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Popular consciousness meaning

"Friggin jerk!" Cecily screamed at the man in the blue Volvo who swerved too close for comfort. Even though her two young sons were in the car, she raged on, "What are you, a moron? Where did you learn to drive? I hope you rot."Cecily wanted help controlling her reactions. She knew instinctively her temper was damaging to her children and contributed to her high blood pressure. When Cecily described her road rage to me, she described herself as being angry with the man in the Blue Volvo. "Of course you were," I validated, "After all, the driver scared the heck out of you." But then, I explained to Cecily how she acted out that anger by yelling. Cecily grew up in a family with lots of shouting and sometimes some hitting. Cecily naturally thought yelling and hitting WAS anger. I explained that from an emotion science standpoint, "anger" referred only to the internal experience. When her parents yelled, shouted, said mean things or hit her, they were acting out their anger. This distinction was an important one to understand.Most people fear anger because they equate it with hurtful, scary and destructive actions. It's an easy mistake to make. Anger happens so fast that the internal experience and the actions that follow appear to be one and the same. We have the internal experience and we act on it in an instant. We feel it! We act! With a little practice, we can slow down the whole experience of being angry into the two steps it actually is. By slowing down just a little bit, we can begin to notice a variety of things happening inside that hold the key to managing anger much more effectively. If we don't actively slow down, however, the fuel inherent in our anger will speed us up and we will react almost immediately after the emotion is triggered in our middle brain. I explained to Cecily that we had to help her learn to experience her anger but NOT discharge it with yelling. I suggested, "Let's break down your experience into two steps: 1) The internal experience of your anger and 2) the expression of your anger.So, what does it mean to simply experience our anger (without acting it out)?First it means to just notice and validate that you are angry and what happened that just triggered it. You may sense it as a jolt to your system or a rush of energy from your core. You say to yourself something like, "I notice I am angry. I think my anger arose just after the waiter took someone else's order even though I was next in line."Your anger is actually just a bunch of physical sensations. If you can slow down enough, you can sense the sensations of anger and describe them to yourself. And that is exactly what I teach people to do. An example of something I might say in a therapy session is, "Notice what is happening to you physically. Notice the sensations you are having and notice the flow of the energy that anger generates. Where do you notice the anger in your body? What is it like?"Your anger has impulses towards the one who hurt you. The impulses of anger are aggressive by nature. Anger wants to be nasty, even though other parts of you may want to be nice or calm. You can notice the impulses your anger brings forth: wanting to yell at drivers, to say mean things to people, or to lash out physically against those who anger you.Staying with the experience of anger without doing anything is a challenge. And that's one reason so many people discharge their anger by yelling, insulting, blaming, hitting, or abusing others. We do those things to discharge the energy of the anger; to get rid of the bad/painful/scary/angry feelings inside of us. And it works in the moment. But there are always negative consequences to acting out. In summary, when we react in impulsive ways as a result of our anger, we are acting out.There is also a term called acting in. Acting in means we turn all that angry energy against our Self, causing us harm. Types of acting in include cutting, starving, bingeing, doing drugs, and blocking our anger with depression and anxiety. What helps us thrive in life is to learn to fully experience our anger but have the control of how and when we chose to act on it. When someone hurts us, we need to tune into our physical reactions and validate to our Self that we are indeed angry. We need to know who angered us, what we are angry about, and to listen to the impulse, which tells us how angry we are. The very last step is to think through the best course of action.What are constructive courses of action?Asserting one's needs effectively with kindness and strength. A helpful image is to imagine putting your anger in your back bone and saying something like, "It's important to me that you help out with the housework" or "It's important to me that when I say 'NO' you back off and don't continue to try to get your way."Setting boundaries with firmness and when possible with a calm and clear tone of voice. For example, "I don't want you criticizing me or calling me names. If something I am doing is bothering you, let's talk about it respectfully." Or, "I do not like it when you touch me without asking if I'm ok with it." Or, "If you're going to be late, please let me know."Tending to childhood wounds. Sometimes we have blocked anger from our childhood that leaks out in the present. If you suspect you have unaddressed anger that is negatively affecting your life today, it is a great idea to seek support. Many therapists, especially emotion-centered and trauma therapists are trained to help you release pent up anger in a safe way.Noticing our internal experience is a practice honed over a lifetime. The benefit is that it enables us to listen to our anger, to be informed by our anger and not ruled by it. When we can tune into our anger before we react, and we have time to think before we react. When we can think and feel our anger at the same time, we can choose a response that is helpful and not hurtful. So...why are people mean? Because people act out their anger instead of first experiencing it internally. They react from the primary impulse of the anger, which always wants to be mean and aggressive.You do not need to be in therapy to work on your anger. You can begin practicing slowing down in the midst of your reactions and getting to know your internal experience any time you want. What physical sensations do you have when you're angry?To read about a time when I did this for myself, check out a past post here. Both Margie and I continued to be shocked that adults, often women, frequently make arbitrary requests with either an ambiguous time frame or no time frame at all — and are surprised when no real consequences are achieved. As people it is our right to say what we need, when we need it and how we need it done. This clarity not only benefits the asker, but also spares the recipient the task and time of being an ineffective mind reader. While no one request is guaranteed to change the course of your career, business, relationship or life, any single request can. Requests have the potential to make a profound difference to the quality of your life and your ability to achieve the success you want. Sure, just because you ask for something doesn't guarantee that you will get it. But not asking does guarantee you won't! Would you really prefer the certainty of having your needs unmet over the possibility of having them met? Surely not! Two Ingredients of a Powerful Request For a request to hold any water it needs to specify not just a "what" (what you would like to have occur that presently isn't), but also a "when" (by when it needs to happen). These are the "conditions of satisfaction" by which you and others can assess whether a commitment has been properly fulfilled. Asking for something to be done "soon" or "when you have time" leaves the door wide open for unmet expectations, frustration and disappointment. It also doesn't allow you to hold people accountable when they fail to do what you wanted. You Get What You Tolerate! It's a rule of life that you get what you tolerate - whether in your relationships, your career or your life. Making more and better requests will go a long way toward eliminating the "tolerations" in your life. It may be making a request of your husband or children to take on an extra responsibility on the home front; your boss, partner or colleague to change the way they are communicating with you on projects; your employee to honor an existing commitment or even of your cleaning lady to stop hiding the remote control in obscure places! Complaining about your problems never solves them; whining about unmet needs never fulfills them. People aren't mind readers and assuming others should automatically know what you want or need is a surefire recipe for resentment. Harness the Law of Attraction The Law of Attraction states that what we focus on expands. When you focus on what you want (fulfilled needs and a rich joy-filled life) as distinct from what you don't want (unfulfilled needs and a life filled with "tolerations") and then take the actions to get it (e.g., make requests) your life can only change for the better. So as you get on with the rest of your day, I invite you to think about what requests you could be making that you aren't and then, start making them. Don't water down what you really want in order to minimize the possibility of being turned down. Rather be bold and ask for what you would ideally absolutely really and truly loooooove to have happen. If, in the end, you have to negotiate and you end up with not quite what you wanted, you're still better off than before. At a minimum, you create a new context in the ensuing conversation, and even if it's an outright "no" that comes back your way, at least now you know where things stand and can move on, plan and make changes accordingly. Don't Sell Out on Yourself: Ask for What You Really Want! If you have big dreams that are inspiring you and big goals that are stretching you (which I sure hope you do!), then you need to get into the practice of making more, bigger, better and bolder requests! Asking less from yourself, from others and from life than you really want doesn't serve anyone. Take responsibility for your experience of life and make the decision, starting right now, not to let another hour pass you by settling for your needs going unmet, your frustrations running unfettered and your life passing uncherished. Life's too short! You are capable of more than you think — including making bolder requests than you've made up 'til now. Don't believe me? Then allow me to request that you try ... starting today! I would love to hear your thoughts on Margie's suggestions. More importantly, tomorrow, I would love for you to share a new experience that had you saying what you meant and meaning what you say. What's decreased consciousness? The major characteristics of consciousness are alertness and being oriented to place and time. Alertness means that you're able to respond appropriately to the people and things around you. Being oriented to place and time means that you know who you are, where you are, where you live, and what time it is.When consciousness is decreased, your ability to remain awake, aware, and oriented is impaired. Impaired consciousness can be a medical emergency.The brain is ultimately responsible for maintaining consciousness. Your brain requires certain amounts of oxygen and glucose in order to function properly.Many substances you consume can affect your brain chemistry. These substances can help to maintain or decrease consciousness. For example, caffeine is a stimulant, which means that it raises your levels of brain activity. Caffeine can be found in many foods and beverages you consume every day, such as coffee, soda, and chocolate. On the other hand, painkillers and tranquilizers make you drowsy. This side effect is a form of impaired consciousness.Diseases that damage your brain cells can also cause impaired consciousness. A coma is the most severe level of consciousness impairment.Levels of impaired consciousness include:confusiondisorientationdeliriumlethargystuporcomaConfusionConfusion is marked by the absence of clear thinking and may result in poor decision-making.DisorientationDisorientation is the inability to understand how you relate to people, places, objects, and time. The first stage of disorientation is usually around awareness of your current surroundings(e.g., why you're in the hospital). The next stage is being disoriented with respect to time (years, months, days). This is followed by disorientation with respect to place, which means you may not know where you are.Loss of short-term memory follows disorientation with respect to place. The most extreme form of disorientation is when you lose the memory of who you are.DeliriumIf you're delirious, your thoughts are confused and illogical. People who are delirious are often disoriented. Their emotional responses range from fear to anger. People who are delirious are often highly agitated as well.LethargyLethargy is a state of decreased consciousness that resembles drowsiness. If you're lethargic, you may not respond to stimulants such as the sound of an alarm clock or the presence of fire.StuporStupor is a deeper level of impaired consciousness in which it's very difficult for you to respond to any stimuli, except for pain.ComaComa is the deepest level of impaired consciousness. If you're in a coma, you can't respond to any stimulus, not even pain.Diagnosis and treatment of decreased consciousness begins with a complete medical history and physical examination, which includes a detailed neurological evaluation. Your doctor will want to know about any medical problems you have, such as diabetes, epilepsy, or depression. They'll ask about any medications you're taking, such as insulin or anticonvulsants. They'll also ask if you have a history of abusing illegal drugs, prescription drugs, or alcohol.In addition to your complete history and physical, the doctor may order the following tests:Treatment for decreased consciousness depends on what's causing it. You may need to change medications, begin new treatment, or simply treat the symptoms to address the underlying cause. For example, you need emergency medical treatment and possibly surgery to treat a cerebral hemorrhage. On the other hand, there's no cure for Alzheimer's. In this case, your healthcare team will work with you to come up with strategies to treat symptoms and maintain the quality of your life for as long as possible. Talk to your doctor as soon as you think you may be experiencing decreased consciousness. They can start your treatment as soon as possible.Decreased consciousness can be a sign of a serious condition. Getting prompt medical attention is important for your long-term outlook. Your outlook can become worse the longer you spend in less than full consciousness.

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