



PsychoBabble!

Psycho-babble: derived from two of our favorite words, we aren't sure if you will actually find this word in the dictionary. So we will go ahead and give you our interpretation of what this newsletter is going to be about!

The human mind is so complex, so vast and such an interesting study that all of us are constantly trying to learn more about it!

So, we the Psychology Club will search high and low for articles that would entertain and enlighten you! For this we have chosen Psycho-Babble as a platform!

"Happy reading!

Happy thinking!"

Hey folks,

Is being yourself the biggest concern for you today?! Read on to know it's not a very big concern after all!

Be Thyself!



You do you, awesome person!

Sometimes we run around trying to please everyone that we forget to make ourselves happy. Does hanging around that one friend who constantly bullies you (well, according to them they're just joking around! Yeah, right!) bother you? Is watching that one T.V. show that everybody hates your guilty pleasure? Are you a closeted nerd? Then start being yourself! Cause you are your own person. No one is the boss of you and no one can tell you what to do and what not to do. ***Do more of what makes you happy!***

There's only so much you can do to please others, but in the end of the day, what really matters is your happiness. ***You are supposed to be the leading person of your own life, after all!*** Making decisions can be the hardest thing to do!

There are of course those times when we can't help but dwell on our doubts and fears. It would've been so much easier to know the spoilers for how our life's going to turn out. Only if that was possible. But we know it's not (well, at least until science finds a way to do so!) so, till that time, we'll have to go through the scary rollercoaster aka, life, not knowing what crazy turn it's going to take next! But that's the most thrilling and exciting part of it. ***Just when you think life's going to get worse, it could totally surprise you with something great. And IT WILL. Just don't stop believing in yourself!***

People are always going to have something to say. So you might as well do what you want!

Seriously, it does not matter what “they” say. If there wouldn’t have been a few mavericks that went against the supposed “rules of the society”, maybe we would still not have civilization, much less have access to all the amazing things that we have today. Maybe people criticize because they are just green with envy! Just remember this: If people always have something to say about your life, that’s saying little about their own. ***Keep your head up, stay strong, and just breathe.***

It’s okay to be different! We don’t have to be anyone else, because us being our own very selves is the most special thing about ourselves. Life is too precious a thing to waste in trying to be like others! We shouldn’t be afraid of being different, ‘cause the worst thing that could happen is being the same like everyone’. Like Dr. Seuss said, “Why fit in when you can stand out?” ***You’re just too fabulous to fit in any way!***

Comparison is the thief of joy!


We all have been there! It’s human nature. And now with our constant need to refresh our social media accounts, it becomes so easy to give up to the urge of self-loathing! But there’s one thing that we could do, which is to be inspired instead of being envious. It’s easier said than done, but it’s important for us to understand that some people might have a great moment in their lives much sooner than the rest of us will! ***There’s always going to be someone better. But what’s more important is to thrive to be a better version of ourselves!*** There’s always room for that!

Self-worth can sometimes be attained without any proof. You’re worth more than your flaky friends and people who dismiss you, or underestimate you. Sometimes it seems like that’s all you get, but it’s not what you’ll ever get! So just believe and love thyself. In the words of Taylor Swift,



Source: We are pleased to share that this article has been written by Ms. Pooja Parekh. (TYBCOM F)!

Are you a dreamer?



Learn what they say about you....

Why Do We Dream..

Dreaming is non-essential when it comes to survival as a body but is essential with regard to our development and evolution as metaphysical beings,” according to Sumer, who studied global dream mythology at Harvard University and Jungian dream interpretation at the Jung Institute in Zurich.

Dreaming is the communication between our conscious mind and our unconscious mind, helping people create wholeness, he says. “Dreams are the bridge that allows movement back and forth between what we think we know and what we really know.”

Dreams let us play out painful or puzzling emotions or experiences in a safe place. “Dreams also allow us to process information or events that may be painful or confusing in an environment that is at once emotionally real but physically unreal.”

How To Analyze Your Dreams!

One of the biggest myths about dream analysis is that there’s a set of stringent rules people need to follow. But every person is unique, so there are no formulas or prescriptions.

Dreams “can only be understood in the larger context of the individual’s unfolding and self-discovery,” Sumer says. However, there are several guidelines that can help you see your dreams more thoughtfully and dig deeper into their meaning.

Record your dreams. This is the first and most important step in analyzing your dreams, Sumer said. “Taking notes, even a few sentences that encapsulate the dream, literally draws the content of the unconscious out into the realm of the concrete.”

Think you don’t dream or can’t remember your dreams? He suggests simply keeping a journal by your bed, and writing “No dream to record” every morning. “Within two weeks of this process, the person will begin to remember their dreams.” (In fact, “you might open the floodgates!”)

Identify how you were feeling in the dream. For example, Sumer suggests asking yourself: “Was I scared, angry, remorseful, etc.? Do I still feel those feelings the morning after? How comfortable am I feeling these feelings?”

C.G. Jung referred to dreams as “feeling-toned complex of ideas.” In other words, according to Sumer, “We are always being called by our unconscious self to feel into our ideas, thoughts and actions so as to gain a deeper sense of who we are and where we are going in our lives.”

Identify recurring thoughts in your dreams and daily life. Sumer gives these examples of recurring thoughts: “They are going to kill me.” “I don’t understand.” Or “I’m not going to make it.” Next, ask yourself if you’ve had these thoughts throughout the day. If so, in what situations have you had these thoughts?

Consider all the elements of a dream. You can show up in your dreams in various ways. Many times, “we can find ourselves, our personalities, in many elements of a dream, even if there is a clear distinction between us and another character in the dream.”

You can ask yourselves these questions, Sumer said: “What is it like to be the villain in the dream? What is it like to be the aggressor, or be passive?”

Put down the dream dictionaries. You’ve probably come across dream dictionaries that feature specific meanings for objects. As Sumer notes, while there may be some universal meaning for these symbols, the key is to figure out what the dream means to you.

“While there may be a trace of collective meaning for certain universal symbols that do have some bearing on our internal analysis and growth, I am far more interested in where the dreamer goes with the symbol and what the dreamer connects to as a result of the dream.”

So, even though there may be some universal elements, symbols have different meanings for different people. “I believe we are all unique and carry very personal histories that impact the symbols, objects, tastes and smells that we associate with a particular dream story or event.”

Remember you’re the expert.

“There are no experts other than yourself when it comes to your own psyche, so don’t stop trusting your own inner guide to your unconscious,” Sumer says.



“There is always something to learn about yourself in a dream”!

website: <http://psychcentral.com/lib/how-to-analyse-your-dreams-and-why-its-important/>

I'm Different! I'm the Best!



Saying an affirmation sends a message from the conscious mind to the subconscious mind and makes it believe the message is true. The subconscious mind has the capacity; if it accepts it as true, to do whatever it takes to turn it into reality.

1. The affirmation must be believable to the subconscious mind

The reason why most affirmations fail is because they tend to give an unrealistic message to the subconscious mind, hoping for a positive response. If you are financially broke, and you say to yourself "I earn \$100,000 per year", this is not believable to your mind. But if you are currently broke, and you want to make \$100,000 per year the easiest way is to use the word "I choose" in your affirmation (i.e., "I choose to earn \$100,000 per year").

2. Supply the subconscious mind with proof

A good example of this is being in debt. People in debt associate pain with money. Whenever they spend their money, they think of their bills, loans et cetera and this will always lead to pain. This feeling that they attach to the money is what keeps them in debt. So, change the pain into pleasure. You could say to yourself "I always have more than enough to spend". And as long as you have some money left in your pocket this affirmation is always true and so the subconscious mind will believe it.

3. The affirmation must activate feelings

There are two ways you can activate your feelings. The first way is to use words that involve feelings. Words like "fun, enjoyable, comfortable, delightful" will work effectively. The second way is to use imagination. Visualize that the situation stated in your affirmation has already come true. See yourself in that situation and feel the feelings.

4. The affirmation must be positive, present tense, and personal

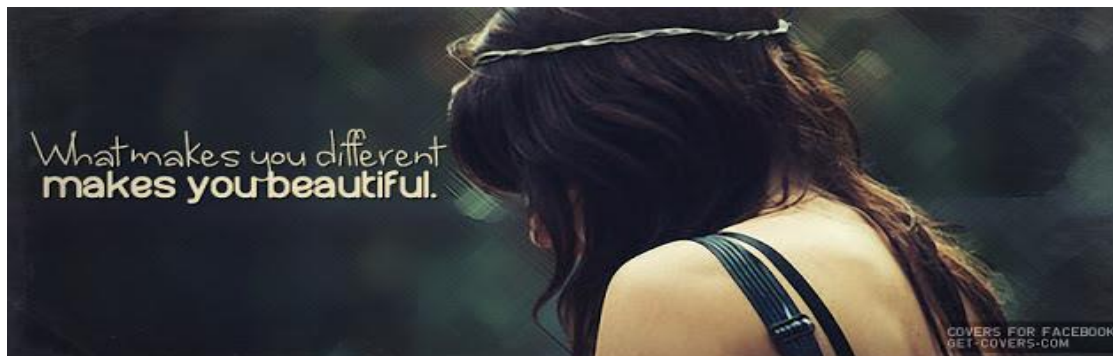
Be positive. Instead of saying, "I am not ugly", say, "I choose to stay beautiful". The reason for this is that before the mind knows the meaning of, "I am not ugly", it must think of what ugly means first. So, saying that statement will inevitably lead to the feeling of being ugly. Be in the present tense. If you say, "I have a luxury car", your mind will not believe you. But once it is combined with the first technique, it will work perfectly. Now say, "I choose to have a luxury car". Your mind will do its best to bring it into reality.

Be personal. Your subconscious mind only works for you, not for others. If you say, "Greg loves me", it will not be effective, because you have no control over Greg. Now say "I choose to feel that Greg really loves me". This time you are in control, because you can control your own feelings.

5. State affirmations in the comparative

"I am confident" may not be as effective as "I am becoming more and more confident". An even better affirmation might be "I choose to feel more and more confident".

Using the comparative creates a condition to where there is no end to how much more confident you can become. Otherwise, your mind may think you are already confident enough, and it will not need to do any more work.



Website: <http://bethebestyoucanbe19.blogspot.in/2013/04/5-effective-affirmation-techniques.html>