

How to Create Good and Balanced Relationships?

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Nowadays, there is an increasing tendency for human relationships to deteriorate. Disagreements, tensions, conflicts and violence are all replacing healthy relationships.

Why; What happens;

In a society that is constantly plagued by corruption of values and ideals, man is disoriented somewhere.

It is as if it is part of an ever-evolving maze where its escape point seems impossible.

The people around me are focusing a lot more on their image through social media and accepting their online friends, rather than their real life. Relationships are behind screens. The chair is the starting point and the termination for a relationship that has not yet given in and demands. The screen and the keyboard replaced our voice. BSD mostly The replaced our emotions and their expression.

Emotions such as: joy, happiness, excitement, sadness, sadness, love, love have now been replaced by small emotions that come and reflect our emotions.

Why; What happens;

Are we all so happy with the screens that manage to direct us and our desires?

From babies when we are born we seek the embrace and love of our mother.

We are looking for the game.

We have questions.

What exactly is going on in life from childhood to adolescence and beyond?

What exactly is and is so powerful that it can and directs our behavior and rejects our emotions?

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I remember the case of Nicoletta. He was an organic athlete at the time and very good at it. Strong, enthusiastic about the sport and never losing her workouts. Nicoletta went for the championship, but an accident on the trampoline led her to an injury that prevented her from dealing with the instrument again.

I remember telling her story and also experiencing sadness. That was what I was looking at. But it wasn't just that.

I also saw a force and a huge desire for Nicolette not to leave the sport. She let me know that sports nourished her soul. She continued with volleyball and weightlifting. It's going well.

What does this reference to Nicolette mean?

Healthy reaction.

When Nicoletta struck, she had her parents, her brothers, her friends with her. He shared it with them. He showed that it hurts, he cried. This is real life.

When Nicoletta decided to pursue other sports again, she had her family, her siblings, their friends with her. He was smiling and sharing it. This is real life.

Real life means sharing and having you by my side. I hear your voice, I can communicate with you my thoughts and my feelings.

When it is dropped for the sake of a screen, so is my human existence, which as a human being I am obliged to respect and protect in every way possible.

Let Nicoletta's example be a picture of expressing emotions.

And it is a very small but at the same time an essential example of everything that every single person experiences in this world.

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