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Title: Dementors & Defense of hopelessness

### **Dementors in our time and the hope of deactivating the defense of hopelessness**

The paper is an examination of societal anxiety dynamics. It argues that today, the lost faith in political ability has stimulated fear and anxiety and locked many of us in the defense of hopelessness against guilt. The paper explores if the position of hopelessness blocks our contact with a social conscience aspect of the superego and argues that this can be a contributing factor in the ongoing polarization of everything in the world.

The paper uses the Dementor concept developed by J.K. Rowling in the Harry Potter world where Dementors are dynamic monsters that thrive on human fears and renders humans hopeless without access to their abilities.

The paper uses a Kleinian inspired perspective mainly in its more dialectic approach outlined by Thomas Ogden in "The Primitive Edge of Experience". It further relies on the thinking in relational psychoanalysis as represented by Paul Williams in "Invasive Objects - Minds Under Siege."

The starting point is outlining functional and dysfunctional perspectives of the macro polarization with the iron curtain as a supporting structure for social reform and integration after the second world war.

The paper explores the hypothesis that in the west, we were protected from the fear of otherness under a projection powered by the idea of democracy and freedom guaranteed by the American constitution and the American dream. The concurrent experience of threat of nuclear annihilation carried much of the fear and anxiety during this time. The paper argues that faith in the political system and economic progress created a space for hope and separated many from direct contact with the fear and anxiety of nuclear war

Moving the perspective to the present 2019 with the polarization of everything. The paper examines the surge of concerns about the simplifications and primitive defenses that many of us are experiencing. The article argues that the removal of the iron curtain with its stable simplicity exposes us to otherness in where new fears are stimulated, old conflicts are reawakened, and old scars are seen.

Through a comparative exploration of the human experience, now and during the cold war, facing the threats of nuclear annihilation, digitalization in the form of artificial intelligence, and climate crisis. The paper further offers perspectives on how are dealing with the process of identification and how we can understand the helpfulness of the reparation we did healing the wounds from two world wars and the conflicts during the waves of communism and fascism. The paper concludes that faith in the political ability can be a factor in how anxiety is experienced.

The examination concludes with proposing how psychoanalysis can enable the reconnection with hope and social conscience at scale by offering a self-enabled psychoanalytic engagement experience as platform - using gamification, user generated content dynamics and non-linear interactive storytelling.