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It all starts with the fact that once your friend or friend says: you are angry, you are aggressive, it was aggressive. So what? You start thinking about it. Not so do that, but if it started, then you will think about it all the time. Why? Am I aggressive? I do not think so. What's wrong with me? Are all people like that?

But after all, they call aggressive both advertising and the behavior of a person who saves his life, and a murderer, and a climber who climbs a mountain. And what is the result?

Aggression

Aggression is a form of behavior that causes physical or psychological harm to another person.

Sigmund Freud believed that man destroys everything around in order not to destroy himself.

how does aggression appears there are 2 types of factors

1. Biological factors.
 1. Aggression as an instinct.
 2. Causes of aggressive behavior - hormones and mental disorders.
2. Social factors.
 1. External motives of the person: control, manipulation, need of attention, power, self-expression.
 2. Cognitive processes: experience, memory, violent imagination.

Forms of aggression

1. Irritation - a weak manifestation of aggression, a signal of its potential.
2. Anger - more intense than irritation, feeling, but more private. The subject of anger is always more pronounced.
3. Hatred is the worst manifestation of aggression. More often it is a character trait, quickly becomes chronic and rooted.

4. Rage - an affective state, as close as possible to aggression. Aggression without rage is impossible.

Causes of aggression

1. Drug and alcohol abuse.
2. Personal problems that are associated with problems in personal relationships, loneliness, etc.
3. Mental trauma of childhood.
4. Developed neurosis.
5. Watching movies and shows where the topic of violence is actively discussed.
6. Inadequate rest, overwork.

Conclusion

Actually Any person at any time can call (feel, feel - it does not matter) any phenomenon of the surrounding world unfair, aggressive towards themselves, and begin to react aggressively to it, defending itself.

man always tries to throw out the accumulated aggression. For example, yell at someone. But for ethigo there are other methods: yoga, sports, training with a psychologist. The most important thing is to control yourself.