

MANAS

Speaks

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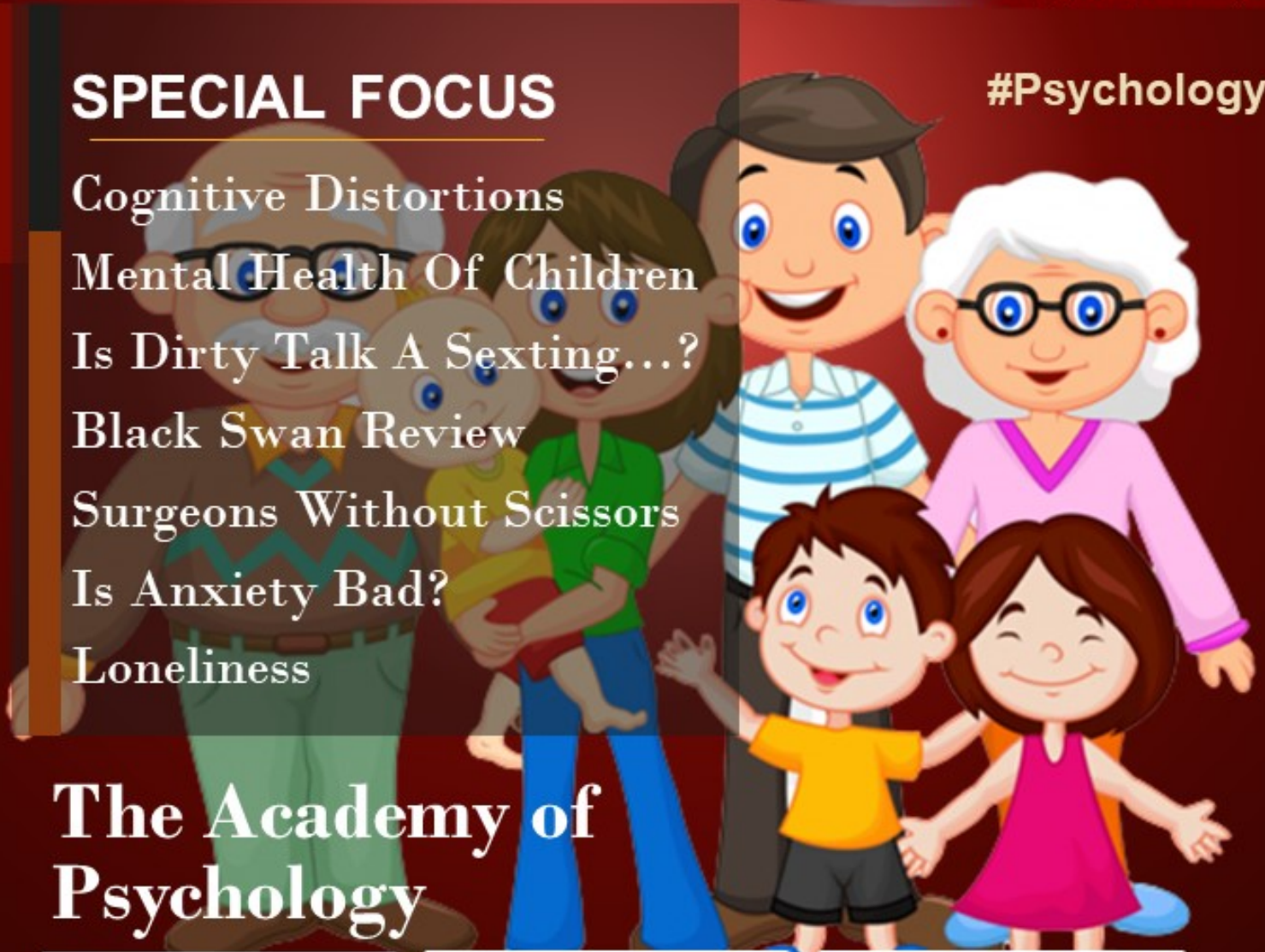
“Make your mental health and wellbeing a priority”

SPECIAL FOCUS

#Psychology

- Cognitive Distortions
- Mental Health Of Children
- Is Dirty Talk A Sexting...?
- Black Swan Review
- Surgeons Without Scissors
- Is Anxiety Bad?
- Loneliness

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MANAS *Speaks*

A MONTHLY MAGAZINE

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Manas Speaks is a monthly magazine from Manas-The academy of psychology, to publish a wide range of conceptual articles relating to different perspectives on methodologies in psychological research and to support student communities to strengthen their knowledge.

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Author Guidelines

We accept submissions through email. You may send us manuscripts for the following submission categories: Any submission related to psychology, short stories, book review, movie review, psychology concepts, case studies, cartoons, memes or a specific genre. Content should be related to psychology, your manuscript must be in one of the following file forms word, pdf and jpeg. please send content related pictures if you are interested. All manuscripts should be in 12 point type, with at least one-inch margins, and sequentially numbered pages. The author's name, address, telephone number, and email address should be typed at the top of the first page. Contributors are asked to include a brief biographical note with their submissions. Submissions may be sent to us at any time, year-round. Manas speaks is a non-profit magazine with the ambition of encouraging good literary work. We desire is to connect readers and writers, and we strongly encourage anyone interested in submitting work to read the magazine before submitting. You may read the magazine for free. If you enjoy reading it and wish to submit it, we hope that the reading is strengthening your mental muscles. we are strongly committed to publishing debut and emerging writers.

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Cognitive Distortions



I failed this interview; I'll never get a job. I must have hurt him/her; I'm a terrible person. All men are dogs said a teenager after a fight/breakup with her boyfriend. Have you ever heard such statements from people around you or even from you? Yeah right!!! Such statements pop into mind with no invite.

Are these statements true? NO, there is no obvious evidence. In case you think they are true, your brain is probably lying to you. These are the faulty and negative assumptions our mind makes, known as "Cognitive Distortions" which further cause psychological distress, anxiety, depression, even lessen our self-esteem, and may also cause interpersonal disturbances.

Cognitive Distortions are negative or maladaptive thought patterns that result in maladaptive behaviour and emotions. Thoughts can be adaptive or maladaptive, being aware of these thoughts can help us reduce distress and develop more adaptive thought patterns. We also need to focus on our

automatic thoughts which arouse after an event, to understand whether the thought is appropriate or not before manifesting it.

How do we develop these distortions? We humans initially develop schemas i.e. we form structures-our own beliefs, assumptions and labels either good or bad. We then group and evaluate these experiences accordingly. As a consequence of our schemas, we may have unique cognitive vulnerabilities that predispose and affect our wellbeing.

Our schemas play a vital role in processing data or information. Further they are reflected by automatic thoughts, which are less accessi-

ble to our awareness (reside in pre-conscious mind) but are not deeply buried. The automatic thoughts are our internal monologue i.e. what and how we think about ourselves. They occur very rapidly, can also affect our gestures, tone of voice and facial expressions automatically. When our beliefs are dysfunctional or maladaptive in cognitive schemas, they accelerate cognitive distortions.



Few ANT's (Automatic Negative Thoughts) or Cognitive Distortions are:

- Dichotomous Thinking, also known as black and white, all or nothing and polarized thinking. It is thinking in extremes, there is no middle ground. E.g. if I'm not good in math; I'm a complete failure.
- Over generalization, is drawing conclusions from one negative event and apply it to every other similar or unrelated events. E.g. I failed in this job, so I will never get another job.



- Personalization is a tendency to blame oneself for an external event, even though it has nothing to do with you. E.g. your train got delayed, you might feel like, i have worst luck.
- Labelling, is attaching a negative attribute to self or to others based on single event. E.g. you asked your friend for help, he said he can't. (because he is busy with some other work) you then label him as, he is an idiot, he didn't even help me.
- Should/Must statements, you make these

statements to put pressure on yourself or others with no realistic expectations. When the expectations are not met you might feel guilty; anger and resentment when others don't follow. E.g. I should exercise more.

- Magnification/Minimization, evaluating things as far more or far less important than they really are. E.g. if my daughter didn't get seat in this institute she will be upset and may commit suicide.
- Jumping to conclusions, you believe that you can read minds and make negative assumptions on how others think or feel. You also believe that you can predict future. E.g. my friend didn't said hi this morning, she hates me.
- Mental filter, is dwelling onto one negative detail of an event or context and ignoring all positive/other details i.e. not acknowledging positive aspects that you have done or received. E.g. your manager appreciated and gave a small remark on your presentation. Now you'll only think about the remark given and disqualify the appreciation.
- Emotional reasoning, is assuming that your emotions and feelings as true without any supportive evidence. In other words Just because you feel this way, it must be true. E.g. your baby didn't stop crying for hours, you might feel I'm a terrible mother.

AUTOMATIC NEGATIVE THOUGHTS



I hate ____!



What if I fail?



I'm not ____ enough.

Few ways to change your ANTs:

- Identify your automatic thoughts before believing them.
- Self-monitor yourself by maintaining a journal and write all your negative thoughts.
- Decatastrophizing your thoughts by questioning, e.g. Is there any evidence for that thought! Do others feel the same? So, what if it happens?

- Reattribute your thoughts through alternative ways.
- Reframe new and positive internal dialogues e.g. your negative thought is, i can't now reframe it to- it may be difficult, but i can.
- Affirm the positive thoughts until you believe them.
- These affirmations help to guide new behaviour.

End note: the power of our subconscious mind



Our subconscious mind is like a garden; whatever we plant, it will grow either good or bad. It just reacts and responds to the nature of our thought. It does not argue or prove whether our thought is good or bad; it just accepts what our conscious mind says. For example, if you say i can't do it; i will fail, etc. our subconscious mind will accept and bring it to pass. Therefore we must impress it with right and constructive ideas.

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HOW TO STOP NEGATIVE THOUGHTS

 <p>Change your brain waves</p> <p>Change your brain waves by spending 10 minutes a day breathing in sequence 6-3-9</p>	 <p>Declare positivity</p> <p>When the negative thought comes up, say 'not true'</p>
 <p>Visualize the image</p> <p>Visualize the image of the thought shrinking until it disappears</p>	 <p>Visualize positive</p> <p>Visualize positive situations instead; your brain doesn't know what reality is and what's imaginary</p>
 <p>Change your pattern</p> <p>Change your pattern of negative thinking by adding a new routine to your thought process: daily reflection, affirmation or mediation</p>	