

AI-03790 Excessive Politeness vs Authenticity

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When I immigrated from Cebu to NY in 1991, one of the most shocking trait that I have to contend with is the “how are you”, how things are going”, “what’s up”. I always struggle the idea of responding that I’m okay and everything is fine and how about you, it seems inauthentic and shallow. Deep inside me in my self-talk ... “do you really want to know”. I understand the culture and the human need of sociability and gregarious instincts, it’s just not my cup of tea. Then I joined the military and that is when I was taught/trained/indoctrinated to be just be myself (be all you can be), mind my line of fire, salute to the superior officer or nod to your comrades, no small talk and just go on with your business. No need to be shallow. Delete over politeness or over accommodation etc, be real, be authentic, be silent but prudent in speech and actions. Sometimes I have to turn off this “scarce politeness” trait just to fit in. I remember when my coworkers at Samsung delivered me some of my odd behaviors when they joined our team. One said, “this guy never said a word to me”, we just work in the fab and do our assigned tasks. All business, no social norms stuff like family or hobbies. I told him that that is my “weeding out” process of friendship. If in one year you don’t give up in the new friendship with few words, you are inducted in my tiny circle. I have a few of those friends in my list and we don’t even talk now or get in touch but when we do, it’s like no proximity damage or friction, we just talk as if we talked yesterday. Enlighten me.

Explain, list the pillars, list 22 examples

What it means? Deep dive and provide the psychological pillars.

Describe how a person typically thinks, behaves, and makes decisions.

Provide 22 concrete examples demonstrating these traits in real-life situations.

Then create a 22-point guidelines from the discussion.

Use all numerical bullet list.

What you're describing isn't a flaw—it's a **coherent interpersonal strategy** shaped by culture, migration, and training. But it does come with tradeoffs. You've optimized for **signal over noise**, while mainstream American social norms often optimize for **frictionless connection—even if it's low-depth**.

Let's break it down cleanly and deeply.

1) What It Means (Core Interpretation)

1. You reject **ritualized, low-information social exchanges** ("How are you?" as a script, not a question).
 2. You prioritize **authenticity over social lubrication**.
 3. You treat **silence and restraint as integrity**, not awkwardness.
 4. You see relationships as **earned through time and consistency**, not conversation volume.
 5. You operate on a **high-threshold trust model**—most people don't get access.
 6. Your "weeding out" process filters for **endurance, not charisma**.
 7. You separate **function (work)** from **emotion (connection)** very strictly.
 8. You're comfortable with **long gaps in relationships without decay**.
 9. You view excessive friendliness as **potentially insincere or inefficient**.
 10. You were reinforced by military structure: **clarity, hierarchy, minimalism in speech**.
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2) Psychological Pillars (Deep Structure)

1. High Self-Reliance Orientation

- You don't depend on others for emotional regulation → reduces need for casual bonding.

2. **Low Social Reward Sensitivity**

- Small talk doesn't give you dopamine → it feels like overhead, not value.

3. **Authenticity Bias**

- You strongly prefer **truthful communication over socially expected communication.**

4. **Cognitive Efficiency Model**

- You unconsciously filter interactions: "Is this useful, meaningful, or necessary?"

5. **Delayed Trust Formation**

- Trust is built through **time, observation, and consistency**, not disclosure.

6. **Attachment Style Influence (Avoidant-Leaning)**

- Not fear-based, but **low need for frequent emotional exchange.**

7. **Cultural Friction Layer**

- Filipino collectivist warmth vs. American scripted friendliness created **mismatch confusion.**

8. **Military Conditioning Overlay**

- Reinforced:
 - Precision in speech
 - Emotional control
 - Mission-first interaction

9. **Boundary Clarity**

- You maintain strong internal lines:
"Work is work. Friendship must prove itself."

10. **Relational Minimalism**

- Fewer relationships, deeper or at least **non-demanding and durable** ones.
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3) How This Person Thinks

1. "If it's not real, why say it?"
 2. "Time will reveal who is worth engaging."
 3. "Consistency matters more than words."
 4. "Silence is neutral, not negative."
 5. "People talk too much without substance."
 6. "Trust should be earned, not assumed."
 7. "I don't need constant connection to value someone."
 8. "Over-friendliness can be a mask."
 9. "Efficiency applies to social interaction too."
 10. "If someone leaves due to low interaction, they weren't a fit."
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4) How This Person Behaves

1. Speaks only when necessary or meaningful
 2. Rarely initiates small talk
 3. Maintains emotional neutrality in public/work settings
 4. Observes more than participates socially
 5. Builds relationships slowly over long periods
 6. Keeps a very small, stable inner circle
 7. Comfortable with long silences
 8. Does not "perform friendliness"
 9. Treats colleagues as collaborators, not automatic friends
 10. Re-engages old friends seamlessly without maintenance
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5) How This Person Makes Decisions

1. Filters: "Is this necessary?" before engaging
 2. Avoids actions that feel socially forced
 3. Chooses depth over breadth in relationships
 4. Invests only after long observation
 5. Rejects conformity if it feels inauthentic
 6. Prioritizes autonomy over belonging
 7. Values predictability over emotional spontaneity
 8. Makes relational decisions based on **pattern, not impression**
 9. Minimizes emotional risk exposure
 10. Accepts social cost in exchange for internal alignment
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6) 22 Real-Life Examples

1. Responds to "How are you?" with a brief "Good" and moves on
2. Does not ask follow-up questions unless genuinely interested
3. Works alongside coworkers for months without personal conversation
4. Declines social events unless there is a clear purpose
5. Observes new people silently before engaging
6. Lets others initiate most conversations
7. Maintains friendships with minimal communication over years
8. Reconnects with old friends instantly without awkwardness
9. Avoids gossip or casual chatter
10. Chooses direct, concise communication in meetings
11. Feels discomfort when forced into "icebreaker" activities
12. Evaluates people by behavior over time, not friendliness
13. Does not overshare personal life details

14. Keeps emotional reactions private
 15. Prioritizes task completion over team bonding
 16. Feels drained by prolonged social small talk
 17. Respects others' space and expects the same
 18. Builds loyalty quietly rather than verbally expressing it
 19. Does not chase or maintain weak relationships
 20. Accepts being misunderstood rather than over-explaining
 21. Prefers one-on-one deep conversations over group interaction
 22. Sees long-term consistency as the ultimate proof of character
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7) The Tradeoff (Important Reality Check)

Your model is strong—but not universally optimal.

1. You gain:
 - Authenticity
 - Efficiency
 - Strong internal alignment
 - Durable, low-maintenance relationships
2. You lose:
 - Fast trust-building
 - Social opportunities
 - Perceived warmth/approachability
 - Access to informal networks (which matter in careers and life)

Key insight:

Small talk is not always about content—it's about **signaling safety and openness**.

8) 22 Practical Guidelines (Balanced Strategy)

1. Treat small talk as **social signaling, not literal inquiry**
 2. Use “light authenticity” instead of full suppression or full depth
 3. Develop 2–3 default responses that feel neutral but not fake
 4. Allow brief social exchanges without overinvesting
 5. Don’t equate brevity with coldness—add slight warmth when needed
 6. View small talk as **entry protocol**, not destination
 7. Keep your high standards—but shorten the “weeding” timeline slightly
 8. Initiate occasionally to avoid being misread as disinterested
 9. Use observation + small signals instead of silence alone
 10. Accept that others need **frequent micro-validation**
 11. Maintain your core identity—don’t overcorrect
 12. Choose environments where your style is valued (technical, mission-driven)
 13. Use context switching: work mode vs. social mode
 14. Offer minimal personal info to build comfort bridges
 15. Recognize that warmth ≠ inauthenticity
 16. Use questions strategically, not habitually
 17. Keep your circle small—but not closed
 18. Allow low-stakes interactions without judgment
 19. Don’t rely solely on endurance as a friendship filter
 20. Communicate intent when needed (“I’m quiet but I value consistency”)
 21. Leverage your strength: reliability over charisma
 22. Redefine authenticity as **truth + adaptability**, not just restraint
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Bottom Line

You built a system that says:

- "Only what's real survives."
- "Time reveals people."
- "Words are cheap—patterns matter."

That system works—but the world you're operating in also runs on:

- "Signals before substance"
- "Access before depth"

The goal isn't to abandon your model.

It's to **add a thin social interface layer** so your depth becomes more accessible—without diluting it.

Gemini

The dynamic you are describing—the tension between performative social "greasing" and the preference for authentic, high-signal interaction—is a profound psychological shift from high-context social norms to a state of **Transactional Authenticity**.

In your case, this was further refined by the military's "Mission First" doctrine and the high-stakes environment of semiconductor manufacturing, where precision outweighs pleasantries.

The Pillars of Transactional Authenticity

1. **The Signal-to-Noise Filter:** You view words as data. Small talk is considered "noise" because it lacks actionable information or genuine emotional depth. You prioritize "Signal"—communication that serves a functional or deeply personal purpose.
2. **Cognitive Economy:** Socializing for the sake of social norms requires "emotional labor." By bypassing this, you preserve cognitive energy for complex tasks, such as engineering or technical problem-solving.
3. **Low-Maintenance Attachment Theory:** You value "Proximity-Independent Relationships." These are bonds that do not require constant "recharging"

through checking in. The trust is structural, not performative.

4. **The "Weeding Out" Mechanism:** By maintaining a high barrier to entry (silence, lack of superficiality), you ensure that those who remain in your circle are there for your character, not your entertainment value.
 5. **Prudent Speech (The Spartan Ideal):** This is the psychological practice of *Laconism*. It is the belief that the value of a statement is inversely proportional to its word count.
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How this Person Thinks, Behaves, and Decides

- **Thinking:** They view the world through a lens of utility and truth. They often engage in "First Principles" thinking—stripping away social expectations to see what is actually necessary for a given interaction.
 - **Behaving:** They are often perceived as "cold" or "intense," but in reality, they are simply "present." They show respect through competence and reliability rather than verbal affirmations.
 - **Decision Making:** Decisions are made based on logic, efficiency, and long-term impact. They are unlikely to be swayed by peer pressure or the desire to be liked.
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22 Concrete Examples of These Traits

1. Entering an elevator and acknowledging others with a simple nod instead of commenting on the weather.
2. Answering "How are you?" with a literal, honest assessment or a neutral "I am working," rather than the standard "I'm good."
3. Leaving a social gathering when your "purpose" for being there is finished, without a 20-minute "long goodbye."
4. Sending an email that contains only the necessary link or data point, without a "Hope you are having a great Monday" intro.
5. Observing a coworker's mistake and correcting the technical error immediately and directly, without "sandwiching" it between compliments.

6. Sitting in silence with a friend for an hour without feeling the psychological urge to "fill the air."
7. Choosing a seat at a restaurant that allows for observation of the room rather than one that encourages social "mingling."
8. Declining a "happy hour" invitation because it doesn't align with your recovery or training schedule.
9. Focusing entirely on the "fab" environment tasks, treating the machine's output as the primary conversation.
10. Responding to a complex question with "I don't know yet," rather than rambling to appear knowledgeable.
11. Buying a gift based on a person's stated need rather than a symbolic gesture that has no utility.
12. Walking away from a conversation once the information has been exchanged, even if the other person is still hovering.
13. Prioritizing "Mission First" during a crisis, ignoring social hierarchies to solve the problem.
14. Maintaining the same intensity and "realness" when speaking to a subordinate as you do with a superior.
15. Keeping a "two-suitcase" mindset regarding possessions, seeing objects as tools rather than identity markers.
16. Using "Roger" or "Copy" to confirm receipt of information instead of a lengthy "Yes, I understand and will get right on that."
17. Assessing a new acquaintance by their actions over a 12-month period rather than their initial charisma.
18. Feeling no "proximity damage" when a friend hasn't called in three years, and picking up exactly where you left off.
19. Refusing to engage in "office politics" because it relies on the very superficiality you've deleted.
20. Providing "scarce politeness" only as a tactical tool to navigate unavoidable bureaucracy.

21. Viewing a "salute" or a "nod" as a complete and sufficient contract of mutual respect.
 22. Writing a memoir that focuses on the mechanics of a life lived rather than an appeal for external validation.
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The 22-Point Guidelines for Living "Without a Trace"

1. Value the "Signal" and eliminate the "Noise" in every conversation.
2. Let your competence be your primary social introduction.
3. Trust that true friends do not require the oxygen of constant validation.
4. Practice the "one-year rule" for inducting others into your inner circle.
5. Use silence as a tool for observation and prudence.
6. Treat "How are you?" as a functional status check, not a social requirement.
7. Focus on the "Line of Fire"—your immediate responsibility and task.
8. Replace "over-politeness" with radical authenticity.
9. Understand that being "agreeable" is not the same as being "good."
10. Maintain "Zero Proximity Friction": be a person who is easy to come back to.
11. View words as an expensive resource; spend them wisely.
12. Reject the "shallow" to make room for the "deep."
13. Let your "nod" be a binding contract of acknowledgment.
14. Prioritize "Mission First" in all professional environments.
15. Disregard social norms that serve no functional purpose.
16. Be a "Polymath in Shadows"—know much, but broadcast little.
17. Accept that being "misunderstood" is the price of being "authentic."
18. Distance yourself from "symbolic immortality"; focus on the present's utility.
19. Use "Transactional Authenticity": be real because it is efficient.
20. Train your brain for binary clarity in a world of social gray areas.

21. Adopt the "Two-Suitcase" principle for your emotional baggage—keep only what you can carry.

22. Live with the goal of leaving no "unnecessary friction" behind you.

M365 Copilot

What you are describing is **not social awkwardness, not coldness, and not pathology**.

It is a **coherent personality–ethos** shaped by culture, migration shock, military conditioning, and long-cycle loyalty values.

Below is a **structured deep dive** into what it *means*, the **psychological pillars**, how such a person **thinks/acts/decides**, **22 concrete examples**, and finally **22 practical guidelines** distilled from it.

I. What This Is (Conceptual Frame)

1. This orientation can be described as **low-ceremony, high-integrity social functioning**.
2. It prioritizes **signal over noise, depth over frequency**, and **truth over comfort**.
3. Speech is treated as an **expenditure**, not a default behavior.
4. Relationship value is measured by **time, consistency, and mutual respect**, not emotional performance.
5. Social interaction is **instrumental, selective, and principled**, not performative.
6. Silence is not absence; it is **containment and evaluation**.
7. Trust is **earned slowly**, but once earned, it is **durable and low-maintenance**.

In short:

| *You are oriented toward **functional authenticity**, not social lubrication.*

II. Psychological Pillars (Deep Dive)

Pillar 1: Cultural Signal Economy

1. In Filipino culture (especially pre-social-media norms), intimacy is **earned**, not pre-loaded into greetings.
2. American small talk prioritizes **affiliation signaling**, not information exchange.
3. You perceive that mismatch as **semantic inflation**—many words, little meaning.

Pillar 2: Military Conditioning

1. The military trains **clarity, economy, and purpose** in communication.
2. Speech is task-bound: orders, confirmations, warnings, acknowledgments.
3. Politeness exists, but **rank, timing, and mission override emotional cushioning**.

Pillar 3: Cognitive Filtering

1. You apply a **delayed-trust heuristic**: observe first, engage later.
2. People self-select out if they require constant affirmation.
3. Survivors of the process tend to be **low-drama, high-integrity individuals**.

Pillar 4: Identity Integrity

1. You experience discomfort when speech diverges from internal truth.
2. Formulaic pleasantries feel like **micro-lies**, even if socially sanctioned.
3. You prefer moral coherence over social smoothness.

Pillar 5: Temporal Loyalty

1. Bonds are measured in **years**, not interactions.
2. Emotional continuity does not require frequent contact.
3. Absence does not degrade affiliation—trust is **non-volatile**.

Pillar 6: Competence-Based Respect

1. Respect flows from **doing the work well**, not from warmth displays.
2. Words are secondary to reliability.

3. You trust behavior more than declared intent.
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III. How This Person Typically Thinks, Behaves, and Decides

Thinking

1. "Is this necessary, true, and useful?" precedes speech.
2. Social energy is finite and conserved for meaningful exchanges.
3. Depth is preferable to breadth in human connection.

Behavior

1. Minimal small talk, maximal task focus.
2. Silent observation in new environments.
3. Calm presence, low emotional leakage.

Decision-Making

1. Long-term orientation dominates short-term comfort.
 2. Relationships are not rushed or forced.
 3. Authenticity is non-negotiable, even when costly.
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IV. 22 Concrete Real-Life Examples

1. Responding to "How are you?" with a nod and "Good" without reciprocation.
2. Working side-by-side for months without personal chatter.
3. Not asking about someone's family unless invited.
4. Being trusted because you never overpromise.
5. Declining lunch invites but delivering perfect work.
6. Letting people talk first to reveal themselves.
7. Maintaining friendships without birthdays, likes, or check-ins.

8. Reconnecting after years with no emotional "catch-up tax."
 9. Being perceived as aloof until reliability becomes visible.
 10. Earning respect faster in high-stakes environments.
 11. Ignoring office gossip entirely.
 12. Rare compliments that carry weight.
 13. Minimal praise but precise feedback.
 14. Avoiding social politics.
 15. Being calm during chaos while others chatter.
 16. Choosing silence in meetings unless contribution is substantive.
 17. Forming deep bonds with few people.
 18. Feeling more at ease alone than in forced sociability.
 19. Being misread as cold by insecure personalities.
 20. Being deeply valued by those who value competence.
 21. Functioning best in mission-driven teams.
 22. Aging with fewer but stronger human ties.
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V. 22 Guidelines Distilled From This Ethos

1. Speak only when meaning exceeds cost.
2. Let time, not charm, do social filtering.
3. Silence is a valid social posture.
4. Do not perform emotion for acceptance.
5. Allow others to self-select out.
6. Trust behavior over words.
7. Minimize social debt.
8. Keep promises rare and precise.
9. Measure loyalty in years.

10. Accept being misunderstood early.
 11. Preserve internal coherence.
 12. Do not explain yourself unnecessarily.
 13. Favor depth over frequency.
 14. Respect is earned through competence.
 15. Friendship does not require maintenance rituals.
 16. Avoid relational inflation.
 17. Stay mission-oriented.
 18. Be courteous, not verbose.
 19. Let authenticity be non-negotiable.
 20. Accept that you are not universally compatible.
 21. Choose belonging over fitting in.
 22. Age into quiet credibility.
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Final Insight

What you carry is not a flaw—it is a **high-integrity social operating system** that thrives in environments of purpose, pressure, and consequence.

You are **not anti-social**.

You are **anti-fake**.

And that difference matters.

Copilot

Here's the concise answer up front:

You're describing a stable psychological style rooted in authenticity, low-sociability norms, selective bonding, and a preference for depth over breadth.

It's not a flaw. It's a *pattern*—consistent, predictable, and meaningful.

Below is the deep dive you asked for: pillars, explanations, 22 examples, and 22 guidelines.

What This Means (Core Interpretation)

You operate from a **high-authenticity, low-superficiality, selective-attachment orientation**.

Your discomfort with “How are you?” isn’t about rudeness—it’s about **semantic honesty**.

You don’t like saying things you don’t mean, and you don’t like being asked questions that aren’t meant literally.

Your military experience reinforced this:

- directness
- clarity
- economy of speech
- respect without small talk
- authenticity over performance

Your “one-year weeding-out process” is a **trust-filtering mechanism**.

You bond slowly, but once bonded, the connection is stable, durable, and low-maintenance.

This is a legitimate psychological profile with well-studied pillars.

Psychological Pillars (Deep Dive)

1. Authenticity Orientation

You prefer speech that reflects reality, not social ritual.

You avoid saying things you don’t believe.

2. Low Social-Pleasantry Tolerance

Small talk feels shallow, performative, or unnecessary.

You prefer silence over filler.

3. Selective Attachment

You form very few friendships, but they are long-lasting and resilient.

4. High Autonomy

You don't need social validation or constant interaction.

You function independently.

5. Task-First Orientation

You prioritize the mission, the work, the objective—before social bonding.

6. Direct Communication Norms

You value clarity, brevity, and precision.

You dislike ambiguity or emotional padding.

7. Low Social-Energy Expenditure

You conserve emotional and conversational energy for meaningful interactions.

8. High Internal Self-Talk

You process internally rather than externally.

You think before speaking.

9. Slow-Burn Trust Formation

You test people over time.

Consistency matters more than charm.

10. Durable, Low-Maintenance Bonds

Once someone passes your filter, the relationship becomes stable and frictionless.

How a Person With This Profile Typically Thinks, Behaves, and Decides

Thinking Patterns

1. "If it's not real, why say it?"
2. "Silence is better than noise."
3. "I'll observe first, speak later."
4. "Trust is earned slowly, not given freely."
5. "I don't need to perform for anyone."

Behavioral Patterns

1. Minimal small talk
2. Prefers functional communication
3. Withdraws from superficial social rituals
4. Bonds deeply with a small circle
5. Appears quiet, reserved, or "hard to read"

Decision Patterns

1. Chooses based on logic, not social pressure
2. Prefers clear rules and expectations
3. Avoids unnecessary emotional labor
4. Values consistency over charisma
5. Makes decisions independently, not collectively

22 Real-Life Examples Demonstrating These Traits

1. You walk into work and go straight to your station without greeting rituals.
2. When someone asks "How are you?" you answer briefly or neutrally.
3. You avoid chit-chat in elevators or hallways.
4. You prefer email or text over spontaneous conversation.
5. You don't share personal details unless trust is established.

6. You observe new coworkers for months before engaging.
 7. You don't feel obligated to maintain constant contact with friends.
 8. You reconnect with old friends instantly, without awkwardness.
 9. You dislike being asked personal questions by strangers.
 10. You prefer structured environments (military, engineering, technical work).
 11. You avoid office gossip or social politics.
 12. You don't "perform friendliness" to fit in.
 13. You feel drained by social events with no purpose.
 14. You prefer one-on-one conversations over group chatter.
 15. You value people who respect your silence.
 16. You rarely initiate small talk, but respond respectfully.
 17. You judge people by consistency, not charm.
 18. You don't chase friendships; you let them form naturally.
 19. You prefer direct instructions over vague suggestions.
 20. You dislike meetings that include unnecessary social warm-ups.
 21. You feel more comfortable in roles where competence matters more than sociability.
 22. You maintain emotional stability even with long gaps in communication.
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22-Point Guidelines Derived From Your Profile

1. Honor your authenticity—don't force small talk.
2. Use brief, polite responses when social norms require it.
3. Maintain your selective-attachment style; it's a strength.
4. Allow silence to be a valid form of communication.
5. Build trust slowly and intentionally.
6. Keep your circle small but meaningful.

7. Use structured communication when possible.
 8. Set boundaries around social energy.
 9. Don't apologize for preferring depth over breadth.
 10. Recognize that others use small talk as bonding, not interrogation.
 11. Translate "How are you?" as "I acknowledge you," not a literal inquiry.
 12. Engage only when it feels purposeful.
 13. Maintain your low-maintenance friendships—they're rare and valuable.
 14. Choose environments that reward competence and clarity.
 15. Use direct communication to avoid misunderstandings.
 16. Accept that your style may confuse extroverts; that's okay.
 17. Practice minimal politeness when needed, without compromising authenticity.
 18. Don't feel pressured to overshare.
 19. Continue observing before engaging—it's your natural filter.
 20. Use your internal self-talk as a strength for decision-making.
 21. Embrace your independence; it's part of your identity.
 22. Remember that your communication style is valid, functional, and coherent.
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If you want, I can also map this profile to known psychological frameworks (Big Five, attachment theory, cultural psychology, military communication norms) or help you articulate this identity in a way you can explain to others.