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TECHNOLOGIES OF EVOLUTION



PSYCHOCORRECTION TECHNOLOGIES

Psychological portrait of a personality.

analysis of unconscious complexes.

Complexes are tested on a 3-point scale

- Complexes with a force of 1 unit already influence life in some way. Low impact.
- Complexes with a force of 2 units - a tangible impact of the complex. Corrects behavior.
- If a complex has a force of 3 units or more, then this aspect is usually difficult to control.

A person can control only with strong willpower.

Special Bonuses.

- Free cleaning of complexes and inclusion in egregors, causing "negativity to the esoterics"
- Free cleaning of complex of "abandoning proposals"
- Free cleaning of complex of "the absence of desire to develop, to change for the better, to correct yourself."

If these complexes are relevant to you, write to us, we will clean them for you for free.

QUESTION: Why do you need to clean the complexes?

ANSWER: Any complexes - set the program of our actions.

We act not rationally, but under the influence of emotions.

A person, instead of thinking and choosing what to do better, will make a number of mistakes under the influence of complexes-programs, which negatively affect his life.

For example,

Complex of theft response:

A wife cheated - a man didn't care, but when she stole something - the man got carried away and he drove her out.

And suddenly a wife has a complex - kleptomania.

Therefore, a person commits illogical emotional actions without regard to circumstances.

NOTE:

The most common complexes are tested in the **Express Map of Development**.

In-depth testing of relationship complexes is done in the **Love Map**.

In-depth testing of complexes for work and career is provided in the **Money Map**.



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Note: when re-testing, we are faced with difficulties - we are faced with the thought forms of the complexes, which we have already tested last time. Because an error may occur with repeated testing of the same signals.

No	Diagnostics parameter	Level of subc. neg. stress	
	Tendency to steal: - at work - at home - to husband/wife - to work Theft response: - husband/wife	-	
	Propensity to deceive of: - husband/wife - parents - children - teachers - bosses - at work Deception response: - children - husband - bosses	-	
	Propensity to betrayal: - husband/wife	-	
	Betrayal response: - wife/husband	-	
	Attack response	-	
	Desire to attack someone: - parents - husband/wife - subordinates - children	-	
	Desire to mock Mocking response	-	
	Attitude to enemies	-	
	General vengefulness - to customers - husband/wife - children	- - -2un. -	
	PHOBIAS		
	Fear of heights Fear for someone on top	- - un.	
	Enclosed space, buried alive	-	
	Water	- un.	
	Snakes	-	

	Gnawers		
	Spiders	-	
	Hair (e.g., in the mouth or in soup)	- un.	
	Fear of death Someone's death: - parents - domestic animals - friends - relatives - husband/wife	- un. - un. - un. -un.	
	Funeral Corps	2 un. -	
	Darkness Dangers in the dark	- -	
	Fear of disease microbes specific diseases epidemics diseases of loved ones	- un. - un.	
	Doctors, hospitals injections Operations	3 un. - -	
	Kindergartens	- un.	
	Accidents	-	
	Pain	-	
	Fear of blood	- un.	
	Punishments - tortures -physical violence	- un. - un. -	
	Animals/aggressive		
	Bites	- un.	



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Negative attitudes to stresses:

- Physical stress: -
- Intellective stress (thinking): - units
- Emotional stress: - units
- Studying stress (learning): - 3 units
- Mental stress (mind pressure): -

Fatigue:

- General: - units
- From studying: -
- From life: - 0 units
- From country
- From children - units
- From parents - units
- From family relationships - 0 units
- From communication: -
- From work - 3 units

Individual fears:

- The attack of robbers, aggression: -
- Fear of sexual violence: - 0 units
- Fear of forgetting to turn the technique off: - 2 units

Group fears:

- People
 - Bosses (in general): -
 - Maniacs, gypsies: -
 - Fear of strangers: - 0 units
 - Government employees: - 0 units
 - Attacks of enemies: - 0 units
 - Robbers: - 2 units
- Living organisms
 - Parasites: - 0 units
 - Swarming insects, bees: -
 - Biting insects: - 0 units
- Social processes
 - Aggressive crowd: -
 - War: - 0 units
- Job
 - Fear of not meeting the deadline: -
 - Fear of dismissal: - 0 units
 - Fear of making a mistake at work: - 0 units
- Family
 - The fear that the family will disappear: -
 - Fear to remain without family: - 0 units
- School
 - To make a mistake: - 2 units
- Internal processes



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- The fear to be not like everyone else: -
 - Abstract processes
 - To be eaten: -
 - Fear of suffocation: - 0 units
 - The fear that the heart will stop: -
 - Cosmic processes
 - Fear of falling stars: -
 - Something will fall on the Earth from outer space: - units
 - Natural phenomena
 - Hurricanes - 0 units
- **The negative attitude to the elements/ *excess reaction can be adjusted* /:**
 - The negative attitude to the heat -
 - The negative attitude to the cold -
 - The negative attitude to the wind -
 - The negative attitude to the rainy weather -
 - Attitude to thunderstorm -
 - Attitude to fires -
 - Attitude to aridity -
- **Emotions / how much is a person used to express emotions /:**
 - The tendency to be angry: -
 - On employees -
 - On relatives -
 - Angry if someone does not properly perform the task that you give -
 - Angry if someone is too slow -
 - Angry because of the situation in the country -
 - The tendency to rage: -
 - Tearfulness (crying for different reasons)
 - about the tragedy with relatives
 - about the loss of a loved one -
 - about the trouble with the child: - units
 - about family troubles: - units
 - about the troubles at work: - units
 - Envy
 - to the success of others -
 - to the success of his/her spouse -
 - to the success of colleagues -
 - to private lives of girlfriends -
 - to rich people -
 - Take offense at
 - enemy invaders -
 - parents: - 0 units
 - husband/wife: - 0 units
 - superiors: - 2 units
 - friends: - 2 units



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- **Excessive negative attitude to social groups**
 - a. Negative attitude to the rich: - 0 units
 - b. Negative attitude to the homeless: - 0 units
- **Positive attitude to social groups**
 - a. To socially important people, those in power, rich people: - 0 units
 - b. To the religious leaders:- 0 units
- **To the individual social groups**
 - a. Children -

Note: in-depth complexes in relation to relatives and pets are collected in the Love and Relationships Map.

- **Boredom: own and from higher plans:**

- General boredom to everything -
 - Boredom to life: 0 units
 - Boredom to living in the country -
 - Boredom to the planet:
 - Boredom to the world -
 - Boredom to what is happening -
 - Boredom to sport -
 - Boredom to rest -
 - Boredom in games with children -
 - Boredom to the holidays:
 - Boredom to mass events -
 - Boredom to social activities:
 - Boredom to events in the outside world -
 - Boredom to study:
 - Boredom to art:
 - Boredom to family life:
 - Boredom to the relationship with parents: 0 units
 - Boredom to the relationship with a partner (husband/wife): 0 units
 - Boredom to chat with friends - 0 units
 - Boredom to relatives - 0 units
 - Boredom to doing housework -
 - Boredom to work: 0 units
 - Boredom to routine monotonous work: - units
 - Boredom in customer relationship:
 - Boredom to work in the room: - units
 - Boredom to work in the office:
 - Boredom to work in a team: - units
 - Boredom to obligatory, entrusted work:
 - Boredom to farming -
 - Boredom to domestic household problems -
 - Boredom to cooking -
- / other types of boredom are tested in the Love Map and the Money Map /

- **Significance of the opinion**

- Of others:



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- Of specific groups of people:
 - the significance of the opinion of socially significant people -
 - teachers, seniors: - 0 units
 - experts - 0 units
 - parents: - 0 units
 - bosses: - 0 units
 - specialists: - 0 units
 - friends: - 0 units
 - spiritual people -
 - girlfriends -
 - husband/wife: - 0 units

- **Insignificance of the opinion**
 - the total significance of people's opinions:
 - father -
 - parents -
 - relatives -
 - home (who live together) -
 - bosses -
 - subordinates -
 - teachers -
 - spouse

- **The importance of what is happening -**
 - The importance of what is happening with you (self-importance according to Castaneda): - 0 units
 - The importance of what is happening at work -
 - The importance of what is happening in personal life -
 - The importance of what is happening with pets -
 - The importance of what is happening in the country -
 - The importance of what is happening to children -
 - The importance of what is happening to a husband -
 - The importance of what happens with studying -
 - The importance of what is happening in the health of loved ones -
 - The importance of what is happening to parents
 - The importance of what is happening to loved ones -
 - The importance of what is happening in political life –

- **Unimportance of what is happening -**
 - a. With parents -
 - b. With bosses-
 - c. With subordinates
 - d. With money
 - e. At school -
 - f. At work: - 2 units

- **Shyness:**
 - general: - units
 - towards strangers -



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- in front of people around you (that others can find something out, think something wrong) -
- in front of socially important people -
- in front of husband/wife -
- in front of beautiful women/men -
- before the opposite sex: - units
- in front of the authorities -
- in front of relatives: - units
- in front of parents: - units
- in front of teachers and older people -
- before the performance at the board -
- in sex -
- military -
- **Credulity:**
 - general -
 - to the authorities -
 - to "spiritual people": - 0 units
 - to teachers and seniors -
 - to parents: - 0 units
 - to specialists -
 - to relatives and friends -
 - to what is printed in the press -
 - to those with whom you study -
- **Claims:**
 - to parents -
 - to brothers/sisters -
 - to spouse -
 - to government -
 - to parents of husband/wife (mother-in-law / father-in-law) -
 - to friends and girlfriends -
 - to the authorities -
 - to the employer
 - to teachers -
 - to school -
 - to men -
 - to people -
 - to yourself -
 - to children -
 - to colleagues -
 - to what happens at work -
- **Complex:** discomfort when working alone, do not want to work alone -
- **Complex:** discomfort to train, engage in the following groups: - 0 units of the EP
- **Complex:** attitude to loneliness: - 0 units
- **The reaction to criticism: 0 units of the EP**
- **The desire to criticize:**
 - general criticism -



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- of parents: - units
- criticism of home -
- in relation to men, women -
- in relation to parents -
- in relation to wives -
- of spouse's parents: - units
- of spouse
- of what is happening -
- of men -
- children -
- government: - units
- bosses -
- colleagues -
- **Man against something (internal stresses):**
 - against the fact that your parents are forcing you to do something -
 - against the fact that at work you are forced to do complex tasks -
 - at school against homework -
 - against government decisions -
 - against the decisions of the authorities -
 - against parental interference: - 3 units
 - against the commands/instructions of the husband/wife -
 - against politics -
 - against enemies -
 - against war -
 - against rudeness in relationships -
 - against the will of the parents -
 - against other people's attack on you (mental and physical) -
 - against husband/wife -
 - against other people's decisions -
 - against restrictions on freedom -
 - against injustice in the world: - units
 - against violence: - units
 - against parents -
 - against the state -
 - stresses associated with anxiety for loved ones –
 - **Complex of "my fault": -**
 - **The complex of "someone is guilty":**
 - parents: - units
 - spouse: - units
 - - authorities: - units
 - **Complexes preventing rejoice:**
 - Personal: 0 units. Of Higher Plans: - units



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- **The attitude to holidays:**
Personal: 0 units. Of Higher Plans: 0 units
- **The attitude to gifts:**
take: Personal: 2 units. Of Higher Plans: - units
give: Personal: 0 units. Of Higher Plans: - units
- **The reaction to the restrictions on freedom:** 0 units of the EP
- **The perception of the areas where you feel that you are not free**
Family with parents: 0 units
Family with spouse/family: 2 units
Job: 3 units
Children: 0 units
- **Bad mood factor - sets a negative emotional state:**
 - *Background*: (constant) is **4** stress lines (complexes), the total load of **8** units.
 - *Situational*: (may occur from time to time under certain circumstances) has **6** stress lines (complexes), the total load of **8** units.

Average background rate is 4 complexes, which generates 8 units of bad mood.

This is all the energy of bad mood. It can be adjusted.

Cleaning of bad mood complexes is a good service! :)

The technology of correction of bad mood complexes has very vivid reviews. This is what is constantly present with man. After it becomes easier on the soul, people smile, any problems become not so complicated. This is what is called inner happiness. The state of happiness.

Typically, the background and situational load is 3-4 units: a person walks in a good mood, smiles internally (if external factors of sources of bad mood are not involved). If the load is 10 units - the person is constantly gloomy, irritated, walking in a bad mood. It is recommended to remove these complexes in the first place as a source of inner happiness. **More:** <http://ezohata.com/catalog/details/181>

- **Coefficient of processing the energies of negative mood, own and others negative emotions - 55%**
/ the rate of fading of negative emotions - how quickly you calm down, having received an impulse of negative emotions from your own or from other people/
It can be adjusted. (on average people of castes 3-4 - 55%).

This parameter affects the processing of negative energy - how much the body processes, absorbs negative emotions, how quickly you recover from a bad mood.
Question: Are these your own or other people's emotions?
Answer: Any negative emotions that enter the body.
Treatment is below 55% - a person is slowly recovering from a bad mood
55-65% average
65% and above - if something upset the person, he quickly recovers.
- **Stupor**



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- a. Start doing something:
- b. Start working: 2 units
- c. To the relationships: 2 units
- d. To privacy:
- e. To communicate:
- f. To learn:

In the Psychological map, we have included a new complex: Stupor to communicate (which stops and prevents communication with other people). Quite often, people seem to want to communicate, but something interferes.

In addition to such complexes as shyness, negative attitude to people, this complex actively influences communication, sets a certain “threshold” that is difficult for a person to cross. We need some good reasons to start a conversation.

- **Stupor in case of problems:**

(For example, when a person becomes dependent on another person, is captured, works in an unloved job, when the spouse is a despot, entering military service, adverse family circumstances, from which a person cannot get out and TP - the person seems to hibernate)

Personal: **0 units**

Of Higher Plans: **0 units**

- **Complexes that prevent thinking:**

Personal: **0 units**

Of Higher Plans: **0 units**

- **Complexes that prevent action:**

Personal: **0 units**

Of Higher Plans: **0 units**

- **Weaning, stress: - units**

The desire to wean: - units

The complex, which generates a very strong stress of the subconscious in childhood and affects subsequent lives. Unrealized stress sets the clamps that affect the health and psyche. Modern psychologists say that stress causes illness. And this is one of the most significant stresses in childhood.

- **Stress of high expectations:**

/overstated expectations, inconsistency with expected, received/

- attitude to life -

- communication -

- adult life -

- relationship with parents -

- personal relationships with relatives -

- relationship with spouse/family life: - 3 units

- work: - 2 units

- children: - 2 units

- school -

- **To say thank you, be grateful: - 2 units**



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- **To wait for gratitude:**
 - total /from all/ -
 - from work:
 - when assisting colleagues -
 - from the bosses: - units
 - from workers and employees -
 - from the fact that you work:
 - from relatives and friends:
 - from parents -
 - from children -
 - from close people -
 - from family partners -
 - External gratitude:
 - wait for gratitude for help -
 - wait for gratitude from people -
- **Attitude to overload:**
 - Physical/sport -
 - Emotional -
 - Studying -
- **Brag/spill information to someone/share information**
 - In general -
 - In front of classmates -
 - In front of work colleagues -
 - In front of the authorities: - 0 units
 - Co-workers -
 - In front of relatives -
 - Friends/Girlfriends -
 - Parents: - 0 units
 - Husband/wife: - 0 units

Note. In the Psychological map, we try to consider the nuances of the complexes that do not overlap with other maps.

- **Measure achievements -**
- **The desire to make a promise**
 - In general:- units
 - To parents -
 - To workers -
- **Reluctance to fulfill a promise: - 0 units**
- **The desire to kill**
 - Enemies -
- **The desire of someone's death**
 - Enemies -

These complexes are important in the aspect of Karma.

More detailed diagnostics of karma parameters - in the Map of Karma.

<https://ezohata.com/catalog/details/123>



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- **Excessive confidence**
 - General: - 0 units
 - In relation to the education of children: -
- **Uncertainty -**
 - General uncertainty -
 - In relation to people: - 0 units
 - In actions -
 - In school knowledge -
 - In personal relationships: - 0 units
 - In actions in relation to the parents -
 - With respect to the marital partner, husband/wife, the relationship in a pair: - 0 units
 - At work: - 0 units
 - In relation to the administration/management -
 - In a properly executed work: - 0 units
- **The complex of not having an opportunity to look someone in the eye (look away):**
 - a. With a person with whom you have a conflict -
 - b. In front of someone who blames you: - 0 units
 - c. In the eyes of the enemies: - 0 units
 - d. In front of those who borrowed money - 0 units
 - e. In the eyes of people who did bad to you -
 - f. In front of clients -
- The complex of reaction to the insult -
- The complex of reaction to physical impact - 0 units
- Waiting for someone to do something for you: - 0 units
- The complex of selfishness: - 0 units
/ Disadvantage is that the person does not see the overall picture of the situation /
- **Complex to evaluate other people's actions** - 0 units of VP/brings emotions and bias in relationships
- The reaction to suffering -
 - a. Of a pet -
- Reaction to crying/screaming of
 - a. Child: - 0 units
 - b. Animal -
- The desire to cause pain, suffering
 - To husband/wife -
- The complex, preventing from admitting mistakes: - 0 units
- The complex of self-worth: - 0 units
- The complex of self-insignificance: - 0 units
- The complex, preventing from thinking about the future, plans: - 0 units
- Love to sleep: - 0 units
- Do not love sleep: - 0 units
 - Reluctance to sleep in the daytime (in children)
- Reluctance to wake up early: 0 units
- Negativity to the beginning of the work week, working period after the holiday: - 3 units



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- The reaction to the increased voice: - 0 units
- The reaction to the many tasks at the same time: -
- The complex, preventing from finishing tasks: - 0 units
- Indifference to what is bought: - 0 units
- Excessive attitude to what you want to buy, a strong desire: - 0 units

- **Complexes that lead to muscle cramps at the time of emotional stress -**
/Legs give way when talking with some people, etc./ - 0 units
- **The complex of reaction when you like someone/clamps/ - 3 units//2 units of the EP**
- The complexes, preventing from watching and noticing what is happening around: - 0 units
- Preventing from concentrating on one task - forces the switch to the other –

- Like to be ill: - 0 units
- Like to apologize: - 0 units



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Psychological complexes - this is what sets the motivation of behavior, makes people act irrationally, creates conflicts with other people. This is what determines our behavior and forms the situations around us. Complexes are recommended to be adjusted.

The cost of cleaning any complex is 25 ye.

Note 1: this map tests key complexes that can affect all spheres of life. A more detailed analysis of the complexes in different areas of life can be done

in the Psychological Love Map: <http://ezohata.com/catalog/details/229>

and in the Psychological Money Map: <http://ezohata.com/catalog/details/163>

Note 2: Complexes can overlap each other and be not noticeable one against the other.

Therefore, we recommend cleaning the complexes that were found during the first diagnostics, and then, if necessary, continue testing.

Upon closer examination, some signals may become visible - complexes that were not visible before. You can remove them in layers. When the first layer of complexes is removed, some more hidden signals become visible.

After the first cleaning, you can make a re-diagnostics or an extended map.

But in any case it is not necessary to clean all signals in a row.

You can remove those signals that really respond in you and interfere.

If you feel that some of the identified complexes interfere with you, they can be cleaned.

When cleaning the complex load is reduced by half or more.

Details about cleaning of complexes: <http://ezohata.com/catalog/details/61>

For all services, we give a 100% guarantee of results or a refund of the entire payment amount.

We will be happy if the work will be useful for you.

QUESTION: May not all complexes in the psychological map of the personality be correctly indicated?

ANSWER: First, of course, we can be wrong.

Secondly, we test the stresses in the subconscious, which are formed over 2-3 million years. They set a negative, uncomfortable background and subliminal, illogical patterns of behavior. They can not clearly manifest in the current life, although they have some tension on the subconscious.

Perhaps we are wrong. But if at least one point you confirm, we will try to remove this complex and thereby make your life better. And, it means that our work will not be in vain ...;)

QUESTION: If earlier you did not notice the complex in the express map, but in this testing it is present. What is it like?

ANSWER: Sometimes we do not notice something. You can focus on those complexes that are somewhere already recorded in the diagnostics. Sometimes at some particular moment something is not noticed. This is normal.

But in any case, you are guided by the fact whether you have it confirmed, whether you yourself feel this signal. If so, you can try to remove it, and you will be able to assess for yourself what will change and then move on.



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Usually, those who work with us, order the cleaning of one complex to begin with. We remove it. And then they say, here's another, look in this area - we look, we clean, etc.

NOTE:

This is only part of the complexes, which lies on the surface.

You can conduct in-depth diagnostics of the complexes.

If you still care about something that is not in this list -

you can write, we will try to clean.

Complexes create internal stress, which requires an energy resource and create an unpleasant background of living.

When cleaning the complexes, we remove the tension so that there is no discomfort.

In 70-80% of cases, it is possible to reduce the level of discomfort or to remove it completely.

In 20-30% of cases, the discomfort does not change.

This is due to the presence of many injuries during evolution that are difficult to clean.

Since some stresses in past lives are rare, and some stresses, such as jealousy, can be several hours a day in several lives.

It turns out a powerful egregor, with which you have to work for a long time.

For some signals, such as jealousy, you may need to do two cleanings.

When working, we guarantee that we can reduce the tension level by half (significance of the problem). In some cases, we can immediately remove the whole amount of tension.

Our task is to reduce the level of discomfort from the complexes or phobias in your life.



ATTACHMENT. EXAMPLES OF COMPLEXES which can be tested and removed.

NOTE: Complexes and irons.

There is a psychological tale. At the firm, one woman from the accounting department had a phobia about a non-switched iron. And the company has already established a tradition - each time when she comes to work to ask how the iron is there. The accountant blushed, turned pale, called the neighbors to check if everything was all right, took a taxi, drove home.



For everyone at the company it was already a kind of tradition, entertainment.

A woman once decided to go to a psychologist. After the session she came to the company, they immediately approached her to ask about the iron - but she calmly waved it off, said everything was all right there. This puzzled everyone. Several more people came up, asked her. And then they began to ask in more detail, what is the secret, how was it possible to quickly cure a phobia? In response, the woman took out her bag and said: "The psychologist advised me - I took the iron with me!"

In the psychological map, we began to test and we can remove the complex:

forget to turn off the iron and close the doors.



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QUESTION: How to get rid of fear and stupor of public speaking?

ANSWER: Public performances - immediately involve a large number of complexes:

- attitude to people
- shyness in front of men, women, socially significant people, strangers, etc.

Testing of the main complexes is carried out in the psychological map of the personality. This map tests the standard, most common complexes. But often there are stresses in which rare, individually formulated complexes are involved.



Complex of "the desire to overeat"

(to feel bad), which we have not previously noted in the Maps. It is present in more than half the people.

There is a similar complex to eat enough (as I want): it is present in 25% of people. To test it, imagine a crowd of people of different ages and gender. Do you think they want to overeat?

Or option 2 - they want to eat enough?

If you think that they want - then you have a complex.

We can remove it. This complex affects excessive overeating.



The complex preventing from conquering men/women

NOTE: In the Map of Relationships, we began to test the complex: what prevents us from conquering men and women.

Standard scheme: you like the girl - you start to communicate with her, try to conquer her.

But there are complexes that interfere with this.

As well as testing the complex: wait for being conquered.





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Quite often there are complexes, when people do not like to be touched.

As a whole, and to specific places (chest, genitals).

This makes it difficult to enjoy contact with people, parents, sexual partners.

These complexes can be tested in the Relationships Map and adjusted if necessary.



Fear when someone is standing on the edge.

NOTE: Interestingly, people are more likely to have a complex of fear, when someone is on the edge and looks down from above, rather than their own fear of height.



And in the same way, a signal of fear is more common when someone close swims at a depth, rather than their own fear of water.



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QUESTION: What are complexes of restriction of freedom?

ANSWER: With such complexes, a person feels that he is not free in this direction and himself limits his actions.

For example, with the complex of lack of freedom of movement (territorial), people travel less. They feel like in a closed space, the boundaries of which cannot be crossed.

- with a complex of lack of freedom in the feelings, the person feels that he has no right to express any feelings and bottles them up in himself.



NOTE: In the Psychological maps of money and work, we began to test a new complex of "office work".

It occurs quite often. In modern society, quite a lot of work is designed to work in the office. Accordingly, the following complexes are formed:

- negative attitude to work in the office
- negative attitude when someone indicates what to do
- negative attitude to work in someone else's business.

And when you have to work in the office, these complexes cause a lot of stress and constant discomfort. Adjusting these complexes allows you to improve your condition and make you happier.



To do something else instead of an important and urgent matter.

NOTE: One of the most common complexes is to do something else instead of an important and urgent matter.

At the same time, a person begins to feverishly watch movies, clean an apartment, or recast things instead of doing urgent and important things.

We test this complex in the Psychological Map of the Personality.

If you feel that you have this - you can write to us that maybe you have such a complex. We will confirm and after that we can remove it.



Complex of “stress of high expectations”

With a complex of high expectations, a person subconsciously draws a rainbow picture, which should be just as good.

Then our expectations are faced with reality and we experience stress. Psychologists say that it is cognitive dissonance - the difference between the expected and the result. And this dissonance is one of the reasons for our unhappiness.



QUESTION: The complex of “desire to take a break from the Relationships”. And if on the contrary, I want relationships?

ANSWER: It always happens. For example, a person needs to work and a person wants to work - and there are complexes that interfere with work. There are always layers of different complexes. Our whole life is a story of stresses that darken our feelings about life.

And the goal that we set is to remove the complexes, clear the directions in order to get more joy and happiness.



Shyness and shyness in sex - the same complex?

Question: Parameter of shyness and shyness in relation to sex are the same thing?

Answer: Under the parameter of total shyness we mean the total tightness in general.

People may not have common shyness, a person can feel free, but shyness towards sex can manifest itself.

One of the most common complexes of men is shyness in sex.

In this case, the guy can be very relaxed among friends, company, even with girls. But when it comes to bed - the guy may feel stiffness, which increases as you approach some kind of action.

What is interesting, shyness to have sex with different people can be manifested in different ways:

- Someone may feel stiffness only from the thought that he needs to communicate, speak to a girl, say something, meet. And we will call this shyness in relation to communication with girls.
- The other will easily get to know and communicate with the girls, but as soon as the matter becomes tinged with possible intimacy, he will experience strong fear, possibly stiffness, squeezing. Sometimes this is accompanied by a desire to escape or be rude.
- At the third, communication will occur normally, and he will easily talk about sex, and it will come to caresses, but when the process itself begins, he may experience strong fear and restraint. A man can experience fear in the very process of starting sex. This we can call a complex, a phobia in relation to coitus (introduction).
- And others may experience some kind of stress and complex after sex. It may be the complex (steady subconscious reaction) that the woman who has given herself to him has committed some dirty unworthy act. Or they themselves have done some bad deed.



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Each stressful behavior algorithms are unique.

And that we can call the fear of sexual intercourse.

- Shyness in relation to communication with girls 3%
- (someone has a weakly manifested complex, someone very high, these 3% include the whole range)
- Fear of sex, constraint - 1.5%
- Fear of coitus - 1%
- The complex that the men themselves did a dirty bad deed (1.5% of men).
- The fact that the girl, who agreed to have sex, is dirty and bad, (0.8%).

In total, phobic complexes that are associated with sexual behavior are found in about 4.5% of people.

In men, the presence of complexes is more noticeable, since even the physiological process of sex itself is tied to the emotional state of a man.

Moreover, the stress can be both psychological (attitude) and at the level of the body.

Some stresses can be cleaned at a time. For others it may take several cleaning cycles (for example, jealousy;))

We can make a **psychological love map** and test the general presence of complexes on the main, most common complexes and phobias.

But you can further explore in depth any direction, based on your features.

Each has its own characteristics, since people have a psycho-emotional tension that is formed individually during evolution.