So when you have a high tend emotionality you are more vulnerable to suggestions, whether you are thinking logically or you are gut depends on your mood. So may be when you are less emotional you can think rationally as it is the rational thinking is liaised with emotional coming from the unconscious mind otherwise when it is a situation which is involving threat or a certain survival problem or you trust your gut how many of us can really think and decide how many of us. You try it next time when you get angry at somebody do not immediately express your anger.

Just sit wait for 5 minutes take few deep breath have a glass of water and then call that person or met that person and show your anger, then a completely chilled mind or if you want to really hate somebody which you want to do that people do on road resize sometime tell them that that what you should do is if your somebody as touched bike or somebody as bumped into car do not do anything just take the phone number come back home next morning go there and then fight.

Try it and you always welcome to give the feedbacks in our interactive sessions which we will plan out culture shapes of our brain, if you remember we are talking about that human beings belong to society and human beings makes society it is when we are born from that point of time lot of things which go into our head that shape of the networks of the brain the way you think I am leaving it here because we will talk about it as when we talk of the neuroscience.

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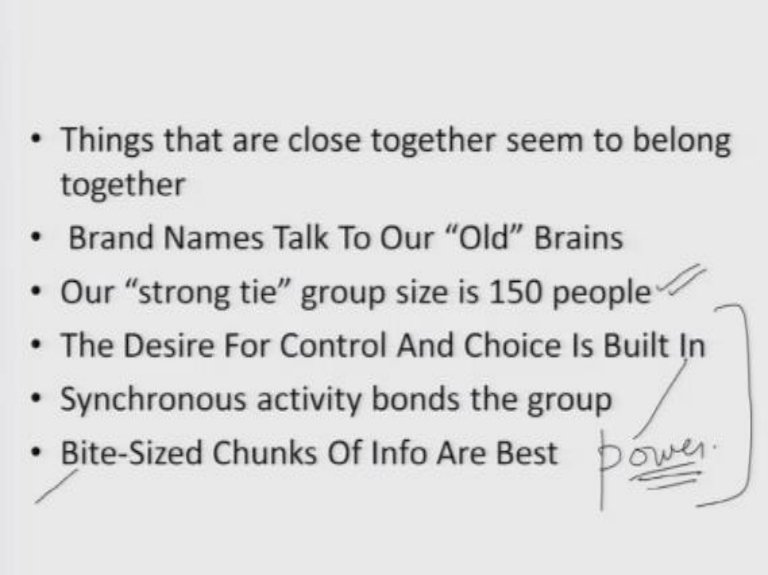

Our, it has been a very, robust finding in sociological research that whatever group size we relate to is somewhere along 150 people, so in the huge world the real ties you have with people will be 150 may be 200 people and rest of it is like at acquaintances and other people so you actually living and changing from them you actually living and changing your work may impact lot of people to great extent, but actually we are living this small group of people, and as I said that this desire that power is not somewhere from outside.

The society you may have observed people in power you may be have got impressed with the way brought the but that impression, is applying your core actually, your core requires this and this gives a sense of security

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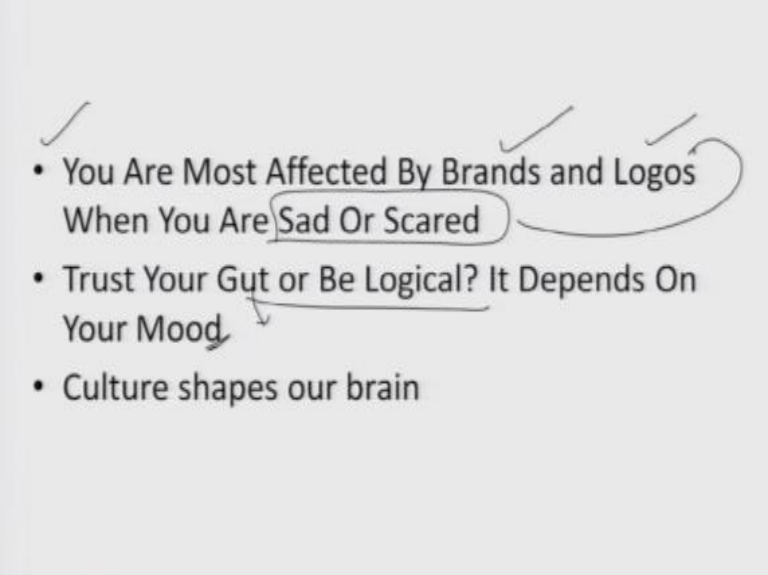

Too much stress results in poor performance, we all know this. This is something call a Yerkes Dorson curve is like this little bit of anxiety your performance goes up anxiety grows more performances comes down so this anxiety and the doubt and everything mistakes or within it we are lazy answer for yourself when something goes wrong by the people they will they have a tendency to say that it was situation which compel me to do this but when somebody else wrongs them it is always the person and not the situation.

Think over this see in the last week how many times you have blamed or I have maybe I look at myself others for what has gone wrong with me and how many times I have blamed myself when I have wrong some body, this progress however illusion it is motivating this keeps you pushing whatever we are doing it may be illusion have no meaning but still, so given all this the lot more of them I will just skip through it.

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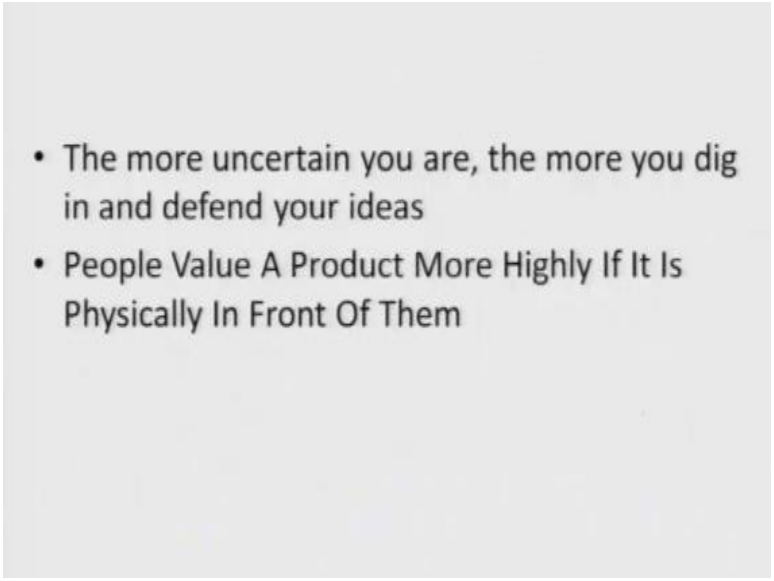

I gave this tip bits and want you to just but this first two lectures together try to put yourself in this bigger socio-politics and look at the way we behave and I will catch you in the next lecture and then we will take it into a more concrete ways of expanding on it on the basis of psychology and neuroscience but as I said this was just a basic life and there may be many more things so just do some introspection and then we will get back thank you very much.

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