

**THE AVOIDANT PERSONALITY AND HOW TO DEAL WITH IT**

Yuldasheva Muborak Holik kizi

Second -Year Student of Family Psychology, Department of Psychology.

National University of Uzbekistan Jizzakh Branch

Dzhizak city, Republic of Uzbekistan.

Abstract

An avoidant person does not think that everything can turn out well for him, and that he will not be condemned, and not rejected, but, on the contrary, will be accepted and loved. He also doesn't think that other people can be accepting and non-critical. The avoidant personality is one of the key problems of our time, which is worth considering in detail. It puts the person into a severe depression, a state of extreme shame and self-doubt that goes to the extreme of sulfur in which their social functioning is disrupted.

Keywords: avoidance; avoidant personality; anxiety disorder; hexoflex; mindfulness; psychotherapy; meditation; acceptance and responsibility therapy; kbt.

Introduction

The avoidant person does not think that everything can turn out well for him, and that he will not be condemned, and not rejected, but, on the contrary, will be accepted and loved. He also doesn't think that other people can be accepting and non-critical. He also does not think that other people can have their own problems and troubles, and therefore they are somehow harsh with him. And that he is not to blame. Everything is interpreted by him through the prism of his beliefs about himself, about others and about the world. And those same beliefs feed him.

It is important to understand that the avoidant is not specifically trying to process information in this way. This happens automatically.

For example, if an avoidant person finds himself in a situation that does not correspond to his deepest belief about himself, i.e. when he is not rejected or criticized, but accepted, then his mind immediately discredits this information. He begins to explain this by saying that these people do not criticize him, because in fact they still do not know him well.

In fact, he will customize any information to fit his beliefs. And as a result of this, his deep conviction about his worthlessness will only be strengthened.

Deep beliefs are a kind of "firmware" with the help of which a person evaluates and interprets events. But automatic thoughts are words and images that come to mind





depending on the situation in which a person finds himself. These are the most superficial judgments, not deep ones.

For example, every day a person faces many problems and tasks. And in the process of solving problems or problems, a person will have value judgments about himself, about other people and situations.

For example, a person goes on a date.

What thoughts will arise in his head if he has an avoidant personality type?

For example, such as: "Now I'll say something wrong, and she will make fun of me .", " Why did I even go on this date? I can't bear it if she rejects me now . "

He has not even reached the meeting place yet, and has already predicted failure and negative experiences for himself.

What will he be like on a date?

After such thoughts, he will definitely be pinched and tense. And most likely, the girl will reject him, which will further strengthen his deep-seated beliefs about himself.

What else influences automatic thoughts?

Human experience. Those or other consequences of behavior are remembered by a person as desirable, or as negative.

Due to a number of circumstances, not the most successful experience may be desirable.

For example, a child gets used to the fact that when he takes offense at his parents, he receives the required support and approval from them.

In the future, this skill is automated and turns into an automatic thought: "If I am offended, I will receive support."

And in situations where a person needs support, he will have a similar automatic thought.

This is the problem with all personality disorders. These deep and intermediate beliefs and experiences prevent people with a personality disorder from adapting to different situations. They think, feel, and behave in an extremely rigid and stereotyped way, filtering all incoming information, all events through the prism of their beliefs.

Thoughts trigger a person's emotional response. But, they are not always conscious. And in order to understand in which direction to move and determine negative emotions, you need to find out what thought prompted such negative changes in a person's life.

So, it is the CBT that is looking for such thoughts and suggests looking for a rational answer.

Working with automatic thoughts is the foundation of constructive restructuring .



CBT is based on the fact that what happens to a person depends to a large extent on how he thinks.

In CBT , unlike other psychotherapeutic approaches, it is postulated that a person's thoughts cause emotions. And not vice versa.

Human behavior is related to how he perceives and interprets what happens to him. Because all the situations in which a person finds himself, in fact, are absolutely neutral. Something just happens in the outside world. But, human emotions in a certain situation and his actions are determined by how a person perceives and evaluates these situations.

For example, imagine a situation where both drivers scratched their car.

Where one of the drivers says: "It's okay. I just recently got my license and even an experienced driver can get scratched ."

Such thoughts immediately return him to emotional balance. He calms down and calmly resolves the issue of painting the scratch. At the same time , he does not even have thoughts about quitting driving.

But the second one thinks: "This is terrible. This is a catastrophe. I'm good for nothing if I couldn't prevent those scratches. I shouldn't have driven at all. I'll never be good at driving."

And such a person will be very upset and will blame himself for everything. And after that, he may even give up all attempts to learn how to drive a car well .

The situation here is the same. However, the reaction to it is different. And it depends on the thoughts that come to a person's head when some events happen to him.

And in CBT , such thoughts are called automatic. That is, instant value judgments that a person may not even be aware of, but the occurrence of which affects his emotions and his further behavior, as in the example with a scratched car.

These thoughts appear very spontaneously. They are usually fleeting and sketchy. A person may not be aware of them. It is most likely that the person will be aware of the emotions or behaviors they provoke. And it seems to a person that it is emotions that arise first, as a reaction to the situation that has arisen.

But actually it is not.

In order for an emotion to arise, a person must first comprehend and evaluate the situation. And this process is carried out quite spontaneously, with the help of automatic thoughts that flow in the human mind, depending on the situation in which it finds itself.

The human brain is constantly making value judgments and is a continuous process.



Even if automatic thoughts enter the level of consciousness, it is unlikely that a person treats them critically. In other words, a person trusts them without even thinking that they can be called into question.

Then why do thoughts of a certain content appear, and why do different people perceive the same situations differently?

The answer has to do with another cognitive phenomenon or concept—human beliefs as well as experiences.

Let's look at beliefs.

Human persuasion, i.e. his ideas about himself, about other people and the world, are formed from childhood. The deepest thoughts are the human operating system, which was loaded into the psyche by parents, environment and experiences.

Accordingly, a person sees the world through the prism of his operating system.

For example, a person with avoidant personality disorder has deep-seated beliefs about himself that: "I am bad, worthless, incapable, and not attractive. And that I don't want to feel bad feelings because I can't stand them." And getting into any situation where there is at least a small probability of evaluation, he will immediately think that he will not succeed. That everyone will condemn him and he will have to experience unpleasant emotions. And he concludes that it is better not to do this at all.

The avoidant's automatic thoughts are: "I'm not going to succeed. You don't even have to try." . And they are based on his deepest beliefs about himself.

And a person without such beliefs will try and experience dysphoria, try and experience again. Because he does not have the same operating system as a person with an avoidant personality type.

Core beliefs are the fundamental level of beliefs. They are pervasive, ingrained, and hard to change.

There is also an intermediate level of beliefs. They include internal rules and assumptions about how to act.

For example, the avoidant person's rule is: "I must do everything to avoid criticism and rejection," and his assumption: "If I avoid intimacy, then no one can reject me."

In a certain situation, a person's beliefs, both deep and intermediate, affect his perception of this situation. As a result, he has automatic thoughts that are characteristic of this particular situation. These thoughts, in turn, condition his emotional response.

Moreover, automatic thoughts also shape behavior, and are often the cause of the body's physiological response.

What conclusion can be drawn from this?





Automatic thoughts are based on deep and intermediate beliefs. That is, a person always interprets what is happening to him through the prism of his beliefs. Even if such an interpretation cannot be called logically reasonable.

A person will selectively focus only on that information from the events happening to him that corresponds to his beliefs about himself. And he will not pay attention to the information that contradicts his beliefs. As for example in the case of the avoidant personality.

What techniques exist for dealing with an avoidant personality?

- Method of setting priorities for hexoflex in AST therapy;
- Mindfulness therapy . (Let's take a closer look at it.)

What is mindfulness ?

The mindfulness technique can be compared and contrasted with meditation.

Many people live with the belief that meditation is beyond their reach and that it is very difficult. But in fact, this is also part of the work on yourself.

This is work on one's consciousness, which develops methods of living in the here and now, and also helps to develop resilience and stress resistance .

If translated from English, then mindfulness has several meanings:

- awareness;
- Fullness of consciousness;
- Mindful awareness.

However , the content of this concept has a reference to Eastern and Buddhist practices. Yes, and the concept itself is quite deep and specific .

Historically, the concept of mindfulness is associated with the introduction of terminological apparatus in Western psychology of the Buddhist concept, which is believed to have been translated into English at the end of the nineteenth century as mindfulness . This is a rather difficult to translate term, associated with the philosophy and practice of Buddhism. And it involves a conscious, deep focusing of attention on bodily and mental experience. And also, the ability of a person to realize their intentions, actions and thoughts.

The modern interpretation of the concept of mindfulness , and the development of an appropriate approach in medicine, is primarily associated with the name of an American researcher and professor - John Kabat-Zinn .

In 1980 John Kabat-Zinn worked at the University of Massachusetts Medical Center and he developed a mindfulness stress reduction program .

Now, this program is known all over the world as IBSD. That is, mindfulness -based stress reduction .





At the same time, as John himself notes, MBSR is just one of the possible ways to bring the idea of the practice of Buddhism into the theory of the practice of medicine and psychotherapy. Nevertheless, in order to fully appreciate the potential of the mindfulness approach, and accordingly the practices that are included in this approach, it is worth learning about how this approach helps other people.

For some people, mindfulness is primarily a method, a means to deal with stress. The ability to bring order to your thoughts and feelings on a daily basis.

For others, it is the basis of a meaningful approach to life, the ability to consciously live moments of life.

For others, it is a path to personal growth, a means of achieving emotional stability, and choosing one's own spiritual path.

Often mindfulness is used to achieve more specific goals. For example, in the fight against such an ailment as: depression, anxiety, addictions.

References

1. "Acceptance and Commitment Therapy, Process and Practice of Conscious Change" - Steven S. Hayes . Second Edition, 2011.
2. "Mindfulness for Two: An Acceptance and Commitment Therapy Approach to Mindfulness in Psychotherapy" - Troy Dufresne , 2009 _ Editions.
3. "Avoidance. 25 micro practices that will help you act in spite of fear "- Matthew Boone, Jennifer Gregg , Lisa Coyne , MIF Publishing, 2020 and buildings.
4. "Do you want to talk about it? Psychotherapist. Her clients. And the truth we hide from others and ourselves." - Laurie Gottlieb , 2019 Bombora publishing house .

