

With widespread eyes. About kindness, empathy and sensitivity

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Often, kindness is associated with the special sensitivity of a person, his willingness to listen to, understand and even take over the part of the emotions of the interlocutor. Whether heightened sensitivity is good, can it become a useful resource in life, whether some threats are told, says GestaltTeepet Igor Pogodin.

Dossier

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Is it possible to say that some people are born with some particular receptor, catching all the subtleties of life, characters, relationships, and others are simply not given?

The metaphor of sommelier will be appropriate. After all, the sommelier is not born, they become. Understanding the wine, the ability to catch the finest notes appears with experience. First you are confused, then you begin to notice more accurately, sensitivity develops. Approximately this is happening in life, and in relationships.

That is, people - like wine, their "bouquet" can also be learned to recognize?

And even more: sensitivity to life, relations are formed when contact with other people. Even his own life is easier to find in a conversation, just in the view of another person, in a conversation about poetry, about nature. It seems to me if we always tried to notice something new in the already familiar communion with a long-familiar person, our sensitivity would constantly develop. At first, a little bit, when, using our metaphor, you start to distinguish the Chilean wine from French, "Saint-Emilion" from "hot-naked", then more and more. It is like division price. Imagine that you have a ruler first with the price of division - the meter, then - centimeter, then a millimeter. Measurements are becoming more accurate and thinner. Empathy is not a miracle. In the life of every person, in any respect, with any communication a huge number of nuances, but we skip it by this. But if you train, with time, sensitivity rises.

Do people have a special disorder that you can develop? To see new worlds, you need to change old eyes?

Troopness, observation, sensitivity - can be called differently. It can be trained, but it is important to understand how to do it. Even when I just studied Gestaltterapia, I immediately taught me to watch as closely - look at customers and notice more, more, more ... We are accustomed that this process is controlled by the Will: to notice, you need to watch. What kind of zorach look, the better. And for some time in his training programs I came up with different exercises to ensure that this sensitivity and ability to realize to increase.

In principle, gestalt-therapists Paul Gudman and Ralph Chefeferlin most fully described this practice of experiments with observation. If you can manage the process of attention to the mind, you can achieve a decent effect. For example, you can simultaneously notice 10-15 phenomena (facts of consciousness: I see that I feel, etc.). But this is an insignificant percentage of what can be obtained, if not chasing these phenomena is basically, but rather to surrender to the flow and enable the phenomena to chase you. This is a fundamentally important thing that I tell in detail in the new book "Managed Miracle".

The idea is that our sensitivity is in relation to success, to a dream, fortunately, the relationship increases by an order of magnitude, if you do not throw all the forces on the workout process, and just sincerely and completely give away to personal contact, which is happening here and now. It is difficult, difficult, but after some time it turns out to be possible. And then just a flurry of the finest nuances fell on you.

We are accustomed to thinking that I am, and there is my life and I have to do something with her so that she moves in the desired direction. And what if our life is a kind of process that does not live because we manage them, but because we are given to him as a result of sensitivity? Nobody can reverse the course of the river to anyone, but if you catch it, you can sail easily and rapidly. It turns out that the effectiveness of each person increases, depending on how much it can be given to the process. Do not spend the whole life to redirect the course, but to give in to the go. There are even a lot of research, which suggests that a person recovers from seemingly incurable diseases when it becomes as sensitive as possible.

How to acquire such an advantage?

There are many workshops: Gudman and Chefeferina described several dozen experiments, where people train to notice what is happening with them and with those surrounding in specially created conditions. And after a year and a half, they will discover that a unit of time is noticed at five to ten times more than before.

In my training programs, I try to acquaint people with observation in the stream. I ask them to rely on curiosity, dividing two types of curiosity: "From the head" and "out of the abdomen." If you want to ask something appropriate, because it is necessary for a better understanding of the situation, is the curiosity "from the head". And if a question appears from nowhere (it may be inappropriate, stupid, ridiculous, strange, can confuse the interlocutor) is the curiosity of the belly. It is at the heart of the increased observation, achieved not by the volitional effort, and vitals. What leads, in turn, to special sensitivity.

At some point, my disciples begin to notice what they did not see before. They automatically have a conversation with someone with someone's breath of the interlocutor, as the skin looks like, behind the voice of the voice, behind the eyes, body position, in words, with a pose. They do not try, it comes to them together with curiosity "out of the abdomen." And if the awareness is included (and I share sensitivity - the ability to notice that something has changed, but it is difficult to say that it is, and awareness - an understanding, which in reality has changed), they are much more deeply feeling the interlocutor, they are dealing with that in fact he says and feels.

Why is it so important to develop no wrestling sensitivity, if we will increase the will in five - we can increase your observation to ten times?

The volitional effort is exhausted, because resources are constantly off. Sooner or later, exhaustion occurs. When curiosity goes out of the abdomen, the efforts that are returned with interest are spent on any relationship. Consequently, it is impossible to get tired, although this is certainly a time of consideration, but from each contact you can get much more. Sensitivity gives inexhaustible advantages in communication, in creativity, in relations, in business. Everywhere we come into contact anyway. We create the surrounding reality to the same extent that it creates us. The main thesis of phenomenology: I am, because you are. As soon as someone comes into contact with you, he fully defines your reaction, like you - it. Contact deposits are inseparable.

Well, are they the same?

Of course, that of us who are more sensitive, who is more charismatic, there are certain levers of influence. Sensitive people see more nuances and opportunities, they have a wider choice, which affects their behavior. There are people who are essentially not very aware, but very charismatic, affect other people, limiting the possibility of their choice.

We see the advantages of increased sensitivity, and does she have cons? Did not the increased sensitivity mean also vulnerability?

Quite right. Ensure and sensitivity are directly proportional, that is, with increasing sensitivity increases vulnerability. If you become more wounded, then, of course, the risk immediately appears to feel pain, experience injury. And then the first desire is to return everything back, lose sensitivity. Moreover: even in the absence of conflict, sensitivity can still be heavy nonsense. For example, a person begins to notice so much that it can influence his relationship with others without improving them. Can lead to crisis.

The most important problem: with increased sensitivity, a person does not have time to handle all the information. If you previously noticed and processed, conventionally speaking, 3%, then with increasing sensitivity, this segment grows up to 50%, and you have to live with all this, and this is a problem. Initially, when your sensitivity increases sharply, you become more vulnerable and turn into a "monkey with a grenade". There is much more than what you have not seen before, and you can't treat it. This stage is familiar to everyone. When you try to ski for the first time, you look like a stupid;

When the first time you act in front of the audience of other people, it looks slaughter; The first time we confess in love, it is very touching, naive, but funny.

With increasing sensitivity and awareness, it is important to form a way with which you can cope with this, process the incoming information. This is called experience - the ability to be alive with each phenomenon, who come across, be it joy, pain or fear. This path is much more promising than an attempt to go back to the zone of small sensitivity. It is more difficult, always fraught with a crisis, but life becomes fundamentally different, you go to a new level.

Read more about it

Pogodin I. A. A managed miracle, or how unrecognizable change his life, starting to worry about it.// K.: Publishing House Dmitry Burago, 2016.

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