

ESCAPING THE ILLUSION OF A PRE-DEFINED LIFE



THE
DELUU
WE LIVE IN

ISRAEL GOYTOM BIRHANE

The Delulu We Live In

Escaping the Illusion of a Pre-Defined Life

Israel Goytom Birhane

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To Jerusalem...

*To those who helped people change
by reminding them their destiny was never the ceiling.*

About the Author

Israel Goytom Birhane studies the relationship between the human mind, behavior, and the systems that shape decision-making.

Much of his curiosity centers on a simple question: why do people often understand their problems clearly yet continue repeating the same behaviors? This question led him to explore themes such as consistency, discipline, and the deeper foundations of human nature—how the mind reasons, how habits form, and how the heart reacts when truth conflicts with comfort.

Through making mistakes, building companies, studying systems, and confronting his own limitations, he became increasingly interested in the gap between awareness and action.

The Delulu We Live In is an attempt to explore that gap—and the quiet psychological illusions that can make comfort feel like wisdom.

Author's Note

This book came out of a personal frustration:

Not with failure—but with the quiet life most people drift into without ever choosing.

The delulu we live in is rarely dramatic.

It looks like normal adulthood.

Routines you didn't design.

Goals you inherited.

Standards you never set.

I wrote this to name that script—and to break it.

This isn't a motivational book.

It's a confrontation.

A reminder that clarity is not a feeling.

It's a decision.

And that responsibility isn't a moral lecture—it's leverage.

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One more thing, clearly:

This book is dedicated to education, and **100% of its profits will go to education**—not as a campaign or branding exercise, but as a principle.

I'm not interested in the book making me richer.

I'm interested in it making someone else freer.

If you found value in these pages, know that it will extend beyond you.

Thank you for reading.

Israel Goytom Birhane

Why This Book Exists

Most people do not lack intelligence.

They lack alignment.

They know what they should do, yet they do something else.

They understand discipline, yet postpone it.

They talk about growth, yet protect comfort.

Over time, people build quiet explanations for these contradictions.

They call it circumstances.

They call it timing.

They call it strategy.

But often, it is something simpler.

A small internal story that protects us from reality.

In recent years, the internet began calling this *delulu*.

The word is playful, but the pattern is ancient.

Humans have always built narratives to soften uncomfortable truths.

This book is not about motivation.

The Delulu We Live In

It is about noticing the illusions we quietly maintain—the ones that make inaction feel reasonable and delay feel wise.

Because once you see them clearly, something changes.

Reality stops being negotiable.

And responsibility becomes unavoidable.

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Introduction

You were handed a script.

You didn't write it.

You just started living it.

At some point—quietly, usually alone—the story you've been telling yourself starts to feel thin.

Not obviously wrong.

Not dramatically broken.

Just insufficient.

You did what you were told.

Followed the advice.

Trusted the process.

And yet something inside you knows: this isn't it.

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Most people ignore that moment.

They scroll past it.

They rename it burnout.

They blame timing, luck, or other people.

This book exists because I didn't.

“Delulu” is Gen Z slang for *delusion*. Online, it's playful. Self-belief taken too far. Fantasy dressed up as confidence.

That's not what this book is about.

This book is about the older, quieter delusion we've been living inside long before it had a name.

The comfort lie.

The one that makes staying still feel reasonable.

Delulu, as used here, is the internal model of reality you build to feel safe.

It's the story that explains why your life looks the way it does. Why certain things feel “not for people like you.” Why waiting feels smarter than acting. Why blaming feels easier than choosing.

Delulu isn't stupidity.

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It isn't weakness.

It's adaptation.

And that's why it's dangerous.

Delulu appears in many forms.

Believing awareness equals change.

Believing circumstances determine destiny.

Believing intention substitutes for action.

Believing waiting is wisdom.

Most delusions are not dramatic.

They are reasonable stories repeated long enough to feel like truth.

At the center of most delusions is one belief:

That life is mostly pre-written.

School.

Work.

Relationships.

Retirement.

Death.

If life is pre-defined, then drift becomes destiny.

Mediocrity becomes acceptable.

Responsibility feels optional.

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Yes indeed, some things are pre-defined.
You don't choose where you're born.
You don't choose the body you inherit.
You don't choose your starting conditions.

But you do choose what you tolerate.
What you repeat.
What you delay.
What you build.

This book is not here to comfort you.
It will not tell you everything happens for a reason.
It will not promise transformation without confrontation.
It will not validate every feeling as truth.
It will remove the lies that make discomfort pointless.

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If you're looking for reassurance, stop here.

If you're ready to trade comforting explanations for uncomfortable clarity—keep reading.

Once you see the delulu clearly, pretending becomes impossible.

That's the cost.

That's also the freedom.

Most delusion doesn't look like madness.

It looks like adulthood.

It looks like routines you didn't choose.

Standards you never set.

Goals you inherited and never interrogated.

Delulu is rarely loud.

It's quiet agreement.

It's how people become predictable without noticing.

How they become “realistic” without realizing they're just afraid.

How they become busy without becoming better.

It's an agreement by affirmation.

The Delulu We Live In

And here's the part nobody wants to admit:

Delulu isn't just something you *believe*.

It's something you *practice*.

You practice it every time you avoid a hard conversation. Every time you delay what you know you should do.

Every time you choose the safe version of yourself because it gets less resistance.

That's why delulu is hard to break.

It's not a thought.

It's a lifestyle.

If you take one thing from this book, take this:

You don't break delusion with ideas.

You break it with proof.

Proof that you can do what you said you would do.

Proof that your emotions don't own you.

Proof that your circumstances are real—yet not sovereign.

Reflection. What is the oldest lie you still repeat because it keeps you comfortable?

Part I

The Illusion