

# — NEW GENERATION — PSYCHOLOGY

## Shyness

*Does it influence whether  
or not you're single?*

## Do your friends have more friends than you?

*Your popularity index  
and what it means!*

## A 6-Step Guide to not Panicking!

*'What consumes your  
mind, controls your life'*

## Why Ethical Non-Monogamy is not same as Cheating

*What is Ethical Non-  
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*How to use self-doubt  
for positive change in  
yourself!*



**MARRIAGE:  
NOT ON THE  
CARDS, OR  
JUST A TAD  
BIT LATER?**



*A dash of fresh thinking, reverse thinking, big, bold ideas and a new, more diverse and inclusive approach to sustaining a millennial life is our point of discussion in this issue.*



Editor: Sachin MITTAL

# Dear Readers,

*Welcome to this edition of New Generation Psychology!*

**L**iving in an era of digital change, I have seen a rapid change in how humans function. First, there is an inevitable surge of discovering one's own self, and second the ever-evolving ways of fighting odds for misfits, contrarians, underdogs and the anti-heroes! They just seem to stay into their own. I have also witnessed an up-rise of the rebel: those who don't play by the normal rules, who flourish in chaotic, unpredictable times and welcome uncertainty without fear. This new-look issue of NGP is dedicated to those people, the curious revolutionaries who practice and preach differently!

A dash of fresh thinking, reverse thinking, big, bold ideas and a new, more diverse and inclusive approach to sustaining a millennial life is our point of discussion in this issue. The issue is loosely based on the theme of change and we've spent days validating experiences! Do we have to do it the same way as we always have? More often than not we concluded that no, we don't. Precisely why, this time, we chose to talk about some breakthrough concepts of millennial living such as ethical non-monogamy, late marriage and weird phobias. This

month's cover story 'Screwed up? Relax, people care far less about it than you think they do' talks about regular screw-ups in our day to day living, that tends to pose a judgment on our own self-critique. Paranoia, anxiety and under-confidence are some of the most commonly recognized symptoms of giving a 'damn' about too many things at a time, and we are exactly going to talk about this!

New Generation Psychology invites you to spend some of your valuable time exploring these pivots, and other fascinating connections between self-doubt and positivity, friendship and popularity, and shyness and outbursts. Also, just so you know, we take serious, loyal readership as our most precious asset. We'd be fools to trifle with the agendas we've been talking about, by making change for change's sake. But there's also the puzzling question, in this moment of emotional and mental millennial crisis, if we can only intensify the experience of reading a magazine, or make a difference in living!

Staying all ears for your valuable feedback, and hoping to get my mail box brimming with all your memories, black and white, etched on ink!



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# ***Shyness - Does it influence whether or not you're single?***

**S**uperficially, by shyness we mean a common response or feedback to when being exposed to unaccustomed situations or meeting new people. Shy people have feelings of anxieties or discomfort when they are around others whom they don't know well. They find it very difficult to talk to people they don't know.

In the real sense, shyness is an overpowering feeling of worthlessness and is the chief hindrance to leading a great and wholesome life. It stems from a sense of unease with the self and not loving the skin you're in. They have trust issues but not with others but mainly with themselves. They don't know the right things to say or do when they come in contact with strangers.

## **Where does shyness come from?**

Low self-esteem, low self-confidence and worthlessness are few of the main causes of shyness. It majorly is based on the craving to be perfect, trust issues and possibly everyone else is more perfect, which puts undesired pressure on the shy person to feel undeserving to be in some else's company. Shyness in a mild form can be handled by progressively looking on the outside and attain greater self-confidence whereas if shyness becomes extreme then it becomes social phobia against people and things.

## **Dating Scene for Shy People:**

Shy people have a tendency to experience social circumstances in a more distant, anxious and awkward manner. These especially arise when they are meeting new people. Due to their shyness, they usually take longer time to open up and come close to new people which in turn majorly affects them to form new relationships.

Hence, dating for the shy people is a very difficult thing. Since in dating one has to meet new people and majorly shy people feel scrutinized and mostly fear that they will do something that might humiliate them further. Dating becomes a very overpowering and

terrifying thing as it adds fuel to their anxiety fire.

## Pro-Dating Study for Shy People:

There is another set of people who believe that shyness doesn't affect if you are single or dating. Few years ago, a study to understand the behavior of shy people was released. The study had various subjects who presented information relating to shyness, feeling of love and their dating status. The study exposed that a person's degree of shyness had no effect on whether or not the person was dating someone. Basically this means, that if someone's shy there is always someone else to make the first move.

## Types of shy people in romantic relationships:

Shyness is linked with two types of passionate forms: The first one being the 'storge' which is the demonstrative love that cultivates from friendships and the second one is 'mania' which is the fanatical; over protective kind of love that crosses the creepy level.

## The Attachment Theory:

Good relationships with approachable and receptive partners help develop confident attachment styles such as given below:

- ▲ **Self-Assured**
- ▲ **Nervous**
- ▲ **Indifferent – avoidant**
- ▲ **Terrifying – avoidant**

Apart from secured attachment style, the other styles are developed due to problems faced by shy people in creating stronger relationships with others. All these attachment styles are majorly connected to the core beliefs about love and dating which can in turn regulate how probably people are to create solid



emotional attachments towards others. Shy people are more likely to escape emotional problems which are associated to loneliness or low self-worth.

## Ways to cope up with dating anxieties:

For people who are shy and nervous in other's company, need to follow these techniques to basically overcome these dating anxieties:

### ■ **Practicing opening up:**

If shy people want real and strong relationships, then they have to practice to open up to their dates. Sharing is the access to intimacy as it lets you come closer to each other as both parties reveal something or the other from their respective lives.

### ■ **Go low on the judgment:**

One of the main problems with the shy people not opening up to new people is because they fear being judged. This fear or threat is the root cause of all the societal nervousness. The shy people blame themselves if something goes wrong during their date. They are very hard on themselves and beat themselves up for any mistake. They always assume that people are judging them and are more focused on their defects or faults. Since they have a very low self-esteem about themselves, hence they inevitably assume negatively about themselves and also feel that others feel that too.

### ■ **Acceptance:**

The key to all of this is acceptance not only towards others but most importantly towards you. Focus on one's self-worth and accept all the aspects, be it flaws or the good qualities of one's self. This acceptance opens you to enjoy relationships with others.

### ■ **Emotional Intelligence:**

This nervousness increases by only focusing and worrying about the future and the past. The shy person overthinks about situations so much and starts to fear if things won't go wrong in the future. If one feels this way, take a different route called – conscientiousness. In this route, one makes a conscious effort to majorly emphasize on the present moment rather than the past or future. Living in the present moment with acceptance minus the judgment leads to a superior emotional mindfulness. This is the main aspect of emotional intelligence.



**At some point of our lives, we all might have felt shy or nervous when meeting new people, but a lot of baggage comes with extreme shyness. Building confidence in one self and keeping an optimistic attitude about relationships helps one to learn how to share their lives with others. This war between intimacy vs loneliness is one of the major challenges that this generation is facing and shy people have the most difficult time in meeting this challenge. So don't shy away to take your chances when you are meeting someone new. This could be your only opportunity to have a better and secured life.**



# 15 Weird Phobias that you might not even know you have

**W**e all have our own fair share of fears and phobias. Commonly, phobias are a usual type of an anxiety disorder. Generally what defines phobia is: Irrational fear and anxiety around precise objects or situations, triggering its complete avoidance. For example, a person with a severe phobia of spiders will always make it a point to avoid places where spiders might be found. Not all fears are from the destructive experiences, sometimes fears or phobias just happen to be there, without a way to understand where it came from. Such phobias can just crop up anytime and anywhere. There are bizarre phobias that people suffer from most of the

time don't even know it till it surfaces up. Here's a list of some weird and bizarre phobias that you might not be aware of. So read on and see if you don't suffer from them too:

## #1: Nomophobia

We are living in a digital age, where the entire generation is on their phones from a very young age. Hence, the very first phobia is living a life without your phones. Sounds scary right? People who are constantly stuck on their phones day in and night, will find it very hard to imagine their life without their favourite accessory. But nothing is impossible! It's not too hard to distract

yourself and for once forget that you don't have your phone with you. Maybe, if that happens you are going to give your undivided attention to your family and friends. So try it out once, to see if you suffer from Nomophobia.

## #2: Pogonophobia

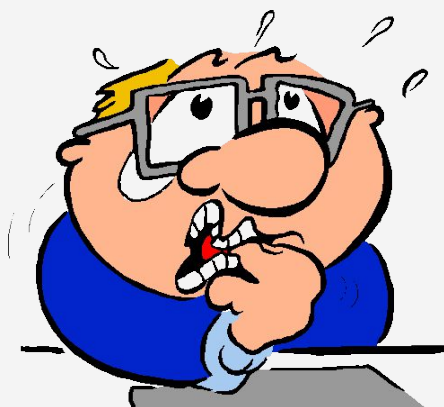
By Pogonophobia we mean, the fear of beards. Yes, you read that right, BEARDS! There are some people who suffer from this phobia where they won't get near anyone with a beard. It is definitely illogical, stubborn and often unjustified fear of beards. There are many reasons why this phobia is caused and listing down few of them for you:



- In the past, there might have been a negative or disturbing event in the victim's life which might be linked with men with beards. The mind then creates this phobia as a defense mechanism to avoid people with beards

- The unshaved look is lined to illness, misfortune, unhygienic or with homeless people

- Some feel that men with beards are not trustworthy and will cause you harm.



### #3: Venustraphobia

The fear of beautiful women is called Venustraphobia. This phobia originated from the Roman Goddess Venus and she was connected with love, gorgeousness and fertility. In this phobia, a man feels a severe fear around beautiful women to a point that he doesn't want to be in their company as well. This phobia can arise due to fear of rejection and low self-esteem.

### #4: Ergophobia

Persistent fear of work or work environment is known as Ergophobia. People who suffer from this fear go through unnecessary anxiety about the workplace even though they know that this fear is illogical. This fear stems from a lot of things such as fear of failing in an allocated task or fear of public speaking or maybe even mingling with colleagues.

### #5: Kenophobia

The fear of empty spaces is known as Kenophobia. This fear gets triggered by empty spaces or rooms. This phobia stems from the overprotectiveness mechanism as well as can be some unsettled emotional conflicts in the past.

### #6: Glossophobia

The fear of public speaking is known as Glossophobia. The fear is quite common in our generation. It is believed that more than 75% of the population in some level or the other suffers from this phobia. Some people suffering from this phobia might suf-

fer from a little nervousness, while others suffer from panic attacks.

### #7: Gelotophobia

Humour has been publicized as a solution that not only enhances the immune system, smoothens your way to success at work but also helps you exist longer. But for some people, humour is a nightmare. Such people suffer from gelotophobia or fear of being laughed at. Most people who suffer from this, either stay at home so that no one makes fun of them or be in the company of their very close friends and family whom they trust completely.

### #8: Hexakosioihex-ekontahexaphobia

This is not a prank; this is definitely not a tongue twister or the fear of tongue twisted words. By Hexakosioihexekontahexaphobia it means fear of number 666. In biblical terms, the number 666 was the devil's number. Hence, many religious people have a phobia of this number.

### #9: Scriptophobia

This is an illogical fear of writing, especially in public spaces. This phobia arises from someone condemning or mocking one's hand writing or fear of significance of writing down one's thoughts in public. People suffering from this phobia are scared of rejection, mockery, embarrassment and criticism.

### #10: Arachibutyrophobia

Basically, Arachibutyrophobia means fear of peanut butter or as a matter of fact anything stuck to one's roof of the mouth.

### #11: Haphephobia

The fear of being touched is known as Haphephobia. Mostly, this fear is triggered by strangers touch or touch without one's consent. This phobia is caused by fear of germs or feels nervous in the company of strangers fearing they would touch them in the crowded place.

### #12: Phobophobia

Phobophobia is understood in couple of ways – one the fear of developing a phobia and the second is fear of facing the signs linked to being scared.

### #13: Philophobia

Philophobia is the fear of falling in love or committing to a relationship. This phobia is illogical but still many people cannot control this fear. This fear drives you into being lonely and leads a life of solitude. This fear stems from the feeling of unfaithfulness in love as well as not being secured in one's life.

### #14: Anuptaphobia

The fear of staying or remaining single is known as Anuptaphobia. As a matter of fact, the entire generation is suffering from this phobia. In this situation, one keeps on continuing with a toxic relationship as they don't want to be single. Moreover, because you don't want to remain single, you keep on choosing wrong people to get into a relationship which further hampers your mental health.

### #15: Genuphobia

The fear of knees is known as Genuphobia. It is a very rare phobia. The main cause of this phobia is disturbing experience involving knees. People suffering from this phobia fear seeing knees that are exposed or even might be scared of kneeling too.



# How to use self-doubt for positive change in yourself!

**T**here comes a time in everyone's life when they feel imperfect and emotionally exhausted, even successful people have gone through this feeling in their lives. There are a lot of us who have a tendency to concentrate on the negative aspects and events in their lives. This self-doubt or self-loathing is nothing but low self-confidence, low self-worth and a very strong belief in one's own incapability. A little voice in your head talks to into giving in this self-hatred and doubt. Just because there is absence of confidence on oneself, makes it very difficult to fight this self-deprecating voice.

### Positives of self-doubt:

A little self-doubt is normal and sometimes even healthy. It sometimes prevents a person from going beyond the line between over self-confidence and arrogance. Hence, doubt and a little self-belief should exist side by side for the development of oneself. This inquisitiveness is imperative for existence as it permits us to test our surroundings for safety and for steering through societal currents. In the real world, it is very essential to find out how to measure honesty and being naïve can make one a target for exploitation. Self-doubt for narcissistic people can be life terrorizing and hence can be very problematic to utilize for their growth.

### Understanding & enquiring experiential avoidance:

By experiential avoidance we mean, efforts to avoid or ignore thoughts, feelings, memories, carnal sensations and other inner experiences. Avoiding these feelings or experiences harms oneself in the long run. What creates the problem is that if we try and avoid difficult or negative thoughts, the more powerful these thoughts become. Hence, avoiding or ignoring these anxieties will only make it more important as it leads to a paradoxical consequence.

Inquisitiveness and experiential

avoidance are contrariwise related to each other. This interrogative-ness and curiosity helps in intellectual flexibility and strengthens spirit which is majorly related to superior mental health. With experiential avoidance, one avoids paying attention to one's self as it creates blind spots about oneself and others. Using it as a protection, whatever it is we are avoiding has a tendency to come out in other forms such as non-adaptive behavior.

### Curiosity & Imagination:

The inquisitiveness helps us to comprehend the facets of our lives which have not been available to us. Nonetheless, this curiosity is frequently escorted by nervousness about a lot of things, feelings or emotions. This inquisitiveness is the base for experiential arrangement.

Hence, whenever this inquisitiveness is concerned, self-doubt is an important instrument which can cure experiential avoidance. So questioning oneself can be a careful and considerate check someone might make as a first stage in assessing someone.

### Creating the unconscious conscious:

Inquisitiveness acts as a facilitator that performs on the unconscious

mind to convert it into an experience that one is aware about. As and when this curiosity bumps into a barrier or a wall then at that moment self-doubt comes to the rescue. With persistent practice, self-doubt can break through these obstacles to self-development as curiosity is a cure to unawareness and guilt.

As a process, self-doubt works very well with a component of empathetic humour about oneself without bitterness. It also works wonders in the company of a secured self.



### Being skeptical about negativity & false positivity:

Basically, when positive self-doubt starts to challenge the negative self-doubt, one becomes very curious whether this self-doubt is destructive. Doubting of any kind, be it one's own badness or goodness is very important for a better mental health. Ignoring the experiential avoidance, getting involved with experiences without getting absorbed in self-obsessing might be a huge challenge. But this might lead the way to a healthier mental being.

### Helps to set goals:

Doubting your abilities has a very paralyzing effect but on the other hand it also inspires you to find different ways to cope with your inner fears. Self-doubt can stimulate you to set personal goals or targets or action plans just to be fully prepared to take on any challenge that comes your way.



***A little self-doubt is normal and sometimes even healthy. It sometimes prevents a person from going beyond the line between over self-confidence and arrogance.***



### **Assists you to find alternatives:**

Expanding your outlook and helping your brain to always be on a lookout for newer concepts and alternative solutions is one of the important jobs of self-doubt. It can humble you and at the same time open your mind and heart as it leads you to look for more perspectives and question them as well.

### **Improved Compassion:**

People who doubt themselves are generally and naturally much more sensitive towards life, their surroundings and their fellow human beings. Hence, this helps in creating compassion for themselves as well as the people in their lives.

### **Living the wholesome life:**

In life, you would definitely encounter anxieties for sure. But tackling life with a 'I know it all' attitude will not only limit yourself but also will stop your personal growth. In this life, it is very difficult to know and accumulate all kinds of knowledge but it also can become a blessing in disguise as it helps one find creative and advanced solutions to challenges leading you to a much fuller life.

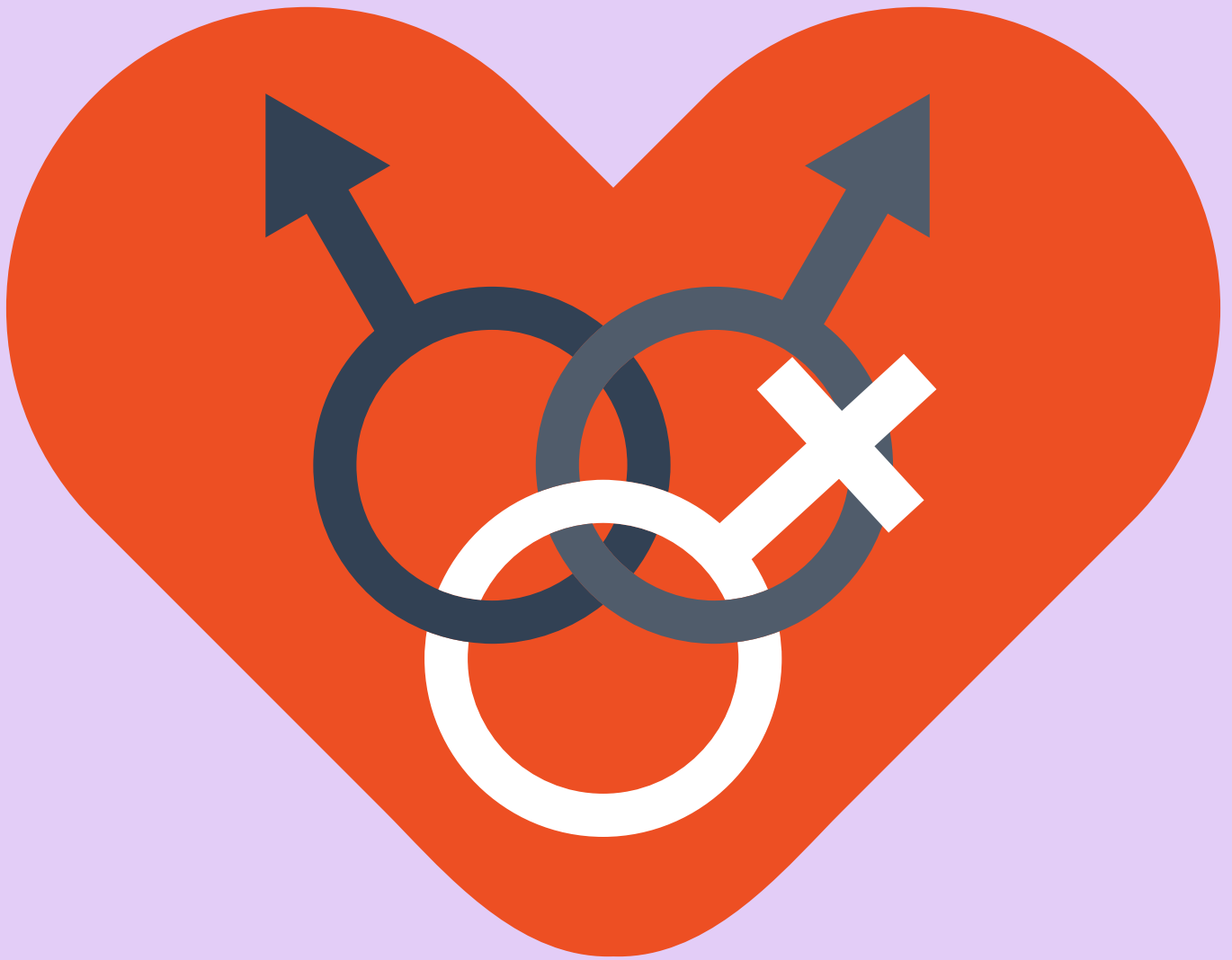
### **Superior Work Ethic:**

People who suffer from self-doubt will be motivated to work even harder. This doubt transforms into an assurance where the person will not take anything for granted and try to make most of the circumstances.

Self-doubts encourage going through one's mental checklist to ensure that everything is in order. Moreover, it also makes you aware of what one is doing and what all things or skills are required to get that job done. Frankly, self-doubt is essential part of personal development and accomplishment. Devoid of it, we would make a lot of spontaneous mistakes in pursuing our goals. Not having self-doubt we would roam around confidently but without any humility which in turn would affect our personal growth. It is a process which helps you to see opportunities for failure way ahead of time, but it also gives you innumerable possibilities for challenging and conquering them. It inculcates you against the things that might wreck or ruin you in the long-term. Hence, the choice is for us to make, whether we approach it as an opportunity for self-awareness, consideration and development or treat as a killer of dreams and aspirations. Choose wisely!



**NOT HAVING SELF-DOUBT WE WOULD ROAM AROUND CONFIDENTLY BUT WITHOUT ANY HUMILITY WHICH IN TURN WOULD AFFECT OUR PERSONAL GROWTH. IT IS A PROCESS WHICH HELPS YOU TO SEE OPPORTUNITIES FOR FAILURE WAY AHEAD OF TIME, BUT IT ALSO GIVES YOU INNUMERABLE POSSIBILITIES FOR CHALLENGING AND CONQUERING THEM. IT INCULCATES YOU AGAINST THE THINGS THAT MIGHT WRECK OR RUIN YOU IN THE LONG-TERM. HENCE, THE CHOICE IS FOR US TO MAKE, WHETHER WE APPROACH IT AS AN OPPORTUNITY FOR SELF-AWARENESS, CONSIDERATION AND DEVELOPMENT OR TREAT AS A KILLER OF DREAMS AND ASPIRATIONS. CHOOSE WISELY!**



**Why Ethical Non-  
Monogamy  
is not same as Cheating**



**W**hen it comes to cheating in relationships, there are a wide range of scenarios ranging from a man or a woman confide their deepest desires and inhibitions to a person who is societally NOT their 'better half', to the highly promiscuous seducer who can bed anyone easily without being bound by societal agreements, come to mind. There's emotional cheating, physical cheating, psychological cheating, et cetera. Whatever particular form of cheating is involved, cheating is any activity that violates the trust in a relationship by breaking agreed upon boundaries, whether implied or spelled out. So with all of the negative connotations surrounding the idea of cheating in relationships, can you consider ethical non-monogamy a viable alternative?

## What is Ethical Non-Monogamy?

You may describe 'Ethical non-monogamy' as any number of relationship configurations that allow one or more of the relationship partners to fulfil their needs for companionship, intimacy, love and sex with multiple people, albeit with consent and agreement from all the people involved.

## Types of Ethical Non-Monogamy

Let us now understand the various forms of ethical non-monogamy, usually in practice.

- **Polyamory** – Polyamory can be considered as a synonym to 'many loves'. It originates from a combination of Greek and Latin terms, 'Poly' (Greek) meaning many or several, and 'Amor' (Latin) meaning love. People who practice polyamory maintain multiple sexual and/or romantic partners simultaneously.
- **Swinging** – Swinging is referred to as partners in mo-

nogamous relationships engaging in recreational sexual activities which do not involve romantic or non-platonic components.

- **Polysexual** – This term also employs the Greek word 'Poly' and sexual, to form a word meaning many sexual partners. These relationships, although sexually non-mogamous, are not emotionally intimate.
- **Poly-fidelity** – Also called polyexclusive or polyfaithful, this kind of relationship resembles a group marriage. The word, invented by the Kerista Commune sometime between the 1960's and 1970's, combines 'Poly' meaning many, and 'Fidelity' meaning faithfulness. Polyfidelitous groups have three or more participants, most often involving more than one man and more than one woman, who consider themselves married to one another. They may live together, share finances, raise children together and share other responsibilities normally associated with traditional marriage. All the participants in these marriage groups engage in sex exclusively with other members of the group.

- **Primary, Secondary and Tertiary relationships** – This is a polyamorous relationship structure in which a person has multiple partners who are not equal to one another in terms of interconnection, emotional intensity, or power within the relationship. The primary partner is the lover one spends the most time with, and is generally the person who is engaged in the more mundane aspects of their lover's life. The secondary partner usually enjoys regularly scheduled meetings with their lover, and they keep in pretty constant

contact. The tertiary partner connects with their lover once or twice a year, or just by chance.

- **Open Marriage** – In this type of marriage, both the partners agree that each can engage in extramarital sexual relationships without it being considered infidelity.

## The Crux of Ethical Non-Monogamy

The crux of ethical non-monogamy is based on the premise of honesty and open communication of one's sexual and emotional needs with their partner or partners. So, in theory, it eliminates the betrayal and incidence of lying and sneaking around behind each other's back, which plague more traditional relationships when one or both partners become dissatisfied with their perceived level of fulfillment from the union. But emotions are not controlled by agreements entered into between consenting parties. They are instinctive and intuitive, without reasoning or knowledge. So what is the outcome when a wave of emotions takes over and jealousy shoots up its ugly head?

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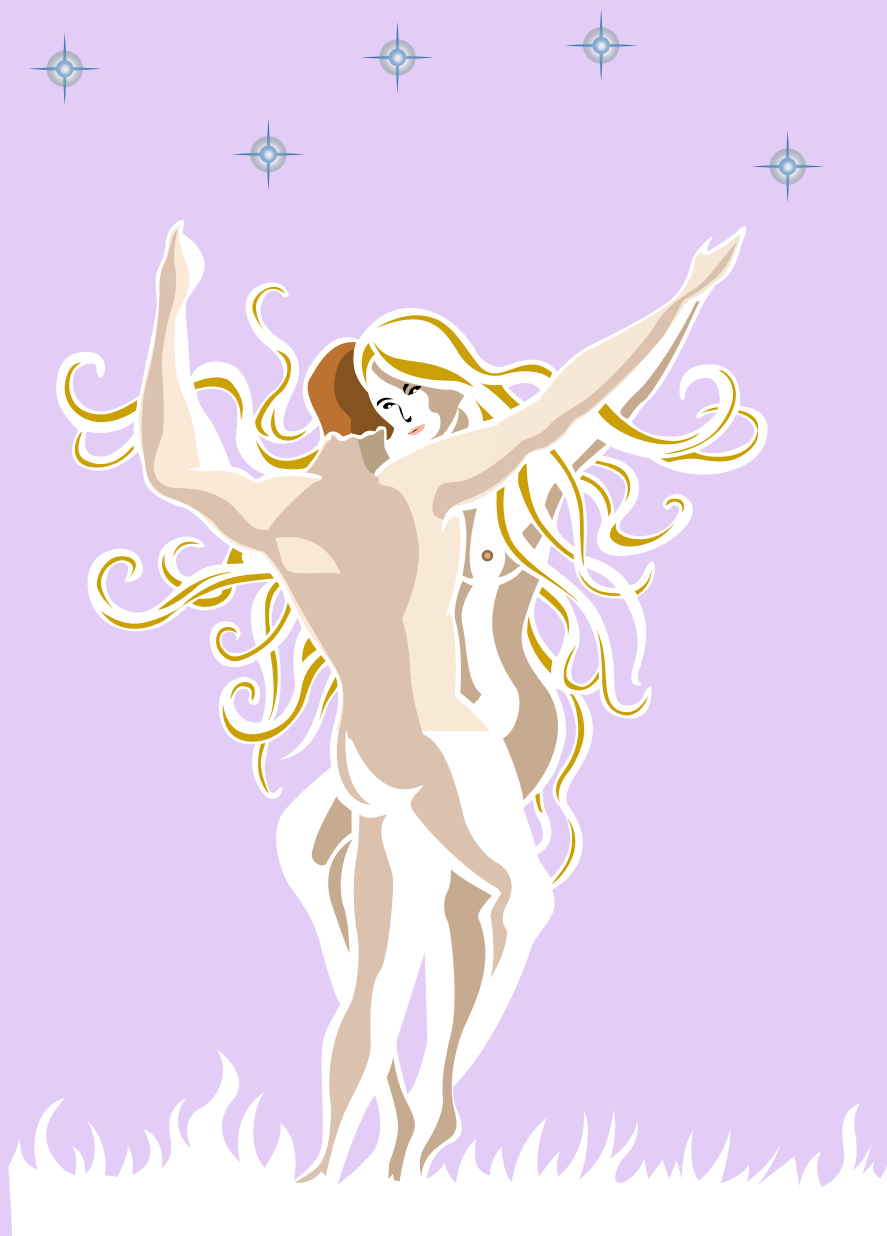
***Jealousy is a given in most relationships today. Feelings of jealousy do arise from time to time in non-monogamous relationships as well, but surprisingly, the incidence of this is relatively low.***

Jealousy is a given in most relationships today. Feelings of jealousy do arise from time to time in non-monogamous relationships as well, but surprisingly, the incidence of this is relatively low. Part of the basis for non-monogamous relationships is the realization that one partner cannot fulfil all of the sexual and emotional needs of another. It is a clear thought underplaying in both parties minds. Therefore, one's partner engaging others to satisfy the needs their primary partner cannot meet is usually met with feelings of relief, acceptance and understanding. When irrational jealousy persists, non-monogamous relationships, like monogamous relationships, are possibly facing the end.

### A Viable Alternative or Forced Escapade?

So is an ethical non-monogamous relationship a viable alternative to a traditional monogamous relationship? If the goal is to enjoy a loving and sexually satisfying relationship while avoiding the limitations of monogamy, and the pain and repercussions of cheating, can ethical non-monogamy be really considered as a way out to sustaining happier lives? Or maybe, a sought-after forced escapade? The most reasonable answer to put a period at the end in this case would be "to each, his own". Living in an era, when nearly 50% of people in relationships cheat; where sometimes women outnumber men, sustaining the spirit of liberty in friendships over stringent norms and complexities of conjugal companionships can be a more rational approach. Furthermore, finding a partner today is as easy as touching a few buttons on our smartphones. Needless to infer, that why for more and more people the answer is yes!

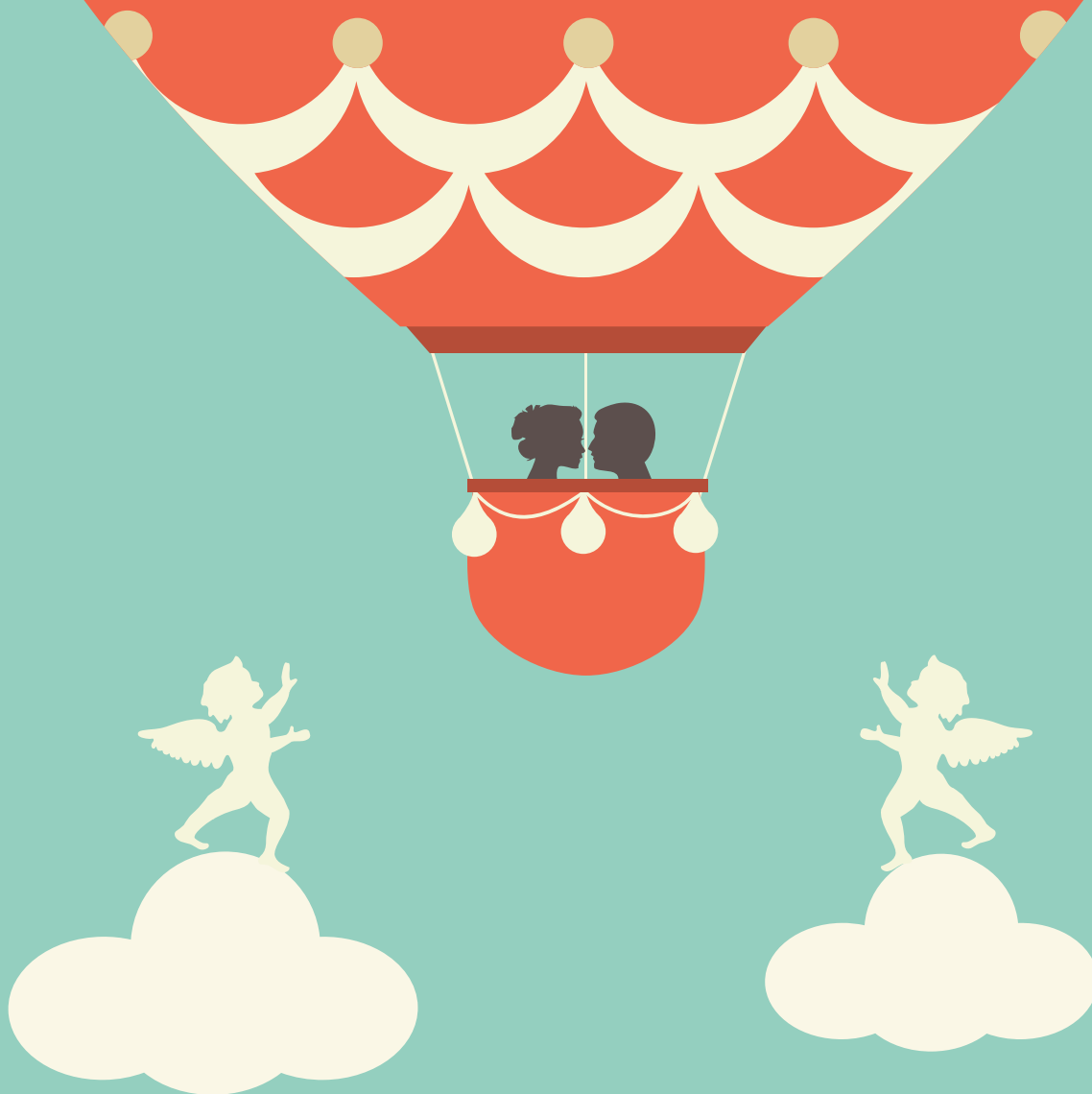
Ethical non-monogamy provides people with options – options to explore one's own desires without hiding one's reality to the other. It allows the freedom to embrace and express evolving ideas and preferences about sex and love, and recognizes that two people who were compatible at any one stage in their lives may not evolve in the same or compatible ways. Nonetheless, they could still be together and evolve their companionship into newer sunny sides.



## The Bottom Line

While ethical non-monogamy isn't for everyone, if people can have a relationship where they honour themselves, honour their partner, or partners are committed to open communication, mutual respect, compassion, and trust; you may as well go for it! Isn't it better to have a partner who lets you know what they're all about up front, than to negotiate truths after you've invested your precious time and emotions, to bloom a living out of a lie? The bottom line is to find clarity in thought and needs. Also, to comprehend that ethical non-monogamy is not same as cheating! However, if you cannot practice the basics of the quest honestly, you can never be able to practice the same ethically. Whatever it is, just be sure you have consent to offer whatever you're sharing!

# Marriage: Not on the cards, or just a tad bit later?



**W**e are a generation that is perpetually in transition. We are a group of young people who are vested in our own self-actualization. We are rapidly transforming ourselves to adapt to a world where the conventional structures of the past are being exposed as institutions with rotten foundations.

We are people who want to indulge in free-spirited sexual relationships, connect and relate in a loving way with others, but cannot offer anyone our commitment, probably because we are always in a flux.

We are a generation which is far from rooting our beliefs in fairy tales – ‘happily ever after’, any sooner. We seem to be able to handle going-on-a-date once or twice a week. We can handle open relating; experimental forms of relationship anarchy. What we can’t as easily buy into is the expectation of forever. We are akin to creating our destinies our own way! In conquering worlds and scouting for the best possible way of living, we have self-consciously cornered the idea of ‘timely marriage’.

## What’s the fair choice?

Some people don’t want to take out their own unresolved emotional issues on others, who don’t want to get wound up in the kind of co-dependent relationships that are created when we think someone else will fix our problems and restore us to a sense of wholeness.

Moreover, marriage for millennials is not a capitalistic endeavour anymore; primarily because one is simply not willing to merge his/her savings or assets with someone else. Marriage is not considered the end goal for them, the only path to a life well-lived. Maybe, they’ve been saving every pie to take a trip to the Alps!

Not marriage and babies at 26!

It seems like a well-justified fair choice. On the other hand, some people seem to shy away from the



prerequisites of what it takes to face, day in and day out, the great mirror of another. It is tough call to make, especially when you are on a quest of discovering ourselves first! Figuring out how to walk beside someone else without compromising your own discovery of who you might become if you were to know yourself first as self-assured, stable, and sovereign, does not mean a thing, while in your mid-twenties.

Oh for god’s sake!

## Grow in or out of a connection?

To millennials, choosing someone prematurely detours from their ability to step into their full potential. They need the freedom to ebb and shift and grow out of a connection. They don’t want to invest the precious commodity of time in someone else, when they ultimately need to focus on themselves if they are to create a fulfilling life and do their part to aid in the transformation of this brave, new world.

Forceful commitments often get burned. We end up sacrificing our paths and purpose to take care of someone else, without figuring out how to do it in our own case. Like a bunch of naïve and vulnerable kids, we are ‘societally recommended to form chemical attachments with people before we could even understand the type of person we’d truly

be compatible with. We get hooked to what we think the future is going to look like and try to control someone else so that our dreams work out. None of this typically ends well. It is only beyond being irrationally optimistic!

## In terms with the existential truth

We are a generation that is collectively coming to terms with the existential truth that humans are species that will forever be alone, together. Simply put, because we have so many avenues and options when it comes to finding a mate, we are taking our own sweet time to explore those options rather than rush to the altar. And, why not? This is not a complete abandonment of love as we know it, because the truth is that we do want committed love, but it is a different and much slower process than past generations are used to. Maybe this stance makes us selfish and immature. Maybe we’re missing out on the blessing of having an ally, through thick and through thin, in this unpredictable time period. But whatever it is, we have made a conscious choice to hold the reigns against the perils of early marriage.

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***Millennials aren’t necessarily afraid to commit, they’re just taking more time to weigh their options and make a measured, lifelong decision than generations past.***

## When is the ‘right time?’

When is the right time to get married? Who dictates that? Who shoots fireworks in the sky to hint at the most suited time for an individual to get hitched? And, people denying acceptance of the wand of time are often deemed phobic to the institution of marriage.

Millennials aren’t necessarily afraid to commit, they’re just taking more time to weigh their options and make a measured, lifelong decision than generations past.

So, people who are pushing fates to a marriage post 30s are no longer adamant on ensuring practicality, and are rather finding a true partnership in every sense of the word.



## Endless Regret or Momentary Relief?

The idea of getting married sounds incredible. Sure, it is extremely fulfilling to dream about, but rushing into marriage long before you are ready for it can prove catastrophic. You may think that you really, truly do love a person, and you will never want anyone else. You might get pregnant and start to feel secure in a relationship. You may even feel the pressure coming from family or friends. Or you might think that you will never find anyone else, and so you just decide to settle.

Such a hasty settlement is a recipe for disaster. It can never bring you peace later in life. Settling for someone when you are young will only lead to feelings of boredom and regret as you grow older.

While you evolve into a more mature person with each passing day, you are ought to feel like you could have done better than your counterpart, and there is a good chance that the other person will now be unfaithful to you. No matter what age you get married, the idea of getting divorced is horrific. No one wants to feel like they have wasted years of their life with the wrong person. Moreover, the process is emotionally difficult, time consuming, and expensive!

When you get married young, your risk of divorce absolutely goes up. You’re inexperienced, you may not have your finances in order, you may not even really know who you are yet, you still have a lot of growing up to do, and so does the person that you’re marrying.

So, a momentary relief of getting married at the ideal age can never surpass the joys of sustaining a more healthy marriage when you and your partner both have seen the best of four seasons TOGETHER. However, some people who literally get married after all the

manipulations and calculations are in place, start regretting being too late to have been involved in a familial relationship – a relationship that could have bloomed beautifully with a wife or a husband and a couple of kids a few years back! Well! As it is said, the grass is always greener on the other side.

Nonetheless, the economic, emotional, and relational implications of divorce are enough to make millennials want to find that sense of certainty before walking down the aisle. If that means taking 20 more years to find it, then so be it.

SO, MAYBE IT’S LESS ABOUT THE FEAR OF COMMITMENT, AND MORE OF A RESPONSE TO INDIVIDUALISM, AN ABUNDANCE OF PARTNER CHOICES IN OUR DIGITAL AGE, AND THE SHIFTING CULTURAL EXPECTATIONS OF MARRIAGE. IT IS ABOUT DECONSTRUCTING THE MYTHS OF TIME. BABIES CAN WAIT! IN MILLENNIAL LIVING, THERE IS ABSOLUTELY NO ROOM FOR REGRETS.





# **A 6-Step Guide to not Panicking!**

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**‘What consumes  
your mind,  
controls your life’  
– Anonymous**

**T**he quote above conveys a very brutal truth that in our lives we cannot control everything that happens and we need to accept this truth to lead a happy and peaceful life. Inexorable anxiety and overthinking can be devastating and can totally drain you physically and emotionally. There are people who have taken it as a habit to overthink and worry. Moreover, they micro-manage, since lack of trust they don't delegate tasks and try their level best for people to change according to them. For them, if they gain control over other people or even the circumstances, they can avert adversities from happening.

Another set of people, think that since nothing is in their control so they overthink to a point where they keep themselves so occupied that all their time and energy is wasted just on overthinking. The common reasons why your mind goes into this nervous and anxious mode is:

- Tendency toward anxiety-sensitive DNA
- Late nights spend on the internet
- Inflexible, solid, uncompromising thinking
- No emotional control
- Morbid outlook of the world
- Benzodiazepine addiction
- Careless limitations
- Self-medication

Since we are discussing about this topic, it's imperative to clear out few things:

**Difference between anxiety attack & panic attack:** Many people confuse between anxiety and panic attacks and feel they are the same thing. Both these conditions are very different from each other. The panic attacks can happen suddenly and it contains extreme and frequently overpowering fear. Moreover, the symptoms include pounding heartbeat, pain in the chest, giddiness, hot flashes, queasiness, sweating and short of breath. A panic attack sufferer mostly alters their behavior in response to a fear of the attack such as the sufferer tends to avoid those locations or circumstances that basically trigger another attack. This anxiety avoidance only helps to comfort the sufferer for a very short time and also will direct the sufferer to even more lifelong fears. This vicious cycle of anxiety and avoidance can regulate as well as adversely impact the sufferer's overall mental health.

While panic attack happens suddenly, anxiety attack mostly happens with extreme worry. The symptoms are less strong than those of panic attack. The symptoms include being easily alarmed, chest pain, lightheadedness, exhaustion, numbness and muscle pain. Moreover, the symptoms of anxiety last longer than the panic

attack as they may continue for days, weeks, or even months.

Statistically, up to 75% patients who are admitted to the emergency room with the symptoms of massive chest pain might be suffering from anxiety disorder.

If you are also one of these specimens who overthink and want everything under their control then here is a guide for you to worry less and live more:

1. **Turn off your mental alarm:** Start by recognizing the signals that your body and mind are giving you. Also try and keep yourself stress free to prevent involuntary panic attacks. If your body is stress free, you would have a better control over the body's responses. Paying close attention to dizziness, pounding heart etc, means that you identify the hindrance that is obstructing your way.
2. **Awareness. Acknowledge. Education:** The things that are adding to your fear of panic attacks are your lack of knowledge as well as an understanding of your fears. One needs to know and understand the symptoms to devise ways to get past that. If you have a good know-how about panic





and anxiety attacks that may assist you to know what all to expect during an attack. Basically, prepare yourself to beat your enemy in much informed way! If you notice the symptoms, just pause for a bit and take a deep breath. Recognizing and acknowledging the symptoms right at the beginning gives you an extra edge over your fears.

3. **Understand the difference between contemplating and problem**

**– solving:** Overthinking and imagining different outcomes over and over in your head will not be healthy for your mental state. In place of overthinking, start by solving problems by asking yourself whether whatever you are thinking is useful. If the answer to the previous question is no, then stop wasting your precious time and energy by pondering. Admit that your thoughts are not helping you, get up and find something else which is more productive to do to distract your overthinking mind.

4. **A detailed plan to manage stress:** To manage stress start by exercising, practicing healthy diet and most importantly get maximum 8 hours of sleep to take care of your physical and mental wellbeing. Keep aside few moments

for yourself just like a 'ME TIME' to keep a check on your stress. Try new hobbies, meditate, do yoga, go shopping with your friends, etc to keep stress at bay. Stop smoking, drinking too much and cribbing about your problems as add more fuel to your stress fire. Take care of your stress levels and also observe how you are coping with distress. Go out and focus more on living your life to the fullest.

5. **Positive Affirmations:** Write down positive affirmations to remind yourself that you are in control of the

situation. These affirmations will help you not to tread on the side of negativity and fear. Keep these affirmations in such a place where you can see them constantly to remind yourself that everything is good.

6. **Positive Actions:** What does anxiety feed on? Overthinking, avoidance and feeling negative. What does anxiety hate? Action. Deep down, anxiety is distressing to tension and uncertainties and avoiding the problem solving quality.



**Stop Panicking and Start Practicing:** Viewing your panic attack in a different light, will somewhat help you overcome the fear you have for them. This process is a lengthy process and you will not see a change overnight. So give it time. Inculcate healthy habits and make sure you follow them daily to help you make a difference and overcome your challenges. Have a complete insight about your panic attacks is the undisputable way to end this fight.

*Do your friends have  
more friends than you?*

**Your popularity  
index and what it  
means!**

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In these technologically driven times, making friends has become very easy and simple. People make more online friends than offline friends. People brag about the number of friends they have on Facebook and other social networking platforms. But have you ever observed that most your friends have a massive list of friends and are hanging out together, whereas you are sitting alone at home. Yes, it's true that all your friends actually have a lot of friends than you do. This is known as 'Friendship Paradox' which was invented in 1991 by sociologist Scott Feld. Basically, he learnt while studying the structure of social networking platforms that somehow everybody is not that popular as their friends.

### Friendship Paradox:

Understanding how the social networks were built and how they function, was when Scott discovered that everyone is actually not that popular than their friends. The Science of Us explains it further that this paradox happens to those people who are predominantly social. Although, the greater part of people have smaller close knit group of friends, whereas there are few people who have a larger circle of friends. This is exactly where the paradox operates.

People who are identified as social butterflies and have a lot of friends are expected to be counted as one of your friends. When they are your friends, this knocks the average of friends your full group of friends have. Hence, this means that on a given average all your mates will have more friends than you do.

Lately, a group of researchers boarded on an assignment to basically find out if the friendship paradox relates only to social network platforms and hence due to which the 1991 paradox study reappeared.

To understand, the researchers went through 200 million tweets from 5.8 million users and examined the followers and following base for each. This study mostly assessed everyone's social media influence by



going through their level of engagement on the online platforms such as retweets, likes and shares.

### Social Media & Paradox:

Social media platforms work the same way as the friendship paradox works. Just like on social media platforms, people are more likely to be following people with more followers and who have much more engagement than them. This clearly means, that people will follow those who are popular than them.

### Concept of Popularity:

Children give a lot of importance to being popular in school and col-

lege years. Since, their childhood, most kids consider popularity more important than just friendship. For adolescents, conforming and being part of the popular gang was more important than anything.

Attractive, athletic, wealthy, good dressers with a happening lifestyle people were known as popular wherever they go. Moreover, popularity is also associated with being friends with other popular people. There are two types of popular people that researchers have pointed out: One is 'popular-prosocial' & the second is 'popular-antisocial'.

The pro-social people are good people who do well in life and act in a friendly way towards their peers. They can even handle difficult situations in a positive way not resorting to aggressive or manipulative behavior.

The anti-social popular people are the so-called 'cool' people who are socially skilled but are not kind-hearted. They project themselves as tough people who tend to be good in sports but are not good in studies. They are socially manipulative people who tend to use others for their whims and fancies. Such people tend to become bullies also during their school life.

### Being popular is a good thing?

For some it's a great feeling to be the center of attraction and popular-





ity. But with positives, there are few negatives of being popular too. If we look at the downside of popularity, basically it is associated to hazardous behaviors such as smoking, alcoholism, drugs. Unnecessary emphasis on popularity mainly involves a misleading perception on relationships. Popularity makes you focus on self-image goals rather than focusing on empathetic goals which in turn leads people to feel aggressive, nervous, depressed and detached.

## Extroversion = Popularity:

Being an extrovert makes you popular in your friends circle. Even the people with similar kind of extroversion are expected to become friends. The chief motive is homophily, because social people only unite with fellow social people as their networks balances out with extroverts only.

On the other hand, introverts will probably be friends with another introvert as their network shows the friendship paradox but on a lesser level.



**Hence, our view of the world through a biased lens which makes all feels that we are less loved than our friends. The impression, that others are more social than us is created because of this view.**



Hence, we see a bias towards considering others to be more extroverted that they perceive to be. Moreover, the introverts are in a better position as they are socially much conscious than the extroverts.

A study shows that the network extroversion bias is happening and is more noticeable in extroverts.

Hence, our view of the world through a biased lens which makes all feels that we are less loved than our friends. The impression, that others are more social than us is created because of this view.

## Dangerous Popularity:

Frankly speaking, there is no harm in understanding and following this popularity trend to a certain level. It's learning about new style of dressing, slangs, musical taste or food preference. People who don't know these may put themselves up for rejection by their peers. Distinct personality and exclusivity are immense, but when it comes to relationship, it all begins with distinguished likeness.

Make friends with popular people can also enhance popularity, but you might end up losing your old friends. For example, if in a college

a girl stops hanging out with her old friends and starts to spend time with her new friends who are the popular gang in the college, the girl's old friends will feel hurt. After this, if this girl is treated badly by the popular gang, she may feel really sad and depressed as she has lost both set of friends – the new as well as the old.

## In conclusion:

In friendships, what really matters is quality rather than quantity. It doesn't matter if person A has 100 friends and you have 4 friends. You don't share your life, your secrets, and your struggles with those 100 friends. You share your precious moments with just those 4 very close friends of yours. If you want help from these 100 friends you won't get it but your close friends will jump to help you to get out of any situations. Hence, be very grateful for having your close friends in life who make your life worth living. Ignore those thoughts at the back of your mind that tell you how your friends are more popular than you.

— NEW GENERATION —

# PSYCHOLOGY

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