

Abstract

It is a comprehensive look into human mind and emotions. A perspective paper the relevance of which could be easily measured through going on through it. This paper clarifies with an important aspect in human behaviour pattern related to activities of accepting realities. And what all are the actions as an individual we must take to accept reality are being described

Keywords: Reality, Hindrances, Situations, Pre determination and un acceptance of reality.

Introduction

The work is the perspectives of the author into the human mind and emotions through analysing with case vignettes from real world. The reality, which is an essential aspect in human behaviour pattern, related to activities of accepting facts. The present work also took various turns into the fields of:

A. OPENING A WINDOW INTO HUMAN REALITY.

1. What is the reality?

In researcher's words, the reality is what we need to accept and cannot be put in for waiting or for the future and which we cannot make any change in its happening. Nobody can pursue his or her life without accepting the realities unless or otherwise he is affected which is the true and the absolute truth like death. According to Philip K Dick "Reality is that which when you stop believing in it, doesn't go away"

2. Importance of reality in human beings.

As human beings, life is a blend of realities and its acceptance and its after-effects. "The human mind struggles to grasp reality, but in practical terms can only generate various concepts and theories that have their limitations. Identifying their boundaries of applicability is essential"(Yacobi 202).For continuing growth, we

need to accept those otherwise, it will make vast and unwanted turn in our life, which is discussed below.

3.Situations in those we need to face reality.

(a). At the time of death.

Death is the one of the realities, which could happen in everyone's life. Anything other than that cannot be given a pledge of its happening. In everyone's case things may or may not happen it may be according to their lifestyle, gender, religion and many more. Which differs from persons to person, time to time and the activities that a person is engaging.

(b). Death of loved ones

Death of loved ones is a significant loss, and it takes others who were related to those into depths of sadness. "The loss of any life is heart breaking, though it seems that there is a form of closure that someone has had lived a long and fulfilling life"(Oran).But we cannot live the whole life crying and thinking about them. We need to overcome such a situation to keep aside that reality and move on facing life as what an earthmover do. It doesn't mean that we are not supposed to cry or show physical and verbal actions to express our sadness and emotions. It is also the qualities of human beings to act according to situations if we are not acting accordingly to such cases then we should say we are not normal. And if we are pursuing our acting without accepting reality then also we could say that he is not normal.

B). MATERIAL BASED

1. Permanent loss of belongings

Permanent loss of belongings is a situation that arises in our life in case of our assets and other physical belongings. One such condition is cited below.

A house, which was built just a day before spending lakhs of rupees, was destroyed in an earthquake. The house owner must first accept it, that it is lost and cannot be replaced as was in the past. He must go on by accepting it. If he thinks

that his lost house will come back tomorrow, it is excellent foolishness.

2.0 Mental illness

Mental illness caused to a person wont be accepted by the person affected with that mental illness in many situations. In such a case the reality of mental illness need to be approved by persons like relatives and others in contact. They may not be ready to admit it, but they need to accept it for sure and need to act accordingly. Usually people are not prepared to take such a fact, but we must make it and go on by not depressed but by changing our attitude towards the person who suffers it. Otherwise, it will be harming the person with mental illness directly or indirectly.

3. Unexpected happenings

The unexpected incidents, which occurs during the life of a human being is having great significance in the future life of an individual.

Situation

STORY OF A GOLD MERCHANT

A successful gold merchant Jewen was having a stock of 1kg gold with him. He stored 0.5 kg in his jewellery in a locker and the remaining 0.5kg in his house. He was a small-scale businessman in a village. The reason why he stocked this much gold was for selling it to his friend Umesh for his daughter's marriage, Jewen got this gold from a wholesaler who was shutting down his business so, it was sold to Jewen in a rate less than the market price. The actual market price of gold for one kg for a retailer to purchase from the wholesaler was 20 lakhs, but Jewen got it for 15 lakhs he promised to give the gold for 24 lakhs to Umesh.

But the next day Jewen found that the gold stored in the shop was stolen. He was depressed and started crying and given a complaint to the police. On the first day itself, Umesh said that he need whole 1kg gold otherwise he will buy it from other.

Hints.

The wholesaler from whom Jewen usually buy gold is always ready to accept Jewen's order and supply required quantity. The price will be 20 lakh for 1 kg.

(Following are the examples similar to the above situation)

C. Who is accepting reality?

“When you face yourself, you face the truth of who you are”(Richards).Everyone in his or her life accept certain realities, which cannot be altered or put for future. Many examples are there for such situations.

- Son takes reality of his father's death
- House owner take reality of his collapsed house.
- Daughter accepts reality of her mothers mental illness.
- Student receives truth of failure in the examination.
- Parents accept the fact of their children's weakness.
- Children recognize the existence of parents in old age

D. Hindrances for the acceptance of reality.

1. Glorification of the past

Challenges are part of human life. But those challenges can be easily overcome by the knowledge and experience of the past. But at the same time people are not ready to accept the reality of challenge which may arise out of ordinary course of life and unable to realise their own ability imparted in them. In such a situation most of the human beings glorify the past life and compare it with present. Even the past experiences may be much more worst than in the present. “If you want to make any improvement in your life, you must first accept the way it is now. Don't try to judge it and glorify it or distort the truth to make it more attractive” (Young).

2. Curiosity about future

People always lead an unpleasant life because they are curious about the uncertainties that may happen in the future life which may incur financial and physical losses. "When you have expectations you are setting yourself up for disappointment" (Reynold). It acts as a hindrance for their peaceful living and makes them not to extract the full fruit of happiness of life.

These are some among the psychological barriers. There are many others like films, advice of people, drugs, alcohol which makes it.

E. Position and feeling of mind.

In many of the situations, people will be sad to face reality, and they may not accept it. In some other situations, they must have in mind other possible advantageous alternatives provided.

1. Measures that can be taken to avoid those restrictive actions and emotions occur while facing realities.

(a). Who can help us to meet it?

The number of people who could help us to face the reality or to overcome the problems is less. Every person with their advice cannot be taken into account as the people who can help us to face reality.

(b). How can they help us?

There are many people with the ability to act as a supporter, but among them, all are not able to provide the necessary guidance and support.

F. Helpers Dead-end

Many people in the world can make us accept the reality or the situation and go on. It may be some music, which helps us to forget all and make us inspire, or sometimes some inspirational talks of some people, or even some cartoon or some cinemas could make us feel better.

But all these are having a limitation until or unless we could make it into account of our own and change ourselves the aids received from all sources will be of no use. It is us who

make the change through accepting and making ourselves fit to adjust and to take both physical and mental actions to accept the reality positively and to continue our life. "Accepting reality is the art of the brave. All this while I was trying to gather courage in the illusory world that I created. Little did I know that sometimes you learn to swim after giving yourself a chance to drown. It's time to dive in" (Shrivastava). As life always comes in front of you with a second chance in many of the instances but death won't.

G. Actions that we must take for facing reality.

1. Psychological measures

a. Walk to the past.

In most of the situations, to accept reality and to move on with life is possible. But by looking into the past will make our mind to decrease the strength of the attraction toward the lost or which is no more or in that situation which in some circumstances we need to find a way to accept the fruit the truth the reality. "You'll never be able to create the right reality if you aren't willing to let the wrong reality to go". (Daskal).

Example:

John was studying in a famous school from his start of the school life but when he reached 10th his parents pressured him to change the school and to move to a school which is free of cost and provides better quality education. But John was not ready to move on to a new school because he was there for the last 12 years. In such a situation thinking about the past, the bad experiences he got from the teachers and all will make him think twice about continuing there and will build the strength of his bond with the school will get reduced.

b. Get negatives (according to situations).

Negatives may help in some situations because in many situations negatives make people think in a different way than the stagnant emotional manner. "Looking at current circumstances can in fact cause us to shift from positive thinking to negative thinking" (Findlay). Take the same example of John; Even he is going

to get a better education he is unable to shift to the new school. But remembering negatives will make him feel the same school is worst and to move on.

c. Get positives

“Positive thoughts, positive actions, positive results”(Boehing). Getting positives from the past helps in accepting the reality with life. The moving in life would, in turn, result in the betterment of life of ourselves or the life of someone to whom that we are decided to be cruel or to avoid them. In the formerly mentioned circumstances it is genuinely better to sit and think twice and get positives from past.

Example situation

A son who had decided to send his father to a nursing home as his father is aged and the son is unable to sleep in night because his father calls him every now and then. But at the night before sending him to the nursing home, he just think of his childhood where his father used to spend the whole night sleepless when he was suffering from fever. And many other circumstances like so came into his mind about his fathers hardship and it makes him to decide not to send his father to a nursing home.

d. Jump to future (situation based).

Never be anxious about the future or curious about future success. From the point of the present if we think to change ourselves the future will be better for us than the today and worst in the past. “No matter how bad things get there is almost something you can do to move forward is a better way”(Sicinski). So think critically about the future will surely a milestone in the life of people who are being caught by the hurdles of present-day life.

Example:

e. Think about worst situations that what we have (condition based).

It is same as thinking as much as negatives.

2. Take decisions on

2.1 What to talk?

At that times where we are aware that our part is right then never be down always keep your head high look into the eyes of the person to whom we talk and speak frankly never be down if we show such a symptom it will make others to gain success on us and we ourselves will become mentally down.

Negative thoughts can easily inspire a person than through positive words and sympathy.

2.2 How to talk?

Take the same situation above, if her father make angry with her then she will totally be lost and will be going to commit suicide as the person from whom she was deserving support is unable to support her then she had lost everything and some other instances of the same kind will come to her mind, and she will take it to memory.

2.3 Whom to talk

It is preferred to talk to a person whom not you feel better but it is always better to talk to your parents or elder sibling all others will make it a chance in future to exploit you with the same in the above instance of the girl.

H. ADVANTAGE OF ACCEPTING REALITY

(a) Mental health

Many of the mental problems and illness arises as a result of not realising the fact that what had happened or will be happening. Un acceptance leads to depression, anger and many other physical and mental illness.

(Ref. Story * 1. Of gold merchant)

Jewen, If he continues to be depressed about the lost gold, he will surely lose his self-confidence, and he will start alleging certain persons who may not have any relation with the theft. Doubting about persons for long leads to the habit of thinking the same in other situations result in the break of family life.

(b)Physical fitness

Un acceptance causes several health problems. Which may or may not be directly related to un acceptance of reality, but as a result of the co-related activities like starving, suicides, self-attacking.

Example

Jomon is the father of two sons who was a good father for their children and a good husband for his wife. But at the age of 24 his elder son was died in an accident. But he was not ready to accept the reality of his sons death (which will be happening to all). Feeling sad for some days and take the reality and go on with his duty is a must for an average person, but hereafter his sons death he started using alcohol and started killing himself.

I. Pre determination and acceptance of reality.

Pre determination and experiences of people don't allow accepting reality and follow-up activities. They may act accordingly or doesn't work because in similar situations they had heard that we could not do anything it is out of our control. But the case may not be that same the problem can be solved and may have been easily overcome it. The past experiences heard regenerate in their mind and set out them from doing things..

Example

Accidents.

Saji was driving his car from Pala to Ponkunnam in 30km/h. There was heavy rain and when he passed half the way, when his vehicle was driven above water and drifted away on that movement he took his hands away from the steering at that moment in his mind the description of his friend in such a situation came (in a similar situation in the past one of his friend's car collided to a wall) though, Saji think the same, and he did nothing. But in this situation as the speed of the vehicle was 30km/h he could quickly recover the balance and avoid an accident. In this case, Saji hadn't

accepted the reality he just think of the past experience by his friend.⁸

Conclusion

It is sure that no one could survive without accepting reality in his or her life to sustain and to pursue with the Life to make a better one themselves and others. "You can accept reality or you can persist in your purpose until reality accepts you"(Brault). "As human beings, we have to be careful not to deny reality when it hurts our happiness, health and success. We must accept things are they are, not as we wish them to be" (Eurich). The life is too short, but when we realize it, we may not be able to enjoy the fruit of life. So accepting reality is the best way to live on earth by being happy with all we have in the present and not worried about the future nor depressed about the past experiences.

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