



## ADVANTAGES OF FOCUSING ON POSITIVE PSYCHOLOGY IN ELIMINATING DESTRUCTION OF FAMILY RELATIONS

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### Annotation

This article describes the role and characteristics of temperament in the formation of individual and destructive individual relationship style in the family, the formation and manifestation of destructive individual relationship style in different temperament types, consequences, the role of destructive individual relationship style in the destruction of family relationships.

**Keywords:** individuality, personality, destructive individual relationship style, temperament, destructive behavior.

### Introduction

In the process of family relationships, people always feel the need for a warm and sincere relationship. In our society, families with warm and sincere relationships are recognized as happy families. While realizing that family happiness is an important factor in a person's peace of mind, many mistakes can be made in relationships[5]. The reasons for such errors vary. One of them is the individual destructive attitude in the family. In most cases, when there are disagreements in the family or in the relationship, Uzbeks use the phrase "quarrels come out of both hands." This is true, of course, but sometimes there are relationships in families where, no matter how hard one party tries to maintain the relationship, the other party's efforts to break the relationship will not end.

Emotions are a specific mental process that reflects a person's attitude toward himself and the world around him. Emotions are divided into two poles: positive and negative, and both benefit us in some way. When there are no emotions, the person becomes bored - and irritability develops, which is also an emotion. The complete absence of emotions is a sign of mental disorder, sometimes very deep. What matters is the intensity of a person's emotions and how adequate he or she is when experiencing them [16].

Scientists have identified three types of emotional stimuli: neutral, positive, and negative.





Emotionally neutral stimuli force us to work: wash our faces, brush our teeth, clean our appearance, meet our physiological needs. Typically, neutral stimuli occupy about 60% of our lives and create a comfortable environment in which we live. When neutral stimuli become excessive or emotionally significant in daily life (forced hand washing, etc.), neurasthenia develops and the stimuli cease to be neutral.

Positive stimuli that evoke positive emotions should typically be around 30%, negative stimuli 5%, and a maximum of 7%. If there are more negative emotions, the human body will stop fighting them, and in this case you may need help to overcome the negative - the help of the person himself or your loved ones, or the professional help of a psychologist or psychotherapist. But you need a small amount of negative emotions - they help you to better feel the beauty of life and the depth of positive emotions [22].

If negative emotions are lacking, they become an insurmountable obstacle, and under their influence we focus better on solving the problem, think, think, act faster, and this improve with. But with so many downsides, not everyone can handle it[17].

Positive emotions are especially important to us: we need them the most, so that people, even in the most difficult conditions, even on the verge of life and death, can see something beautiful, even a small thing, and can perceive.

When negative emotions are few, they become an insurmountable obstacle, and under their influence, we focus better on solving the problem, think, act faster, and thus improve. But with so many downsides, not everyone can handle it.

In fact, anyone can learn to see and accumulate positive moments that will help them develop a positive attitude towards life. Of course, it's hard to turn a confident pessimist into an optimist, but anyone can learn to focus on the positives and positives of life. It helps to fill everyday life with bright and cheerful colors and thus improves the quality of life in general.

Many studies have shown that a destructive personality is based on individual destructive relationships in the family. The formation of a destructive personality has deep roots. To be more precise, a person cannot become a destructive person in an instant. Destructive personality is formed on the basis of destructive individual relationships.

These include destructive interactions - insults, sometimes threats; - meaninglessness of communication; - address the shortcomings of the interlocutor; - show your fears or shortcomings to others; - devaluation, embarrassment; - constant change of subject; - struggle to control the interlocutor; - irony and discriminatory or sponsorship tone, the presence of insulting jokes; - use of physical violence; - active





gestures (including obscene), raising the tone; - constant disregard for the words of the interlocutor[18].

The style of individual destructive relationships does not arise spontaneously in a person, it is formed at all stages of personal development, that is, from the birth of a child and from kindergarten to the acquisition of professional skills. A person's temperament shapes a person's individual relationship style. For the same reason, an individual's style of individual relationship is understood as an individual system that is unique to the individual and the purposeful ways to achieve success.

There are two different characteristics that go into the style of an individual destructive relationship. The first is the features formed due to defects in the individual characteristics of the nervous system. The second is the features that allow a person to make the most of the communication, abilities and skills available. In this sense, our research shows that people of any temperament type can succeed in relationships. It has been found that people with opposite traits, depending on their temperamental mobility, resort to different movement tactics in the same attitude situation. Choleric people gain people's respect with their activity, quick-wittedness, aspiration, and reliability, while phlegmatic people gain their place with their intelligence, intelligence, and organization. Similarly, while the style of phlegmatic attitudes is associated with indifference, carelessness, melancholics often use kindness, dependence, etc. to keep personal relationships positive.

Individual destructive attitudes are "negative" attitudes of an individual, which are naturally conditioned and strengthened under the influence of education. A "negative" individual destructive attitude is characterized by low social maturity, spiritual poverty, negative emotions, dissatisfaction with the relationship, selfishness, jealousy, propensity to manipulate, and envy.

The question of human individuality has always been the subject of constant study in psychology. Individuality (Latin "individuum" - indivisible, individual) - a set of characteristics that distinguish one person from another; the psyche and personality of the individual; is a unique aspect of spiritual, physiological and personal qualities. Individuality is manifested in such qualities as a person's temperament, character traits, appearance, interests, abilities, and perception of the world[19].

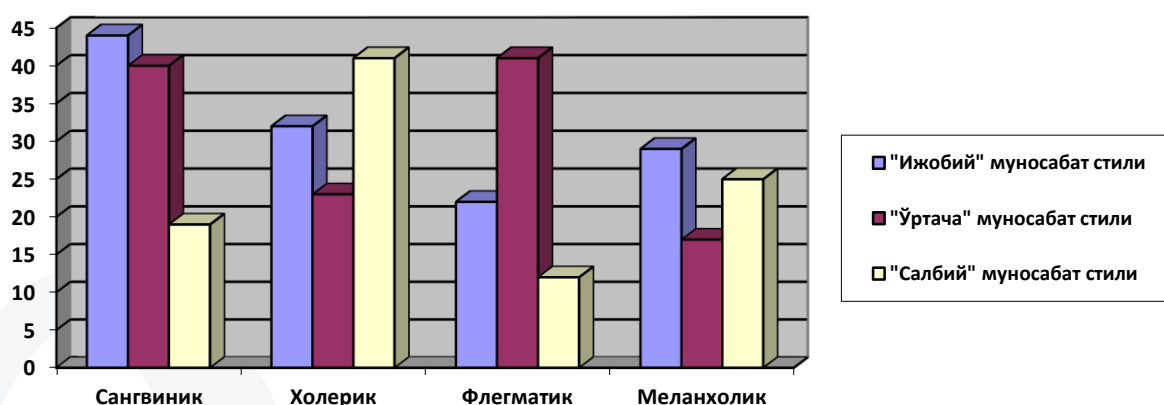
A necessary condition for the formation of a person's individuality is, first of all, the environment in which he grows up, the experiences he gained in childhood, upbringing, family structure, characteristics and attitude to the child. In particular, psychologist A. G. Asmolov has the opinion of A. G. Asmolov that "They are born as individuals, become individuals and protect individuality" [1].





Well-known psychologist BG Ananov states that "individuality is a closed system built on the open systems of the subject, due to the interdependence of all its features." At the level of the individual, the mind acquires a new quality and becomes the inner world of a person who is relatively autonomous from the outside world. It is here that a person's unique work takes place that serves to understand the truth, plan life, and develop his or her strategy and tactics.

In our study of young families (1–5), it was also found that situations related to destructive individual relationships were gender-related.



In particular, the high reactivity of the person in the sanguine thio, The style of individual relationships can be destructive if left unchecked, such as laughing out loud at something that doesn't matter, or getting angry over a trivial fact. However, it is easy to call sanguine to discipline. They are able to quickly control the expression of their emotions and their involuntary actions. Their minds work fast, their movements are extremely smooth, and their emotions, moods, interests, and aspirations are highly variable. It is therefore important to first identify the weaknesses of the sanguine. Those who enter the sanguine tio quickly interact with new people, learn new requirements, new conditions easily, and move quickly from one job to another. The mind is compact. Has extrovert properties. responds to lower external impressions than their perceptions of past and future life. While sanguine relations are dominated by positive attitudes, the instability of their interests and the lack of internal rigidity are mixed in the formation of an individual style of relationship. As a result, it is natural for some sanguines to have destructive relationships [20].

Choleric, like sanguine, is characterized by low sensitivity, high reactivity, and activity, but reactivity predominates over activity. Therefore, in the formation of an individual style of communication, they include activity, initiative, speed of the subject, success



in any endeavor, alertness, initiative, openness, inability to control himself, restlessness, restlessness, instability, nervousness. If a choleric person is brought up properly in time, he is capable of great deeds, otherwise his tendency to destruction may prevail.

Phlegmatic - low sensitivity, low emotional arousal, difficult to laugh, irritate, upset. The formation of an individual style of communication in phlegmatics is mainly based on their carelessness, steadfastness, diligence, completion of the work started, carelessness, and so on. The fact that they do not disturb the peace, even in the event of a major accident, allows them to avoid destructive relationships. However, this does not mean that they do not have negative reactions, they are characterized by the fact that they take drastic measures in the relationship if they are provoked by bad influences.

Melancholy - has a high sensitivity. Hypersensitivity, for no apparent reason, tears flowing from his eyes, extreme irritability, sincerity, as well as sluggishness, lack of self-confidence, shyness, a slight difficulty in washing his hands and armpits. The ability to strike a blow leads to the formation of a unique individual style in the relationship.

The beauty of human life is that in order for a positive atmosphere to prevail in interpersonal relationships in the family, we sometimes have to overcome the vagaries of our nature and choose only a positive attitude. In this regard, we recommend the following:

- Develop positive self-awareness. To do this, you need to learn to enjoy the little things. For example, pay attention to the good weather outside the window, the aroma of hot coffee in the morning, the smile of a child you meet on the street. These little things that we rarely pay attention to set us on the positive side, so it's important to learn how to pay attention to them[21].
- Focus on the joys and positives of life. It can also be small or even insignificant events
- A meeting with friends, a new hairstyle, a letter from an old acquaintance, a compliment from the leader, a good assessment of the child. It is good to write such events in a diary. That way, you can feel that good things are happening to you and that things are not so bad in life.
- Get used to counting the days. Keep notes of what you accomplished each day, which may seem insignificant at first glance, but they will increase your self-esteem - and you will begin to realize that it is working well.
- Get used to saying thank you. Thanking you for your food and shelter, but now very few people express such gratitude, which is very helpful. You can say thank you



verbally. Instead of worrying that your friends aren't there, tell yourself: how nice it is to have such a wonderful friend!

- Learn to accept your mistakes calmly. To feel that we are all living people and that we are all entitled to make mistakes. You need to not blame yourself for your mistakes and prepare yourself for failure.

- Take care of your appearance. It's important for you, even for the unconscious. If you want to change something in your life or learn to be positive about life, start by changing your wardrobe. It will be an opportunity for positive emotions, and the new wardrobe will help to look at the world in a new and more positive way.

From the above research, it can be concluded that temperament features play an important role in the formation of individual destructive attitudes and positive attitudes in the family. However, it is not the only indicator that determines an individual's destructive attitude style, and an individual's destructive attitude style can be positive, moderate, and negative in individuals of different temperament type. They are more common in people with certain temperaments.

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