

You're Not Alone — Why Everyone Feels Like They're Losing Their Minds

Gaslighting on a national scale is a political strategy.

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If you've been feeling despondent since the inauguration, congratulations — you're paying attention. And if your brain feels like it's constantly screaming into the void, you're not alone. Millions of people are staring into the abyss of our political hellscape, watching in real-time as the pillars of a functioning society get bulldozed, torched, and sold for scrap.

The worst part? This isn't an accident. It's not some unfortunate series of bureaucratic missteps. No, this is by design. We are deep in the shock phase of a carefully crafted strategy of shock and awe.

First, let's clear something up. That anxiety gnawing at your gut? The constant unease? That's not just your overactive imagination or another "news cycle" that will blow over. This is a deliberate, coordinated attack on your ability to process, react, and fight back. The sheer volume of executive orders, policy reversals, and chaotic governmental upheaval is meant to overwhelm you, to keep you scrambling so you never have time to mount a real response.

Take a breath, because the full list of atrocities so far is almost comically dystopian.

We've pulled out of the Paris Accords like a petulant child tearing up a contract, just as climate catastrophe accelerates. The WHO? Gone. Perfect timing for a global resurgence of bird flu. Trade wars? Oh, we're picking fights with Canada and Mexico now, because what's better than alienating allies in a fragile economy? And the attacks on Diversity, Equity, and Inclusion (DEI)? Systematic. Research agencies are paralyzed, silenced by idiotic edicts about "forbidden words" that can't be used in publications. Scientific integrity? Not on their watch.

Then there's DOGE, the alt-right infestation that has wormed its way into OPM, Treasury, NOAA, DOE, EPA, USAID — you name it. These agencies are no longer neutral bodies upholding democracy; they're Trojan horses packed with ideologues hell-bent on dismantling everything that makes a society livable. Oh, and let's not forget the cherry on this totalitarian sundae — an executive order targeting '[anti-Christian bias](#).' Because clearly, in the grand hierarchy of national crises, that was the real emergency.

So, yeah. If you're losing sleep, if your stomach is in knots, you should be. This isn't just another administration with some bad policies. This is an all-out assault on reality itself, a

gaslighting campaign so relentless that it's designed to wear down even the most politically savvy.

And the worst part?

It's only just getting started.

The Freefall Has Begun

If the last few weeks feel like a never-ending barrage of apocalyptic headlines, that's because they are. We've barely had time to catch our breath between each fresh catastrophe. Every morning, a new executive order drops like a bomb, every evening, another long-standing institution buckles under the weight of political sabotage. The message is clear: there is no bottom.

America's Betrayal of the World

Let's start with the big-ticket betrayals. The United States has officially withdrawn from the Paris Accords, a move so breathtakingly reckless that even oil executives probably did a double take. Climate change isn't a looming threat anymore — it's slamming us in the face with wildfires, hurricanes, droughts, and crop failures. But rather than confront this crisis, the administration is pretending that the science is fake and the economy will be just fine without breathable air.

And because one international betrayal wasn't enough, we've also exited the World Health Organization right as a bird flu pandemic is rearing its head. Fantastic timing. While nations scramble to coordinate a global response, America is sitting in the corner, covering its ears, and singing *la la la* while people die.

And now, as if determined to alienate every ally we have left, we're picking trade fights with Canada and Mexico — despite just having signed the USMCA a few years ago. Stability? Gone. Who cares if Mexico and Canada make up over 30% of U.S. trade? Economic consequences are irrelevant when there's political theater to perform.

The War on Science, Diversity, and Equity

Meanwhile, Diversity, Equity, and Inclusion (DEI) is under siege from every possible angle. DEI offices? Defunded. Corporate diversity initiatives? Branded as 'woke extremism.' Academic research into racial or gender disparities? Buried. And don't even get started on censorship in research. Across the country, federally funded studies are paralyzed by lists of "forbidden words" they can't use in their publications.

- **Climate?** Can't say it.
- **Systemic inequality?** Don't even try.
- **Racial justice?** Taboo.

When you control language, you control thought. And when you erase the words that describe a problem, you make it easier to pretend the problem doesn't exist.

DOGE: The Right-Wing Takeover of the Federal Government

Then there's DOGE — which has infiltrated every federal agency that matters.

- Treasury? **Compromised.**
- NOAA? **Compromised.**
- Department of Energy? **Compromised.**
- EPA? **Compromised.**
- USAID? **Compromised.**

These are not neutral bureaucrats. They're ideological extremists who have hijacked the levers of government, rewriting regulations to benefit billionaires while torching environmental and labor protections.

And if you think this is hyperbole, explain the executive order targeting 'anti-Christian bias.' Not enough that evangelicals already hold disproportionate power in American politics — now, this administration is manufacturing a fake moral panic to justify what's coming next: theocratic policies disguised as 'religious freedom.'

The System Is Breaking on Purpose

[The pace of destruction](#) is staggering. And that's the whole point. The system isn't being dismantled slowly — it's being pulverized, disassembled so rapidly that no single opposition force can keep up.

By the time you finish reading this, another executive order has probably dropped. Another safeguard obliterated. Another agency gutted.

This isn't incompetence.

[This is a controlled demolition.](#)

This Was Always the Plan

If you think all of this is just political chaos, random blunders, or the result of an administration in over its head, think again. None of this is accidental. The unraveling of the federal government isn't just happening — it was meticulously mapped out.

The Trump presidency, for all its bluster and incoherence, is merely the blunt instrument being used to execute a well-coordinated coup on American institutions. And the [people pulling the strings](#)? They've been waiting for this moment for years.

Who Benefits? The Usual Suspects

[For the alt-right](#), this is a victory lap. For the evangelicals, it's a golden opportunity to push theocracy. For the oligarchs, it's a once-in-a-lifetime chance to [loot the economy](#) while gutting every worker protection, environmental safeguard, and financial regulation in sight.

Trump himself? A distraction. A useful idiot. His unpredictability, his incompetence, his Twitter tantrums — none of it matters. The real power brokers — the architects of this chaos — don't care about Trump's antics because his presidency is just a delivery system for their endgame.

How the System Is Being Overrun

Look at what's happening:

- **A blitzkrieg of executive orders.** [The sheer volume is staggering](#) — too many to process, too many for the legal system to challenge in real time. Every lawsuit, every judicial appeal takes months, sometimes years. By the time the courts strike something down, a dozen new orders have already replaced it.
- **DOGE's hostile takeover of federal agencies.** These aren't neutral bureaucrats. These are extremists, tech libertarians, and Christian fundamentalists who have wormed their way into power, reshaping the government from the inside.
- **Legal overload.** The sheer number of constitutional breaches, ethics violations, and outright crimes is intentional. The system is being flooded, ensuring that oversight committees, watchdog groups, and courts simply can't keep up.

Think of it like a battlefield charge. The enemy (in this case, the federal government) is well-armed but slow-moving. The attackers (DOGE and their alt-right stormtroopers) don't need to be stronger. They just need to overwhelm the defenses with sheer numbers — sacrificing a few in the process but ultimately breaching the gates.

Some executive orders will get challenged and overturned, sure. But by the time that happens, [the damage is already done](#). The agencies enforcing those policies have already been gutted, defunded, or turned into right-wing propaganda machines.

The Goal: Exhaustion and Resignation

And it's not just about breaking institutions — it's about breaking you. The exhaustion, the outrage fatigue, the creeping sense of hopelessness? That's part of the plan.

- **The media can't cover everything.** There are only so many column inches, and when there's a never-ending avalanche of crises, some stories will always fall through the cracks.
- **Politicians can't keep up.** They're outmatched. Congress is full of aging boomers, and unlike Silicon Valley start-ups where the workforce is young, government doesn't have the stamina to keep up with a wave of [19-to-24-year-old libertarian zealots](#) working 16-hour days because they see themselves as revolutionaries.
- **The public will burn out.** Most Americans don't have the time or [mental bandwidth](#) to track every executive order, every scandal, every legal battle. At some point, people turn off the news, retreat into their personal lives, and stop fighting back.

That's exactly what they want. **If enough people tune out, if enough institutions collapse, if enough watchdog groups give up — they win.

And the worst part?

It's working.

The Next Four Years Will Change America Forever

We're in freefall. The past few weeks have shown us what a second Trump term means — and this is just the warm-up act. If you think this is bad, buckle up, because the next four years will determine whether there's anything [left of this country to salvage](#). And after that? Who the hell knows.

This is not a moment for false hope or delusional optimism. America is on the brink, and no one is coming to save us. The political establishment? Too slow, too old, too incompetent. The courts? Overwhelmed. The media? Chasing the next big headline, unable to keep up. So what do you do?

You focus on what you can control.

Your Health: Minimize Your Reliance on a Broken System

The [healthcare system](#) is about to get even worse — prepare accordingly. You need to be as [medically independent as possible](#). That means:

- **Preventative care.** If you've been avoiding check-ups, handle them now.
- **Regular exercise and diet improvements.** A strong baseline health will reduce your need for medical intervention.
- **Stocking essential medications.** If you have prescriptions, try to get a surplus before supply chains break down.
- **Learning basic first aid.** You might need it sooner than you think.

Your Family: Strengthen Your Support System

You need a safe space to exist in, and that means keeping your family (or your chosen family) close.

- **Strengthen relationships.** Political stress will strain personal connections. Keep your circle tight.
- **Prepare your kids.** Give them an age-appropriate understanding of uncertainty **without terrifying them.**
- **Check on your aging parents.** If they rely on government benefits, start making contingency plans **now.**

Your family is your first line of defense against instability. Treat them as such.

Your Education: Adaptability is Survival

The economy is unstable, and the job market is about to get worse. The best way to protect your earning potential is to expand your skill set.

- If you work in a specialized field, **diversify**.
- If you've been meaning to take an online course or get a certification, **do it now**.
- If your industry looks shaky, **consider a pivot**.

The world belongs to generalists now. The people who thrive in chaos are the ones who can adapt.

Your Network: Strengthen Your Community Connections

This goes beyond work. Your community — your neighbors, your friends, your local connections — might be the difference between making it through this and getting steamrolled.

- **Know your neighbors.** They're not just people you wave at — they could be allies in a crisis.
- **Host a dinner, a barbecue, anything to create connections.** The stronger your community, the harder it is to divide and isolate.
- **Talk to the person next to you in line at the store.** You never know when the right connection will occur.

If history has taught us anything, it's that when systems collapse, survival is collective. The lone-wolf mentality will get you killed.

Your Financial Stability: Prepare for Economic Disruption

The economy is unpredictable, and instability is the only certainty. Take a hard look at [your financial situation](#):

- **Minimize debt.** Interest rates are rising. Get ahead of it now.
- **Build an emergency fund.** Three to six months of expenses is the bare minimum.
- **Diversify your income.** A side hustle, freelance work, or learning a trade can give you a financial safety net.
- **Invest wisely.** The stock market is volatile, but tangible assets — real estate, commodities, or even skills — can provide more security.

Your Mental Resilience: The Most Important Tool You Have

Let's be honest — things will get worse before they get better. The news cycle is relentless, and doomscrolling won't make it easier. While staying informed is essential, so is protecting your sanity.

- **Set boundaries with media consumption.** Stay informed, but don't let every headline ruin your day.
- **Find like-minded people.** Surround yourself with people who get it — without drowning in shared despair.
- **Take care of yourself.** Not in the “self-care” marketing sense, but in a real, pragmatic way that keeps you functional.

This administration is betting on widespread exhaustion. They want you to feel helpless, isolated, and resigned. That's how authoritarianism wins — not through overwhelming force, but through the slow erosion of resistance.

But here's the thing: we still have choices. We can still take action, build resilience, and prepare for what's coming.

Because if we don't?

They win.

And that's not an option.

The Takeaway — Welcome to Hell. Now What?

The next four years are going to be absolute hell. You don't need a crystal ball to see where this is headed — the playbook is right in front of us. The administration is flooding the system with chaos, breaking everything faster than it can be repaired, and setting fire to any institution that might stand in the way of entrenching power permanently.

And the most insidious part? It's working.

The Real Crisis Is the One You're Not Seeing

Did you notice how I barely even mentioned climate change? Or the polycrisis? Or economic collapse, [biodiversity loss](#), and the looming specter of [global resource overshoot](#)?

Yeah. That's part of the design.

The constant barrage of political atrocities keeps our attention locked on the immediate disaster, while the truly existential threats — the ones that will shape the next century — are shoved into the background.

And that's the real nightmare.

Because even if this administration were to be stopped, even if by some miracle they were ousted tomorrow, the damage is already done. The climate doesn't pause for political dysfunction. The economy doesn't magically stabilize when billionaires drain the last drops of value from the system. The institutions that have been gutted aren't coming back anytime soon.

What Can You Do?

So what do you do?

You get your [personal](#), familial, and financial house in order.

You make a plan.

And then you prepare for that plan to go to shit.

Improvise. Adapt. Overcome.

You're Not Crazy. This Is Real.

But most importantly — don't let them convince you that you're crazy.

You're not imagining this. The world really is unraveling. The chaos isn't random, it's deliberate. And no, you're not just "too online" or "doomscrolling too much." What's happening is real, and it's terrifying.

If you feel like everything is [hypernormalization](#) on fast-forward, it's because it is. The sheer absurdity of it all is part of the control mechanism. The more surreal things get, the harder it is to believe that this is actually happening.

But it is.

This Isn't Your Fault — But It's Your Problem Now

And before you start blaming yourself, remember this: everyday people didn't create this mess.

The [rich](#) did.

The [corporate boards](#) did.

The [politicians](#) did.

The think tanks that spent decades plotting this takeover did.

So no, this isn't your fault. But like it or not, it's your problem now.

And the fight isn't over yet.