

Remove your toys

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Offense

An invisible black hole, which is tightened by our time, joy, calm and sound look at things. And instead of them, emptiness remains and the endless experience of the same feelings without the right to early liberation. Insured it easy to get stuck, returning again and again to the same

In suffering, the time is painfully stretched, and the power is melting, like a piece of ice on the sun. At some point you can find that we spent the clock in this state, never lived for yourself. But spend all your offense

This is a non-disabilities, is it not true?

Each person from birth has a simple set of major emotions. A set of universal and reminds jars with yellow, red and blue paint, mixing which you can get all the other colors. Mix yellow and blue colors

we get green, add a little yellow

We get orange and so on. It is about the same and with a variety of such fine mattresses as experiences. Different combinations of basic emotions make up the basis of our rich inner life.

Such emotions of all (or integer) eight: pleasure, interest, surprise, grief, anger, fear, disgust and shame. With shame, by the way, the question is controversial

Is it really innate or raised under the guidance of adults from an early age. In favor of what shame

This is a product of education, says the fact that with the help of this feeling is regulated by the relationship between people. What is put on the taboo, do scary and ashamed, that is, shame

This is a signal checkbox that cannot be done. But back to the rest of the emotions from the list

Some of them can be seen already in a newborn (for example, anger, pleasure, fear), some appear a little later (surprise, grief and so on). Offense appears in a person's life at the age of about six months, and fixed at the age of two

Three years. She captures considerable territories of our inner world under different faces

Update you need to know in the face! Element of etiquette

Offense

Easy and elegant form of regulation of relations between people. If you do not do, as I want,

I'm offended!

This simple manipulation formula is often absorbed by the baby directly from the parents. Remove the toys, and then my mother will be offended, eat all the soup, and then the grandmother is offended by such appeals broadcast the child such a rule: it will be good and devotees only if you satisfy adult expectations. Don't justify other people's expectations

So offend this person. Although expectations are it with what? This is my life, my needs and desires, my actions.

It is important to say that the resentment as a reaction to unpleasant behavior can be quite reasonable and understandable. There are specific rules of behavior in society, and their violation causes a natural emotional reaction. This reaction is justified

Someone violated your rights, and you experience displeasure because of this. Since in our society anger

This is a semi-alibi emotion, then insult (that is, anger, directed both outside and inside)

It becomes such a sugar substitute, acts as a socially approved surrogate of anger. Human resentment as a social skill is justified in cases where someone is cunning violated the public rules of the game and you suffered from it. Since childhood, you clearly understand, in what cases you need to be offended, and in what

no. As well as you understand, in what form you can apologize to you, and absorb the formula on fools do not take offense. But there are cases when the ability to be offended is distorted, takes grotesque and inadequate forms. And these faces of exaggerated resentment are probably familiar to you:

demonstrative insult, which does not match the scale with its cause;

The conviction is that the person inflicted the injured by the insanity specifically, intentionally, understanding all its consequences. Vera in the fact that the person acted consciously, sometimes wounds us much more than the content of his actions. And it is very difficult to recognize that this happened by chance. Error attractions

In domestic psychology, the approach to understanding the offense from the standpoint of the theory of sanogenic thinking is popular. The author of this approach, Yu. M. Orlov, describes a resentment as an emotional reaction caused by non-compliance between the expectations and the real behavior of the Communication Partner. That is, we yourself came up with the frameworks and

requirements for the partner, and then they themselves are offended when he did not fit. The basis for the resentment becomes the result of three thought operations: building expectations, observation of real behavior and comparison. From this formula you can withdraw a simple rule of habit

Do not wait for many people, and rejoice in what is. It often turns out to be important to realize the unrealisticness of their expectations. After all, indeed, it is very pointless to wait from the student that he will pass the abstract on time; wait from the teenager that he will keep the room clean; Wait from the mother-in-law, that it will share your picture of the world with you, and so on. In addition, it is not historically refused to interpret someone else's behavior. You

Its truth, the rest

its. Why they should act as if they were in their head

Your brain, and in the chest

Your hot beloved heart? Marker difficulty

We can consider our relationships with others cloudless and wonderful until they are offended by something (really happened or us creatively intimidated). And then it turns out that these others

Indeed others, with their feelings, thoughts, actions and needs. And while they did not cause negative emotions in you, you, in fact, did not see them entirely, I am satisfied with your projections and fantasies. Resentment and conflict caused by it

It is a chance to meet with another person face to face. Moreover, insult

It is a chance to meet with yourself, because it marks the presence of a painful place. Could fly by passing, but no

hooked and tormented. Protective mechanism

Resentment of the multipath. It may be a point of growth, self-knowledge and improvement, and can serve as a disguise for a really existing problem. This is happening in cases where the surrounding are trying to push you with an impartial fact of your reality. For example, that you do not keep your word, or behave selfishly, or greeing, or refuse to help. And then, having met with the reaction of others on our ugly behavior, we hurry to come offense, like in armor, and keep it, refusing to look at things. The more truth in criticism from the side, the stronger the experience. And the more we are angry for the fact that we were painted.

Take offense

Normally and at the same time abnormally: depending on what and how. But if you explore the works

of great thinkers, you understand that they do not put offense. It is not valuable from the point of view of eternity and universal harmony, what to say.

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Protective mechanisms of behavior biddapsychological plants