



Foreword II in “Escape from Freedom”

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Almost twenty-five years have passed since the first edition of this book was published. The twenty-four editions which have been published since then have been read by professionals, laymen, and especially by students, and I am happy that this publication in the Avon Library will make it more easily available to many more readers.

Escape from Freedom is an analysis of the phenomenon of man's anxiety engendered by the breakdown of the Medieval World in which, in spite of many dangers, he felt himself secure and safe. After centuries of struggles, man succeeded in building an undreamed-of wealth of material goods; he built democratic societies in parts of the world, and recently was victorious in defending himself against new totalitarian schemes; yet, as the analysis in *Escape from Freedom* attempts to show, modern man still is anxious and tempted to surrender his freedom to dictators of all kinds, or to lose it by transforming himself into a small [XIV] cog in the machine, well fed, and well clothed, yet not a free man but an automaton.

After twenty-five years, the question is in order whether the social and psychological trends on which the analysis of this book was based have continued to exist, or whether they have tended to diminish. There can be no doubt that in this last quarter of a century the reasons for man's fear of freedom, for his anxiety and willingness to become an automaton, have not only continued but have greatly increased. The most important event in this respect is the discovery of atomic energy, and its possible use as a weapon of destruction. Never before in history has the human race been confronted with total annihilation, least of all through the work of its own hands. Yet only a relatively short time ago, during the Cuban crisis, hundreds of millions of human beings in America and in Europe for a few days did not know whether they and their children were ever to see another day in spite of the fact that since then attempts have been made to reduce the danger of a similar crisis, the destructive weapons still exist, the buttons are there, the men charged with pushing them when necessity seems to command it are there, anxiety and helplessness are still there.

Aside from the nuclear revolution, the cybernetic revolution has developed more rapidly than many could have foreseen twenty-five years ago. We are entering the second industrial revolution in which not only human physical energy--man's hands and



arms as it were--but also his brain and his nervous reactions are being replaced by machines. In the most developed industrial countries such as the United States, new anxieties develop because of the threat of increasing structural unemployment; man feels still smaller when confronted with [XV] the phenomenon not only of giant enterprises, but of an almost self-regulating world of computers which think much faster, and often more correctly, than he does. Another danger has increased, rather than diminished: the population explosion. Here, too, one of the products of human progress, the achievements of medicine, have produced such an increase of population, especially in the underdeveloped countries, that the increase in material production can hardly keep pace with the increasing number of people.

The giant forces in society and the danger for man's survival have increased in these twenty-five years, and hence man's tendency to escape from freedom. Yet there are also hopeful signs. The dictatorships of Hitler and Stalin have disappeared. In the Soviet bloc, especially in the smaller states, although they have remained ultra-conservative and totalitarian, a trend for increasing liberalization is clearly visible. The United States has shown itself resistant against all totalitarian attempts to gain influence. Important steps toward the political and social liberation of the Negroes have been taken, all the more impressive because of the courage and discipline of those in the forefront of the fighting for Negro freedom--both Negroes and whites. All these facts show that the drive for freedom inherent in human nature, while it can be corrupted and suppressed, tends to assert itself again and again. Yet all these reassuring facts must not deceive us into thinking that the dangers of "escape from freedom" are not as great, or even greater today than they were when this book was first published.

Does this prove that theoretical insights of social psychology are useless, as far as their effect on human development is concerned? It is hard to answer this question convincingly, and [XVI] the writer in this field may be unduly optimistic about the social value of his own and his colleagues' work. But with all due respect to this possibility, my belief in the importance of awareness of individual and social reality has, if anything, grown. I can briefly state why this is so. It becomes ever increasingly clear to many students of man and of the contemporary scene that the crucial difficulty with which we are confronted lies in the fact that the development of man's intellectual capacities has far outstripped the development of his emotions. Man's brain lives in the twentieth century; the heart of most men lives still in the Stone Age. The majority of men have not yet acquired the maturity to be independent, to be rational, to be objective. They need myths and idols to endure the fact that man is all by himself, that there is no authority which gives meaning to life except man himself. Man represses the irrational passions of destructiveness, hate, envy, revenge; he worships power, money, the sovereign state, the nation; while he pays lip service to the teachings of the great spiritual leaders of the human race, those of Buddha, the prophets, Socrates, Jesus, Mohammed--he has transformed these teachings into a jungle of superstition and idol-worship. How can mankind save itself from destroying itself by this discrepancy between intellectual-technical over-maturity and emotional backwardness?

As far as I can see there is only one answer: the increasing awareness of the most essential facts of our social existence, an awareness sufficient to prevent us from committing irreparable follies, and to raise to some small extent our capacity for objectivity and reason. We can not hope to overcome most follies of the heart and their detrimental in-



fluence on our imagination [XVII] and thought in one generation; maybe it will take a thousand years until man has lifted himself from a pre-human history of hundreds of thousands of years. At this crucial moment, however, a modicum of increased insight--objectivity--can make the difference between life and death for the human race. For this reason the development of a scientific and dynamic social psychology is of vital importance. Progress in social psychology is necessary to counteract the dangers which arise from the progress in physics and medicine.

No one could be more aware of the inadequacy of our knowledge than the students in this field. It is my hope that books such as this may stimulate students to devote their energies to this field by showing them the need for this type of investigation, and at the same time that we are lacking almost everything but the foundations.

I might be expected to answer one more question; should I make any extensive revisions in my theoretical conclusions after twenty-five years? I must confess that I believe that all essential elements of this analysis are still valid; that what they need is expansion and interpretation in many directions. I have tried to do some of this work myself since I wrote *Escape from Freedom*. In *The Sane Society* I amplified and deepened the analysis of contemporary society; in *Man for Himself* I developed the theme of ethical norms based on our knowledge of man, rather than on authority and revelation; in *The Art of Loving* I analyzed the various aspects of love; in *The Heart of Man* I followed up the roots of destructiveness and hate; in *Beyond the Chains of Illusion* I analyzed the relationship between the thoughts of the two great theorists of a dynamic science of man: Marx and Freud. [XVIII]

I hope that this edition of *Escape from Freedom* will continue to contribute to increasing the interest in the field of dynamic social psychology, and to stimulate younger people to devote their interest to a field which is full of intellectual excitement, precisely because it is only at its beginning.