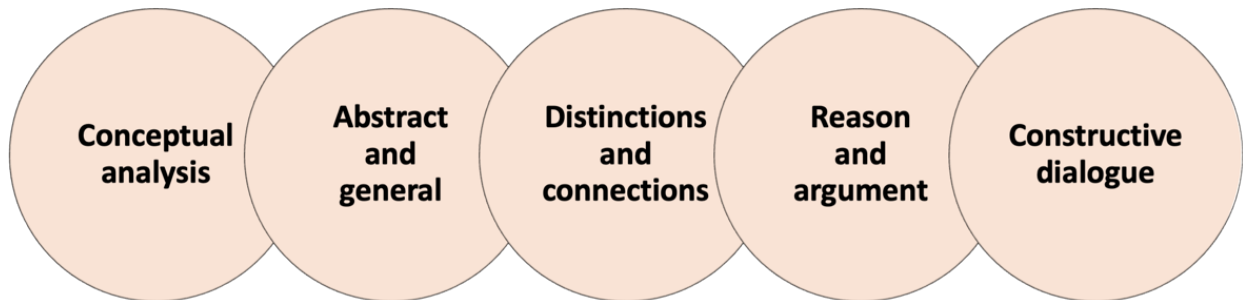


Reading

- Richard Holton, 'Intention and Weakness of Will' (advanced reading)

The Philosophy Toolkit



Weakness of Will

There is debate in philosophy about cases where will breaks down. Can you think of cases where the will breaks down?

One kind of case philosophers focus on is called **weakness of will**. A simple example is someone who wants to stick to a diet but gives in to the tempting foods they are trying to avoid.

Key questions include:

- What is weakness of will? (There is big debate about this!)
- Is weakness of will possible? (Some ancient philosophers denied that it was possible!)
- How does weakness of will relate to mental health? (Our group can speak well to this!)

Willpower

We can reflect on the general phenomenon of **willpower**:

- What is willpower?
- Can we draw on concepts such as **mental energy** and **psychological muscles** to make sense of willpower?

Willpower and Mental Health

- What is the relation between willpower and mental health? Does being in good mental health require willpower? How do you build willpower?