

Will and borders

Math Homework

A source:

The boundaries of the personality are arranged about the same as the cell membrane.

When the cell meets something useful, the membrane receptors identify it and make the permeable membrane, open the boundaries. When the cell meets something harmful, its boundaries are closed and becoming hard.

With a dynamic balance, people open the borders to each other, they melt and melted from the proximity of each other, change each other, penetrate each other. They are like cells that feed and nourish themselves. Under imbalance, the boundaries of the plus are impenetrable, and minus continues to soften and melt stronger and stronger, it literally dissolves and soon loses its integrity. Plus everything is cold and tougher, minus everything is softer and plastic.

Soon the minus so softened that it begins to stick out like glue.

Usually people having very hard, frozen boundaries do not have a strong straightener, inside them Kisel, so they are afraid to lose themselves and frozen, they do not show anyone interest, they are filled, closed on themselves. From frost and egocentrism, their subsidiaries becomes weaker, because it does not interact with anything, but stimp. Finding outside of such a person, that is, making it soft, you can see its rapid dissolution. (Splicing himself, from the inside, he pumps the rod).

People whose rod is hard, borders have frostable, plastic, open. The flexible border, the more power capabilities, and internal integrity and safety is provided by a solid rod.

The question often asks: how not to go into minus? And it would be necessary: how to save the dynamic balance, when the other is the same minus like you. You both love each other equally.

For this, you need a strong rod for this. It supports balance in the relationship itself. But if there is no rod, you have to arbitrarily close the borders when a person goes into a plus (it closes from you, distinguished) and open the borders when a person goes into minus (opens to you, comes closer).

Excellent news for those who are not sure in the rod: if they are strongly by turning the borders and open, the rod is quickly formed. Actually, his main function is to open and close the borders, manage attention (the second main function is proactive). Therefore, if you start randomly manage your borders, you become strong from the inside. This mental muscle develops in the same way as the skeleton muscles - from the power. Bend, exaggerate, strain-relaxes, gradually increasing weights. So pumps the rod.

Now I will tell you two exercises that can be used directly in the process of building relationships. From these exercises, power is growing, and the relationship is improved.

These exercises for those who have a relationship only begin, for people who have a relationship have long been there, they need other exercises, I will tell them later.

1. You must learn to swallow the boundaries when contacting a person and close them immediately as soon as the contact is completed.

Limit the communication time on the network, do not stretch for several hours. Several hours coolly communicate, you are bored with each other, and very hotly communicating with hours, too soften yourself from the inside, especially without having physical contact, that is, sufficient feedback. Therefore, communicate for a long time (half an hour, an hour, in extreme cases two), but try to be very emotional, generous, active, sexual (if intimacy is sufficient).

After that, make sure of urgent things, be sure to say goodbye to you, express gratitude for the time of communication and hope to communicate more (or meet in real life). After that, exit the network and switch your attention. Do not move in your head without end dialog, do not analyze each word, do not fantasize, do not masturbate and do not come up with what will happen next. Just turn off here and turn on something else. Close the borders for this person at the time of non-confidence with it. Blank at least if you can't close.

When you meet in real life, do the same: open the row on contact, close, finished contact. (And do not stretch the meeting too long if your partner is already boring, and you are messy).

Through open doors outside the contact you lose a lot of energy. Those who are accustomed to lose a lot of energy out of contact, to contact are already exhausted, hungry, waiting for feed, with tongs and complaints, or too fettered, nervous, because all this time continued to communicate with illusions and voices in their heads and screwed themselves reciprocity.

2. Try to track how difficult for you to open and close the boundaries in response to partner's shares.

As soon as he did or said something unpleasant (depreciating you, repulsive), remove, close the borders. You can simply silence, you can become thoughtful, ask for a pause (sorry, I have a telephone conversation) And after a while again to return to normal communication. But this is only if said or made alone, but is insignificant. If you rejected or humiliated, try politely say goodbye and leave. Do not pull, do not persuade yourself, do not resort to illusions, do not have enough for the tongs and do not pull the explanation, do not knock the rolling pin, just tell me (politely) what you want to go and leave. You can even apologize for your care. Do not let me in explanations, it is also nippers. Just leave.

It is very important to leave even in the case of hot apologies. Your goal is to close, and not open for his apology. Do not listen and all the more do not extort any "I accidentally blurted out, wait." Promise

tomorrow call and truly call in a normal mood (if a person apologized), but do not change his decision immediately. Sorry, if apologized, but not immediately, it is important! Let the time for a negative reinforcement of a bad act. And give yourself the opportunity to learn yourself to fencing, and not merge.

A person should see that you really slam down the borders in response to his bad act, completely slammed and they will not open from apology right away, you need time. You need to move away, calm down, think. Day, two, how long. If you are waiting for apologies and I am glad to forgive immediately, a person feels that you did not close any borders, but simply pretended to make him jump. He feels that you do not respect yourself, and on the contrary, it is too dependent. It may not analyze it, but will feel. And if you stayed with him, only became sour and unhappy, inflounded, it is also bad, he is forced to look at you in your most unattractive form and remember you. Better say goodbye and leave.

But be sure to break the borders every time you tell or do something very pleasant. Support the warm mode in the usual state, and in response to the balls, open and respond generously. Even if you have a bad mood, even if you are not affordable, be sure to open the boundaries when the person you are interested in (and not even very interesting) makes you really something pleasant, right.

Watch why it is difficult for you to close the borders when you were offended or pushed. You reluctant to take off, it's easier for you to impact yourself that all this does not disappoint and means something else that a person is just such a character or an unsuccessful day. Do not do yourself, catch yourself on how weak and sluggish is your will. She does not fulfill its function, does not ensure that your boundaries will only meet useful, but closed when contacting harmful. So you will not have any rod, and there will be liquid kissel. And anyone can drink you through the tube. And spit. Or merge into a hole.

Train your will, teach yourself to take useful solutions.

If you catch yourself on the fact that you are ready to close your eyes, skip past the ears, do not pay attention, try not to do this. Be polite, generous, fair, but do not let you treat you.

Do not go to another extreme, do not become hard, demanding, do not reflect on trifles. Be more often soft and open, and close only in response to what is the humiliation of your dignity and disregard you. And look, whether a person is ready to save you from it. If he is not ready, but just grips around and waits when you get tired of building a strong person from yourself and you like a rack to agree to all its conditions, do not agree. Protect yourself except you do this.

Be sequential. Your will is the most valuable thing that you have, do not give it to anyone. But do not require a lot, demand exactly as much as you need to feel fine and respect yourself. If a person is not ready to give it, thank him for communication, understand and let go. For this, you will also need the will, but you already have it. Will appears immediately, you barely focus on it and keep attention.

Exercises are very complex or more or less?

Have you ever tried something like that? How is it going? How are you with the will, in general?