Lost Self
Four Theoretical Discourse On New Psychological, Personal & Social Pathos

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Abstract

The post modernism and it's taxes make the huge problem in human's life had gone to unwished condition in his psyche.To bein this fluency and psychosis make the force to have more psychosomatic problem.In this new situation the mental disturbance and life damage com to human's wrapped world,that we can say all of this come frome post modernism and it's taxes.In this essay inspect "4" important damag and pathology of them.First;virtual communication as an actual and real part of human's life.The mass media and it's unseen waves arrest human;therefore;to day the confined of damaged by media with it's division and distributions like age,gender,date and place is unlimited and it come to be an epidemic mistake.Second;love failure and it's effect that we see in boys and girls relation.Third; mask and to explain the relation masked human's with real part of himself and others,and the unmasked human's properties.Veil or mask with all usefulness can be danger and perilous.This happen when the veiled human thinks that his real face is veiled face.In the other hand, human miss the real face and masked face and now he can see just one side of his humanity & stop self-actualization all situation.Forth;pathology of personality in someone with fix an impossible personality.Somtime you meet someone that thay haven't any flexibility.In the other hand, thay can not make relation with the inveronment and others.Perhaps with their humdrum and monotonous treat make some mistake.This essay explain all this patho and pathology that are new in human's life and tray to say guidance to each one.

Keywords: Virtual Communication, Love Failure, Masked Human & Unmasked Human, Impossible Personality

Utterance 1

Virtual space and the sin media

Today's human have been circled by invisible communications and lose his real physical from day to day as human objective and is conversed to a sightless object behind the electronic lines and waves and light rays that sometimes just remind their voice. If we consider telephone and computer the product of modern sources, phenomenons like *SMS, Bluetooth, Chat, Email*, are being counted the crops of post modernism. This historical gap has robbed the man from visual attentive by domination and authorizing to visual space and has hurt to his originality. And this invisual has been actuated humans insintincts toward accusing kinds of crimes. And the commutations media play in this field informing role. Media with the power of piercing upon audiences sensational motivations put them into weak positions. And force them to accompany. And in this manner popularize the lawbreaking and domineer. Techniques like culturation, taming the media, give priority to personality, objective application, return to nature, express thrilling and so on.

Collapsing the borders Nowadays usage of the virtual communication devices including *Satellite, Television, Internet, Mobile, CD,* have become a necessary case for human that has brought up some positive and negative results. Due to the easily daily communications coming from these devices and give easy and speed to person various affairs, it is considered unavoidable issue. Thus it has collapsed general and special borders and also has hurt to the community against information bombarding, because has conversed to a sort of addictive and has exposed the health mental into hurt, it needs to explaining and examination. Because the awareness of the positive and negative effects and meaning quantity of these fractures give the previous warning and feedback that by using these scientific devices and time management has decreased the negative effects and improve the positives.

Virtual universe and the mental health The 21st century begun with the virtual communications. Super media present the addressee more than they expect. There is a bilateral relationship between being global and the virtual atmosphere.

In a hand, we can consider *globalization* as an element of virtual space and attribute collapsing of human borders to it and on the other hand widespread of virtual communication and its falling is an element for weaken custom and tribe borders and uniting human values. In this manner gradually world has been dismissed from conversation situation and has preceded to one position in away that one force others to accept his or her disputation. In a real communication space that usually attentive of one or some persons is present, each side by addressing together interchange information however it is a little and they don't hurt one another's sanctum. But in virtual space such as internet, sms, chat and so on. Each side of the adventure withholds even the least trust information from each other. Behind these adventures there are people who don't have any recognization of each other and sometimes give mistake addresses to the other. In order not to remind any point from themselves and all of these cases face the health mental of people, with the serious struggle.

Advantages of virtual communications Undoubted no communication is with out benefit. The least advantage is feedback that a person takes it from another person about himself. Virtual space has made a new disputation position for today's human that live at the end of crowded and hard ship. This disputation opportunity has leaded to meaning creation and new symbols. And has contributed to increase information domination and human intelligence.

Disadvantages of virtual communications All kinds of virtual communications (*maker, destructive, advertising, sms or news as the urgent news in the TV screen*) are a kind of *imposition* that catch the human relieve, because it is send to the person without his or her permission and destroy his private and mental field. Regarding to this, at the first step it is necessary to inform the receiver examine his mental goals and at last send him the demanded topics.We should care to the super media like *satellite* and *television* because such devices directly impose the private personality and make a single-voice world. Especially in developing countries that sometimes are in traditional atmosphere and sometimes in modernism space, have reminded uncoordinated and wreck. As if an explosion of information, has happened among us that has changed our foundation of personal life.

Medium crime as a new harm

Addiction media   At the biggest least of them addictive to human challenge has been known as the dependence on communication devices and at the top satellite networks. According to a thoughtful Man (Popper1999) it is more danger than war. For example addictive to *images, film, persons, games, email* and *chat,* as new narcotics witch its addictives are becoming more and more.

Virtual communications and mental-behavior disorder among young people A lot of crimes, behavior disturbances and *antisocial* like escape of school and home, challenge and conflict, disobedience, lying, thievery, arson, destruction, alcoholic, wandering, sexual ignorance, to violate cruelly *(Pour afkary*1998) has made by following virtual media in such a way to increase criminals.

Adults,borderline disorder Adults who live under the order of virtual communication devices and voice and images are domineers over them, they constantly are in pressing of information, suffer from personal disruption, they catch others thought and become amass of various informing and the feature of being accepted involves his values and his believes in crisis. He accepts others thoughts and repress his beliefs and in his manner he leads to negative behavior. And little by little he becomes psychotic. He becomes full of *violence, hate, illusion raving, being worthless, lack of confidence, stress, depressing, fixation* and even forming ruinous thought.

Virtual space and personality organization In the real world, man is a logical creature and he spends the time based on *Ego.* He is restricted by some laws and regulations that are in advance determined, but through the virtual communication devices he behaves regarding to his *Id* that means he just wants to enjoy, he handle the matters and puts his real personality aside. He even loses his conscious and goes ahead in a top that he only communicates in order to obtain enjoyment and violence.

Mirage of communication(three models of unequal communication) Chatting is a kind of playing with the person emotions. In a side, there is a victim the other side a winner. Moreover, sometimes both of them fail and destroy each other's emotions. After hours both of them may feel beneficent or misusage by the other. We can divide it into three groups.
victim / winner
victim / victim
winner / winner

Psychosis disputation There is a disputation between the persons, that regardless to its enjoying sense it is disturbing. The more they continue, the more they are willing to hurt the other's right. They take out communication from its normal phase by *moral figures, black funnies, lying*. In fact they have an act not talking. They provide the field of challenging by disputation sooner, because they don't need the permission of the other and they use as contemptuous words as they want.

Soothing violence Violence in virtual space happens so calmly and silent that it is hard to realize. Some media like satellite networks are the worst object of developing violence. Domination of medium crime in the figure of age, time and place through the media is so great. If we consider the crowded population as an element of crime prevalence in real world, in the virtual space it is reverse. One lonely can commit to the greatest crime in silent and motionless. If we divide the community into upper class and under class, undoubted there are the most of media criminals in the upper classes. The deprived classes are in lack of culture and economic are fewer *victims* of these crimes. According to the researches done by Piers (2000) and Yang (1999) show, that family problems like divorce, challenge among the family members and problems in school and job are much more into the families with children who are dependent on internet.In addition to the above cases, Kendi Soza (1998) and Koinz (1997) exceed lying and unbelief.

Probable strategies

Nowadays due to modern communication devices the nearer relationship with our daily living, we are under their domination. In such a science and technology century, give us the same amount of action freedom that it prevents us from the power of choice and authorize and they may leave such bad results if we avoid acting in order them. Thus, we suggest paying attention to the following strategies.

Culturalogy In fact, there was a time in the past that the criminals were not committed to any kind of crimes and they have been health persons. However, probably for the first time they just wanted to spend their leisure time or to respond their internal sensations and experience the new things. They enter into virtual communications but finally they stand in the stop place. Because of these, they need to be conscious and it is better to replace it with the various cultural programs.

Nationalizing the media To nationalize the satellite and internet that its cultural values and beliefs is the same of ours rather than put us into challenge respond our demands of the real culture.

Pay attention to *person-centered* One of the important strategies to prevent the crime is to give importance to the young people and consider them responsible for solve and form their affairs.

Establish clubs for thrilling express The young people's energetic thoughts appear in the unhealthy and negative way, if they don't find any place to declare it. Therefore make some thrilling declaration clubs and form group disputation is effective ways to found the satisfy atmosphere**.**

Making affection costs for the mental health of community Usually communities with freedom in proclaiming the comments and strict have more confidence, they refuse to hide their personality, and destructive behaviors

Return to the nature Return to the man's nature leads not to use the virtual communication devices except in necessary. For example, our mobile is a device in order to we can access to others not for other constantly access to us. You can easily put it a side and be relax of always aware it.

Objective usage Another important strategic to use these devices based on the program in order not spend all of our loneliness just gazing to television or contact to the internet. Undoubted, many substitutions can be replaced with these devices in order that we can provide some costs over our mental benefitions.

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Utterance 2
problems in love failure

What is the love affair? Love is the emotional sever sense toward another person, usually the opposite gender, in conceal or appearance form.

By mental imaging this sense usually grow more and in this way the mental action leads to crisis and his daily operation is disrupted. This way continues until a suddenly issue happens and changes it. In this duration, the lover may receive his love or lose it.

One – side love In this kind of loving, love exist only for the lover. He or she has seen the beloved in a position and has fallen in her or his love. The beloved is unaware of this matter. Lover in his mental spend his time with her. This sort of love often leads to failure.

Bilateral love Both sides of love begin the communication with the perfect previous knowing of each other. This type is including in three groups. In best form, they are real lovers of each other. They do the best efforts to reach each other. In the second phase, both sides have a plantain to play with the other personality. Moreover, the third group of this play exists in one side of both. This case is much more ruined and unsatisfying.

Where does it begin? In fact, when a girl and a boy begin their communication in the commencements of youth and particularly in the university, they behave according to their instable sensations. If they can't eliminate the preventions of their love, they provide the collapsing of their relationship. It is clear, because they deal with each other's emotional sense that is the most private and at the same time the most sensational field in psychological of each person. The both sides should be aware of what they lose during the course because it cost a lot more than anything they have. If one enters to your home, room, class or office, you can easily fire him or her but it is not at the same about emotional sense.

Girls often expect that their loving mater lead to married. They say that this is the best consequence of love but they don't have any supposition that it is true or not. We can say it is true owing to it ends to lonely. They can reach the calming sense despite of its short duration. In addition to we can say it is untrue because their thirsty finally finish after some time and they end to all the romance communications, which they had. Therefore, their romantic senses replace with the hate and the sense of slave.

What is the love failure?   The lover is been contempt by the beloved, so he goes sad and being isolate. His love replace with the hate. His sense of hate depends on the severity of the emotional sense that he had. It usually lasts between six months or a year and untimely disturbs him.

The features of a loser in love *Being contempt , suspicion toward opposite gender , constantly exciting , being without motive to do daily affairs , disrupt in the duration of sleep and waken , disappointing of the future , guilty sense , dislike oneself , willing to be alone , step to suicide.*

Some advices to gain a health love
You become shy in facing your real love.
You feel special modesty toward him or her in a way that you don't have such a sense about others.
You exaggerate the personality of your beloved and make a giant of her or him in your mind.
You afraid of him or her to say what you have planed. Then be aware that:

- *Do not make and extraterrestrial being of her or him in order not to feel disability toward her or him.*
- *Be assured that your beloved has as much love sense as you have toward her or him.*
- *Be aware that your beloved deserves your love.*
- *May be you have created dream of your love adventure in a rapidly way it is reasonable.*
- *Never try to be a bait of love.*
- *Consider the negative aspects of her or him.*
- *As long as you can try, decrease the distance between your falling in love and the marriage suggestion.*
- *Be careful that procrastination in suggestion may bring bad results.*
- *The more you conceal your love, the more you internalize him or her and make a giant of her or him.*

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Utterance 3
The masked human and the unmasked human
Persona is a mask that the players of *ancient Greeks* wear when they play variation roles. Carl jung a Swissian Psychologist and operate it as the oldest human model for adapting in the community.

Jung's belief is that we are force to use these masks and unless we want to apply them, we become unable to do community roles like work, school, university and daily communications and we are rejected by the community. One hurts his mental health. And the other side usage of mask more than needed is an untrue way that we mention it in the following.

Kinds of mask

The necessary mask This mask is applied when one communicates with others actively. It is some kind of helpful mask that the person consciously applies per person at the beginning of his being sociable wants to have a life with relieve and success and be admired by others, owing to this case; he should avoid of his own desires and uses his desires based on other's profit.

Compulsory mask It means that one is compelled to act according to some orders by the person, group, and organization. He has to obey the regulations and carry out the roles. By this mask one leads to alienation and doesn't have the opportunity to know his real nature.

Thin mask Sometimes the mask is like to the white and lace curtains that the person's real face can be seen easily.

Thick mask Also the mask can be as thick as a mail and by hanging it one can not communicate with anywhere. This mask captures him, conceal him behind the layers of curtains and completely surrender him in a solitude and passive position.

Private personality Everybody has a private personality that he shows in his home. This is including in all things which belongs to him. And it is necessary for others to be in formed. In this specially field he uses of each kind of mask and he just lives based on his real nature. It is only in this field that he can declare his virtual devices, demands, beautifulness, and generally he shows all of his being nature in such a way he likes.

Social personality It is a mask that one covers his face with it in order to show his adaptation to the community. Social personality *(mask)* begins when one plans to show up in community, enter to the alley, street, and workplace with a good-looking shape. In another word the social personality is the person's official and contractual aspect with out world. All of us are actors in the field of life and when we neglect to our roles, suddenly hear the sound of *"cut"*. This is the time when we don't act correctly.

Masked person It is a person who has collapsed the border between his private and social personality. He uses one mask for both personalities. He isn't able to distinguish between his real nature and construction nature and he always appears in the same mask.

Unmasked person Such a person is aware of his real nature. He applies the mask whenever it is necessary. While he pays attention to his adaptation in community and considers the others borders, he shows his real personality and believes himself in such position that he is. He shows a special manner of himself in different conditions. For example, in facing a child he releases his within child. In meeting an adult he behaves like an adult. With his wife he does a task and with others another task.

Mask pathology Mask can be as danger as it is useful. The serious danger appears when the untrue mask replaces with the real personality. In this case, one becomes single-dimensional and loses his talents. In the first step the greatest hurt that the thick mask is to prevent from flowering and in the next step hurt him against stressing life events. The person supports his mask more than enough, in this condition he only protects his social role and he neglects to declare his emotion senses. If the issue aggravate, the person becomes an alien of himself. All of the *single-dimensional* mans who never want to stop their final beliefs and disturb other people by their ideas and selfish behaviors; they are making a false mask for themselves.

Why is there a mask?

Unsafe community One of the most important elements that force the person to use a mask is the mental and social immunity. Some bodies who live in a community lack if welfare and are deprive of security and happiness, therefore they conceal behind their mask in order to be free of anxiety and frightens. In fact, their mask plays a defensive role for them. Lie, pretension, backbiting, denigration, and so on are including in this defensive behaviors.

Value conditions It is including in some value and tasks that is determined by masters in community. People in order to gain other's situation, they have to do their duty. Community expects people regulate social tradition and respect to law. However one doesn't know himself as a useful and respectful person unless he behaves based on others demands.

Narcissisms Sometimes one uses the mask for profit from others. This phase is in self-love peoples. For more severity who dominate others. In another side sometimes narcissists endow themselves their appearance that after a period turn in to a mask.This person is afraid of showing his real personality to others that in this case he is being deprived of affection and friendly communication with them.

A curative model In fact, mask is not a mental disruption. But if a person be unable to achieve his inner talents and he has been fixed like a water ditch and he is about to be parched, he needs a mental treatment rogerzian course.Carl rogers a prominent psychologist, he was the first person who incover mask as a clinical issue. He considers it as a prevention of *self –actualization* and being a human. He devotes himself to solve it by his mental treatment theory toward the personality. In his opinion, masked person is a mixture of social and cultural life. He proclaims circumstances by exposing the person under its condition, put the person over intersection. It obligates the person to accept the conditions that is against his inner desires that the person misses to achieve consequently, his wishes and values.

Birth a new person
According to jung and rogers there is each person's real personality behind of his mask. Then when he decides to collapse his mask, he exposes a new birth.

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Utterance 4
Impossible personality

If you insist on your belief more than enough, if you don't count for others attentive, if you think you are superior of all, you can not be persuaded to stop your expects if you don't relent. If you consider yourself as the most important member, if you don't accept more than one solution to solve a problem, if you look at people on an upper position. If you don't accept any strict, if you obligate others to accept your ideas and so on. It is in this case that access to you is not probable. There is no sense of you for other people. Not only don't you produce an effect over attendants, but also you involve them in quandary.

Psychological features of impossible persons

Fixation Such persons usually stop their growing in one mental growth periods. They are unable to grow more and enter to the periods. For example one may be fixed in the natural growth period that is *self – centeredness* that he has been fixed in childhood course.

Single – dimensional Neglect to train all personality aspects is a problem that has involved most of people. It means that a demand personality has grown more and other demands have remained of process. For example some people may place in the first step in educational studying but they are lack of social behavior and traditions.

Lack of mental and social needed adolescence Adolescence is not only gap of teen years and reaches to youth. There are many people who cross over this period, yet they face lack of dependence on adolescence social and mental.

Owing selfish behaviors Such personalities are unable to flower their demands, they don't take any value for others opinion. They consider their designs, ideas, and programs base and top. They don't accept to stop these features although it is mistaken.

The sense of oneness They think they are unique superior of all. They value for themselves in somehow that they lose their equalibium and begin helpless imaging.

Lack of flexible Flexible is a necessary case to adapt with circumstance. It is an important element in giving value to private and social life providing that the person was suitable ways in variation positions.

Attach to perfection   Being ideal takes away the person from realism. When ever the real nature keep aloof affluently from the ideal nature, the person becomes visionary he thinks about something that achieving them is improbable.

Weak emotional intelligence   If the person crushes his motives and thrilling and doesn't show his reactions toward love, hate, sorrow, happiness, vicious, affection, angriness, and so on, his conscious spread becomes shorter and shorter.

The choice behavior with others   These persons only show a positive reaction to phenomenons, behavior, and persons who are resemble to them.

To profit others as a device   These persons use others in the aspect of achieving their purposes and people are such as equipments, to serve them. These persons confirm strongly on their ideas and they say*" this is the top of ideas".*

Cruel behavior   Such persons have a positive sense over others. If people encounter based on their demands, they are happy unless they feel vain.

Closed personality   Such persons ignore to hear the voice within them. And they afraid of experience the new events.

Willing to isolation   Persons with improbable personality enjoy thinking and imaging fiction in isolation and they usually have negative thoughts.

Strategies for correct improbable personalities

A) Learn to problem-solving   You should be aware that there is several solutions for one problem. Try all probable ways if you don't reach to you goal, don't give up hope, continue to your perseverance. Believe and have faith that one of the strategies will solve the problem.

B) Believe the relativity principal   Refuse to think absolutely. Be aware that persons with absolute thoughts won't progress. Organize your behavior over conditions, prepare yourself for unforeseen happens. Accept your guilt and confess them, try to correct your suspicions and provide your advancement by adapting with your associates.

C) Consider life as a collection of all things   Good, bad, beautiful, ugly, wisdom, logic, sensation, emotion, nature, and so on, all of them are unseperating in one life. It is necessary to know that life is like to various parts of puzzle. Each part has a particular role and you should put it in its special place. Be careful that life has a much more ways than the ways you know. Give positive responds to life. Make an experience from other ways in living.

D) try to live here and know   The way of our being in this time is a key for other people to judge toward us and vice versa. It is not important for others to know what achievements we obtained, also the future is unknown. It is important to be here and at this time. There is an important principal proclaims somebody who is in one place and at a time but his thought and his mind is at another place, he is a giant of stress and anxious.

Then be aware that:
If you are in class, really be in class. If you are in a party, really is a guest. In resting time, really rest. Past is not mach more some records. It is not necessary to refer it; it is the present tense that makes the future. Living here and at this time makes the life enjoyment as several times as for you.

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