

# Are you a mature person? Check yourself out 5 points

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The consultation is sitting a Great-aging "boy" of 30-40 years and almost crying: the family does not add up in the family, they do not appreciate it, friends and appeared Everything is terribly and disgusting. What do you think this is a mature person?

The surrounding world is evil and unfriendly. Everything is just done that it is undeservedly offended by the poor-unfortunate "boy". The situation is aggravated by the fact that the "boy" is alone and meets the unfair world in the same: "If those around behave like bastards, then why can I?! If I have all the work at work, then I will not stand aside! If pleasants change their wives, then I can so much! If someone pours mud on the Internet, then I will answer in the same vein! ". This sad list of self-elections and data to itself be bastard can be continued for a long time.

But the problem is that if a person has at least some remnants of conscience, then such a kind of excuses in the style "not we are, and this life" does not work.

We always choose ourselves: get into the changeable world and then justify, blame and seek comfort or feel the owner of your life, without shifting responsibility for others.

This is an existential choice that we do not always do consciously. Sometimes such a choice is a consequence of children's psychotrams, unfavorable family education, etc. But this choice can be reroyed at any time and transfer. The task of internal maturation is just to take responsibility for their lives and learn how to create something good, and not fight with the whole world. 5 commandments of a mature personality

Are you a mature person? How to change your existential choice? Will be helped by the 5 commandments of a psychologically mature personality: 1. Live with your life, and not information trash

The modern information society is arranged in such a way that bad news is hit by an endless stream on us, but good have to look like a grain of gold. The more we plunge into bad news, the more you load negative experiences and the more you are distracted from our own life tasks.

But the main trouble is that the infomusor does not just spoil us the mood - it forms the corresponding life principles and pushes to certain actions.

Instead of living with real life, we are recorded in "Sofa troops" and get involved in virtual wars. The only result of these wars is the polarization of opinions and the formation of the image of the enemy: "I'm right, and they are fools and bastards." As a result, the model of the bad world in our head is only strengthened. And we always have candidates at hand, which can be appointed by the

perpetrators of all our problems.2. ignore what you can't fix it with your own hands.

There are a million things in the world that we do not like, anxiety is caused or cause other negative emotions. Many of these things become super-appoinable, we dwell on them. This reminds the situation when we ourselves are applied to the wound, then we start combing it, and then wonder: "Why does it not heal, and everything gets only worse?"

This is especially true of those problems with which we are not directly related. As in that old anecdote: "Something me Honduras bothers! So you are not Chechi. "In the consciousness of each of us there are many of these "Honduras" - contrived global problems. We cannot directly influence the solution of these problems, but how many experiences! But isn't it better to focus your strength on your life, on those problems that you can touch with your own hands and solve yourself?! So comes the mature person.3. Do not expect someone to fix everything

An immature person usually hopes unconsciously (and quite consciously hangs on the surrounding sense of responsibility / guilt) that anyone will come big and strong and solve all the problems. The wording is different: "They should be understood in the government there should ask me for forgiveness." But the meaning is always one: the responsibility for the fact that everything is so bad in the world, lies on someone else (not on me), and it is they who must solve all the problems that are so worried.

One famous psychotherapist on the wall in the office hung a poster with an inscription

"No one will come."

And the mature personality understands perfectly well that in this world no one should anyone, and that the salvation of drowning is the work of the hands of the drowning. Maybe someone will come, and will join, but it will be later, but you need to start with yourself.4. Choose "Your War"

If you turn away from the information chimer (paragraph 1), not to be sprayed on the far from our life of the Hondere (paragraph 2) and not hope that someone will solve our problems instead of us (p. 3), then the moment of choosing that For me really valuable.

If the world is evil, then how can I make it kinder?

If life is generally incorrect, then how can I make your own life more correct?

If people relate to me unfair, then maybe I do not communicate with those people?

Or (oh, how hard to admit this thought!) The point is still in me itself, and what I get from life, in my own way right?!

In any case, do not forget that your life is your life. And you can always change your Being (real lifestyle), and even more so your consciousness (attitude to life).5. Be real

You can formulate and otherwise: do what they preach. The overall trouble of all the Greater "boys": they complain about life and accuse others, but at the same time they do not understand their own values (paragraph 4) and do not really do anything to in fact (not in words!) In fact, to realize them. Very comfortable, but the dead-end position of the nodik-critain

But if you have at least some kind of creative, constructive, life-affirming values and goals, what did you do realistic to achieve them?!

To be present means to take responsibility for your life and make real actions that really change it for the better. If these actions are worthy, then other people will appreciate them. It is not necessary to expect much equity from their assessments, but a person who is consciously self-realizes is not needed.

Internal philosophy changes: the world is good, fair, kind, beautiful, because I am a mature person and I do it. And if it depends on me, then what's the point of blaming about something else and demand something from them?!

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