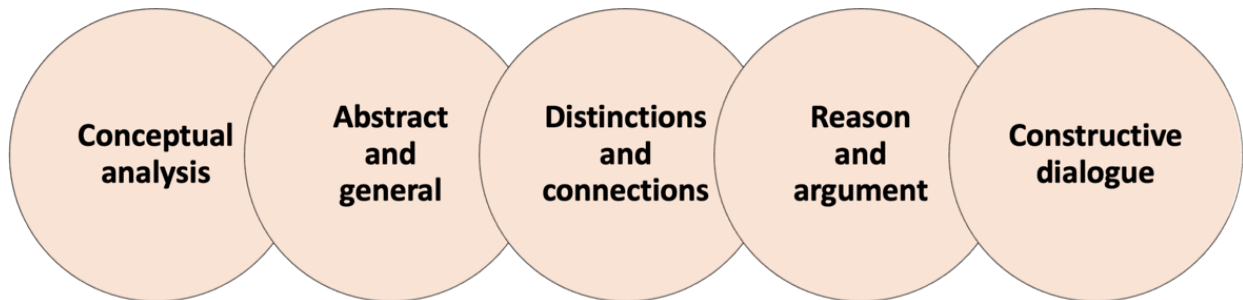


Reading

- Helen Beebee, *Free Will an Introduction* ([Chapter 1](#))

The Philosophy Toolkit



Determinism

- **Determinism:** anything that happens is determined or fixed by the laws of nature and what came before.

Determinism is different from some nearby ideas:

- **Fate** or **Fatalism:** everything that happens is destined to be no matter what we do, typically through the will of God or some mystical force.

This doesn't have specific reference to the laws of nature in the way that determinism does, and determinism doesn't invoke God, or mystical force.

- **Predictability:** we can predict everything that happens so long as we know the laws of nature, and what happened before.

Predictability is about our capacity to understand the world. This is **epistemological**. Whereas determinism is just about how things are: **metaphysics**.

Determinism contrasts with ideas like **the future is open, indeterminism, chance, randomness**.

- Do you believe determinism?
- Does determinism threaten the idea that we are free agents, who can choose our paths?

Determinism, Determination, Freedom, & Mental Health

- Does determinism make a difference to how we should understand mental health, or certain mental health conditions?
- What is the relationship between freedom and mental health?

Consider the closely related idea: **determination**, or **being determined**:

- How does this idea link to mental health?