

Dobro mi je - tako mi treba

I'm fine – this is what i need

Tatjana Spasić

Dom zdravlja Kragujevac Healthcare Center Kragujevac

Apstrakt

„Sreća nije nagrada za vrlinu, već je vrlina sama. Niti u sreći uživamo zato što smo obuzdali svoje strasti. Naprotiv, zato što u njoj uživamo, u stanju smo da ih obuzdamo.” (Spinoza)

Koliko često se zapitamo: Jesmo li srećni? Šta je to što nam je potrebno za sreću? Kako pronaći sreću? Sreća nije čarobna sposobnost, niti dar Bogova! Sreća je stanje uma, način razmišljanja i ponašanja. Jedna od tajni sreće leži u odluci da se bude srećan, druga u razumevanju sebe i drugih, treća u otkrivanju i stvaranju sopstvenog puta i našem odnosu prema preprekama na tom putu. „Rad na sebi” obuhvata mnogobrojne aktivnosti, vraćanje sebi, svojoj suštini. Celovitost. Sazrevanje. Individuacija. Postoje mnogi načini na kojima možemo raditi na sebi i većina je komplementarna. Kombinacijom pristupa se često može postići fascinantant rezultat.

O.L.I. metod je usmeren na dve ključne, složene sposobnosti: sposobnost za ljubav i sposobnost za rad. Ove dve ljudske sposobnosti su kao „lego kocke” sastavljene od određenog broja manjih jednostavnijih kockica – bazičnih emotivnih kompetencija:

1. Sposobnost za neutralizaciju i mentalizaciju (razboritost psihe)
2. Celovitost objekta (lepak psihe)
3. Konstantnost objekta (stabilizator psihe)
4. Tolerancija na ambivalenciju (usmerivač psihe)
5. Tolerancija na frustraciju (imunitet psihe)
6. Volja (motor)
7. Inicijativa (pokretač psihe)

Teško je živeti, voleti i raditi bez razvijene bilo koje od navedenih sposobnosti. Bez razvijene neutralizacije osoba je u vlasti svojih nagona, impulsivna i iracionalna. Bez „lepka” doživljaji osobe su rascepljeni na crno- beli, svet dobra i zla (kaže se da je „odlepila”). Bez konstantnosti, osoba je nestabilna. Bez tolerancije osoba „puca pod pritiskom.” Bez tolerancije na ambivalenciju osoba je neodlučna, nesposobna da se opredeli i donese odluku. Bez volje, osoba je kratkog daha, bez energije da podrži u kontinuitetu sopstvene želje i ciljeve. Bez inicijative osoba je reaktivna, nema „ključ” za svoj „motor” potrebno je da je pokrene neko drugi.

Bez bilo koje od ovih kockica psiha je defektna, zadatak svakog čoveka je da otkrije kako funkcioniše život da bi bio kompetentnijida se u životu bolje snalazi i da mu se raduje. Neko je više usmeren na sticanje novih veština i na lični razvoj koji će omogućiti brži napredak u karijeri, neko drugi na rešavanje psiholoških problema, blokada i strahova.

Učenje je proces koji traje ceo život. Lični rad podrazumeva sve ono što nam je potrebno da bismo doživeli duševno i fizičko blagostanje, a samim time i spoznali sreću. Promena je nezbežna, lični rast je izbor.

Abstract

Happiness is not the reward of virtue, but is virtue itself; nor do we delight in happiness because we restrain from our lusts; but on the contrary, because we delight in it, therefore we are able to restrain them.’ (Baruch Spinoza)

How many times have we wondered: are we happy? What do we need for happiness? How can we find it? Happiness is not a magical capacity, and it is not God’s gift. Happiness is the state of mind, the way of thinking and behavior. There are three secrets of happiness: the decision of being happy, understanding yourself and others, and discovering your own path and relation with the obstacles in that path. Improving yourself includes plenty of actions, returning to yourself and your essence. Integrity. Becoming mature. Individuality. There are many ways we can use to improve ourselves and most of them are complementary. If we combine the ways of approach, we can achieve fascinating results.

O. L. I. method is focused on two complex capabilities: the capability to love and the capability to work. These capabilities are like ‘Lego bricks’ consisted of many small bricks – basic emotional competencies.

1. Capability of mentalization and neutralization (prudence of psyche)
2. The integrity of the object (glue of the psyche)
3. The constancy of the object (stabilizer of the psyche)
4. Tolerance to ambivalence (guide of the psyche)
5. Tolerance to frustration (psyche immunity)
6. Will (engine)
7. Initiative (initiator of the psyche)

It is hard to live, love and work if any of these capabilities are not developed. If the neutralization is not developed, an individual is under the power of their instincts, they are impulsive and think irrationally. Without “glue”, a person’s experiences are divided into black and white, the world of good and evil. Without tolerance, the person is under pressure. Without tolerance for ambivalence, an individual is indecisive. Without a will, they don’t have the energy to continuously support their own desires and goals. Without initiative, they are reactive and have no “key” to their “engine” and need to be motivated by someone else.

If any of these bricks is missing, our psyche is defect. Therefore, every human has a task to discover all the functions of life so they can evoke the capability of leading a joyful life.

Some people are rather focus on gaining new skills and their personal growth that will help them develop their careers. Some are focused on solving psychological problems, blockages and fears.

Learning is the process that can last the whole life. Personal improvement refers to everything we need to experience mental and physical well-being and happiness. Change is inevitable, personal growth is a choice.