

Self-perspective and Values

Armin Ehsani*

Department of Psychology, Ferdowsi, Iran

***Corresponding Author:** Armin Ehsani, Department of Psychology, Ferdowsi, Iran.

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Depression again? Yep, that would be the second cause of disfunction in the world by 2020. From the main reasons of depression, you could name genetics, developmental conditions and developmental executive functions habits. One of the main aspects of depression's symptom is negative self-related thoughts. Self-related thoughts can be easily interpreted as self-perspective thoughts to a This-Moment conditions. It is mostly built on your developmental habits.

How do you do? It's a usual small talk but also a big question to consider: how does one think about her/his life, her/his achievements and her/his behaviors? It is one of main source of inquiry in the psychological analysis. Don't miss the notion easily. after novel era of enlightenment years in the 17th century, psychoanalysis had the big impacts on modern western cultures, as a human brain concept production. Then let me ask yourself again: how do you do?

Golden question? If we consider that's a golden question, the pathway to core concepts of its answer is not very clear and not an easy one to get. First you can draw a picture from your answers to this question, and then show yourself and your life in it. You are starting to sketch your perspective to yourself, your environment and your life. But after getting a blue print of your perspective to life, a hidden question starts ticking in your head.

Psychoanalysts try to change this self-perspective to tune your adaption with your own situation. But it's a heavy work to do. Lots of stones and lots of targets to hit, but wind direction is always doing its job too. In addition to the unclear criteria for a right perspective to life, its meaning and the self, the harder question can yet arise in the next step.

How can you incept the right perspective in one's mind? Have you ever tried to change your driving habits? Even at the moment you try to remember your habits, it begins to get a hard duty. It seems you need a paper and pen to write them one by one, right? Self-perspective is built on your long-lived learning and habits. So, it's not easy to access it at all.

But let change our perspective to the driving problem. How if you tell yourself what is the most important issues in driving and which one you are missing out by your habits? You don't feel uncomfortable to build and learn new behavior as much as you feel when you want to change an old habit of you. An Iranian proverb says quitting a habit leads to sickness finally

So, what is the most important issue to build an adaptive self? Knowing that each self-perspective could be different, which concept of perspective is so rigid and important to build an adaptive mind and worth to keep it in your mind as an eternal criterion for building your self-perspective to world?

What are our values and which is our priorities? Which criteria is the most important for you to act? That's the question we could reach to in our short trip to our self-perspective.

Modern societies are getting more competitive and more demanding for better self-efficacy and that is a stressor for us. But when you are looking into yourself, having your own made criteria would be always a smoothing and assuring tool for self-assessing and self-communicating. And that's why you should use your paper and pen. Writing down your own build values in order of importance. It would be a wonderful trip to deepest corners of yourself and helps you to make new behaviors and quit old habits slowly and then automatically.

Have a nice drive dear!

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