

Jean Paul Sartre

# "Hell is other people."

This quote is from the play "No Exit". It reflects Sartre's view on how interpersonal relationships can be complicated and problematic. The quote suggests that the opinions and judgments of others can create feelings of confinement and unease, similar to being in a psychological "hell".

Psychology

Psychiatry

Psychotic

“Existence precedes essence.”

This quote encapsulates a fundamental idea in Existentialism (egsis TEN shalisum) particularly in Sartre's philosophy. It means that individuals come into existence first and then define their essence (meaning, purpose, traits) through (thru) their choices and actions. This stands in contrast to the traditional idea that there is a predetermined essence for humans.

The meaning of “hell” in Portuguese is “inferno”

"I am my choices."

This quote underscores the centrality of choice in defining oneself. Sartre's existentialism emphasizes that individuals are not shaped by external forces, but by the choices they make. One's character and identity emerge from the sum of their decisions.

Sum – soma

Summary of a text?

In summation.

“Freedom is what you do with what has been done to you.”

This quote underscores the idea that while individuals cannot control their circumstances or the past, they can still exercise their freedom by choosing how to respond and shape their own narrative.

Determinism = you are defined not by your choices, but by what luck gives you.

"Man is condemned to be free; because once (wans) thrown into the world, he is responsible for everything he does."

Sartre **highlights** the paradox of human freedom. While freedom is a gift, it's also a burden because individuals must make choices and bear responsibility for their actions. There's no escape from this responsibility once (wans) one (wan) exists (Eg zis ts).

To bear – possuir e carregar.

Nietzsche – God is dead.

"We do not know what we want and yet we are responsible for what we are - that is the fact."

Sartre highlights the paradox of human existence. We often lack a clear understanding of our true desires and aspirations, yet we are held accountable for the choices we make and the lives we lead.

"Everything has been figured out, except how to live."

Sartre suggests that despite humanity's advancements in knowledge and technology, there is still a fundamental struggle to find meaning and purpose in life.



**"To choose is to commit oneself."**

Making a choice involves committing to a particular course of action and the consequences that follow. This quote reflects Sartre's emphasis on the weight of decision-making and the responsibility that comes with it.

# "Man is a useless passion."

Sartre suggests that human existence is characterized by a restless pursuit of goals and desires, often driven by a sense of urgency or passion. However, in the grand scheme of things, these pursuits might ultimately be deemed "useless" in the face of mortality and the inherent uncertainty of life.

to Deem – considerar.

Less – menos, sem isso.

Hopeless – sem esperança

Friendless – sem amigo

Useless – inutil.

"The best way to keep one's word is not to give it."

"The best way to keep your promises is to not promise anything"

Sartre is pointing out the complexity of promises and commitments. Instead of making promises, it might be more genuine to act without making explicit commitments.

“In love, one and one are one.”

This quote speaks to the intense unity and connection that can be felt in a deep romantic relationship. It suggests that in a profound love, individual boundaries can dissolve, and a sense of oneness is experienced.

"I confuse my self with my own shadow: we are two in one and the same."

Sartre explores the theme of identity and self-consciousness. The quote refers to the inner conflict between one's authentic self and the persona or facade that is presented to the world.

Carl Jung – O livro Vermelho da psicologia.

Jungian shadows – os desejos obscuros e as falhas de caráter das pessoas.

"Life begins on the other side of despair."

Sartre suggests that overcoming moments of despair and hopelessness can lead to a new beginning and a reorientation toward life. It reflects his belief in the transformative power of confronting existential challenges.

"The past is never finished, it's never done, it's always within you."

This quote highlights the idea that past experiences and memories continue to shape and influence an individual's present and future. The past is an integral part of one's identity and understanding of the world.

"Man is a project that lives in his own subjective possibilities rather than in an objective world of laws and possibilities."

Sartre emphasizes the subjective nature of human existence. Each individual is engaged in a continuous process of self-creation and self-definition, driven by their unique experiences, choices, and aspirations.