BORN NEEDY,
CALLED TO CREATE

The four forces that decide whether you consume your life — or build it.



ABDESLAM HADIATALLAH

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The denial of weakness
does not remove weakness.
It only removes honesty about it.

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All illustrations and diagrams were created for this edition. Historical stories are paraphrased from the sources listed in Notes and Sources. No example should be read as a promise that every person facing similar conditions will have the same outcome.

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BEFORE YOU BEGIN

A Note to the Reader

You were not born complete. None of us were. You arrived unable to feed yourself, protect yourself, explain yourself, or understand what was happening around you. Before you had an opinion about strength, you survived through dependence. Before you learned to admire independence, your life was carried by other people.

Most adults spend years trying to forget this beginning. We hide need behind status. We hide fear behind confidence. We hide confusion behind certainty. We hide the wish to be loved behind achievement. Modern culture treats weakness as an embarrassing defect to be edited out of the human picture. It sells us faces without age, bodies without limits, careers without confusion, talent without practice, and success without visible cost.

This book begins from a different position: **human weakness is not an accidental stain on an otherwise perfect creature.** It is part of the structure of human life. Weakness creates need. Need creates relationship. Desire creates movement. Pain reveals limits. Pleasure attracts us toward rewards. Purpose decides which pain is worth carrying and which pleasure is worth refusing.

From these forces, four movements appear inside every person, the Needy, the Consumer, the Benefiter, and the Maker. They are not four personality types. They are four directions a human being can move in any given hour. A skilled entrepreneur may be a Maker at work and an anxious

Consumer at midnight. A generous parent may create belonging at home while depending on applause outside it. The question is never *"Which type am I?"* The better question is: *"Which force is leading me here, and what should lead next?"*

Weakness creates need. Need awakens desire.
Awareness finds opportunity.
Purpose turns opportunity into creation.

This book will not ask you to hate pleasure, worship pain, pretend weakness is always beautiful, or turn life into endless productivity. It asks for something more demanding: **accurate classification.** Some weakness must be accepted; some must be trained; some must be protected because it keeps us human. Some pain should be chosen; some should be treated; some must simply be carried with help. Some pleasures restore us; some educate us; some quietly replace our freedom with appetite.

The aim is not to become invulnerable. The aim is to become useful without losing your humanity.

— Abdeslam

INTRODUCTION

The Human Equation

Imagine two runners with equal bodies, equal training, and equal conditions. One believes the race ends at fifty kilometers. The other believes it ends at one hundred. At kilometer forty-eight, both feel fatigue. At kilometer fifty, however, they do not experience the same event. For the first runner, the finish line has arrived. For the second, the midpoint has arrived.

The distance under their feet is identical. **The meaning of the distance is not.**

This example does not prove that the second runner always wins. Bodies differ, plans fail, injuries matter, and unrealistic goals can destroy judgment. Yet it reveals a genuine psychological fact: a person's horizon changes the interpretation of present effort. What feels like an ending under one purpose can feel like a stage under another.

Human behavior is often described as a struggle between pleasure and pain. That description is incomplete. People do not merely seek pleasure and avoid pain — *they interpret both through purpose.* A student accepts the discomfort of practice because competence is imagined beyond it. A parent loses sleep because care matters more than comfort. A believer refuses an immediate temptation because earthly life is not believed to be the whole story. And a person trapped in addiction may keep wanting an experience that no longer produces much enjoyment — evidence that motivation and pleasure can separate in the brain.

THE CORE RELATION

Pain is the cost. Pleasure is the reward.

Purpose is the reason the exchange appears worth making.

WAITING TO BE READY

From childhood we are handed a comfortable lie. It arrives in different packaging for different people, but underneath it is always the same sentence: *one day it will arrive.*

One day you will feel ready. One day the right moment will come. One day someone will notice. One day it will finally click, and then you will begin. For some of us the lie wore a cape, the hero who discovers his power, but the cape is only the costume. The belief underneath belongs to everyone.

It builds a quiet, fixed posture: *I do not need to work. I need my moment.* And life is not a story. In the real world there is no power without learning, no result without effort, and no height without pain. The people we call gifted are usually people who converted an ordinary beginning, often a painful one, into an extraordinary discipline.

Consider what we do to the child who is called gifted. He is praised for what he already is rather than for what he does, so he learns that the label is the valuable thing. He begins to protect it. He avoids anything he might fail at, because failing would cost him the only thing he has ever been rewarded for. Twenty years later the talent is intact. And unused. The gift did not fail him; the waiting did.

The superpower myth does not only mislead us about others. It teaches us to be ashamed of the one thing every human actually starts with: need.

These four are movements, not castes. Nobody graduates permanently. The Needy returns every time we are sick, afraid, or grieving, and it should, because it keeps us honest and connected. The Consumer returns every evening we are tired. The Benefiter appears whenever we spot an opening. The Maker appears whenever we decide that something should exist and take responsibility for making it exist.

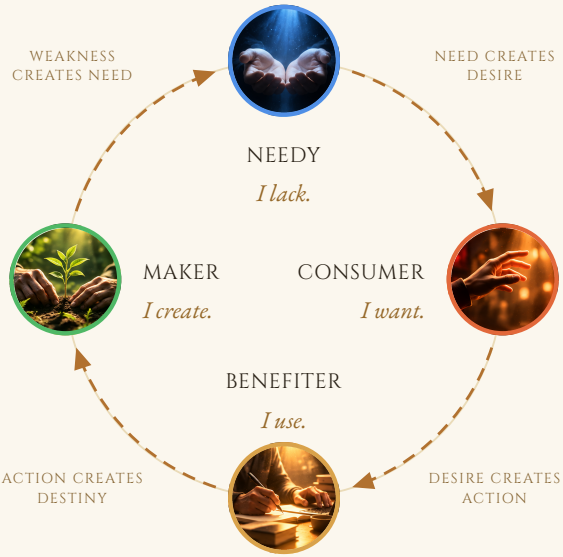
What this book maps is the *direction of travel*: from being controlled by need, through being managed by appetite, toward using what we have, and finally toward building what others can use. Each part of the book lives inside one of these forces, looks at it honestly, and shows the door to the next one.

THE FOUR FORCES

INSIDE EVERY HUMAN

Every human contains four forces. The problem is not having them.

The problem is being controlled by the wrong one.



THE NEEDY

I feel weakness, fear, and insecurity.

THE CONSUMER

I chase pleasure, fantasy, and distraction.

THE BENEFITER

I see opportunities, use circumstances, take advantage.

THE MAKER

I build value, contribute, and leave a legacy.

These are movements, not types. Nobody graduates permanently.

Ask instead: which force is leading me, and what should lead next?

PART I

THE NEEDY

We all start the same way —
born weak, dependent, and incomplete,
needing love, food, protection, guidance, and meaning.

Our weakness is not a shame. It is the first truth.
What we do with it will decide who we become.



CHAPTER ONE

The Power of Weakness

A newborn human is one of the most helpless creatures in nature. A foal stands within an hour of birth. A human takes a year to walk, a decade to survive alone, two decades to reason like an adult. Biologists call this *altricial* development. Something in our design accepted extreme early weakness in exchange for an extraordinary later capacity: a brain built by relationships, language, and culture rather than fixed instinct.

This means dependence is not a bug in the human story. It is the price of our flexibility. The creature who cannot complete himself is also the creature who can become almost anything — *because* he must be completed by learning.

Yet the adult world teaches us to treat this origin as an insult. We learn to perform strength. And the performance has a cost: a person who cannot admit need cannot ask, cannot learn, cannot bond, and cannot be helped. The denial of weakness does not remove weakness. It only removes honesty about it.

THREE KINDS OF WEAKNESS

Universal weakness belongs to the species: mortality, fatigue, limited attention, the need for food, sleep, and others. Fighting it is like fighting gravity. It must be accepted and designed around, not despised.

Trainable weakness is specific and changeable: an untrained skill, an unexamined fear, a weak habit, poor knowledge. This is where effort belongs. Confusing trainable weakness with universal weakness produces excuses; confusing universal weakness with trainable weakness produces self-hatred.

Sacred weakness is the openness that makes love, empathy, grief, and conscience possible. The capacity to be affected by another person's suffering is a vulnerability, and it is the root of every act of care in human history. A person who successfully hardens himself against all pain also hardens himself against all meaning. This weakness must be protected, not fixed.

Some weakness must be accepted. Some must be trained.
Some must be guarded, because it keeps us human.

RESEARCH NOTE — SELF-COMPASSION IS NOT SELF-INDULGENCE

People often fear that accepting weakness kills motivation. The evidence points the other way: self-compassion is associated with greater motivation to improve after failure, not less (Breines & Chen, 2012), and with lower anxiety and depression across many studies (Neff, 2003; MacBeth & Gumley, 2012). Accurate acceptance is a starting line, not a couch.

FROM SHAME TO ACCURATE SELF-ACCEPTANCE

Shame says: *I am defective, and I must hide it.* Accurate self-acceptance says: *Here is what I cannot change, here is what I can train, and here is what I must protect.* The first freezes a person in performance. The second releases energy for work. The whole journey of this book, from Consumer to Benefiter to Maker, begins with this single act of honest classification, because a person who lies to himself about his starting point cannot navigate from it.

PRACTICE — THE THREE COLUMNS

Write three columns: *Accept*, *Train*, *Protect*. Place five of your own weaknesses into the columns. Notice which ones you have been training that belong in Accept, and which ones you have been "accepting" that belong in Train.

IN BRIEF

- Human weakness is the price of human flexibility: we are born helpless so that we can become almost anything.
- There are three kinds of weakness: universal (accept it), trainable (work on it), sacred (protect it).
- Accurate self-acceptance is a starting line, not an excuse to stop.

PART II

THE CONSUMER

The Consumer seeks relief, pleasure, identity, and symbols supplied by the world.

