

## PSYCHOLOGIC FACTS? ARE THEY REALLY TRUE?

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Recently, the psychologic tips, hacks or another ways to learn something went viral. On the social media, almost at every source you will see the things depend on psychology. Funny fact that all the quotes mixed you may not notice which one is true which one is wrong. After that, I have a question, do they actually right? Cause you know not every time the internet would be true. Anytime when I surf the internet, I would see a lot of facts or hacks how to make your life better. As you can see, becoming a psychologist is really easy nowadays, I think that psychology is the most difficult science but whenever you hear this word we will advice or share about our own experience however we should admit that our life experience or the thoughts do not mean mental help for 100 %. Life is not easy as we can imagine but we should realize that the psychologist for us it is ourselves. No one would not understand us the way we do. Even though throw the net you may tell to your internet friends or in real life, No one cannot see the view you see. The person whom would be with us till death it is also ourselves. No matter what we should try to understand ourselves at first before to say that nobody could not catch us. Maybe this made you think a little bit, begin to understand and mainly love yourself.

The aim of this article, I wanted to mention that human beings believe whatever others told. As an example I will tell you one situation but it does not mean that it is about criticizing just opinion. Imagine that there is a content about psychology but love science: for falling in love takes 3 seconds. How would you react to this, it is your own choice. It sounds like a competition when you told to your stubborn friend that them cannot do it. Do not mix the Sympathy and True Love, this part of life lesson teaches us to separate them, love is the most thing that we should attend carefully, we had a lot of people whom we adore but only one wraps you with somehow sensations. Actually this hack works or not we do not know clearly, everything is possible and it is not miracle or something else just an interesting experiment to try. Try it if you want. Let's clarify do not be addictive into this facts because those are not every time makes you happy.

Besides that, at the Kamal Ravikant's book you become your own psychologist and see the view which did not before. Raising confidence and improving self love. As you love yourself, life loves you back. If we analyze the structure of book, There are three steps to gently return himself to self-love each day: 1) Mental loop, 2) Meditation, 3) One Question. Not that hard but it worked. Darkness is simply the absence of light. You can't push darkness away. You can't hide from it. Similarly, you can't hide from depression, anxiety, self-hate, and more. And you don't need to. The only thing you need to do is turn a light on. To let the sun shine in through the window. Whenever you feel like you are in darkness, just let light in through the window. You don't need to escape or destroy the darkness. Just let in the light. So do not let yourself to swim in the darkness.

This is a practice. You don't go to the gym once and consider yourself done. Loving yourself is a practice. Just imagine that it is your favorite hobby. After reading and doing all the

exercises you would feel the power of love into yourself. The author firstly mention to forgive ourselves and do not be rude to our past. Accept the failure of your life experience and also try to think that not everything is bad. So it helps to understand and finally being yourself. At the end of my article of Love Yourself Like Your Life Depends On It by Kamal Ravikant effected on me a lot, made me think about myself, look at myself from the another view.

Sometimes those facts makes us sad but indeed we need such kind of things in our life to make the huge glow up that surprise anyone. Although “fall in love with yourself and naturally express yourself and the world will beat a path to your door to fall in love with you!”

**Used literature:**

1. “Love Yourself Like Your Life Depends On It” by Kamal Ravikant
2. jamesclear.com