

Now you can do your projection

math homework solver

Projection is the imposition of its inner material to outward it and projection to the outside world. Thus, we fall into the lubricant of our own inner world and do not realize it.

We are among people, but we do not see them, we are talking, but we do not hear them, everywhere our subjective reality, but we do not realize it.

What can we project into the outside world? These can be: phenomena perception, feelings, thoughts, values, plans.

For example: everything around me seems to be evil, I do not realize my anger and aggression, and project on others. Everyone around me seems suspicious, greedy, envious, selling, podhalimami, or vice versa, good, nice, respectable - the power of projections is great. This is the reflection of our inner world. I feel that they are offended, not a fact maybe I feel guilty for some kind of act. It seems to me to condemn me - I feel shame for something.

When projection - a person has his own unwanted features attributes to others, and this way protects itself from the awareness of these traits in itself. The projection mechanism allows you to justify your own actions.

For example, I accuse someone that he is cold to me, to blame for my problems with work, with a personal life, we are blaming a person, i.e. We want him to take responsibility for us. Not noticing that we do not take it on themselves and project it to another.

When a person projects some qualities on others, he protects himself from the awareness of these traits.

The projection is a protective mechanism, it allows a person to consider other people's own shadow content (unacceptable feelings, desires, motives, ideas, etc.), and as a result, no responsibility for them.

A negative consequence of such protection is the desire to correct the external object to which something negative, or even get rid of it to get rid of the "feelings caused by him". The external object, meanwhile, may not have anything in common with the fact that it is imagoed.

For example, no one seems to me with me, no one loves me, no one hears me, does not listen, does not notice. We project material from the inner world in external. It could sound like this: I won't hear myself and I don't hear anyone accordingly, I do not appreciate myself and others also, although I can need it, I do not notice anyone, I do not like. Those. What happens inside I project out

and I do not notice that I myself get into this castomicious world of my own psyche.

We are not all free of projections. But, the more the man alienates his inner part from herself, transfers to another and does not recognize it for himself, especially the projection of malign-quality.

Acute form of this: mental diseases - hallucinations.

Projections are mirrors, they are needed to see themselves. They reflect only someone who looks in them.

But often it turns into a journey through the kingdom of "curves of mirrors."

What helps to notice that you are projection:

Many in speech of estimates, interpretations, judgments that others think do, feel, appreciate, worry, etc.

Many assumptions that others think and feel in relation to us.

Frequent predictions of other people's behavior.

The projection loves the lack of information, the less we know about something - the easier it is projected.

How to work with projections:

1. Starting from the development of the skill of sensual self-reflection. The ability to recognize your emotions and feelings will automatically insure a pronounced projection. Then we will understand where our feelings and thoughts, and where other people's.

2. Assigning projections.

If we talk about something, for example: "No one loves me, no one appreciates me, I don't need anyone, etc." It is useful to ask the question: How do I know that? Who told me about it? How did I feel or saw it? From whom? Based on what signs did I make this conclusion? It may first help come to themselves, and understand: Well, probably about all that I got excited! While who specifically? If you allocate these people, you can directly ask how they relate to me? What do you feel? And who love I? Who do I appreciate? If this is so, then exactly in response they do not like and do not appreciate me? Love and do I appreciate myself?

The next moment, for example, we decided that no one loves me and does not appreciate, I don't need anyone, I don't have anything to do with anyone! Ask yourself, how can I? What do I feel about this? For example, the answer: It's a shame, sad! Then, equal to any degree are independent? And who is most disappointing, what is indifferent? Someone is important to us, and some so-so can be

without him. If we reveal a very important person for us, then we can do something in this direction. And you can say a person about it that it's a shame that it is indifferent or that man is important to us. We will not mind!

3. Also try to speak from the first person: instead of "you do not want to see me" - "I don't want to see you," instead of "you, probably, is not easy with me" - "I'm not easy for me with you, with you." And wonders in this share of the truth.

The topic of projections is important because it makes it possible to see the world more clearly, more objectively, more transparent. I take my own projections - by clarifying the situation by working with themes that I am painful. Projections indicate our jobs and development points. The assignment of projections may be unpleasant, but it makes it possible to take responsibility for your life. To see her and self is clear and objective, then the reality is clear what is happening where I am and where I move.