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This is water graduation speech video

The video* of David Foster Wallace's commencement speech starts with the tail of two young fish swimming along when an older fish swimming in the other direction says "morning boys, how's the water?". The younger fish look confused and one says to the other "what the hell is water?". Sometimes I get to be the older, wiser fish and sometimes I'm one of the young ones. This is water is about all of us it takes me real conscious effort to see the water and occasionally when things are going wrong and I'm feeling anxious or scared I don't see it at all. That's the most natural thing in the world. We tend to take for granted those things that have always surrounded us. When I saw the video of Foster Wallace's speech it moved me hugely. I'm blogging about it because in so many ways it sums up the work I do with clients; I help them to see the water. Different ways to see the same thing I'm reaching the stage in my work as a therapist where I am beginning to see the connections between concepts within the modalities I work in and between the modalities themselves. It's a lovely place to be. It has allowed me to language Foster Wallace's message in a few different ways. In Transactional Analysis I could talk to you about cathecting your Adult ego state and taking the here and now reality into account. Often our problems are created by engaging in old behaviours that served a purpose and helped us survive as children but are outdated and counterproductive as adults. In Imago Relationship Therapy I would talk about moving away from the unconscious behaviours that you carry out in an attempt to heal your childhood wounds and make a deliberate, conscious choices about how you behave in your relationships. Sometimes it may be difficult and feel uncomfortable for you to do this and the payoff is a deeper, more loving relationship with your partner. In Acceptance and Commitment Therapy I might talk about noticing. Pressing pause on the autopilot behaviours that are taking you away from what's important in your life. You are carrying out these behaviours to "get rid" of thoughts and feelings you don't like but the cost is moving away from what's important. The bad news is that pain in our lives is inevitable. It's the price we pay for being alive. Whether you suffer, however, is up to you. All three modalities are advocating the same thing. That you stop and notice the water around you. Like David Foster Wallace talks about in the video, this gives you choice and the ability to notice how your automatic behaviour may be helping to soothe feelings of discomfort in the short term but is costing you dearly in the long term. Getting rid of pain The vast majority of clients who come through my door want me to magic away uncomfortable thoughts and feelings they are having. Of course they do, I've been asking my own therapist to do this for years! I'm no different. This is human nature, we don't like pain. But the bad news is that pain in our lives is inevitable. It's the price we pay for being alive. Whether you suffer, however, is up to you. I encourage my clients to notice the water. To see how their autopilot behaviour which is often carried out to avoid pain leads to prolonging it; to suffering. Whether it's withdrawing from your friends to avoid being rejected; drinking yet another glass of wine to dull your feelings of sadness or shouting at a loved one to release the pent up frustration you have with them, your behaviour often helps you feel better in the short term but kind of screws things up over time. Autopilot behaviour takes us away from what's important. And I have been guilty of doing all of the above because all of those behaviours make sense. They work, at least for a bit. Start to see the water So what would it be like to step out of the game and see the bigger picture? If you have found yourself feeling stuck or frustrated and carrying out the same old behaviours and feeling like you are getting nowhere then maybe it's time to press pause and notice the water. It takes practice and it can change your life in amazing ways. If you're interested in doing this with me please click here to book a session (I do online too) or contact me to talk it through. *The video shows an abridged version of a speech made by David Foster Wallace, an American author. Wallace made the speech to the graduating class of Kenyon College and it became widely known as one of the most memorable commencement addresses in history. The glossary made a video to illustrate the speech to great effect. Photo by Jong Marshes on Unsplash Back to selection The L.A.-based production house The Glossary created this homage to writer David Foster Wallace, condensing and illustrating his celebrated Kenyon College commencement speech into nine or so minutes – and scoring over two million YouTube views in the process. Comprised of director Matthew Freidell and producers Allison Freidell and Jeremy Dunning, producer, The Glossary self-funded this video without obtaining rights to Wallace's audio. In an interview with Ad Week, the trio describe the video as "a passion project" and say that "sometimes it's better to ask for forgiveness than permission." And while the video was prompted by Matthew's love of Wallace's speech, it has had unexpected benefits. From Ad Week. Ad Week: Prior to this video, your YouTube clips tended to top out around 1,500 views or so, with one or two exceptions. What's the impact been like for your business, having one of your creations go so viral so fast? The Glossary: It's a little too early to tell, but as a tiny company in an industry filled with so much talent and competition, it's extremely difficult to get your work noticed. We feel like we've done that with this video and we're over the moon with the response. But we're always looking for what's next, so we'd welcome anyone who enjoyed "This Is Water" to get in touch with us. Tweet Share this post Comments © 2022 Filmmaker Magazine. All Rights Reserved. A Publication of The Gotham This Is Water First edition hardcoverAuthorDavid Foster WallaceCover artistMario J. PuliceCountryUnited StatesLanguageEnglishGenreNon-fictionPublisherLittle, Brown and CompanyPublication dateApril 14, 2009Media typeHardbackPages137ISBN978-0-316-06822-2 This Is Water: Some Thoughts, Delivered on a Significant Occasion, about Living a Compassionate Life is an essay by David Foster Wallace, first published in book form by Little, Brown and Company in 2009. The text originates from a commencement speech given by Wallace at Kenyon College on May 21, 2005. The essay was also published in *The Best American Nonrequired Reading 2006* and in 2009 its format was stretched by Little, Brown and Company publication to fill 138 pages for a book publication.[1] A transcript of the speech circulated around the Internet as early as June 2005.[2] This is also the only public speech David Foster Wallace ever gave outlining his outlook on life.[3] Time magazine has ranked *This Is Water* among the best commencement speeches ever delivered.[4] Background David Foster Wallace was brought to the liberal arts school at the request of an English and Philosophy student in 2005. He was the winning nominee out of 10 to 12 others, beating out then-Senator Hillary Clinton, and astronaut turned senator John Glenn.[2] In response to the request Wallace jokingly responded by saying that he, at 43, was far too young to give this speech.[2] The author said he was hesitant to accept because of his anxiety when speaking in front of a crowd and did not immediately agree to the position.[2] Wallace was persuaded to speak after the school's Commencement Coordinator was able to appeal to his anxieties by stressing the intimacy of the school and promising a game of tennis at his request.[2] Wallace's nervousness continued up until the day of the event and Kenyon professors with whom he had breakfast that morning have cited him as exclusively referring to the 'commencement' as, "the big scary ceremony".[2] Wallace continued to edit the speech up until the last hours leading up to its delivery and his posthumous biographer claims the late author considered the speech an opportunity to convey the things he cared about without having to worry about the extra work required of a novel.[5] Themes This essay covers subjects including the difficulty of empathy, the importance of being well adjusted, and the apparent lonesomeness of adult life.[1] Additionally, Wallace's speech suggests that the overall purpose of higher education is to be able to consciously choose how to perceive others, think about meaning, and act appropriately in everyday life.[6] He argues that the true freedom acquired through education is the ability to be adjusted, conscious, and sympathetic. Authors Robert K. Bolger and Scott Korb have said that Wallace used the speech to outline his own spiritual philosophy and that these were the methods with which Wallace attempted to acquire a modicum of peace when wrestling with anxiety and depression.[6] Because of the suggestion on how one ought to live, Bolger and Korb consider the speech to be almost theological in nature.[6] The themes exercised in this speech would later be expanded upon further in Wallace's final novel *The Pale King*, which was posthumously published in 2011.[7] Reception While the content of Wallace's prose was met with universal acclaim, the posthumously published *This Is Water* was met with mixed reviews. Some critics worried that the physical formatting of the speech tainted its delivery.[8] Zach Baron of *The Village Voice* wrote that he feared that the essay's now-stretched format provided an almost mantra-like emphasis to areas not intended by Wallace.[8] Another debate on the published format is over a slight rewrite. In the delivered speech, Wallace concluded an extended metaphor with, "It is not the least bit coincidental that adults who commit suicide with firearms almost always shoot themselves in the head. They shoot the terrible master." Due to Wallace's suicide the publisher chose to remove the final line, "They shoot the terrible master".[8] which has polarized critics. One side believes that changing an author's words is unacceptable if the original meaning is to be preserved.[8] But in defense of the edit, the other side argues that the edit is essential to preserving the original message. Author Tom Bissell states that, "any mention of self-annihilation in Wallace's work...now has a blast radius that obscures everything around it." [8][9] Bissell fears that the now-controversial line may distract readers from its core elements and therefore supports its removal.[8][9][5] A nine-minute truncated cinematic video adaptation with Wallace's voice of the speech was produced by *The Glossary* and published on YouTube and Vimeo in May 2013. It was well received, but was removed by Glossary on May 21, 2013 due to a copyright claim by Wallace's estate.[10] References ^ a b Foster, Wallace, David (2009). *This is water : some thoughts, delivered on a significant occasion about living a compassionate life*. Kenyon College. (1st ed.). New York: Little, Brown. ISBN 978-0316068222. OCLC 290479013. ^ a b c d e f Levine, Sam (2016-05-20). "David Foster Wallace's Famous Commencement Speech Almost Didn't Happen". *Huffington Post*. Retrieved 2017-11-05. ^ Popova, Maria. 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"The Story Behind 'This Is Water': the Inspiring Video People Can't Stop Watching". *Adweek*. Retrieved 2015-09-08. External links *This Is Water: Some Thoughts, Delivered on a Significant Occasion, about Living a Compassionate Life* (transcription of the Kenyon Commencement Address), Marginalia, May 21, 2005, archived from the original on 2008-02-13, retrieved Feb 3, 2014 Retrieved from "

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