

# Running from himself on the weekend

## Factoring Calculator

The expression "will not run away from ourselves" some of my clients can easily refute and especially, it concerns the weekend or vacation.

Changing the working week weekends or long-awaited holidays The most common and expected fetish of working people. Yes, many people flee from unloved work in your favorite vacation and this is, in fact, just a change of one disguise to another. Masking, which covers our internal problems, our questions to yourself about who we are.

Gradually, the level of neurotic society is becoming higher and higher, and has already passed the active holiday from the discharge of the trendy in the discharge of the givenness.

You can travel more on travel.

How can we associate the weekend, travel and personal existential crisis?

In my opinion, the desire of many people always and travel a lot to be explained by the fact that that inner question that is so tormented by the feeling of internal emptiness, there is no desire to respond, and is an effective way to avoid a collision with a frightening inner reality in the form of flight from itself which is expressed figuratively on travel.

Based on the generally accepted reaction to the stimulus (in this case, for the fear of what inside us) we can either run, or attack, or measure the place and pretend to be dead. That's how we act with the question of the inner void that is exposed during the rest, when the protective wrench works falls from our gaping wound.

To attack, it means to really face the need to solve the question of internal emptiness. Something to do with him. Here, of course, the likelihood of care in the hypercompensation and entry during the endless self-confidence and the analysis of everything that is around and everyone who is around is around. The analysis may come metaanalysis, that is, the analysis of the analysis, and then you can say with a lot of probability to say that this analyst does not live at all, does not notice life in itself and in others. Yes, there may be effective attempts to solve the problem, and it really deserves great respect.

Another way out of the situation is to measure it in place. The ancient reaction of our "reptile" brain which can be quite effective in the animal world. In my understanding one of the species of this reaction transferred to our society, there may be a state of "everyday life." This concept describes the life that froze in place, the life in which everything develops on a very hard scenario, which is miserable. And even if the surrounding reality has long been no longer corresponding to the life

principles that this individual has, he will still go on the old rolling program, because everything stopped in it, the time inside it stopped, because it is necessary!

And finally, the reaction "Run".

Modern society presents us a wide range of flights from ourselves. The entire catalog of the way runs is great, that and sports with his pursuit of glory and records, here and modern fashion on painting, there is a complete immersion in the world of fashion and beauty, here are hobbies dancing and incessant repairs in the apartment. Here we will focus on travels and his branches.

To the question "Why do you need to travel" one of my clients with noticeable enthusiasm issued a very interesting story about how it expands its horizons, and most importantly, that it thus gets new impressions.

The next question "why do you need new impressions and why for them you need to go somewhere" she could not answer anything.

What are we doing here? In my opinion, in this particular case, which I will not disclose more detail, there was a kind of attempt to a real escape from myself from the problems that the client is faced during the state of "unemployment", while the emptiness is felt strongly when it can be approached, at this point and there is a discharge in the form of a flight, i.e. travels.

New journey, this is a new nervous excitement overlapping existential request from the inside. The nervous tension generates even more thirst for sensations and leads to an increase in the dose of the new nervous excitement. Therefore, with each new time, the journey should be further, more difficult, extremely, more expensive, prestigious, interesting, exclusive and so on. etc.

And all this may be infinite, because, wherever we did not go, we always take ourselves with you, therefore, our problems and questions do not disappear anywhere.

We like it to believe in the illusion that you can go to the magic country where we will be well and comfortable that many are really immersed in this fairy tale and can not afford to get out of it. Because at the exit, they will be waiting for their emptiness.