Students Name:

Professors Name:

Course:

Date:

Gonzo Project

Some people may find it tough to breathe in a crowded space, so I did a wim hof breathing technique by going to the field with my dog and meditating as i thought about public humiliation and why that happens to people. Public humiliation is an unfortunate occurrence and can be very traumatizing for the person who goes through it. I have some advice to help you the next time this happens to you.

Firstly, try to shift your energy and perspective by taking a deep breath in for four seconds, then releasing it for four more seconds. This will allow your body a chance to slow down and release some of the tension that may be causing feelings of embarrassment and stress from being ridiculed or lectured in public. I have also found that doing exercises like yoga or meditation beforehand can help you feel more at ease before going into overwhelming situations.

Secondly, I don't think this is a circumstance that should be taken lightly. Try to prepare yourself for the greatest impact by mentally preparing for what you're about to go through. It is my personal belief that in less than 15 seconds humiliation can be avoided but it definitely takes some time to mentally prepare yourself emotionally, physically, and mentally before entering into a public scene. This is where I strongly advise you to practice beforehand.

Lastly, when someone tries to humiliate you or argue with you just say "thank you" and then walk away with a smile on your face or even better just say "No thank you". If a person persists keep walking and if they continue to follow you continue to walk. This is my advice to anyone who may be embarrassed, humiliated, or humiliated by someone else. Be kind and respectful towards others even if they don't treat you the same way in return. We are all human beings and that's exactly why we need to step up for each other in order for our society to grow and develop. In the end, you're always going to be someone's target and others won't treat you as they would others. So don't worry about being humiliated, because everyone has flaws and everyone is human too! I hope that this article has been helpful.