

# INTERNAL SYSTEM

English starter edition: Introduction, Chapter 1, Chapter 2

**One pain: I understand myself, but I still repeat the same old reaction.**

**One promise: this map helps you notice the old survival script before it chooses for you.**

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# Internal System

## How Fear Becomes Character, Family, Work, State, and Body

### Introduction

This book is not about power "at the top."

Not about politicians as separate figures.

Not about bad people ruining a good world.

It is about how a system appears **inside a person** long before they can even name it a system.

In family.

In school.

At work.

In love.

In money.

In the body.

In the fear of rejection.

In the habit of silence.

In the urge to be "good."

In the hand that reaches to suppress the weak when one cannot bear one's own helplessness.

We are used to searching for power outside:

in an office,

in the state,

in law,

in a boss,

in a parent,

in the one who speaks louder.

But power becomes truly strong not when it stands above us,  
but when it starts speaking in **our own voice**.

When a person censors themselves.

Shames themselves.

Forbids themselves to want.

Returns on their own to relationships where they are made smaller.

Calls control "care."

Confuses survival with life.

Passes downward the pain they once received from above.

This book is a map of the internal system.

Not a manual for happiness.

Not a promise of healing.

Not motivation.

Not a spiritual sermon.

Not a political manifesto.

It is an attempt to show the mechanism:

- how fear becomes the first law;
- how family becomes the first model of the state;
- how love is sold as obedience;
- how shame turns into a leash;
- how education teaches conformity instead of seeing;
- how money turns a person into a function;
- how roles replace what is alive;
- how the body stores what the mind could not admit;
- how an inner dictator survives even after the outer cage is gone;
- and where a rupture begins.

Not a grand rupture.

Not a beautiful one.

Not final.

But human.

In a pause.

In a hand held back.

In an unspoken cruel phrase.

In the words: "I disagree."

In the moment when fear does not become an order.

In the place where a person sees the chain and does not pass it on.

This book does not blame a person for adapting.

Adaptation once saved us.

A child stayed silent not to lose love.

An adult endured not to lose work.

The body tightened to survive threat.

A role appeared so one would not fall apart.

Control held together a world that looked dangerous.

But what once saved you can become your prison.

Then a person keeps living by the laws of old danger even when the door is already open.

The scene is simple.

A person sits at a table in the morning.

Phone nearby.

In their head: news, money, work, family, guilt, other people's expectations.

The body is already tense before the day begins.

Inside, old commands are playing:

- don't make a mistake;
- don't stand out;
- be useful;
- don't disappoint;
- endure;
- prove;
- don't be angry;
- don't be weak;
- don't speak truth too loudly.

They think this is their personality.

But maybe it is a system.

Not somewhere far away.

Not only in the country.

Not only in parents.

Not only in a boss.

Inside.

This book is for those who feel:

something was done to them, and now they do it to themselves.

For those tired of being convenient.

For those who see power above but begin to suspect a smaller copy of it lives at home, in voice, in habits, in body.

For those who want to understand why they tolerate what destroys them.

Why they direct anger the wrong way.

Why they stay silent before the strong and explode at the weak.

Why they fear freedom even while dreaming about it.

Why they cannot rest without guilt.

Why their body speaks before they dare admit the truth.

There is no pure hero here.

No convenient enemy.

No split into "evil over there, me over here."

Because the internal system lives on that convenient split.

It wants a person to see only the outer tyrant and not notice how they themselves speak his language.

It wants a person to hate the chain but not see where they are already holding the next link.

This book does not ask you to believe.

It asks you to look.

Slowly.

Without theater.

Without self-destruction.

Without trying to become someone else overnight.

Because seeing the mechanism is already the start of rupture.

Not complete.

Not final.

But real.

As long as the system is hidden, it feels like fate.

When the system is named, it becomes a map.

A map does not make the road easy.

But it shows where you stand.

And where you no longer have to walk blindly.

## **How to read this book**

You don't have to read this book fast.

It wasn't written to make you better, cleaner, stronger, or more correct. If you read it as a new trial against yourself, the inner system has already taken the text for itself.

Read slowly.

Stop where your body tightens.

Don't argue right away.

Don't agree right away.

Don't turn every chapter into a verdict on parents, partner, boss, country, or yourself.

The task here isn't to find a culprit and calm down.

The task is different: to see the mechanism.

Sometimes you'll recognize in the text those who broke you.

Sometimes - yourself.

Sometimes - both at once.

That's an uncomfortable place.

Because the inner system loves simple roles:

victim here, executioner there;

evil there, me here;

power there, helplessness here.

But reality is more complex.

A person can be wounded and pass the wound on.

Can be a victim in one place and a controller in another.

Can hate power and speak its voice at home.

Can dream of freedom and demand obedience from those who are weaker.

If reading gets heavy - stop.

Look out the window.

Drink water.

Feel your feet on the floor.

Don't turn the book into another room where you're not allowed to breathe.

This book doesn't demand instant decisions.

It doesn't demand that you be ready.

It doesn't demand changing your life in one evening.

It only shines a light where everything used to be called character, fate, upbringing, love, duty, care, stability.

And if somewhere inside a pause appears - that's already enough to begin.

Not a breakthrough.

Not a victory.

Not a new version of yourself.

A pause between fear and habitual submission.

Sometimes the whole crack starts from there.

# Chapter 1. Fear as the First Law

A person rarely submits at once.

First, they become afraid.

Not always loudly.

Not always consciously.

Sometimes fear is not panic, trembling, or a scream.

Sometimes it looks like politeness.

Like patience.

Like "okay, I won't argue."

Like a smile where an inner "no" is already sounding.

Fear is the first material out of which the internal system is built.

As long as a person feels safe, it is hard to sell them a cage.

You may offer "order," and they still ask: why?

Offer rules, and they ask: whom do they serve?

Offer authority, and they check: does this authority protect what is alive, or demand worship?

But when a person is frightened, everything changes.

They stop looking for truth and start looking for support.

They stop asking, "Is this fair?"

They ask, "Will this save me?"

That is how fear opens the door to control.

## 1) How Fear Becomes an Inner Law

Fear has a simple function: preserve life.

When danger is real, fear is necessary.

It narrows attention, speeds reaction, forces the body to look for an exit.

There is no mistake in that.

The mistake begins when a temporary survival mode becomes a permanent way of living.

A person is no longer in a fire, yet lives as if smoke is already under the door.

They wake up tense.

Read faces.

Check intonations.

Fear making mistakes.

Fear being inconvenient.

Fear seeming weak.

Fear losing love, work, status, money, security, belonging.

And gradually an invisible law appears inside:

**the main thing is not to be punished.**

This law can sound different:

- Don't stand out.
- Don't argue.
- Better keep quiet.
- Don't irritate anyone.
- Be normal.
- Don't let people down.
- Don't be a burden.
- Don't show that you are in pain.

So a person starts managing themselves in advance:

before any external order,

before punishment,

before conflict.

They become their own guard.

The system may not yet have arrived from outside.

It is already built inside.

## **2) The First Scene of Fear**

Imagine a child in the kitchen.

Evening. Table. Adults are tired.

Something is cooling on the stove.

The air in the room is heavy, though no one is shouting yet.

The child wants to say:

"I'm scared."

Or:

"I feel hurt."

Or:

"I don't want this."

But they see an adult's face.

Hear a spoon strike a plate sharply.

Feel that their words will be unwelcome now.

The child does not make a philosophical decision.

They simply go silent.

At that moment they learn the first law of the system:

**truth is dangerous if someone you depend on is nearby.**

Later this scene repeats many times:

at school - when a teacher humiliates and the class is silent;

at work - when a manager demands the impossible and the person nods;

in relationships - when a partner pressures and an old command turns on: don't argue, or you'll lose love;

in the state - when power says: don't ask questions, we know better.

A person thinks they are reacting to the current moment.

But often it is not "them" reacting.

It is that child in the kitchen.

### **3) Control as False Protection**

When fear becomes constant, control starts to look like care.

Control says:

"I'll make sure you won't be scared."

But it does not remove fear.

It organizes life around fear.

If you fear mistakes - control offers perfectionism.

If you fear rejection - control offers people-pleasing.

If you fear poverty - control offers selling your whole life for security.

If you fear chaos - control offers suppressing everything alive that does not fit the order.

If you fear loneliness - control offers clinging to people who destroy you.

Control always promises safety.

Its price is freedom.

First a person controls themselves to survive.

Then they start controlling others so they won't feel their own helplessness.

That is how small power is born.

Not in parliament.

Not in an office.

Not in uniform.

At home.

In voice.

In hand.

In phrases like:

- "I know better."
- "You must."
- "Don't argue."
- "That's how it should be."
- "It's for your own good."

Control disguised as care is one of the most stable forms of violence.

Because the one who controls often does not see themselves as an aggressor.

They see themselves as a savior of order.

#### **4) Submission as the Price of Belonging**

People rarely submit only because they fear punishment.

More often they submit to avoid losing connection.

A child submits not to lose love.

A student submits not to lose approval.

A worker submits not to lose position.

A citizen submits not to lose a sense of safety.

A partner submits not to be left alone.

Submission buys belonging.

You become convenient - they tolerate you.

You stay silent - they leave you alone.

You agree - they call you normal.

You suppress yourself - they call you mature.

This is how an inner contract appears:

**I give up part of myself to stay close to those I depend on.**

This contract can survive for decades.

A person no longer remembers where they signed it,  
but keeps fulfilling its terms every day.

They choose not what is alive,  
but what is safe.

Not what is honest,  
but what preserves the image.

Not what matches inner truth,  
but what preserves a place in the system.

## **5) How Fear Becomes Character**

Years later, a person begins to think: "That's just who I am."

- "I'm non-confrontational."
- "I'm responsible."
- "I'm strong."

- "I endure everything."
- "I don't like asking."
- "I'm used to handling it myself."
- "I can't say no."

But many "character traits" are old adaptations.

Non-confrontation can be fear of punishment.

Responsibility can be fear of rejection.

Strength can be a ban on asking for help.

Patience can be the habit of having no right to boundaries.

Independence can be the memory that no one came.

Convenience can be a strategy not to lose love.

A person calls this personality.

But sometimes it is not personality.

It is armor.

And armor does not only protect.

It also numbs.

## 6) The Core Substitution

The system's core substitution sounds like this:

**fear is treated as reality.**

A person does not say:

"I am afraid."

They say:

- "That's just how life is."
- "Everyone lives like this."
- "There is no other way."
- "Be practical."
- "No time for feelings."
- "The main thing is survival."

At some point, survival stops being a temporary strategy and becomes identity.

A person no longer lives.

They minimize risk.

They no longer choose.

They avoid losses.

They no longer love.

They earn safety.

They no longer speak.

They calculate consequences.

They no longer act from meaning.

They obey threat.

Fear becomes the god of a small inner religion.

People serve it with time, body, silence, relationships, health, talent.

Every day they offer it a sacrifice:

their present life.

## **7) Why the System Loves Frightened People**

A frightened person is easier to control.

You do not need to prove truth to them.

You only need to show threat.

Threat can be anything:

poverty,

loneliness,

shame,

war,

job loss,

judgment,

chaos,

strangers,

the future,

or one's own freedom.

The stronger the fear, the easier a person agrees to control.

They begin to ask for it themselves:

- "Give us rules."
- "Tell us who is guilty."
- "Show us the enemy."
- "Decide for me."
- "Take away this uncertainty."

That is how demand for a "strong hand" appears.

Not only in the state.

In family too.

In relationships.

At work.

In religion.

In groups.

Inside the person.

A strong hand seems like salvation to one who is tired of carrying freedom.

But a strong hand rarely comes alone.

It brings the right to decide what you should feel, say, want, remember, and be.

## **8) Where Rupture Begins**

Rupture does not begin with heroism.

Not with a grand rebellion.

Not with a new ideology.

It begins with a small recognition:

**"Right now I am not thinking. I am afraid."**

This sentence is simple.

But it returns reality to a person.

As long as fear is hidden, it commands.

When fear is named, space appears between fear and action.

In that space, you can choose not to react automatically:

- not agree immediately,
- not hit the weak,
- not swallow truth,
- not call violence care,
- not choose the familiar cage just because it is familiar.

The system does not collapse at once.

First, a crack appears.

That crack is a pause.

A pause between fear and submission.

## **9) First Practice (Without "Practice")**

No polished exercise here.

Only observation.

Throughout the day, notice one thing:

**Where does your body tense up before you can think?**

Before whose voice?

Before which request?

Before which message?

Before which chance to say no?

Before which thought about money?

Before which memory?

Before which authority figure?

Do not change your life immediately.

First see where fear has already become law.

A person cannot leave a cage they mistake for their character.

## **10) End of Chapter One**

Fear itself is not an enemy.

It is a signal.

But when fear becomes the foundation of life,

it gives birth to control.

Control gives birth to submission.

Submission creates the system.

The system demands justification.

Justification destroys what is alive.

# Internal System

## Chapter 2. Family as the First Model of the State

Fear does not become a system in one second.

It needs an environment where fear is normalized and obedience is rewarded.

For most people, that environment appears before school, before work, before politics.

It appears at home.

Family is not only a place of intimacy.

It is also the first political school of the body.

There, a child learns:

- who has the right to speak and who must stay silent;
- whose anger is considered "normal" and whose pain is called "drama";
- whether truth is welcome or punished;
- whether boundaries are respected or treated as betrayal;
- whether love is given freely or exchanged for convenience.

A child does not study this intellectually.

They absorb it through tone, pauses, facial expression, punishments, and permissions.

The body records it all.

So the first model of power is built not in institutions,

but in daily scenes:

at the table,

in the hallway,

in someone's raised voice,

in someone's silence.

### 1) Home Micro-Laws

Every family has explicit rules.

But the strongest rules are usually implicit.

Not:

"Here are our constitutional articles."

But:

- "Don't argue."
- "Don't make things complicated."
- "Do not shame us."
- "You owe us."
- "You should be grateful."
- "We know what's best for you."

These phrases can sound caring.

Yet often they function as tools of control.

The child learns not what is true,  
but what is safe to say.

If safety depends on compliance,  
truth becomes dangerous.

And over time, obedience starts to feel like love.

## **2) Love as a Conditional Contract**

In a healthy bond, love does not disappear because you disagree.

In a controlling bond, disagreement is treated as threat.

Then a child makes an internal contract:

"If I stay convenient, I stay connected."

That contract survives into adulthood:

- in relationships where one constantly adapts;
- in jobs where one accepts humiliation;
- in friendships where one cannot say "no";
- in public life where one avoids any independent voice.

A person calls this "character."

But often it is a survival contract from childhood.

### **3) Care Disguised as Domination**

One of the most persistent forms of violence sounds polite:

"I only want what's best for you."

The problem is not care itself.

The problem is care that denies your separateness.

If "care" means:

- deciding for you;
- invalidating your feelings;
- crossing your boundaries;
- forcing gratitude for pressure;

then care has turned into domination.

The child cannot always name this.

They only feel a chronic bodily message:

"My reality is less valid than someone else's control."

Later this message becomes internalized governance.

The person starts doing to themselves what was once done to them:

monitoring, suppressing, shaming.

### **4) How Family Patterns Become Social Patterns**

What is normalized at home often scales into society.

If a child learns:

"Power is always right,"

they become an adult who tolerates abuse from authority.

If a child learns:

"Silence keeps peace,"

they become an adult who sees injustice and stays quiet.

If a child learns:

"You are loved when useful,"

they become an adult who confuses value with function.

This is how private adaptation becomes public obedience.

Not because people are weak.

Because their nervous system was trained this way early.

## **5) The Myth of "Normal Family"**

Many destructive dynamics are protected by one word: "normal."

"This is normal."

"All families are like this."

"Do not exaggerate."

"You are too sensitive."

When violence is called normal,

a person loses language for their own pain.

And when pain has no language,

it becomes destiny.

Rupture starts when a person dares to rename the familiar:

- control as control;
- humiliation as humiliation;
- emotional blackmail as blackmail;
- fear as fear.

Naming does not destroy family.

It destroys the lie that pain is love.

## 6) Where Freedom Begins

Freedom does not begin with blaming parents forever.

It begins with differentiated awareness:

"This strategy once protected me.

Now it restricts me."

You can acknowledge:

- what was given with love,
- what was given with fear,
- what you still carry automatically,
- what no longer has to be passed on.

The task is not to become perfect.

The task is to stop reproducing what hurts.

The first model of the state inside a person appears in family.

But it does not have to remain the final one.

When an adult begins to build relationships not on fear, but on boundaries and truth,  
the internal regime changes.

And that is where history stops repeating itself through your body.