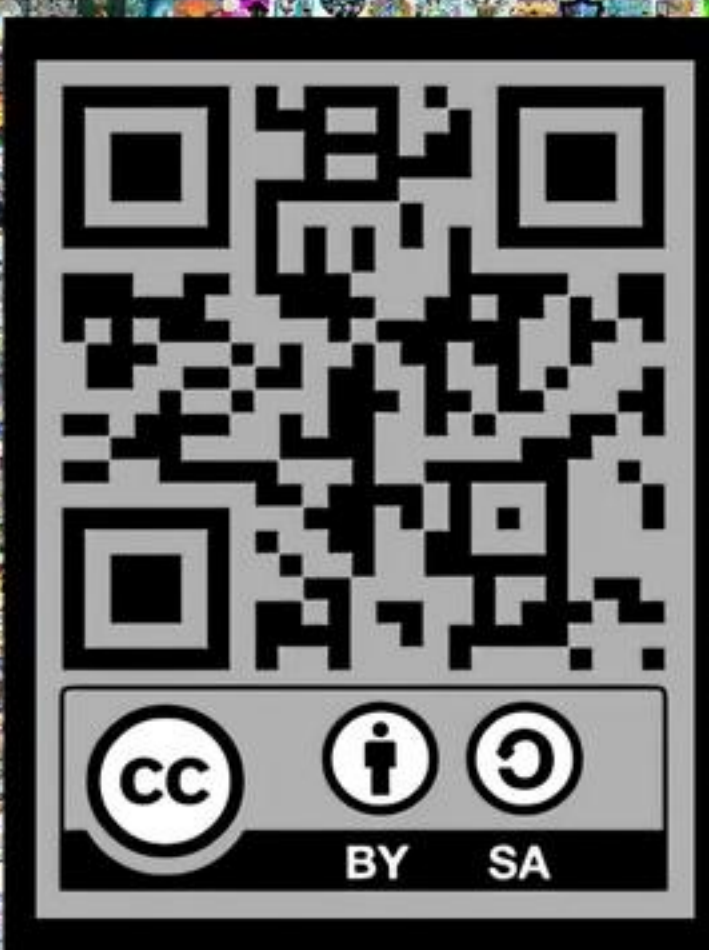
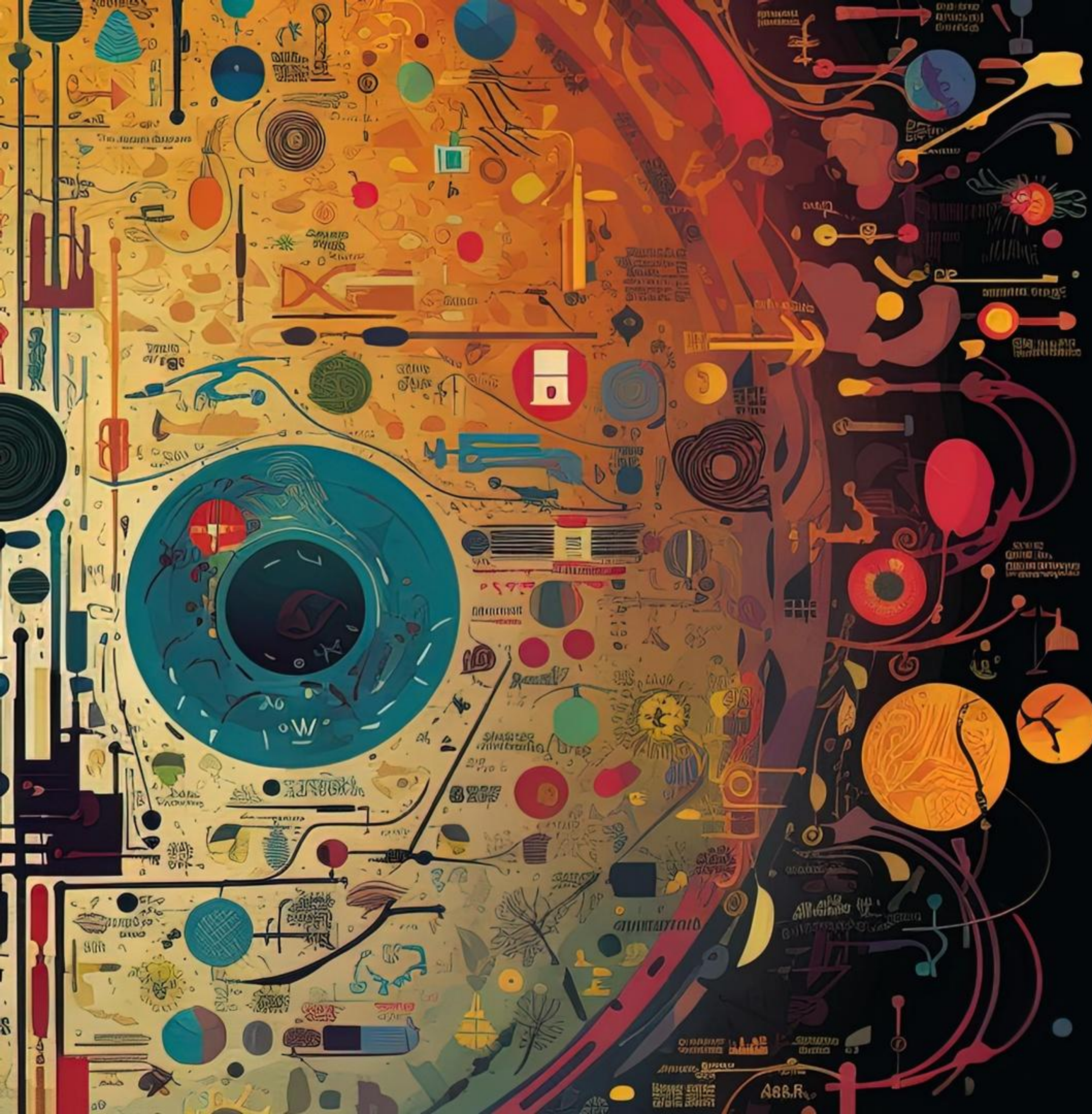


SCHOLARLY STANZAS





Psychological Reactance Theory

Psychological Reactance Theory posits that people have an innate desire to maintain their freedom and autonomy. When individuals perceive that their freedom is being threatened or taken away, they are likely to experience a negative emotional reaction known as psychological reactance. This emotional reaction can manifest in various ways, including increased resistance to persuasion, heightened defensiveness, and even defiance against authority. According to this theory, people are motivated to restore their sense of freedom by engaging in behaviors that react against the perceived threat to that freedom.



Verse 1

When someone tells us what to do,
Our independence feels askew.
We might push back and buck the trend,
In search of choice and will to bend.



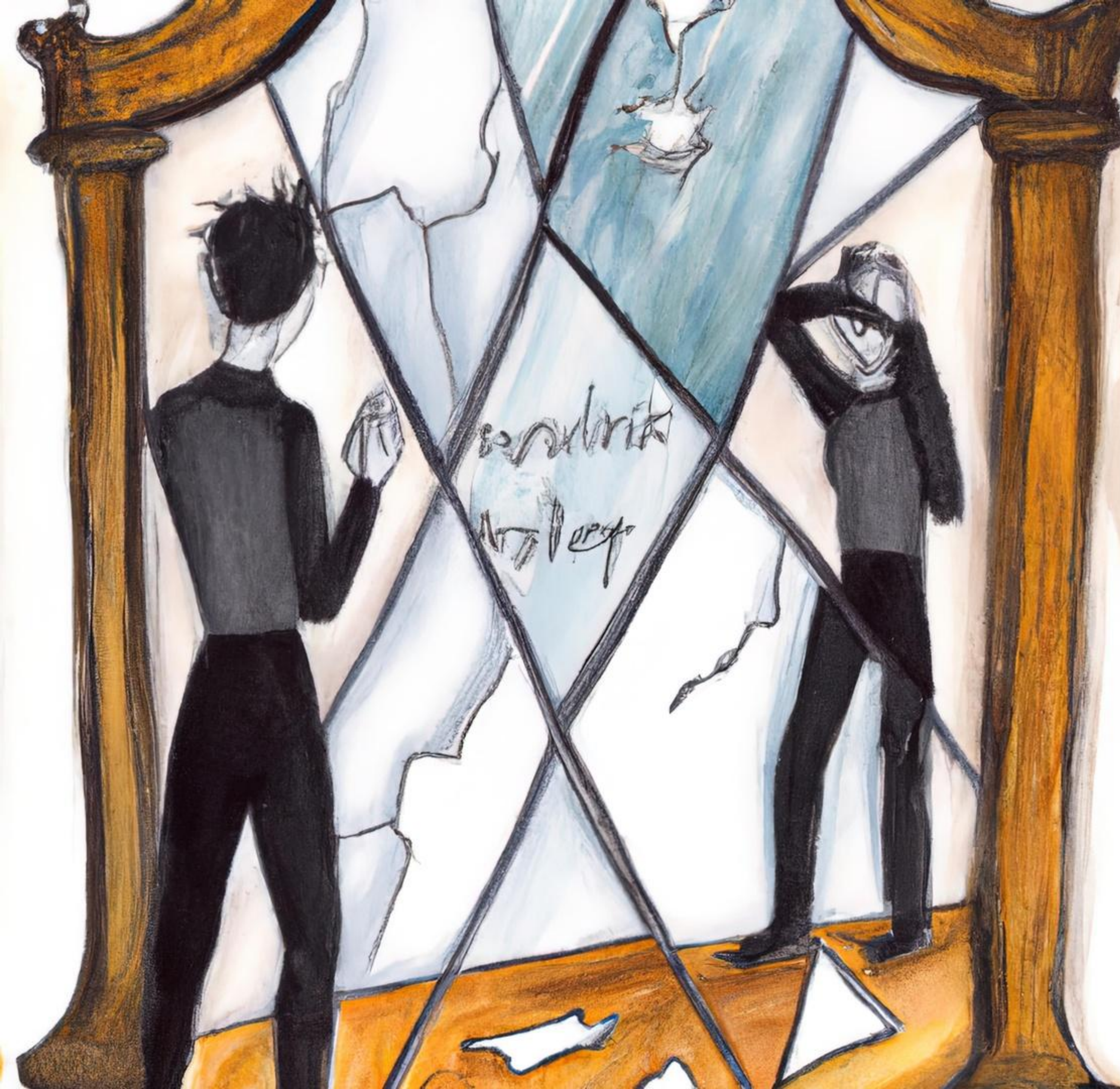
Verse 2

It's human nature to rebel,
When rules and orders push us swell.
We don't react well to control,
Our freedom is the ultimate goal.



Chorus 1

Let me be, don't hem me in,
My sense of self don't want to thin.
Please don't dictate, just let me be,
My autonomy is key.



Verse 3

The more we're told we can't do that,
The more we want to counteract.
Our minds react in kind to force,
Against the constraints we might endorse.



Verse 4

Advertising tries to press,
And tell us what's the latest dress.
But if we're told what trends to follow,
We hold our ground and we might hollow.



Chorus 2

I know my mind, please trust me so,
Let intuition guide and flow.
My choices will be mine alone,
Don't make me feel unknown.



Verse 5

Restrictions spark resistance too,
A pushback from this point of view.
The less we can do, the more we try,
To break the rules and amplify.



Verse 6

Even things that we enjoy,
Can feel imposing and destroy,
Our sense of freedom and free will,
That makes us human and stands still.



Chorus 3

I'll make mistakes, I know it's true,
But I'll learn from them and grow anew.
Don't control, just guide the way,
And let me learn it day by day.



Outro

So let's embrace our autonomy,
And revel in the mystery.
Psychological reactance, it's clear to see,
Our sense of self is what makes us free.