

Consistent inconsistency

Statistics Assignment

To say about the mental health of a person, looking at his behavior that should not depend on any circumstances or other people. Of course, human behavior may have to change depending on the situation, but these changes should occur only by the will of the person himself. In this article you will learn what the behavior of a consistent and inconsistent person is distinguished, as well as the fraught inconsistency and what she says.

Healthy and unhealthy man

If a healthy person is fully responsible for his actions, behavior and mood, the neurotic unbalanced person is absolutely non-permanent in his behavior. His behavior varies with the speed of light, any failure can lead it to depression, and positive events are extolled into heaven. In communicating with other people, such a person is moving away from hostility to strong friendship. As a result, such behavior leads to the fact that a person himself does not strongly understand what he really is.

However, it is worth noting that to predict the behavior of an unbalanced person is much easier than balanced, because the first all emotions can be calculated for several moves forward. At first glance, the behavior of a non-permanent person looks very chaotic, but there is a certain system that is easy to trace.

Also in unbalanced people, the rigorous life principles are traced, which they always rely, without having their own opinions. You can endlessly arguing about awareness and life with your mind, but many people do not notice how their opinion and desire change throughout the day, as well as how they behave on different days of the week.

Only looking from the outside, you can detect some constancy. The man himself does not notice the change of his condition, so observes constancy. And when the condition changes, then everything that happens is previously perceived as a dream. People perceive its current state with genuine. Even relatives, colleagues and just familiar perceive you completely differently. Where to look for an answer?

Communication with different people strongly affects mental state. Communicating with relatives or friends, we behave in one way, with the boss - completely different. There is nothing wrong with that if a person understands that he himself chooses a certain role. However, in the daily life of the role often turn on by themselves. Any internal changes are subject to the fight against role-playing games. It is enough hard to change your behavior if the surrounding people contribute to activation of automatic reactions. For example, in communicating with his wife or mother, a person begins to try on a "child" mask.

In each person there is a children's publicity that wishes to live a carefree life in which everything is easy and simple. But there is always that mature adult person, saying that you need to turn on the head and act. Switching from one publicity to another, the person automatically switches its psychological state.

The psychological state of a person can also change depending on the physical condition. A person is in the excellent location of the Spirit, if he is healthy, and he is fine. If there is ailment, it can lead to apathy and depression.

Man is completely what he focuses on. If you want to escape from this "web", you just need to start acting and abandoning unnecessary illusions. The judgment that the person himself is the owner of his fate, as it can not exactly shows the whole essence of what is happening. Therefore, on time you need to get rid of negative thoughts and set up yourself to positive. Make it will help the course of the Wikium detoxification of the brain.