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Surely many familiar with the feeling when you write someone's message, send, and man read and silent. A minute is silent, the hour is silent ...

And sometimes it has not passed an hour, but you already seem to have been the day, and then the week. You again and again check whether a person is online online. You are offended, angry, suffer. It seems to you that at this moment as if the whole world is against you ...

This picture is really not at all funny, because it all happens.

And when a person still answered, you can hardly hide your irritation, and even you are not trying to hide him. And the man at that end of communication shows that he does not understand anything. After all, nothing terrible happened. Well, he did not answer right away, but he answered. Even if she actually forgot to answer and remembered only after reminder, or himself, but after a long time, when he himself became interested in communicating.

How could he? He is specially ignite me ... He's an abuser, he is a manipulator, he ... Yes, a lot of things can scroll over once in the head. And yes, a person at that end of communication, really can do it intentionally, but he has his own reasons for that. And often the same.

What really happens?

And in fact, there is a drop in the injury of rejection and abandonment. And it was there, in the distant or not very childhood, it was hurt and scary when parents left the child one and not necessarily one physically. After all, psycho-emotional loneliness is no better for a child than physical loneliness. The child he is at the same child and he needs next to the significant adults who see him, hear, love, appreciate, care about him, ensure its safety.

And when mom (dad) treated the child, it was cold, forgot about their promises, were distant, other children were smarter for them, prettier, more developed ... or parents were hypergoing and learned helplessness did not make themselves waiting for a long time. And every excommunication of parents perceived for a long time, as a small death ...

Then every time a person has to wait for the answer to his message, or wait from someone a call, he again and again falls into the age of age when the child was very lonely when he felt pain, resentment, rejection and such a all-consuming annoyance, What seems that the whole world turned away from him. And the image of parents is transferred to another person. After all, they once came with him almost the same way. And it was with them a lot of pain. And a person may hurt

even physically.

At these moments, a person is not very easy to get out in an adult position and accept the fact that another person can be tritely occupied, tired, can take a timeout on thinking a response, a person can have their own problems, because of which it is difficult for him to quickly answer (Because of this, he can forget to answer).

Or maybe a person and just get tired of too dense communication with you and thus shows that you are too much in his life. But in this case, it would be nice to clarify of course what is happening. Although when one of two people in communication constantly falls into the injury of the rejection, then the second is very difficult to convey to the first that he needs not only communication, but also privacy. And "ignoring" messages, it turns out to be the only possible way at least to get out of communication.

Another person can get tired of the problems that you will broadcast him again and again. He is not an ideal mother, dad, which would seek to accept and understand you anyone and always. He is not your psychologist with whom you are in therapy and cannot take all your pain in such a volume. And he needs rest. He needs and positive emotions. And if you do not give him them, he is forced to close, so as not to rape himself with your help. He can doses your communication.

And yes, the lack of answers to messages can be a way to manipulate. But, the fact is that if you do not fall into the injury of the rejection, then the manipulation will simply fail. And yes, the one who thus manipulates, he is trying to play the same injury to the rejection. As if punishing his mother and dad for how they treated him in his childhood.

Only that is all that it is impossible to simply play the injury. And the more her to try to play, the more pain will be.

What to do? Go to therapy to a psychologist. And be prepared that therapy will not be fast, because the injury of the rejection is very deep in childhood. And sometimes begins in the womb.