

# Transactional Lives, Fragmented Selves

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A narcissistic, self-victimized, transactional society hides in the shadows of its own avoidance, scapegoating fear, romanticizing pain, profiting from suffering and scarcity, and clinging to curated, ego-driven identities built for self-preservation, self-serving.

These fragmented identities are sustained through stories and narratives that justify inner disconnection, reinforce ignorance, and perpetuate cycles of self-sabotage, self-abandonment, self-betrayal, and self-deception.

Instead of confronting their inner world, individuals externalize it, seeking to define, label, judge, manipulate, and control others while projecting unresolved pain, trauma, and unworthiness.

This is a self-defense mechanism against facing what remains unintegrated within.

Conditioned by fear and driven by the need for validation, control, clinging to roles, beliefs, and behaviors that keep them dependent on external approval, security, belonging, and permission to exist.

They distort truth to protect fragmented performative false identities, and camouflage insecurity to maintain controlling narratives.

Behind the performative hollow masks is an inner world consumed by inner disconnection, confusion, ignorance, and fragmentation, where self-worth is unstable, and an identity must be constantly proved and reinforced through comparison, competition, projection, and reaction.

The fear is not of others, it is of facing themselves.

At its core, this narcissistic hollow societal dynamic reflects a deeper inner resistance: the unwillingness to sit with vulnerability, to process pain, and to take accountability for one's inner state.

The result is a karmic loop, where individuals become consumed by the very patterns they use to avoid inner growth, mistaking familiar chaos for an identity, safety, and conditional approval for existence.

What is defended is not truth, but self-conditioning.

What is protected is not authenticity, but fear-based stories that soothe fragile, insecure, rigid egoic identity constructs.

This same inner fragmentation shapes relationship dynamics.

Connections become transactional, based on self-gain, validation, control, or emotional leverage rather than presence, truth, integrity, honor, dignity, authenticity, mutual genuine intentions, and reciprocity.

People relate through roles, masks, status, and expectations, seeking to extract, impress, or secure advantage, while genuine connection is avoided because it requires vulnerability, accountability, and self-awareness.

There is a hollow surface-level performance, but no substance, no depth. There is proximity, but no presence, no soul-to-soul connection.

In these hollow transactional exchanges, individuals reinforce their own disconnection, mistaking attention for connection, submission for love, and dependency for intimacy.

Until one steps out of this pattern, choosing self-honesty over curated hollow performance and self-accountability over projection, these dynamics will continue to replicate, not because they are imposed, but because they are unconsciously sustained through attention, agreement, consent, and participation in emotional entanglement and manipulative, exploitative parasitic social dynamics.