



Psychology of success

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Psychology of success

*Success is the ability to quickly achieve
correctly chosen goals.
(author)*

The one who measured success with money was mistaken right away. Money can be a tool for achieving a goal, but it cannot be the goal itself, because it is an intermediate component for satisfying needs. The objective components of success are:

- choosing the right target;
- striving for a goal;
- healthy psyche and self-esteem.

The right choice

Personal Values Compass

Success is a subjective concept. For one, it is a career boost, for another, a strong family, for a third, creative self-realization. But what unites all these different ideas about success? Having a goal. And not just a goal, but a goal chosen consciously, in accordance with deep convictions and values. After all, it is the correct choice of goal that becomes the basis for achieving true, long-term success.

It is easy for an unprepared person to lose their bearings and succumb to the influence of external factors. Market conditions dictate popular professions, fashion imposes a certain way of life, and society broadcasts its own, often superficial, values. But thoughtless following of these trends is a direct path to disappointment and a feeling of inner emptiness. True success is born from within. It begins with an honest conversation with yourself, with the awareness of your true desires and needs. At the moment of choosing a goal, it is necessary to discard everything that fetters freedom of thought and will: conformism, forcing you to adapt to other people's expectations; fanaticism, depriving you of critical thinking; alcoholism and other addictions that dull feelings and distort the perception of reality; herd instinct, pushing you to rash actions.

A mistake in choosing a goal is a costly mistake that can lead to years of wasted time, disappointment, and loss of self-confidence. To avoid this, you need to carefully analyze your motives and make sure that your desires are sincere.

How not to make a mistake in choosing a goal?

First of all, you need to determine the source of your desires. Where do they come from? Are they ideas imposed from outside or a sincere desire of the soul? It is important to be aware of your personal spiritual values, to understand what is truly important and significant for you.

Ask yourself a few key questions:

- **Is this goal of mine really what I want?** Answer honestly, without trying to please anyone or live up to someone's expectations.
- **Will it make me feel better?** It's not just about material well-being, but also about inner satisfaction, a sense of happiness and harmony.
- **Who around you will benefit from this?** True success is impossible without a positive impact on others. Your goal should benefit not only you, but the world around you.

Hidden Goals

Hidden goals are the deep meaning behind a goal, its underlying significance, and the true underlying reasons that influenced the choice of goal.

Example:

The goal of becoming rich is set. The question arises: why? It turns out that the person wants to receive more respect from others. This, in turn, is connected to hidden complexes, the root of which is a lack of self-respect. Money will not guarantee self-respect; on the contrary, it can exacerbate its manifestations. The true goal will remain unachieved, and true success will not be achieved.

Or it turns out that the underlying cause is simple greed, underpinned by fear, somehow related to money. In this case, even after acquiring a large sum of money, fear and greed will remain. But can a person who simply feeds their greed be considered successful? To identify hidden goals, you need to repeatedly ask yourself: "Why?", "For what purpose?", "For what purpose?"

It is true that choosing a goal is not a one-time act, but an ongoing process of self-knowledge and self-improvement. The world is changing, and we are changing with it. It is important to periodically review your goals, assess their relevance and compliance with your values. This is the only way to stay on the right path. Once you realize that the chosen goal really corresponds to your values and desires, you can begin to take consistent actions.

When choosing a goal, you need to rely on your own beliefs, principles, your entire set of desires and key life values and priorities. A person choosing a goal cannot allow their choice to depend on the market situation, fashion or the momentary "values" of society. Having made a mistake in choosing a goal, a person achieves the goal, but does not achieve success.

Inner freedom is the foundation of conscious choice

In a world full of opportunities and temptations, the ability to make a conscious choice becomes a key skill for achieving success and personal happiness. Undoubtedly, internal personal freedom of a person is necessary for the correct choice of goals. Freedom can be defined as the ability to make a choice independently, without being subjected to coercion or manipulation. However, external freedom, expressed in the absence of restrictions from society or the state, does not always guarantee internal freedom. It is internal freedom, freedom from one's own fears, complexes and imposed beliefs, that is the true foundation for conscious choice and achieving goals.

Born free, a person is initially the master of his actions and thoughts. This means that he has the right to know what he does and why, and the right to know what he thinks and why. He must be able to separate his real desires from desires imposed by society, advertising or even loved ones. A person has the right to know exactly not only what he wants, but also why he wants it. And it is necessary to know this in order not to confuse the goal and the means, so as not to chase mirages that seem attractive, but ultimately lead to disappointment and a waste of time.

What else is internal freedom needed for? To not lose the right to choose, to be able to define and reject imposed values, to clearly understand what is truly valuable to you, to know your goals and the paths that lead to them. To make your own choices, and not to submit to the choice made by someone else. To not waste your resources on the implementation of alien tasks, on the realization of alien ambitions. To be a person, and not one of the "robots" controlled from a single center, deprived of individuality and the ability to think independently.

However, a person whose expression of will is influenced by his psychological problems is not free. Fears, anxieties, complexes, unresolved internal conflicts - all this fetters the will, distorts the perception of reality and prevents making balanced decisions. Accordingly, to gain freedom, it is necessary to get rid of all psychological problems. Which is personal growth. Personal growth can be defined as the process of getting rid of problems in the psyche and gaining complete mental health. This is the path to awareness, to understanding your true needs and desires, to the ability to manage your emotions and thoughts. This is work on yourself, which requires time, effort and, perhaps, the help of specialists. But the result is worth it - the acquisition of inner freedom, which allows you to live a full and rich life.

A free person chooses himself, an unfree person is chosen. An unfree person is left with only the illusion of choice, the illusion of freedom. He may think that he makes decisions independently, but in reality his actions are dictated by fears, complexes and imposed beliefs. He may strive for goals that he does not really need and spend his life achieving other people's ideals. It is safe to say that inner freedom is a necessary condition for consciously choosing goals and achieving success in life. This is the foundation on which a happy and fulfilling life is built, filled with meaning and satisfaction. Therefore, investing in personal growth, getting rid of mental problems and finding inner freedom are the most important and valuable investments a person can make in his life.

The first step to freedom.

1. Just answer the questions honestly every time you have a desire: "Do I really want this? Why do I want this? Is this really necessary now? Who will benefit from this?"

2. Sometimes ask yourself questions: "What am I thinking about now? Why am I thinking about this? What will be the result of me thinking about this?"

Inner freedom allows us to:

- Identify your true values: Understand what is truly important to us, what brings us joy and satisfaction.
- Become aware of your needs: Separate real needs from artificially created desires.
- Choose goals that match our values and needs: Set goals that will contribute to our personal growth and self-realization.
- Take responsibility for your choices: Realize that we are the creators of our own lives and take responsibility for our decisions.

Inner freedom is not a given, but the result of constant work on oneself. Its development requires:

- Self-analysis and reflection: Constant analysis of your thoughts, feelings and actions.
- Critical thinking: The ability to analyze information, question generally accepted norms and beliefs.
- Developing mindfulness: The ability to be present in the present moment and be aware of your feelings and experiences.
- Surrounding ourselves with people who support our freedom and growth: Avoiding toxic relationships and environments that suppress our individuality.

Inner freedom is a prerequisite for conscious goal setting and a happy life. It allows us to be masters of our destiny, to choose goals that correspond to our true needs and values, and to live in accordance with our individuality.

Freedom is what reason allows

There are two remarkable statements:

1. "Reason is a good friend, but a bad master" (*modern English*) ;
2. "If you want to subjugate everything to yourself, submit to reason" (*ancient Roman*) .

At first glance, they may seem contradictory. But they are not contradictory, they simply complement each other.

Conventionally, we can identify three parts of the mind.

The instinctive mind is the part of the mind aimed at survival: food, sleep, earning money, overtaking the person walking next to you, and so on. One of the manifestations of the instinctive mind is *cunning* . This part of the mind forms primitive desires. The basis is genetic factors. Here it is necessary to remember that only a person who controls his desires can be free. A person who is controlled by his instinctive impulses cannot be free, by definition, because a slave of his desires cannot be free, but their master is free. The development potential is low. The behavior of people with a predominance of the instinctive part of the mind is stereotyped. Their reactions to various situations are a set of behavior patterns copied somewhere or sometime. Therefore, their behavior is very uniform. Such people are often distinguished by flattened thinking and impoverished, shallow emotions.

The logical mind is the part of the mind responsible for the ability to perceive and analyze information with its subsequent synthesis. This means to obtain, accumulate and divide information into components — "bricks", and then assemble something new from these "bricks". This is creativity. Moreover, the smaller the bricks, the higher the "pilotage". In other words, the ability to draw conclusions based on the information received and assimilated. Logical thinking, common sense. Popularly called *the mind*. The potential for development is enormous. The logical part of the mind is responsible for the presence of conscious beliefs in a person. Logic, logical thinking is the basis of a healthy psyche, and an indispensable assistant in the correction of mental disorders.

Spiritual intelligence is the part of the intelligence responsible for a person's ability to perceive and transmit information using their spiritual components, and is the source of *intuition*. A multifaceted concept. It is nourished by high human feelings, such as gratitude. The potential for development, in the general human understanding, is infinite. It is the source of the desire for an idea, the definition and worship of an idea. In the case of underdevelopment of the spiritual intelligence, a person becomes bored. Boredom, in turn, leads to excesses. Excesses lead to the degradation of the spiritual intelligence.

These three parts are three sides of a single whole. Sometimes they can conflict with each other, but the decisive factor is the conscious choice of a person. In general, the mind is the most powerful tool, and it is stupid not to use it to the fullest extent. At the same time, do not forget that the mind is not you, it is your assistant. A unique primary assistant with which you correctly define your goals and achieve them.

To gain inner personal freedom, you need to learn to analyze your behavior. Which parts of the mind have the greatest influence on behavior? Are key behavioral features most influenced by genetic or acquired factors? To what extent did this influence the choice of goal and is it comparable to the goals set? Will this behavior make it easier to achieve the goal?

Intelligence

It has long been noted that smart work leads to achieving goals to a greater extent than hard work. Persistence is certainly valuable, but without a clear plan and understanding of the essence of the task, it risks turning into running in circles, exhausting and fruitless. Smart work involves analysis, planning, optimization and, importantly, the ability to stop in time and reconsider the strategy if it does not bring the desired results. It's like a game of chess: you can persistently move pawns forward, but without strategic vision, checkmate is inevitable. Or you can, having thought through each move, use resources effectively and achieve victory, even with fewer pieces.

There are many definitions of intelligence, but none of them reflects its entire essence. Since intelligence is a general concept, its definition can also be general. Intelligence can be defined as a person's ability to demonstrate the properties of his mind. The main task of intelligence is to perceive, accumulate and systematize information. Accordingly, the main components of intelligence are memory and logical thinking.

There is a trend now to reduce intelligence tests to tests of systemic thinking. Such a substitution helps people develop skills, but not knowledge. Ingenuity, resourcefulness and

systemic thinking are manifestations of intelligence. Human intelligence is their ability to work with information and use it to achieve their goals, for example, to develop consciousness.

Systems thinking is the ability to determine the principle of construction or operation of various logically ordered systems. The ability to see the whole picture, and not its individual fragments.

A system is a set of interconnected elements that form a single whole and function to achieve a specific goal.

Systems thinking is not just a set of tools or techniques, but rather a way of thinking that allows us to:

- Understand relationships. Instead of looking at individual elements in isolation, systems thinking allows you to see how they interact with each other and affect the system as a whole.
- Identify cause-and-effect relationships. A systems approach helps you identify the root causes of problems rather than just treating their symptoms. It helps you understand how one action can lead to a chain of consequences.
- Predict system behavior. By understanding the structure and dynamics of a system, we can anticipate its response to various influences and make more informed decisions.
- Find optimal solutions. Systems thinking allows you to take into account all the factors that influence the system and find solutions that will be effective in the long term.

Key principles of systems thinking:

- Integrity. A system is more than the sum of its parts. It is important to view the system as a whole, not as individual elements.
- Interconnectedness. All elements of the system are interconnected and influence each other. A change in one element can lead to changes in the entire system.
- Feedback. The system receives information about its results and uses it to adjust its activities.
- Hierarchy. Systems can be nested within each other. For example, the human body is part of an ecosystem.
- Dynamism. Systems are constantly changing and evolving.

Skills are good, but when they replace knowledge, a person becomes like a robot controlled by radio. In the normal mode of its existence, the mind is constantly developing. For this, it requires a thought process of a certain intensity. The material for the thought process is information. In the absence of the required amount of information, thinking begins to flatten, critical thinking weakens, and a person becomes more controllable.

Critical thinking is the ability of the mind to deeply and quickly analyze incoming information.

Critical thinking is not just questioning everything. It is an active and conscious process of understanding, evaluating, and interpreting information to form an informed judgment or make an informed decision. It is the ability to ask the right questions, identify hidden assumptions, evaluate evidence and logical connections, and consider different points of view.

Why is critical thinking so important?

- Protection from manipulation. In a world where disinformation and propaganda have become commonplace, critical thinking allows us to recognize manipulative techniques and avoid falling victim to deception.
- Making informed decisions. Whether choosing a product at the store, making an important decision at work, or forming political views, critical thinking helps us analyze the pros and cons, assess risks, and make decisions based on facts rather than emotions or prejudices.
- Developing creativity. Critical thinking is inextricably linked with creativity. By analyzing existing solutions and identifying their shortcomings, we can generate new, more effective and innovative ideas.
- Improved communication. Critical thinking helps us express our thoughts clearly and logically, argue our point of view, and interact effectively with others.
- Personal growth. By constantly questioning our beliefs and analyzing incoming information, we expand our horizons, become more open to new ideas, and develop as individuals.

A person's behavior depends on his unconscious and conscious beliefs, and the situational process. The absence of critical thinking can lead to a distortion of the perception of situations, which in turn will lead to a distortion of behavior. In this case, a person, without realizing it, can refuse the right to choose, and therefore from personal freedom.

Quick test of spiritual intelligence.

1. *What made Socrates choose execution?*
2. *What did Pushkin's robber brothers "kicked out"?*
3. *What, in the end, turned out to be stronger than Rodion Raskolnikov's false idea?*

Conscience

The most powerful manifestation of spiritual intelligence. Perhaps conscience is a product of a person's ability to perceive information that is constantly in space. The manifestation of this ability can be different: from a wise prompter to a persecuting tormentor.

Conscience, as a tool, cannot be ignored when achieving one's goals. Those who forget about conscience when achieving their goals are threatened with retribution. Conscience is a reward, a teacher, and a savior. A component of a person that sometimes turns out to be stronger than the person himself.

There can be no deals with conscience. Conscience, if it exists, will sooner or later always find and punish, because it is both a judge and an executor. And the punishment will not be meaningless: there is simply no more meaningful punishment than punishment from conscience.

The punishment she assigns can be different:

- Torments of conscience. Insomnia, anxiety, guilt, constant self-digging — this is only a small part of what can befall a person who has betrayed his principles.
- Loss of self-esteem. Loss of faith in yourself, a feeling of insignificance and unworthiness is a severe blow to self-esteem, which can lead to depression and apathy.
- Destruction of relationships. Lies and betrayals committed in order to please one's conscience inevitably destroy trust and lead to a breakdown in relationships with loved ones.
- Loss of Opportunities: Conscience can deprive us of the opportunity to move forward, develop and achieve success because internal conflict takes away energy and motivation.

Punishment of conscience is the most meaningful punishment. Unlike legal sanctions, which may be unfair or unfounded, punishment of conscience is always deserved. It is aimed at correction, at returning to true values. It makes us rethink our actions, admit our mistakes and strive for redemption.

Redemption is a long and difficult journey, but it is necessary to restore your peace of mind. It requires honesty with yourself, an admission of guilt, and a willingness to change. And only by going through this journey can you find forgiveness and feel worthy again.

It is true that conscience is not an enemy, but an ally. It helps us to remain human, not to lose our moral compass, and to live in harmony with ourselves and the world around us. Therefore, before making a deal with your conscience, it is worth thinking carefully about the consequences. After all, the price for betrayal may be too high. It is better to live in harmony with your conscience than to suffer from its reproaches later.

Why does Man, having such powerful tools, remain unfree? There is a well-known opinion on this matter:

“Most people do not really want freedom, because it implies responsibility, and responsibility frightens most people” (*Z. Freud*).

Can fear of responsibility make one unfree? And fear of not living up to someone's expectations? And fear of failure or fear of making a mistake? Maybe fear of large, vaguely outlined objects? It is obvious that fears, or, more precisely, their source - Fear - can make a person unfree. Fear can be a companion of the bravest, outwardly, people. Some people live by it, often using it instead of conscience, not realizing that they are giving up freedom.

To choose the right goal, it is necessary to use all the tools available to a person, including logical thinking, intuition, conscience, accumulated experience, and also to have free thinking and independence from external time conditions.

Striving for a goal

Desire is a conscious need for something. This is when we clearly understand what we want and can formulate it in words.

An unconscious desire is more of an instinctive impulse. We may not understand why we are

drawn to certain things, why we experience certain emotions, or why we make certain decisions.

For example,

- An inexplicable craving for a certain color or smell.
- A feeling of discomfort in a certain situation, for no apparent reason.
- A persistent desire for a certain type of relationship, even if it turns out to be destructive.

Intention is the determination to take action to achieve a chosen goal. Intention focuses your energy and attention on a specific goal.

Aspiration is defining and executing planned actions to achieve a chosen goal.

The desire for a correctly set goal is the desire for success. Purposefulness must be reasonable. The desire for a goal must be accompanied by focusing on the successful achievement of the set tasks, the chosen goal.

The main principle in the pursuit of success can be called "Easy and Simple". This applies more to feelings than to actions, although to actions too. You cannot desire a goal too passionately. You cannot want it too much. This is especially true in cases where the goal is associated with achieving social status and obtaining material benefits. You just need to focus on the goal and take graceful actions in the direction of achieving it. All the strength from desire must go into aspiration. While desire fades, aspiration remains strong and stable.

The next very useful principle can be voiced: "I am lucky." It needs to be brought to the level of deep conviction. To do this, you need to consciously focus on your successful achievements, and feel each successful achievement of the goal. This feeling of a small victory needs to be remembered and developed in yourself. It helps to tune in to luck, expect success and be confident in its achievement. Then you can boldly set ambitious goals for yourself, but at the same time look at things realistically and not overestimate your strengths.

The subconscious will focus your attention on failures because it will evaluate them as more dangerous situations. Failures should be treated as steps on the path to success. Failures will occur at least because people tend to make mistakes. They are necessary for a person to evaluate and analyze their actions, deeds and their direction. In case of failure, it is necessary to simply analyze the reasons, learn lessons and move on, without dwelling on the negative experience. The strength of your feelings should be given to successes. You should not try your best to avoid failures, because in this case the energy is directed not at achieving victory, but at protecting against potential defeat, which ultimately leads to failure.

Another useful principle: **Enjoy the process of achieving your goal**. Enjoy it immediately, don't wait until the goal is reached. If any activity on the path to achieving your goal seems boring, you can easily make it engaging, even fun. To do this, you need to consciously send a signal to your mind that this activity is engaging, and enjoy it. By making the journey toward your goal enjoyable, you not only increase productivity, but you're already more than halfway there.

Another very important principle to remember: **Hurry slowly**. When a person is in a hurry, they accomplish a lot, but lose precision. If they take their time, they hit their target more often.

The path to achieving the goal:

- **You can calculate the timeframe.** Determine a realistic time frame for achieving the goal, taking into account your capabilities and resources.
- **You can calculate the forces.** Assess your strengths and weaknesses, determine what skills you need to develop to achieve your goal.
- **You can set intermediate goals.** Break a big goal into smaller ones, the achievement of which will motivate and support you on the path to success.
- **You can define methods for achieving goals.** Develop a clear action plan, identify the necessary resources and tools.

Condition of a healthy psyche

Only he is free who can afford not to lie.

The main cause of most psychological problems is lack of love, care and attention:

- in early childhood;
- here and now.

Not all mental problems come from childhood. Here and now, a person can also create a problem for himself if he rejects the natural in favor of the unnatural. Base human qualities, such as envy and meanness, grow on the soil of a lack of love for people, and contribute to the emergence of mental disorders, often being a necessary condition for their appearance.

Lie

In computer science, a lie is unreliable information. False facts and information can be false. V. Stern defines a lie as a conscious false testimony, which serves to achieve certain goals by deceiving others. A lie can be in the form of an action or inaction. For example, concealing facts can also be defined as a lie.

Can be divided into two types:

- lying to the outside world;
- lying to yourself.

The following two types:

- conscious lie;
- unconscious lie.

The more a person lies, the faster and stronger it becomes his habit, the more difficult it is for him to give up lying. Over time, lying becomes so strong that a person becomes dependent on it, which means he becomes unfree. There is also a feedback loop, so unfreedom in turn is the cause of lying. Therefore, lying is a companion of the most dangerous addictions.

The liar thinks that lies give him power, but in reality they only build a prison of mistrust around him. Each lie is a brick, and soon he finds himself locked in a fortress where even the truth echoes a lie. He thinks he is in control by weaving a web of deception, but he forgets that the web is sticky for him too. And the more he lies, the harder it is for him to escape, the more entangled he becomes in his own web. In the end, the liar is left alone with his lies, a king in a kingdom where there are no subjects, no faith, only the cold wind of doubt and the bitter taste of defeat.

In addition, a lie is the main condition for the emergence of a mental disorder, it comes along with fear, where love should be. Accordingly, the main condition for a healthy psyche is HONESTY. The meaning of this topic is well shown in the film "The Magnificent Scam" based on the book by Eric Garcia. The main character of the film, having rejected the natural — to live in love, chose the unnatural — to live in a lie. Despite all his external solvency and success, he suffers from a mental disorder and experiences great torment, not finding a remedy that could help him. His friend helped him, who made him "lighter" by a million dollars and accidentally reminded him of his love for people. As a result, the main character remembers the natural state for a person, and becomes a mentally healthy, happy person.

The most harmful and dangerous lie for the psyche is an unconscious lie to oneself. It is this kind of self-deception that can lead to distortions of logical thinking, which in turn leads to the most problematic disorders in the psyche. This lie, penetrates into the very depths of consciousness, poisoning the perception of reality and replacing true feelings with false ones. A person mired in self-deception begins to build his life on a shaky foundation of illusions, denying obvious facts and ignoring internal discomfort.

He may convince himself that he is happy in a relationship that has long since outlived its usefulness, or that a job that brings only disappointment is his calling. He may deny his weaknesses and shortcomings, hiding behind a mask of perfection, or, conversely, exaggerate his suffering in order to attract attention and avoid responsibility.

The consequences of such self-deception can be devastating. A distorted perception of reality leads to wrong decisions, which in turn aggravate problems and create new ones. A person loses touch with the real him/herself, becomes a hostage of his/her own illusions and moves further and further away from the opportunity to find true happiness and harmony. Ultimately, unconscious lying to oneself can lead to depression, anxiety disorders and other serious mental problems that require professional help.

Highly developed logical thinking is the main sign of an intelligent person. An intelligent person is used to being honest. An intelligent person is accustomed to being honest. Honesty, in turn, creates trust, and trust is the foundation of strong relationships, both personal and business. For an intelligent person understands that the short-term benefit of deception is insignificant compared to the long-term benefits of a reputation as a reliable and decent partner. Moreover, an intelligent person realizes that deception ultimately deceives him,

distorting his perception of reality and depriving him of the opportunity to learn from his own mistakes. After all, only an honest analysis of the situation allows you to learn a valuable lesson from it and avoid repeating mistakes in the future. And this, in turn, leads to even greater development of logical thinking and, as a result, to even greater wisdom.

Inner personal freedom is found in those who are not bound by the fear of exposure, not burdened by the need to maintain a false image, not forced to weave a web of deception in order to survive or succeed. Freedom here is not only the absence of external restrictions, but also the inner purity that allows you to speak the truth, even when it is inconvenient. It is the courage to be yourself, without masks and pretense, knowing that truth is the strongest support.

An important and effective exercise for mental health.

Just try to remember your very first feelings in life. The very first thing you remember. Feel these feelings again, live them again.

The exercise gives a colossal effect

Dependencies

*Looking at the root of the catchphrase: "A sober person is doomed to success",
It can be clarified that "sober" in this case is
a person free from addictions.*

Perhaps the strongest manifestation of lack of freedom is dependence. A person who did not receive spiritual development in childhood, or who does not receive it now, is subject to various dependencies. He subconsciously fills the "empty places" with excesses and becomes dependent on them. Dependent people, as a rule, are people who are used by various industries. For example, manufacturers and sellers of psychotropic drugs, computer games, social networks, as well as owners of gambling establishments. Who, in turn, are not averse to using psychological techniques to develop certain hobbies and dependencies in people.

All addictions are very similar because they are the same in essence. When an addiction appears, the number of ways to get pleasure gradually decreases, down to one. And this single way, demanding ever greater offerings, gradually subjugates a person, depriving him of freedom. Over time, a person stops getting pleasure from his addiction, he increases the number of actions or substances taken, but does not achieve it. Instead, he gets strong displeasure in the absence of those very substances, and their use temporarily eliminates this displeasure. The process is transformed from the sequence: it was normal, I drank - it became great, into the sequence: it was bad, I drank — it became normal. Thus, a person voluntarily, imperceptibly for himself, becomes a slave, and for his own money and health, without receiving anything in return.

Computer game addiction

Passion for computer games can become an addiction. If certain specific, pathological symptoms associated with this passion are noted, and as a result of these symptoms, a person experiences pronounced social maladjustment, then in this case this passion is defined as a mental disorder.

Computer game addiction is covered in one large chapter called "Psychotropic Substance Addiction and Other Addiction Types." Next comes the section "Addictive Behavior Disorders." These include gambling addiction and computer game addiction.

Signs of addiction:

Constant preoccupation with computer games. The person thinks about playing all day long. He discusses various aspects of the game, is constantly in anticipation of the game.

Abstinence, or withdrawal symptoms, or, simply put, withdrawal. This is psychological or mental withdrawal. If a person is unable to play computer games that he is addicted to, he experiences various manifestations of psychological distress, such as irritability, anger, sometimes anxiety, despondency or other emotional disorders.

Tolerance. A person is addicted to computer games, he gets pleasure from it. But in order to get the same degree of pleasure from computer games, over time, he needs to get more and more involved in the game. Spend more and more time on computer games.

Unsuccessful attempts to stop gambling. Every time they try to do this, because of their obsession with the game, because they crave the pleasure again, their attempts almost always end in failure.

Loss of interest in other hobbies and activities. Due to the fact that a person is preoccupied with the game, he needs to devote more and more time to the game in order to receive the same degree of pleasure from the game. He loses interest in ordinary entertainment, and in the things that he used to do in life. Because of this, he has various social problems.

Continuing to play despite problems. But despite the fact that these problems arise, he does not retreat from his passion, continuing to do his "favorite thing."

Lies about the extent of his addiction to games. The addict constantly deceives both his loved ones who are trying to help him, and very often doctors, about the extent of his involvement in computer games. Convincing everyone that he is in complete control of the situation.

Using computer games to combat stress. The next very typical symptom is the situation when a person uses these computer games to relieve the stress of everyday life.

Social problems. Relationships at home and in the team are destroyed. The hobby has a negative impact on work and studies.

To determine addiction, five symptoms out of nine must be present for twelve months. The same symptoms are present in gambling addiction and drug addiction, you just need to replace one word.

Addiction to accumulating money.

Financial-accumulative addiction, financial trap — is an addiction to increasing the amount of one's money. Many people have a tendency to accumulate, but addiction develops under certain circumstances. For example, it can arise in an entrepreneur building his financial empire, or in an official taking bribes.

Often some people ask themselves: why does "such and such an official" need so much money? The answer to this question is sometimes unknown even to the official himself. And the answer is simple: he does not need money, he needs the process of accumulating it, because he enjoys it. Initially giving this activity a lot of attention and effort, over time such a person completely "gives himself" to this process. Neurotransmitters, mainly dopamine, are released in very large quantities for huge amounts.

Over time, a person stops getting pleasure from normal, natural things for a person, and gets it in horse doses only from the understanding that the amount of savings has increased. Moreover, the amount of savings itself is not important, there is still not enough imagination to spend this money. And even if there is enough, then in any case, the pleasure has already been received in full, and, on top of that. The process of accumulation is important, that is, the systematic increase in the amount. Thus, the means to achieve the goal becomes the goal itself. It is extremely important to overcome such an addiction, because it is not at all safe.

Fitness Addiction

An unhealthy attachment to performing sports exercises.

During and after performing sports exercises in the gym, a person feels a surge of energy and good mood. This is the result of the action of endorphins. The body regards physical activity in the gym as a fight for survival, and synthesizes substances that cause a surge of strength and affect the emotional state. Some people manage to abuse it here too - they "get hooked" on the hormones of joy and exhaust themselves in the gym to the point of exhaustion.

Social media

Political structures use social networks as a tool to influence public opinion, manage societies and form a value system. Perhaps this is why there is no direct definition of social network addiction in diagnostic systems. However, the new diagnostic system has such a definition as specific types of addiction, and this definition can also include addiction to social networks. Creators of computer games and owners who exploit social networks use certain psychological techniques to attract people's attention, which contribute to the emergence of addiction to games or social networks. To determine addiction to social networks in a person, the presence of the same five symptoms from the list for all types of addictions is necessary.

The first prevention of addictions is the presence of conscious beliefs, principles and *self-discipline*.

Self-discipline is the ability of a person to carry out his own commands. In the absence of self-discipline, a person becomes dependent on desires or the lack thereof. Moreover, the nature of the origin of these desires is very vague. They can be imposed by society, suggested by fleeting advertising, dictated by a momentary mood, or even echoes of long-forgotten childhood traumas. Without self-discipline, a person is like a ship without a rudder, helplessly drifting on the waves of chaos, subject to any winds and currents. He can dream of distant shores, but will never reach them, because he is unable to direct his efforts in the right direction. Self-discipline is a compass and a steering wheel that allows you to plot a course and confidently move towards your intended goal, despite storms and obstacles. It is the ability to say "no" to yourself when you want to give in to temptation, and "yes" when you need to do something that is difficult but important.

Self-discipline is not about suppressing yourself, but about making a conscious choice. It is not about living in a strict cage of rules, but about the freedom that comes with control over your actions. It is the ability to choose what is truly important, and not go with the flow of fleeting impulses. Developing self-discipline takes time and effort, it is constant work on yourself. You can start small: with morning exercises, with refusing an extra cup of coffee, with doing a small but important task that you have been constantly putting off. Every small step strengthens your will and brings you closer to your desired goal. It is important to remember that breakdowns are inevitable, but they should not become a reason for despair. This is only an opportunity to analyze the reasons for failure and adjust your approach.

Self-discipline is not a sprint, but a marathon that requires patience, persistence and self-confidence. And the reward for this work will be not only the achievement of goals, but also the acquisition of inner harmony and self-confidence. After all, a person who is able to manage himself is able to manage his life.

Love wins

Everything around is energy. Matter is also energy, a form of existence of energy. The strongest, objectively existing, most powerful energy is Love.

In a person it manifests itself, for example, as:

- Love. Love for one's neighbor, love for oneself, love for one's homeland.
- Forgiveness. The ability to forgive sincerely from the heart is also a manifestation of Love.
- Gratitude. The feeling of gratitude is also a manifestation of that very power called Love.

Love for oneself is shown through love for people.

Self-love is often understood as unhealthy self-love. True self-love is love for oneself as a unit of humanity.

Here it is important to identify, clearly define and accept your Self. Otherwise, a person will love his reflection, an invented image, something else, but not himself.

to check yourself for self - love: if a person doesn't love people, it means he doesn't love himself fully.

Loving yourself does not mean elevating yourself above others. Quite the opposite, someone who loves himself will not elevate himself above others, and someone who elevates himself does not love himself. If a person has not accepted some of his mental properties, features, personality traits, then all this is "hidden" in his subconscious. In the absence of external manifestation, these features still remain in him. And he will constantly find them, but not in himself, but in other people. We are all mirrors for each other. A person finds in another person what he rejected in himself. A person who does not love himself, finding his own in others, will be very irritated and angry. It is not difficult to identify such a person. If someone is undeservedly angry with you, then most likely this person who does not love himself saw his own in you. Well, the one who does not love himself is not able to love other people.

It is natural for a person to accept and give love, and those who received the necessary amount of love from others in childhood have this ability to the fullest extent. This contributes to the ability to respect the opinions of others, conduct a constructive dialogue, achieve mutual understanding and successfully interact.

A person who did not receive love in full in childhood is at risk of becoming acquainted with a whole range of psychological problems, including mental disorder. But not all personality disorders come from childhood. Here and now, a person can also create a problem for himself if he rejects the natural in favor of the unnatural.

There is also a destructive, evil force, let's call it "Fear". This is not the natural fear that a person needs to survive in emergency situations, and is a tool of the instinctive part of the mind. This is a kind of negative energy that affects the instinctive mind, and through it, its tools. This energy could be called "Lies". The ability to recognize and tell lies is also a tool of the instinctive mind. A tool that is harmful to abuse. Harmful, first of all, for the psyche.

Fear manifests itself in different ways in a person.

- Aggression or fear, which are essentially the same thing. Fear is the fear of something: anxiety, phobias, cowardice, etc. Aggression is the emotion of anger directed at someone.
- Falsehood is the fear of introducing people to each other or of getting to know the real you.
- Envy is the same fear, the fear of finding yourself in a more disadvantageous situation than someone else, etc.

The whole secret is that Love is stronger than Fear. If Love circulates in a person, sooner or later it will destroy, neutralize Fear. And vice versa, if there is no Love, then Fear will sooner or later settle in him.

A person only has to make a choice - Love or Fear. Love is a natural energy for a person. Fear leads to mental disorders.

The energy of love that fills a person sweeps out fear from all the most secret corners of the subconscious, which a person does not even suspect.

Having chosen love, you must first get rid of lies, you can only love from the heart and sincerely. Then you need to evoke and develop in yourself feelings of love, forgiveness and gratitude.

Love, forgiveness and gratitude are three powerful energies that overcome everything that prevents a person from developing spiritually and oppresses him. Love is a source of joy and happiness, Forgiveness makes a person strong, Gratitude gives him abundance. I forgive, I thank, I love - these three words are best said every day, preferably in a situational dialogue, or simply said in a monologue.

Exercise "Gratitude Diary".

Just before going to bed, remember three times during the day when you were grateful to someone. Or could have been grateful. Enjoy this feeling.

Love of men and women

Love is one of the most mysterious and often misunderstood forces that accompanies humanity throughout its entire journey. Endless poems have been written about it, it has been studied by outstanding philosophers, it was and remains one of the most exciting mysteries of human nature. It is a feeling that can radically change a person's life, raise him to the peak of bliss or plunge him into the abyss of suffering. Many believe that love is born of physical attraction, spiritual closeness, charm or even predestination. It is seen as something mystical, almost magical, a force that is impossible to resist.

The word "love" most often refers to the feeling between a man and a woman at the first stage of their joint activity. It would be more correct to call it a state of being in love. This state appears under certain conditions and lasts from 7 months to 1.5 years. In rare cases, up to 3 years. This period is just enough for a man to decide to connect his life with a woman and start a family. This state gives great pleasure, since it is accompanied by the release of neurotransmitters. However, over time, the "neurotransmitter storm" passes and the feeling of being in love with it.

Then love begins to appear. And here almost everything depends on the ability to experience deep emotions. Women are naturally more committed, to experience deep feelings, so they will feel love faster than men. Love does not appear immediately, but gradually, perhaps over the years. Some people, especially men, begin to experience feelings of love only at an age when hormones stop working. These feelings of love are a very strong feeling, and are a very strong energy.

However, there are people who experience love immediately. Some women are able to love, bypassing the stages of falling in love, "grinding in", getting used to, the emergence of a feeling of gratitude. Moreover, love can appear suddenly, after a fleeting meeting, and as a rule forever. If such people manage to be together, then this is unspeakable luck. If not, then such a woman needs to accept that she will not necessarily be with her beloved. And that this does

not change anything fundamentally. She will be with her chosen one in spirit and this will be enough for her. Since this love without an admixture of sexual attraction, a woman will love him at any distance from herself. He will go to another city and get married, she will love him. If she learns something about his successes, she will be happy for him.

This is pure, unconditional love without an attempt to possess. This love does not cause her anxiety or unpleasant feelings. On the contrary, this love warms her. Such a woman has everything in order with her mental health and a very good psychological background. Accordingly, such women make first-class wives, who are pointless to be jealous of.

As a rule, everything happens the other way around, falling in love ends, and love does not appear. Passion passes, people think that love has passed, and most of them get divorced. Women are more likely to be adherents of romantic passion. Women are also more capable of ill-considered actions. And therefore, as a rule, they are the initiators of divorces in such cases.

Many divorced men are familiar with the words "I love you, but not as a man, but as a brother" or "I don't feel like a woman with you." Behind these words lies a woman's inability to truly love and an unhealthy craving for "dopamine surges." Men are less prone to "stupid passion" and are more inclined to discipline. Until love appears, men use other "tools" to maintain relationships in "proper form." Even, for example, such as friendship.

Healthy Relationships and Love in Psychology

While superficial perceptions of love are often limited to romantic notions and idealized images, a scientific approach reveals the complex system of psychological mechanisms underlying this feeling. Love turns out to be not just an emotional impulse, but a complex set of psychological, biological and social processes that shape our perceptions and behavior. According to the views of eminent psychologists, love is much more than an emotion or a desire for closeness. In psychology, love is inextricably linked with how we perceive ourselves. It is a phenomenon of projection, an unconscious mechanism through which we see those aspects of our own personality that we are unable or unwilling to acknowledge in ourselves.

When a person experiences an inner emptiness, he instinctively seeks to fill it with the presence of another. Those who have not learned to truly love themselves often transfer their desire for love to others, hoping that someone else's love will be able to heal their own emotional wounds. This creates the illusion of love based on need. This pattern of behavior can lead to the formation of unhealthy relationships, where one partner becomes emotionally dependent, and the relationship itself turns into an attempt to fill the inner emptiness with external means. This path rarely leads to genuine satisfaction and often ends in disappointment and pain for both partners.

A true deep feeling is born not from a lack or need, but from inner fullness and self-recognition in another person. It is not dependence, but mutual recognition, not a desire to possess, but the ability to create a genuine connection. Such love is characterized by the ability to see and accept a partner entirely with all his strengths and weaknesses, without trying to change him to fit your ideas about the ideal. At the heart of such love is respect for the individuality of a person and recognition of his right to be himself. Love built on need is weak. As soon as the need disappears, the feeling itself disappears. But love based on genuine

recognition of each other is like a foundation. It remains unchanged even in the most difficult times.

This kind of love does not require constant confirmation, it exists as a state in which two people can be completely open to each other without fear of vulnerability, because their connection is based on mutual trust and respect. In such love there is no place for manipulation or attempts at control. It exists as a free expression of genuine feelings and mutual support.

The path to such love begins with understanding yourself. Instead of desperately searching for love from the outside, it is important to learn to be enough for yourself. True love does not require chasing, it manifests itself naturally when we find inner integrity. It is a path of self-knowledge and personal growth that requires the courage to face your own fears and insecurities. To accept your imperfections, and to learn to love yourself as you are. Having achieved this state of inner harmony, a person becomes capable of building full, harmonious relationships.

Modern society often offers us distorted ideas about love, romanticizing dependence and idealizing suffering. However, true love is a calm and deep feeling based on mutual respect, trust and acceptance. It does not require sacrifices and does not force you to give up on yourself. On the contrary, it creates space for both to grow and develop. Understanding these principles can significantly change our approach to building relationships. Instead of looking for salvation in other people, we can learn to create healthy and fulfilling relationships based on mutual respect and genuine intimacy. This approach requires more awareness, but the result is a relationship that truly enriches the lives of both partners and creates space for genuine happiness and satisfaction.

What does a man expect from a woman?

1. Loyalty. Moreover, loyalty not only in actions, but also in thoughts. If a woman smiled mysteriously at another man and assessed him as a sexual partner, then there was no longer loyalty. But there was a blow to the energy of her man, even if he was not a direct participant in the events.

2. Respect. It means support in all good endeavors. Thanks to female respect, a man can and should feel strong, smart and needed. Respect should be sincere and manifested both externally and internally. External respect is manifested in words and actions. Internal, mental respect is contained in thoughts.

3. Feminine affection. By initiating spontaneous touches, a woman turns on a positive energy flow aimed at improving the climate in the family. The manifestation of female love should be: - proactive; - spontaneous; - improvised; - absolutely sincere. In other words, you cannot restrain impulses coming from the heart, especially if these are manifestations of female love. Rather, on the contrary, they need to be provoked.

Be in harmony with yourself

To be in harmony with yourself, to be yourself in harmony - this means to recognize yourself as you are. And with all your qualities and feelings, conscious and unconscious. That is, with those that have gone into the "shadow". As for conscious personal characteristics, everything is more or less clear with them. They all need to be accepted, and respected equally. Here, the realization that all personal characteristics of a person are him helps, and you need to respect yourself, because you once decided so.

Another matter is with unconscious personal qualities of a person that have gone into the subconscious. They can be identified with the help of those around us. What particularly irritates us in a person is, as a rule, our quality that has gone into the "shadow" as unaccepted. It needs to be identified and accepted in the same way. Accepting those qualities that you don't like, equally with those that you like, does not mean that you don't need to work on them. Quite the opposite, it's high time.

Usually, a person, having consciously identified the personal qualities that best correspond to his conscious beliefs, puts them in the foreground, and those that do not correspond, he unconsciously or semi-consciously hides in the "shadow". Going into the unconscious, these qualities, nevertheless, continue to exist. And since they are not accepted, they cause unconscious internal conflicts that lead to psychological problems. Therefore, it is very important to bring out all such qualities and accept them. At the same time, their acceptance does not at all oblige you not to work with them. Quite the contrary, it is high time to work on this.

It is also necessary to work out the correspondence between deep unconscious beliefs and conscious personal internal beliefs. They should sound in unison. Any contradiction between conscious beliefs and deep unconscious beliefs can lead to an internal psychological conflict.

We all recognize ourselves, the world and ourselves in the world through the people around us. Each person is a "mirror" for another person. Some more, some less. The main thing is to know how to use such a mirror. The reaction must be adequate. An adequate reaction is the reaction of a psychologically healthy person. For example, a person saw disheveled hair in the mirror. An adequate reaction is for the person to take a comb and style his hair. An inadequate reaction is for the person to show aggression directed at the mirror, while it is high time to comb his hair. Therefore, people who strongly "reflect" often fall under the aggression of people with a weak, "unregulated" psyche. And, unfortunately, they cannot escape this, even if they become experienced psychiatrists.

Emotional sensitivity

Emotional sensitivity is the depth of a person's emotions, which varies from person to person. Information coming to a person from the outside causes feelings of varying strength. If a feeling touches a person's spiritual components, it is a deep feeling, and if not, it is a superficial feeling. If the feeling is deep and strong, a person is emotionally sensitive.

People with low emotional sensitivity are not capable of deep emotions. A stormy external display of emotions does not indicate the depth of feelings, it is a "storm in a teacup" - a lot on the outside, but essentially nothing. Such people often lack emotional saturation, they feel the need to feel strong emotions. This affects their behavior. For example, they can be interested in dangerous sports, resort to dangerous entertainment, even criminal ones. They also enjoy watching TV news and programs with a criminal component. They are driven by the need for strong emotions.

People with high emotional sensitivity experience deep emotions. They subtly feel the spiritual content of other people. They have strong energy. These people cannot stand TV news or talk about situations in which people suffer, because such information brings them into a state of distress. Constant or frequent distress can lead to a depressive state. They do not need dangerous entertainment, conflicts with others or other action situations. Their emotional sphere is saturated due to the depth of emotions. These two types of people do not always enjoy communicating, what is torture for some is entertainment for others.

Self-esteem

*What you think of yourself is much more important
than what others think of you.*

(ancient Roman)

Self-esteem

One of the most important factors in the formation of self-esteem is self-esteem. Self-esteem is how a person evaluates his abilities and achievements. And also it is how much he values himself. His subjective opinion about his VALUE in society.

Self-esteem includes the ability to evaluate one's strengths and capabilities, to be critical of oneself. It allows a person to measure their strengths against the tasks and requirements of the environment and, in accordance with this, to independently set certain goals and tasks for themselves. Thus, self-esteem is the basis for the level of aspirations, that is, the level of those tasks that a person considers himself capable of performing. Being present in every act of behavior, self-esteem is an important component in managing this behavior. All this makes self-esteem an important factor in the formation of personality.

Self-esteem can be inflated, normal and underestimated. Truly inflated self-esteem is rare. Inflated self-esteem is often understood as false, compensatory self-esteem. In other words, self-esteem can be adequate and inadequate. Depending on the nature of self-esteem, a person develops either an adequate attitude towards himself or an inadequate, incorrect one. In the latter case, a person constantly faces failure, he often comes into conflict with others, the harmonious development of his personality is disrupted. The nature of self-esteem determines the formation of certain personality traits (for example, adequate self-esteem contributes to the formation of self-confidence, self-criticism, persistence, exactingness; inadequate — uncertainty or excessive self-confidence, lack of criticality).

Self-esteem can be general and private. Private self-esteem is a person's assessment of themselves in individual areas of activity. For example, a person who feels confident in the area of career and business can be completely lost when communicating with the opposite sex.

Low self-esteem

Very often, this is the result of an overbearing or overprotective upbringing. Such upbringing leads to the emergence of self-doubt and lack of self-confidence and low self-esteem. People with low self-esteem are often withdrawn and uncommunicative. They may avoid challenges and opportunities that could help them realize their potential and achieve success. As a rule, such people tend to downplay their role in society. They are afraid to take responsibility, avoid new beginnings and prefer to remain in the shadows, even if they have the necessary knowledge and skills. Fear of failure makes them doubt every decision.

In relationships with other people, they can be overly accommodating or, on the contrary, aggressive, as a defensive reaction to internal vulnerability. They find it difficult to accept compliments and praise, as they do not believe in their sincerity, believing that they are being overestimated or manipulated. In the long term, low self-esteem can lead to depression, anxiety disorders, and problems in personal life and career.

It is important to understand that low self-esteem is not a permanent characteristic. With support, self-reflection, and self-improvement, you can learn to appreciate your strengths and accept your weaknesses. The path to increased self-esteem takes time and effort, but it is possible. Every step toward accepting yourself and your capabilities can be the beginning of a new, more confident life. The first step to correction is understanding and recognizing the problem.

Inflated self-esteem

A person with high self-esteem tends to idealize themselves and exaggerate their importance to others. Dominant behavior is typical for such people. High self-esteem does not always help to achieve success and often interferes with social interaction. In general, high self-esteem gives a person self-confidence, which encourages activity, aspiration and persistence. However, this confidence, fueled by illusions about one's own superiority, can lead to inadequate decisions and miscalculations.

A person with inflated self-esteem often ignores advice and criticism, considering them to be a manifestation of envy or misunderstanding. He may take on tasks that are beyond his strength, and when faced with failure, blame circumstances or other people, but not himself. In relationships with others, this manifests itself in arrogance, intolerance of other people's opinions and the desire for constant control. Ultimately, such a position can lead to isolation and conflict, undermining even those achievements that were achieved thanks to initial confidence. Therefore, it is important not only to recognize the problem of inflated self-esteem, but also to learn to critically evaluate your abilities and capabilities, listen to the opinions of others and be ready for self-improvement.

Normal or high self-esteem

People with normal self-esteem realistically assess their strengths and capabilities in relation to the business they plan to do. They set realistic goals for themselves. Adequate self-esteem indicates the mental health of the individual. This is an interconnected process, where one feeds the other. A strong healthy psyche allows you to see yourself objectively, recognize your strengths and weaknesses, without embellishing or belittling your merits. In turn, a realistic perception of yourself contributes to further personal growth and development, strengthening self-confidence and reducing dependence on external assessments.

One of the key aspects of developing adequate self-esteem is developing self-awareness. This involves being aware of your thoughts, feelings, and behavior, and understanding how they influence your actions and decisions. Self-awareness allows us to more objectively assess our strengths and weaknesses, and understand which areas require development.

Causes of low self-esteem

The causes of low self-esteem can be different, for example,

- doubts about personal qualities due to excessive demands on oneself;
- fear of not living up to someone's expectations;
- the presence of negative deep-seated beliefs.

Excessive demands on oneself often lead to low self-esteem. You need to learn to value your achievements, even the smallest ones, and not devalue them because "I could have done better." This does not mean that you should stop striving for development. On the contrary, you need to continue to learn, grow and improve. But do this not out of fear of not meeting some far-fetched standards, but out of a sincere desire to become better for yourself.

Fear of not living up to someone else's expectations lowers self-esteem and leads to self-sabotage. A person convinced of their inability to measure up avoids risks and new opportunities, depriving themselves of the chance to succeed and confirming their negative beliefs. Fear of criticism inhibits, forcing them to remain silent even when they have something to say, and to hide in the shadows instead of shining. This fear, like poison ivy, wraps itself around the mind, depriving it of freedom and the joy of self-expression. It whispers of imperfection, inadequacy, and imminent failure, drowning out the voice of inner potential and self-confidence. And the longer a person succumbs to this whisper, the deeper they sink into the abyss of insecurity and self-flagellation.

Core beliefs are formed from a very early age through the judgments of others and our own hasty conclusions. These judgments, like drops of rain, steadily wear away the stone of our self-perception. "You're smart," "You're clumsy," "You're loved," "You're a burden" — simple phrases thrown out in passing settle in the subconscious, turning into immutable truths. And even if logic and experience contradict these early attitudes, they continue to influence our decisions, feelings, and behavior, like invisible threads tugging at the curtains of our lives. They form the filter through which we perceive the world, coloring it in shades of fear, uncertainty, or, conversely, boundless faith in ourselves. And sometimes, to free ourselves from their power, a long and painstaking process of self-analysis and re-evaluation is required, similar to

archaeological excavations in the depths of our own soul.

Why is low self-esteem harmful?

It is harmful, to begin with, because a person may not even take on a task that he could successfully complete. Low self-esteem can be the cause of self-abasement, which can be accompanied by disorders of the affective sphere.

People with low self-esteem tend to achieve low results. They do not feel respect from others, which again does not increase self-esteem. A person with low self-esteem has a tendency to self-depression, which leads to personal decline.

Self-deprecation is a harmful human habit of finding shortcomings in oneself, focusing excessive attention on them and giving them excessive importance. It's like wearing glasses that distort reality, making everything good blurry and fuzzy and everything bad bright and huge.

A person who is prone to self-deprecation becomes their own harshest critic, constantly comparing themselves to others and finding reasons to be dissatisfied. It is as if they are building a prison out of their own thoughts, where each brick is another accusation of failure. This prison stifles, deprives of confidence and poisons the joy of life, turning even small failures into catastrophes of universal proportions. Self-deprecation is not modesty, but a poison that slowly undermines self-esteem and prevents you from realizing your potential. Why strive for more if you still won't reach the ideal? This inner voice, full of reproaches and doubts, becomes the main obstacle on the path to success and happiness. It whispers about incompetence, unattractiveness, worthlessness, forcing a person to refuse opportunities, avoid communication and hide in the shadows.

The consequences of self-deprecation can be devastating. It leads to depression, anxiety, social isolation, and even physical illness, because constant stress and negative thoughts weaken the immune system. A person consumed by self-criticism loses the ability to see his strengths, devalues his achievements, and does not allow himself to enjoy life. He becomes a hostage to his own negative beliefs, which, like a vicious circle, only intensifies with each new manifestation of self-deprecation.

But, like any bad habit, self-deprecation can be overcome. The first step is to recognize the problem. It is important to learn to recognize the moments when the inner critic takes over and stop the flow of negative thoughts. Then you need to start working on increasing your self-esteem, focusing on your strengths and successes, even the smallest ones. It is important to learn to accept yourself as you are, with all your shortcomings and imperfections. It is useful to surround yourself with supportive people who will believe in you and help you see your strengths. And, of course, do not be afraid to seek help from specialists - psychologists and psychotherapists who will help you understand the causes of self-deprecation and develop effective strategies for overcoming it. Getting rid of self-deprecation is the path to freedom, to the opportunity to live a full and happy life, not shackled by the chains of negative thoughts and self-criticism. This is the path to accepting yourself and revealing your true potential.

Self-oppression is a person's tendency to blame themselves for perceived failures and inconsistencies with an imposed template. It's a quiet but relentless inner critic that whispers about shortcomings, exaggerates mistakes, and devalues achievements. It feeds on comparisons with others, idealized images from social media, or unrealistic expectations imposed by society.

Self-deprecation is not just a temporary sadness or self-criticism, it is a persistent pattern of thinking that poisons self-esteem and undermines self-confidence. It can manifest itself in the form of persistent feelings of guilt, shame, anxiety, and even depression. A person who is subject to self-deprecation often sabotages his own successes, afraid of not living up to the inflated demands he makes of himself. He may avoid new opportunities for fear of failure and constantly strive for perfection, which he believes is unattainable. Ultimately, self-deprecation leads to a feeling of helplessness, alienation from himself and the world around him, and deprives him of the joy of life.

To break free from the grip of self-oppression, you need to acknowledge its presence and begin to actively resist its destructive voices. The first step is to acknowledge the problem. It is important to understand that these negative thoughts are not a reflection of reality, but only a distorted perception of yourself and your capabilities. Then you should learn to recognize the moments when the inner critic is activated and analyze its arguments. Often it turns out that they are based on irrational beliefs and have no real basis.

The next step is to replace negative thoughts with more positive and realistic ones. Instead of focusing on failures, you should pay attention to your strengths and achievements, even the smallest ones. It is important to learn to forgive yourself for mistakes and to view them as valuable experience, and not as evidence of your own failure. It is useful to keep a gratitude journal, writing down things every day for which you can be grateful to yourself and the world.

It's also important to surround yourself with supportive people who believe in you and help you see your strengths. Avoid toxic relationships where you are constantly criticized and devalued. Reach out to friends, family, or a therapist for support and advice.

It's equally important to take care of your physical and emotional well-being. Regular exercise, healthy eating, and adequate sleep can help improve your mood and self-esteem. Practice relaxation techniques, such as meditation or yoga, to reduce stress and anxiety.

Remember that overcoming self-oppression is a long process that requires patience and persistence. Don't be afraid to seek help from professionals if you feel that you can't cope on your own. It's important to remember that you are worthy of love, respect, and happiness, and that you are capable of overcoming any difficulties that come your way. Freeing yourself from self-oppression is the path to a more fulfilling and happy life, filled with self-confidence and joy from every day. It is the path to accepting yourself as you are, with all your strengths and weaknesses. And it is definitely worth it.

Increase your self-esteem

It is important to understand that self-esteem is not a static phenomenon, but a dynamic process that is formed under the influence of many factors, including life experience, social environment and personal beliefs. Therefore, working on self-esteem is a continuous process of self-improvement.

The first thing you need to do is to completely abandon such activities as self-abasement, self-oppression, self-pity.

On a piece of paper, make two columns. In the left column, write down your achievements, in the right column, write down your failures. Read what you have written. Think about what goals you would still like to achieve. Evaluate what you have achieved. Then think about how objective your failures are. What can you do to correct them and devalue them and give yourself a good grade. In order for you to have self-esteem, it is important that you evaluate yourself, and not wait for evaluations from others.

Increasing a person's self-esteem depends on many factors, among which the presence of successful experience, praise and support from others, as well as the time characteristics of self-esteem itself are of particular importance. Thus, self-esteem can be stable and retain all its features regardless of the situation and external stimuli, and unstable, that is, changing depending on external influences and the internal state of the individual. A person's self-esteem is closely related to his level of aspirations (they also affect the formation of self-esteem), which can have different levels — low, medium and high.

A person with normal self-esteem does not depend on the opinions of others. "If you measure your success by the praise and blame of others, your anxiety will be endless" (*ancient Chinese wisdom*). It is extremely bad for self-esteem to compare yourself with someone else. It is even worse if this becomes a habit. "The only person you should compare yourself to is you in the past. And the only person you should be better than is you now" (*Sigmund Freud*).

In order to strengthen and increase the feeling of your VALUE, a sense of being needed by people will help well. This feeling develops through deeds aimed at the benefit of people. Protect your honor and dignity. Do not allow others to devalue yourself, your achievements and actions. Avoid people who devalue you. Surround yourself with people who believe in you. Consciously focus on your successes and achievements.

"Boosting" self-esteem at the expense of other people

Some people with unhealthy self-esteem "pull up" their self-esteem in unhealthy ways at the expense of other people. Naturally, such methods do not increase self-esteem or improve it. They only temporarily relieve a person of the oppressed state associated with his low self-esteem. People call it: "to indulge one's pride." And the ancients said: "By humiliating another, I exalt myself." As a rule, this is typical of egocentric people and, of course, people with personality disorders, the symptoms of which include egocentrism. For example, people with narcissistic personality disorder tend to constantly devalue other people. It is their unhealthy self-esteem and lack of self-respect that constantly require "replenishment." Or, for example, a girl demands that a guy pursue her. Thus, she "pulls up" her self-esteem for a while, but does not improve it, does not increase it in general. Of course, such "pumping up" is generally harmful to the psyche and, in particular, to self-esteem. Therefore, it is useful for a

person to determine the reasons for his actions in time and eliminate those that harm his psychological health.

Technique 1. A simple, quick way to increase overall self-esteem and show self-respect.

Think about nothing for ten seconds and say out loud: "I respect myself!"

Self-respect — find it within yourself

Self-esteem is an important aspect, but it is not the goal. The goal is a sense of SELF-RESPECT. Self-esteem is a step towards self-acceptance and self-respect. High self-esteem makes it easier for a person to find respect for themselves.

Self-esteem is an important factor in mental health. It ensures the acquisition of self-confidence, adequate self-esteem and the ability to respect other people.

Lack of self-esteem coupled with lying can lead to a personality disorder. If a person who does not respect themselves is deceitful and is unable to be honest with themselves, a narcissistic personality disorder may manifest.

A person who does not respect himself cannot respect anyone. This leads to his social maladjustment. People feel when they are not respected and respond with disrespect, often aggressively.

In order to have self-respect, a person must accept himself. Accept himself as he is, in order to be at peace with himself and work productively on himself. This does not mean that you need to freeze in your current state and refuse to develop. On the contrary, acceptance is the foundation for growth. By recognizing your shortcomings and weaknesses, we get the opportunity to consciously choose what we want to change and what we want to accept as part of our uniqueness. Without this acceptance, any attempt at self-improvement turns into an endless struggle with yourself, into self-flagellation and perfectionism, which only undermine confidence and self-esteem.

To accept yourself, you need to awaken self-love. To do this, you need to ask yourself three questions.

1. Why don't I love myself?
2. Do I have the right not to love myself?
3. What does (did) self-dislike lead to?

And feel worthy of love and self-respect. Then forgive yourself for not loving yourself, forgive yourself for not appreciating yourself, forgive the people who may have provoked your dislike for yourself.

You can accept yourself even if you have low self-esteem.

An example of self-respect with low self-esteem: "So what if I'm stupid?! I respect myself like that!"

The "reflector" man

It has long been noted that there are people who undeservedly cause passive, and not only, aggression from individuals and entire societies. This situation is described by Russian classics, including one of the best works of all times and peoples. Therefore, a writer, on this account, will read you a long lecture about how kindness and honesty are not welcomed in society, are considered weakness, cause aggression, and so on. A bioenergetics specialist will tell you that people vibrate at different energies, different frequencies, and if the frequencies do not match, then one person causes a sharp negative reaction, anger, in another.

A philosopher will explain to you that the intellect of a thinker is stressful and frightening to people. It is stressful because it makes a person feel insignificant, and it is frightening because a person is generally frightened by everything unknown, and therefore unpredictable. Another psychotherapist will add that in the presence of some people, the process of healing of the psyche begins in those around them, which can be accompanied by unpleasant sensations, which causes irritability. A psychologist will tell you that each person is a mirror for another. Each person reflects what is in another person, and someone reflects very strongly. So, such people, strong "reflectors", they cause negative feelings in people with a weak psyche. In the modern world, few can boast of strong mental health, so everyone can see in such a "mirror" those negative feelings: anger, fear, envy, which they hid in the "shadow". This can be compared to a person who, seeing his hair disheveled in the mirror, instead of combing his hair, tries to annoy the mirror in some way or hide.

Why don't we recognize ourselves in the "reflection"?

- Unconsciousness. We are often unaware of our own shortcomings and complexes. They are hidden deep in the subconscious and manifest in our behavior unconsciously. When the "mirror person" reflects these traits, we do not recognize them because we do not recognize them in ourselves.
- Defense mechanisms. Our psyche uses various defense mechanisms to protect us from unpleasant experiences. One of these mechanisms is projection. We attribute to other people the qualities that we do not want to admit in ourselves. The "mirror man" becomes a convenient object for projection, allowing us to shift responsibility for our own shortcomings onto him.
- Emotional reaction. When we see our own negative traits reflected in another person, it causes a strong emotional reaction in us - irritation, anger, hostility. These emotions prevent us from objectively assessing the situation and understanding what is happening.
- Lack of experience. In the case of a regular mirror, we have many years of experience interacting with it. We know how it works and we understand that we see our reflection in it. In the case of a "mirror man," we have no such experience. We do not know how to behave, so we behave unconsciously.

Indeed, such people do not need to do anything on purpose, their silent presence alone has a specific effect on people. Moreover, many people feel warmth in their souls in their presence, someone feels liberation from anxiety. They have a beneficial effect on people with a healthy psyche, conscious people, self-respecting people who understand what they feel, know

what they are striving for and are always aware of their behavior. A reflector person, possessing an extraordinary intellect, voluminous thinking and a spontaneous worldview, often remains misunderstood by others, who see something of their own in him, themselves, their friends and relatives, but not the person himself. While a certain part of society is drawn to the Reflector, it is not easy for him to find people for mutual understanding, and he often remains alone. Those who want to harm such a person should remember that everything bad directed at him will immediately return to the aggressor himself, both words and actions.

Meeting the "mirror man" can be painful, but it can also be a valuable experience. Here are some tips on how to use this situation for self-development:

- Stop and think. Before you react to a reflector's behavior, pause and try to figure out what exactly is irritating you.
- Ask yourself: Why do I react so strongly to this behavior? Do I see it as a reflection of my own shortcomings? Be honest with yourself. Recognizing your shortcomings is the first step to overcoming them.
- See a professional. If you are having trouble understanding your feelings and emotions, see a psychologist. They will help you understand what is happening and find ways to cope with the situation.
- Use it as an opportunity to grow. Instead of avoiding the reflector, try using it as an opportunity for self-discovery and personal growth. Think about what you can change about yourself to become a better person.

Remember gratitude. Experience a sense of gratitude towards the "reflector".

Communicating with a "reflector" is a challenge that can help us become more conscious and mature. Such a person is an indispensable assistant in the development of personality.

Individuation in analytical psychology is the process of integrating the conscious and the unconscious, it is the path to revealing one's true nature, to understanding and accepting oneself, to finding the unity of one's personality.

Self-control

Self-control is a person's ability to influence their three main psychophysical processes: thinking, feelings, and behavior.

Thought Control

Thoughts can be divided into verbal and figurative. It is figurative thoughts that are distinguished by incomparable speed and have the ability to "flicker". At the peak of a situation, especially a stressful one, automatic thoughts appear. These are figurative thoughts based on deep convictions. Often they are not even fully realized, but they instantly influence the

appearance of one or another emotion. Emotion instantly influences behavior. Automatic thoughts can be controlled by working through unconscious deep convictions in advance.

Control of conscious thoughts is possible by periodically focusing the consciousness on your thoughts. And also by asking yourself questions. What am I thinking about now? Why am I thinking about this? What would I like to think about now? Controlling your thoughts allows you to make them more conscious and constructive. Which, in turn, increases the level of awareness of the person himself.

Control of emotions

The strongest of all is he who controls himself.

Lucius Anneus Seneca

It is always important to remember that strength lies in controlling your emotions, not in controlling the behavior of others. A person who has learned to control his emotions, over time, learns to accurately recognize the hidden emotions of others, and, if necessary, control them. And accordingly, influence the behavior of people. Which can be called *emotional intelligence*.

To begin controlling emotions, first of all, you need to pay attention to negative emotions and determine their real cause. To do this, in a situation that seems negative, ask yourself a number of questions. What inside me makes the perception of the situation so painful? What is the real source of negative emotions? What are they and where do they come from?

To quickly control your emotions, you just need to identify them, define them, and name them in time. Then separate and distance yourself from the emotion. For example, say: "I feel angry now." And immediately focus on the fact that here is anger, here is me. I am not anger, anger is not me. There is a distance between us. In this case, instant control over the emotion appears.

The next stage is to learn to predict the situation of the appearance of this or that emotion. This is the highest level of skill, for example, in the development of any situation to instantly predict that this or that emotion will appear. And instantly distance yourself, without running away from it and without fighting it. Let it just be. Then control it, simply observing it from the side.

Anger control

Many are familiar with situations when anger inclines a person to inappropriate behavior. Anger clouds reason and a person who has given in to anger is capable of the most stupid actions. Uncontrolled anger is almost always an outlet for fear, multiplied by self-doubt.

An excellent exercise for overcoming fear and its manifestations – anxiety, phobias, fear.

Relax completely and go into the alpha rhythm state. Remember yourself at a very young age, as a child. Mentally approach yourself as a child. Take the child in your arms, hug

him or her and say: "I will always protect you. Now you are completely safe. You are under reliable protection!" Mentally return to the present and say to yourself: "I am completely protected."

Outbursts of anger without any particular reason can be the consequences of psychological trauma or negative programs. And this needs to be worked through with a psychologist. And if anger already exists, it does not need to be suppressed, it needs to be managed.

The first thing you need to do to manage anger is to label it. Say it mentally or out loud: "I am feeling angry right now." Immediately after that, managing anger will be more than twice as easy.

You can control your anger using simple techniques.

Reception 1.

Assess how dangerous the situation really is, and if there is no real threat, tell the anger: "STOP. This is not the case." Because it is pointless to use the body's reserves to your own detriment.

Reception 2.

Convince yourself that this is a unique opportunity to exercise self-control, which you simply must take advantage of. Because each new victory over anger will make you stronger in front of it.

Reception 3.

Feel gratitude towards someone, for example, towards your mentor. You cannot feel gratitude and anger at the same time, because these are different energies.

These techniques can be used separately or in a set. With each new victory over anger, you will become more strong-willed, and over time, your anger will completely come under your control. To instantly stop the emotion of anger, you can create a virtual button in your mind - " *anger-control* ". It is good to imagine it, how it looks in the smallest details. Give yourself a command that when you press this button, anger is completely controlled, that is, its manifestation stops and awaits a command for further action. At the first manifestations of anger, mentally press this button, then use one of the techniques. Since anger and fear are essentially the same thing, these exercises are suitable for fear management.

A great exercise for mind control. Inhale through the nose for 4 counts, pause for 2 seconds, exhale for 6 seconds. By controlling our breathing, we control our mind. Always remember our goal. Focusing on the goal strengthens mind control.

Behavior control

By controlling our thoughts and emotions, we control our behavior. Controlling our behavior is very natural and daily for a person. The question is the degree of this control, it is different for everyone. A person controls his behavior based on his unconscious and conscious beliefs, as well as on the rules and norms established in society. Conscious control of behavior

is available to everyone, but not everyone does it to the fullest extent. Even such a strong factor as discipline is not quite enough for complete control of behavior.

A disciplined person is a broad concept. We can talk and argue about it for a long time, but the main thing here is by whose will a person began to adhere to discipline. Was it his own will? Perhaps it was the will of his environment or society as a whole. If a person became disciplined by his own will, based on his conscious convictions, then this is a productive force. If the reason for the appearance of discipline was a message from the outside, then such discipline can disappear in the absence of this message, without bringing any benefit.

Human behavior in critical situations deserves special attention. It is at this moment that a person's unconscious deep convictions are revealed. The level of behavioral control decreases, and a person reveals what is hidden in everyday life.

Behavioral types in extreme situations

1. Panicmonger
2. Prosecutor
3. Captain

Panic-monger. Everything is clear here: "Boss, everything is lost, the client is leaving, etc." Tends to exaggerate the complexity of situations. Emotionally unstable in difficult situations. Confused thinking. Unpredictable behavior.

Prosecutor. The first question is who is to blame? Search for the guilty in the most insignificant and insignificant situations. Feeling of guilt, laid down in childhood. Lack of self-confidence. The need to find the guilty is dictated by an unconscious desire to prove one's own innocence. If there is no problem, it can invent one to find the guilty.

The captain is divided into three subtypes.

An impenetrable optimist.

Takes extreme situations calmly. Motto: "It's not evening yet!" In extreme form, distorts facts, "twists" logic. This behavioral type is suitable for politicians, various kinds of leaders.

Warrior.

Perceives abnormal situations as normal. In an extreme situation, asks only one question: "What to do?" Instantly finds an answer. Motto: "If there was an entrance to the trap, then there is an exit." Acts carefully, quickly, decisively. The behavioral type is suitable for security forces, military personnel. Example: a special forces group commander ...

Beneficiary .

Seeking profit in everything. Motto: "profit everywhere." When faced with a difficult situation, first asks the question: "How can I turn this to my advantage?" Looks for new

opportunities in a problem, sources of additional income. Emotionally stable. This type of behavior is suitable for businessmen and business people.

Malicious programs

*If you tell a lion that he is a pig,
he will start grunting the tenth time.*

(folk wisdom)

Words and thoughts can be the consequences of programs and programmers. A word is information, information is energy. Words directed at a person are energy directed at a person. It is very important not to send negative energy to someone (including your own), but it is even more harmful to send a command. What is said to someone can be heard by their subconscious. The subconscious can take this word or phrase as a command, which it will begin to execute, turning it into a program.

Such influence is strongest in early childhood. Many people have hidden talents. But who hid them? The person hid them himself, or rather his subconscious, receiving commands from the outside.

From childhood, a person develops deep-seated beliefs based on automatic conclusions and third-party assessments. Negative deep-seated beliefs are formed on the basis of hasty, ill-considered conclusions and negative assessments from others. These beliefs, like the roots of an old tree, grow into the subconscious, feeding on fears and doubts. They become invisible filters through which a person perceives the world, interpreting events and actions of other people in accordance with their established ideas. For example, the belief "I am not worthy of love" can make a person see rejection even where there is none, interpreting neutral actions as evidence of their worthlessness.

These core beliefs are usually not directly conscious. They manifest as automatic thoughts, emotional reactions, and behavior patterns. A person may feel anxious, sad, angry, or ashamed without understanding where these feelings come from. They may avoid certain situations, sabotage their successes, or engage in destructive relationships without realizing that their actions are driven by core beliefs.

Core (deep) beliefs

Basic beliefs are a person's stable idea of themselves and the world around them. Based on these basic beliefs, a person determines their attitude towards themselves and the world around them. Beliefs are formed mainly during the period of early mental development. These beliefs determine how we react to events in the world around us and how we understand them, that is, how we think.

Based on our thoughts, we react emotionally to these events, and accordingly, based on our thoughts, our awareness of surrounding events, and our emotional reaction, we act. Accordingly, core beliefs are very persistent, often unconscious ideas about ourselves and the world around us, which determine how we think and feel.

An example of core beliefs that contribute to the development of depression, depressive disorder:

"In order to be happy, you must be a successful person"

"Human dignity is determined by how others treat a person."

"A person can be happy if everyone around him treats him well."

Relatively conditionally, BUs are divided into negative, positive and neutral. For example, "the world is unfair" is, in principle, a neutral belief. But if a person treats this belief as an absolute, and all his thoughts, feelings and actions are determined by this belief, then this is a negative basic belief.

Working with deep beliefs is a complex and lengthy process that requires awareness, self-analysis, and often the help of a qualified professional. But it is a necessary step toward psychological well-being and the ability to live a full, happy life free from the shackles of negative beliefs.

Correction of negative core beliefs.

At the first stage, it is necessary to determine what the basic beliefs are and identify them.

At the second stage, we determine how valid these negative basic beliefs are. For example, a person has negative beliefs that this world is filled only with bad people who treat him very badly. With rare exceptions, a person does not have absolutely negative experiences. You can ask a person a simple question: "Were there any cases in his life when he was treated positively"?

The third stage is either we form new basic beliefs or modify old ones. Most negative BUs are absolute. When a person is convinced that everyone around him is a bastard and treats him badly, he thinks in absolute categories. That is, it is more of a faith, and faith is an absolute thing. We determine that, for example, most people treated a person badly, but there were good people, they met. As a result, we modify the basic belief, transferring it from the absolute category to the relative category. This is already enough for a person to change his attitude to the world around him and to himself.

Programs

Core beliefs are activated by stressful situations and form intermediate beliefs.

Intermediate beliefs set the tone for automatic thoughts.

Automatic thoughts shape feelings. Feelings motivate action. So, there is a direct relationship between deep beliefs and actions in stressful situations.

A deep conviction, although often not fully conscious, can nevertheless be located in the consciousness or preconscious .

If the information has leaked into the subconscious, especially in early childhood, it becomes a harmful program. Such a program can be "sown" accidentally, but it is very difficult to detect. A harmful program always acts and manifests itself in automatic actions. An automatic action is an action that a person performs without thinking, without the participation of the thought process and emotions, "automatically". Since automatic actions exceed all others in quantity, such programs can be very dangerous.

Therefore, for those who raise children.

RULE #1

It is extremely important not to send words to the child like: "bad", "stupid", "stupid" and similar epithets. And under no circumstances and without any exceptions. The child is generally beyond criticism, he is always good, only his actions can be bad. But you can and should say words like "smart", "smart", "best", "best". You can add the definitive pronoun "most" or "most": "the best", "the best".

RULE #2

Stop negative comments from other people: caregivers, teachers, passers-by. No one has the right to lower your child's self-esteem.

RULE #3

Praise must be present!

Self-criticism is a useful thing if a person knows how to use it. Sometimes you can hear a phrase like this from a person who has made a mistake: "What a dumbass I am!" This should not be done, because it will not make you smarter, rather the opposite. Instead, it is better to say to yourself: "I am becoming more experienced!" The phrase "I screwed up" should be replaced with "I have not yet achieved my goal in the best possible way", and "I don't understand anything" with "I haven't figured it out yet".

Words and thoughts can be, simultaneously, consequences and sources of programs. That is why it is so important to control the flow and purity of thoughts and to monitor the content of phrases.

The program "I am guilty"

It appears as a result of improper upbringing of the child by parents, and possibly also by educators in kindergarten and teachers at school. For example, little V.'s parents constantly accused him of something. They told him: "It's your fault", "you did it", "it's because of you", and so on. Little V. silently pouted, took offense, but could not respond to these accusations. As a result, a program appeared that can be voiced as — "I am guilty".

As a result of this program, an adult V.V. is puzzled by the search for the culprit. He experiences unpleasant feelings until he finds the one who is guilty, because up to this point he is guilty. Having found the culprit, he experiences temporary relief, but after some time he again needs to find someone who will be guilty. To find the culprit, he needs a situation where something was done badly. In the absence of such a situation, he will model it by attracting facts, and he will do this unconsciously, and will be convinced that this is how it is. Then, with ease, he will immediately find the culprit in this situation. Thus, the harmful program leads to distortions of perception. Otherwise, V.V. experiences an unpleasant destructive feeling of guilt. He experiences this feeling unconsciously, that is, without understanding what is bothering him.

Neutralization of malicious programs.

Cognitive restructuring or correction of thinking errors is a gradual and consistent process, there is no need to try to do it quickly and abruptly. First of all and most importantly, it is necessary to determine what deep cognitive errors a person has. For this, we use cognitive - behavioral therapy, or in other words, thought-behavioral therapy, which is carried out in stages.

1. The first stage is awareness and registration of your thoughts. Recording your own thoughts and keeping a diary. A person can register his thoughts that automatically arise in various situations. Among these thoughts, there do not necessarily have to be negative ones. Automatic thoughts that arise in stressful situations are especially important, because they are the ones that are most likely to be a reflection of deep negative distortions. At the first stage, a person becomes aware of and learns to register these thoughts.

2. Based on the most frequently encountered negative thoughts, we actually determine for ourselves individually that negative image of an error in thinking that is specific to each person.

3. Having identified a deep error in thinking, which usually sounds like a statement, a person applies the technique of verification by evidence. The question is simply asked: "What evidence is there for this statement?" The results are best displayed on paper in the form of a table, for example. Then an alternative to this statement is considered. The alternative has every reason to exist. The results are displayed in the table. The result of the third stage should be recognition of the statement as false.

4. Then we replace the negative statement with a positive one. This can be done by working with consciousness. Or with the subconscious, or both.

Egocentrism

Egocentrism literally means "I am in the center". The concept itself is very broad. According to some researchers, the cause of egocentrism in 80% or more of its presence is genetic factors, 20% or less - social factors. Social factors are, of course, determined by

upbringing in childhood. If egocentric parents do not pay attention to the child's feelings, then the child unconsciously notes this and concludes that feelings are not important. Their own feelings are not important, and accordingly the feelings of the people around them. A person does not learn to perceive the feelings of other people, and therefore it is more difficult for him to perceive their interests. Even his own interests are sometimes poorly defined. For example, a person understands his instinctive desires well, but does not fully realize his true interests. Does not understand what he really needs, what he really wants.

The egocentric is completely sincerely unaware of the feelings and interests of the people around him. And he is not to blame here, he is just like that and that's it. It is pointless to blame the egocentric for not taking into account the interests of other people in time, he simply did not mean them. The egoist, unlike the egocentric, consciously puts his own, momentary interests above the key interests of other people. He makes a conscious choice, which could be influenced by an unconscious deep conviction, but nevertheless the choice was conscious. Therefore, there is something to ask of this character.

Destructive thinking

As a result of the impact of harmful programs, destructive in their essence, a type of thinking manifests itself, the whole essence of which is aimed at destruction. Destruction of ideas, products of labor, results of various types of activity, both others' and their own. People with this type of thinking strive to break something, devalue achievements, ridicule.

Destructive thinking is usually combined with low self-esteem. In this case, a person will be frightened by someone else's opinion. If it turns out that such a person was wrong, this will be a blow to his already battered self-esteem. Often, for such a person, there are two opinions: one is correct, the other is someone else's.

Despite their outward stubbornness, such people willingly follow authority, or the authority of the majority. Instead of convictions and principles, they adhere to a set of strange, sometimes contradictory, rules. Outwardly, they look like independent people, but in fact, they are easily controlled. A person with such thinking is always "AGAINST", against something or everything. He does not always know exactly what he is against, but he always does not know what he is "FOR". He does not speak FOR anything at all, the main thing for him is to speak against.

Destructive thinking often disguises itself as "constructive criticism," but the true goal here is not improvement, but undermining. A person with destructive thinking does not offer alternatives, does not look for solutions, but only points out shortcomings, often exaggerated or even invented. It is as if he feeds on other people's failures, finding in them confirmation of his own "rightness" and superiority, albeit imaginary.

In a team, such a person becomes a source of constant tension and conflict. He sows doubts, undermines team spirit, and slows down progress. His negative influence spreads, infecting those around him with apathy and disbelief in success. Any initiative, any undertaking is met with a skeptical grin and a prediction of inevitable failure.

Getting rid of destructive thinking is a difficult task, but it is doable. The first step is to recognize the problem. Recognize that negative thoughts and behavior harm not only others, but also yourself. Then work on increasing self-esteem, developing empathy and the ability to see the positive side of any situation. It is important to learn to express your opinion constructively, offer solutions, and not just criticize. And, of course, surround yourself with positive and supportive people who will help you change your thinking and gain self-confidence.

Real success

In order to achieve success, you need to have a healthy psyche, clearly understand your goals and be able to achieve them. It happens that outwardly successful people are actually deprived of success. There may be many reasons for this, for example, a person did not set a goal for himself, the owner of which he subsequently became. Or a person chose the wrong goal and pursued someone else's goal, achieved someone else's and became the owner of someone else's. Which is also not success.

There is nothing reprehensible in the desire for material goods in itself. But if a person puts material goods first, then he can miss the main thing. It is true that expensive things themselves are not as interesting to a person as the sensations they give. But among sensations these are not the highest, the best sensations are those given by communication with people, for example.

True success is not just achieving a set goal, it is harmony between the inner world and external achievements. This is when your goals resonate with your values, when the path to success brings satisfaction, and the result fills with meaning.

True success is not measured by how much money you have in your bank account, your position in a company, or the number of followers you have on social media. It is measured by how happy you are, how much you have fulfilled your potential, and how useful you are to the world and the people around you.

True success is when you wake up in the morning with joy and anticipation of a new day, when you do what you love, when you are surrounded by people who support and inspire you. It is when you feel that you are living a full life, that you are in the right place and doing what you are supposed to do.

Sometimes, to find your true success, you have to stop, look back, and rethink your goals. You have to let go of other people's expectations and listen to your heart. You have to figure out what's really important to you and what makes you happy. And then, maybe, you'll find that true success is already there, you just haven't noticed it.

