

# RELATIONSHIPS

## AND MENTAL

## HEALTH

How can I willingly learn a subject that I don't like? I love dancing. I get the highest marks in the class for dancing.

Stop reading this nonsense and look at this report card. There are 48 marks for science and mathematics. How did you get so many marks?

That Nimali is the first in the class this time too. You can't do anything by yourself. You can't dance after today, you have to stop everything.

But I want to go to this dancing show, mom, plz..



No.. Nothing can be done without asking me again. When Nimali's mother asked me about your marks, I felt ashamed.

How can I say that our child cannot work? "Why can't you be like Nimali?" "Why can't you be like him?"

No, it's wrong.

Why do I try to be like him even when I have the ability to be myself?

Forcing yourself to be like someone else is mentally taxing. This is a comparison in a way. Because parents compare their children with other children, feelings of defeat, distrust, feelings of inadequacy and dissatisfaction begin to sprout in the child's mind.

Therefore, children always become the puppets of their parents. This affects the mental health of the child. A big influence.

Moreover, when this problem that arises from the family moves to the society, its form is different. Many people live a very uncomfortable life by imitating others and comparing what they don't have with each other.

For example,

- When he owns a car, looking at the modern car on the road and getting worried.

- Worrying about his friend who started a business despite having a successful job.
- Worrying about seeing a woman dressed in modern fashion even though she is wearing clean clothes.
- Worrying about seeing someone living in an apartment building, even though he lives in a small, pleasant house.
- Feeling anxious when seeing another favorite child while having a favorite child.

of comparison the results are several.

But we have forgotten what we have. We are lucky enough to have every little thing that we have.

Therefore, by acting with love and trust in oneself, the psychological discomfort will be reduced and the way to a satisfied life will be opened.