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I really like Lacan's work. It's unfortunate he gets called out for being obfuscating.

I started in 2020. I wrote a 40-page summary of the basics in 2025. Looking back, it is still very dense.

To winnow it, I applied a test against the practical life each of us share. I did so for the first half of 2026.

Here is a (non-exhaustive) list of some of his ideas:

1. The ego is a misrecognition. It is a heuristic of the mind.
2. The ego invents a fantasy of completeness.
3. Therapy moves the subject from wanting to fill a lack to one not requiring filling.
4. You are less stuck to your fantasy
5. We fantasize that the ones we are seeking validation from are complete.
6. They too have lack and they cannot complete us.
7. Civilization organizes desire around the *phallus*.
8. We feel that something is missing and we desire (try) to fill it [Cause: *objet petit a*]
9. The *phallus* is a symbolic mark of the lack
10. Masculinity is a parade [Acts as having the *phallus*]. Be good actor.
11. Guys invent the idea of a "HIM" to justify the existence of masculinity and measure themselves to it.
12. The feminine counterpart to "HIM" does not exist. [La Femme n'existe pas.]
13. Girls take the position of the one being desired [*Acts as being the phallus*].
14. A deep lack within us always exist
15. Don't get too close to the lack, this trauma cannot be understood nor filled [The Real].