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# **Stress & Mental illness: Self-Talking Habits**

## **No.1 Source:**

“Self-Talking” Habits developed since “CHILDHOOD” due to only the turmoil in our parents relationship(i.e. Divorce, Separation, Extramarital affairs, Alcohol Abuse, regular fights or physical abuse etc.) and we feel to become isolated and spend time with our Toys, Mobile etc. and always talk with them or talk in our inner mind and then this Self-talking Habits developed an Inner Character which is imaginary character or personality and whenever we are in needs we talk to it and seek an instant answers and it revert to us something very sweet and comfortable in our favour no matter the suggestions are self-harmful but we tend to listen to it and then it always put us in crisis and failure in decision and setbacks which always increase anxiety and pain and loss of confidence and dependency on others and ultimately it changed our Personality which is very fragile in nature and often ended up with victim of exploit by others as through the entire life this kind of kids are seeking for true love where they may always tend to chose wrong partner and due to various trials in relationship breakup (which is haram) and marriage break up their life remains very painful and emotionally fragile in nature and they can't take good decision in their life , where they mostly need a strong and bold and trustworthy life partner who could help him or her to complete the every journey in life with positively

## **No. 1 Fixer:**

Instead of Self-talk in your mind Start WRITE IT DOWN IN YOUR NOTE BOOK OR DIARY and try "Right Mindset Tools-How to think correctly".

**A Love is the No.1 Fixer for him or her**, so you must believe in Arrange Marriage, let your responsibility to give to your parents , and the parents also need to be very serious and no matter what has happened to you, but always available for your kids support and



search for ideal life partner who has Iman, patience and both of the families have common cultural habits and understanding , and always remember to counsel the couple, day to day basis and you mean to a unbiased judge for them to solve their life's problem and never emotional or sentimental but always be their side so that they can start a good life inshaAllah.

### **No.1 Breaking point:**

Lack of Communication is the No.1 Breaking point for such isolated child, so teach them to become extrovert, Assertive and let them openly discuss their feelings so don't hide your feelings, A Love is required as a child, as a husband or wife and always engaged with whom you love and talk with them and let your physical expression come out never shy out when the opposite person know your love, care, feelings and your problem, so he or she will revert to the same and it will connect with the mental and physical understanding.

You must protect your kid's chastity from those who always intended to misuse it and may spoiled their life. When you suffered as a child so let bring the same experience to safeguard the life of your kids and spouse.