with: *supplied sheets for every bed.* **3.** To fill sufficiently; satisfy: *supply a need.* **4.** To make up for (a deficiency, for example); compensate for. **5.** To serve temporarily as a substitute in (a church, for example). -*intr.* **1.** To fill a position as a substitute. --**sup-ply** *n., pl. sup-plies.* *Abbr. sup.* **1.** The act of supplying. **2.** Something that is or can be supplied. **3.** An amount available or sufficient for a given use; stock. **4.** Often **supplies.** Materials or provisions stored and dispensed when needed. **5. Economics.** The amount of a commodity available for meeting a demand or for purchase at a given price. **6.** A cleric serving as a substitute or temporary pastor. --**sup-plier** *n.*

SYNONYMS:

1. (n.) Something accumulated for a particular use: stock; reserve; provision; cache; fund; store
2. (v.) To serve as a conduit for: channel; siphon; carry; conduct; convey; pipe; transfer; transmit
3. (v.) To offer for sale: sell; carry; deal in; distribute; flog (British, colloquial); handle; have; hawk; huckster; market; merchandise; offer; peddle; pimp; provide; purvey; push (colloquial); retail; trade; traffic in; vend; buy (antonym); purchase (antonym)
4. (v.) To have for sale: carry; stock; keep; keep on hand; display; offer

a-bil-i-ty (əˈbɪlɪti) *n., pl. a-bil-i-ties.* **1.** The quality of being able to do something; the physical, mental, financial, or legal power to perform. **2.** A natural or acquired skill or talent.

SYNONYMS: *ability, capacity, faculty, talent, skill, competence, aptitude.* These nouns denote the qualities in a person that permit or facilitate achievement or accomplishment. *Ability* is the power, mental or physical, to do something: *“To make a fortune some assistance from fate is essential. Ability alone is insufficient”* (Ihara Saikaku). *Capacity* refers to an innate potential for growth, development, or accomplishment: *“Not by age but by capacity is wisdom acquired”* (Plautus). *Faculty* denotes an inherent power or ability: *An unerring faculty for detecting hypocrisy is one of her most useful attributes.* *Talent* emphasizes inborn ability, especially in the arts: *“There is no substitute for talent. Industry and all the virtues are of no avail”* (Aldous Huxley). *Skill* stresses ability that is acquired or developed through experience: *“The intellect, character and skill possessed by any man are the product of certain original tendencies and the training which they have received”* (Edward L. Thorndike). *Competence* suggests the ability to do something satisfactorily but not necessarily outstandingly well: *The concerto was performed by a violinist of unquestioned competence but limited imagination.* *Aptitude* implies inherent capacity for learning, understanding, or performing: *Even as a child he showed an unusual aptitude for mathematics.*

MORE SYNONYMS:

1. (n.) Natural or acquired facility in a specific activity: expertise; adeptness; command; craft; expertness; knack; know-how (colloquial); mastery; proficiency; skill; specialization; professionalism; savvy (colloquial)
2. (n.) The power to perform a task: capability; capacity; competence; facility; faculty; knack; means; might; mind; potential; skill; wherewithal; inadequacy (antonym); incompetence (antonym); ineptitude (antonym); inability (antonym)
3. (n.) Special capability required to do something: aptitude; genius; gift; knack; makings; stuff; talent; faculty; flair; facility; endowment; cleverness
4. (n.) The attributes that qualify a person for a role: potential; quality; stuff; talent; makings; material; potentiality; capability

EXAMPLES OF ONLINE DICTIONARY RESOURCES

D DEFINITION: perpetrate. To be responsible for; commit. [www.yourdictionary.com (*The American Heritage Dictionary of the English Language*, Fourth Edition)]

[NOTE: the following two dictionary definitions and thesaurus entries were accessed through www.dict.org]

From *The Collaborative International Dictionary of English* v.0.48 : perpetrate. To do or perform; to carry through; to execute, commonly in a bad sense; to commit (as a crime, an offense); to be guilty of; as, to perpetrate a foul deed. [1913 Webster]

From *WordNet* (r) 2.0 : perpetrate. perform an act, usually with a negative connotation;

List of synonyms from *Moby Thesaurus II* by Grady Ward, 1.0 :

perpetrate. accomplish, achieve, be responsible for, bring about, bring off, bring to pass, carry out, carry through, commit, do, do to, effect, effectuate, execute, go and do, inflict, make, pay, perform, produce, pull, pull off, realize, render, take and do, up and do, wreak

OTHER EXCELLENT REFERENCE SOURCES TO CONSULT

- A. www.thefreedictionary.com
- B. www.dict.org accesses several dictionaries and thesauri at the same time.
- C. dictionary.oed.com is a great resource if you are on campus or have remote access from your home or workplace.
- D. www.answers.com is a very comprehensive source of definitions, synonyms, antonyms, and the word you look up translated into at least a dozen languages.
- E. From www.onelook.com, you can access the following dictionaries and/or thesauri and their definitions and/or lists of synonyms:
 1. perpetrate : Encarta® World English Dictionary, North American Edition [home, info]
 2. perpetrate : Compact Oxford English Dictionary [home, info]
 3. perpetrate : Merriam-Webster's Online Dictionary, 10th Edition [home, info]
 4. perpetrate : Cambridge International Dictionary of English [home, info]
 5. perpetrate : The Wordsmyth English Dictionary-Thesaurus [home, info]
 6. perpetrate : The American Heritage® Dictionary of the English Language [home, info]
 7. perpetrate : Infoplease Dictionary [home, info]
 8. perpetrate : Dictionary.com [home, info]
 9. perpetrate : Online Etymology Dictionary [home, info]
 10. perpetrate : UltraLingua English Dictionary [home, info]
 11. perpetrate : Cambridge Dictionary of American English [home, info]
 12. Perpetrate : Online Plain Text English Dictionary [home, info]
 13. perpetrate : Webster's Revised Unabridged, 1913 Edition [home, info]
 14. perpetrate : Rhymezone [home, info]
 15. perpetrate : AllWords.com Multi-Lingual Dictionary [home, info]
 16. perpetrate : Webster's 1828 Dictionary [home, info]
 17. perpetrate : WordNet 1.7 Vocabulary Helper [home, info]
 18. perpetrate : LookWAYup Translating Dictionary/Thesaurus [home, info]