

of humor and jokes, are always happy and they exteriorize their stress by doing this.

### 11) Emotional discharge or “Ventillation”:

Some people do not trust the closest persons to them. They do not avow their problems or expose them to discussions. Being silent to your pains and difficulties may cause negative emotions and lead to stress.

### 12) Relaxation:

Some forgot themselves and expose to prolonged stress in social life .Whereas, doing some relaxation may help to distress from daily routine.

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### **05) Charging yourself on others burdens and responsibilities:**

Try to acknowledge others that they should do things by themselves without relying up on others .Give help when necessary and do not let family charges spoil your life.

### **06)Commitments to non specified burdens and responsibilities:**

Some people adhere to non specific burdens and responsibilities .They find themselves caught in between to achieve someone else duties or to find excuse that they have been overwhelmed and they could not attach to their promises. This may put them under stress ;So it is better to take time for the right aim and avoid compliance.

### **07) Ambition exaggeration:**

It is good to be a realistic and avoid exaggeration to be away from deception and frustration once failed to achieve.

### **08) Determining priorities:**

One should determine priorities to the tasks according to their importance and completion of the list order.

### **09)Determine the achievement threshold:**

Some people strive desperately in an attempt to accomplish their ideals and reach completion. They do their best for many times without being convinced that they have done what it should be .Being a perfectionist may expose them to stress.

### **10) Sense of humor and jokes :**

It is known that people who we see always in a good temper full of sense .

whether in or out of the classroom as well as psychological counseling.

Among the aimed mechanisms the psychologists seeks to recuperate, are those concerning the well being (knowing what to be & what to do) in other words Sufficiency.

Here are some behavioral type decisions to be learned:

### **01) Decision making:**

Making a strict decision on very important things without any compromise or waived to satisfy others. This will impress others , and let them know that they can not rely up on you because you can't say no or find any excuse or apology. By then you will avoid harassment and embarrassment.

### **02) Insisting:**

Insist on your rights and do not disclaim or withdraw.

Express yourself, freely and frankly without infringing others" rights.

These will impress people that you are mature and independent.

### **03) Order:**

Disorder leads to pressures whether at work or in social life. An organised person, always has a daily diary in which he notes the most interesting things to be done according to its priorities and appointments.

### **04) Refusal or rejection when necessary:**

Getting used to refuse or rejection, say (NO) when it is necessary, is a good strategy. Some people are shy to find excuses or apology, they may be exploited and forced to do things they do not fell to do. In case of vulnerability to face your feeling by being so, you may expose yourself to stressful situations.



error and move forward.

Realism in thinking while having an unsolved problem.

Seek help from others when necessary to avoid distress.

## **02) Change or modify behavior:**

It's a process of building human consciousness to re-examine the way in which behaved while facing problems .Estimating activities whether it lead to success or failure to accomplish noble objectives without having done that on the expense of others.

This estimating value process enhances self experience and promotes the art of self correction in real time .Thus, the process of understanding the self and in a full awareness and perseverance. «(Bashar Murad, 1998).

There are many concepts that clarify the relationship between separation and completion:

### **2.1) REINFORCEMENT:**

It is intended to install the response aiming to reduce tension, by maintaining it and reproduce it in similar situations.” When a part of behavior is followed by such consequences and might be reproduced, the condition that produced the aftermath is known as reinforcement, in other words enhancement. (BF, SKINNER, 1971 ).

Reinforcement is an explanation of learning principles based on associating of the conditioning stimulus and non-conditioned one and leading to consolidation (. Abraham Madkour, 1975,)

Reinforcement is an explanation of learning principles based on the coupling of stimulus and reaction leading to enhancement. This is a non conditioned stimulus causing an aiming reaction from the vital source. It formulates a genuine conditioned reflective act when related to another neutral stimulus .If the enhanced stimulus appears in an appropriate time relationship to the response, it tends to maintain or increase the response

inability to make face to social disruption and turmoil of modern life .This tends to suppress difficulties rather than to speak it out. This accumulated or unused d energy is the source of anxiety and psycho somatic symptoms

To sum up, it is clear that facing stress is a set of cognitive and behavioral strategies where an individual seeks to make face to stressing events and crisis he encounters .So, by maintaining its tensions, he could restore psychological balance.

The main coping strategies (Craol, 1999):

- Relaxation to alleviate high level agitations caused by stress.
- Avoiding distress with enduring self control.
- good diet and fasting prevents body and mind from diseases.
- Exercise to enhance moral power.
- Choose realistic goals. (Carroll, 1999)
- Yoga exercises: many studies reveled the impact of yoga on some psycho somatic diseases .Mediation and relaxation reduces high blood pressures and ease anxiety. (Mohammad Abdel Rahman yahi).

There are three strategies formulated by «Dr. Hassan al-Maleh» for dealing with psychological life or live without pressure:

### **01) Reframing & Positive thinking:**

Reframing thinking helps to see things positively instead of concentrating on negative aspects that leads to stress.

Focusing on positive aspects while achieving enhance self confidence.

Focusing on negative consequences stimulate frustration and stress.

Recognize and accept negative consequences according to personal mistakes without trying to evade responsibility.

Admitting responsibility for our failure, gives us the will to correct the

and social isolation. Hence, isolation reflects the essence of separation and desire for completion.

The state of abundant, over which we call stress, leads to the secretion of hormones that cause change by fastening heart beats to high blood pressure. Sometimes, such reactions are normal and a part of body biological interference. But avoiding to deal with these activities, may lead the body to intolerance. However, any impact of that may cause what is known as psychosomatic state.

“Psychological Stress is the living conditions that face an individual whether at home or at work. It brings to him fears, threats and pushes him to resist and respond. All these could cause physical, psychological or professional tension.” (Ismail 2004).

Multiple mental health references consider that 40% to 60% of patients complaining of psycho somatic symptoms..Industrial medical research reveals that the high percentage of work absenteeism is due to psycho somatic disorder. (Fakhri al-Dabbagh 1983).

The bulk of statistics held recently in Algeria shows that psychosomatic disorders are proliferating rapidly .Studies predicted that there is no effective or rapid solution to this phenomenon. Therefore, it is hard to be able to control this ratio during the next coming years...

In recent statistics acknowledged by Dr”Hannach Salah” that 30 thousands disease cases are recorded each year ranking between high blood pressure and heart disease. This is due to radical social transformation of family life patterns.

Health ministry reveals frightening figures of various disorders and announces a difficult era .It rings the alarm indicating causes that is to establish preventive rules to make face by doctors and psychologists.

“Henry Labort” considers that, the secret of good living and living in harmony with our bodies lies in ourselves, by the use of the latent power saved in the body (loopback) without leaving it to accumulation.

Several theories demonstrates the anxiety of modern life, which is due to

create a new climate. This seems to be the effective psychoanalysis way to concretize the objectives aiming at changing the client view. Not by making him understand the deep roots of his problem, but to help him recall, understand and seek a perceiving change with a new perception based on rationality and awareness.”(abdelkarim Gharib,2008).

“Lazarus” distinguishes between two basic methods types that can make face to pressures:

01) Active coping or problem centered:

The individual seeks to directly change the position to modify or exclude the source of pressure and deal with the tangible effects of the problem.

02) Negative coping based on associated emotion:

This, means dealing with the emotions resulting from the source pressure and maintain emotional equanimity and acceptance of one’s feelings, either, on the basis of:

\* By accepting that passively and wait for some times to get rid of the problem by imagining or expecting the worst, so it is better to accept the current situation.

\* unloading the immersed emotion in verbal activities addressed to the outside world.

\* This is considered as legitimate defense mechanism given to anybody’s to vent. But there are other cases which may cause cognitive dissonance and lead an individual to refusal and can not bear to imagine that this may happen to him. Besides, avoidance mechanisms can not lead him to passivity or compliance.

In this context many researchers emphasis that stressing events precipitate psychiatric and psychosomatic diseases. In case of events that overcome individuals’ abilities, he will respond to it, whether it is pathological or physical symptoms. (Brinson et al, 1985)

Such conflicts, as professional, family disputes, living condition difficulties may disturb personal and social relationships. Therefore, it leads to avoidance

stored and retrieved .It could be invoked retroactively to the available terms and conditions under which the interiorization has been made.

Before interpreting growth personality health parameters, to have access to personality troubles .we shall exclude some known parameters, for which, it has received good and abundant literature in social sciences. Examples are few, not to name feelings of pleasure and pain as the first sensory expressions of distress and discomfort or satisfaction.

Feelings like pleasure and pain are the first sensory responses of distress discomfort and dissatisfaction with regard to saturation .On the other side there is cry and smile recorded cognitively as responses .The child will learn and get used with it as sources of threat or self-satisfaction.

The principle of duality (cry and smile) or (satisfaction and deprivation) and other dissonant and contradictories may make human life in difficulties to differentiate between the two extremes satisfaction and deprivation.

These sensory thresholds are considered as the missing links of the chain if any discomfort is caused .Psychologists are asked to find out the real emotional state that accompanied the critical situation where the client could not deal with whether satisfaction or deprivation.

In other words, psychologists shall try to help client to retransmit and bring back what it should be instead of what happened. Durable satisfaction is something of completion .Happening life events which was the cause of discomfort has its effects on psychological organism. Psychologists' task is to rebuild the clients' awareness and understanding to deal with antecedents (previous) event on the basis of rationality as taking and assuming or leaving and forgetting .These are the main convincing alternatives.

### **Counseling relationships' context:**

The concept of family balance as seen by (watzlavick) is considered as a communication system or media communication based on circular causality.” Any need for a real change is to re-organize the existing elements under anew system. By re-framing and adjusting the situation in order to

to reconcile or adapt to the stressing event his psychological components. Coping strategies expresses the way we think of event sources of strain and also the way we respond to them.

### **Coping strategies:**

Coping strategies or dealing is defined as how an individual faces different psychological stress or how to deal with it in a way that it helps him to avoid the somatic dysfunction, where an individual finds himself in a need to face pressures he does not realize or perceive to do so. For these reasons comes the task of guidance and counseling to help individuals and groups to retrieve minds to renew the approach by perceiving his difficulties with himself and others.

What is known about human nature, that it has the ability to cope with stressing factors. So far it is using only 10 per cent of its ability to make face. The remaining 90 per cent of the abilities are among untapped potentials. The latent energy (remaining) is the challenge between the psychological care and the client.

According to (Encyclopedia of Psychology 1997) stress is defined as ability "An action where the individual chooses, organizes and manages his actions in order to accomplish a task or achieve a particular aim."

As for the counselor or practitioner psychologists, the aim is recuperation for both sides. Cognitive and behavioral strategies used by an individual to heal stress crisis he faces: He will try to maintain its process that is to recuperate his psychological dynamism. In other words (recuperation) is the ultimate aim.

### **Need between satisfaction and deprivation:**

Knowledge is the only way to improve gradually in communications' channels, Sensory-physical stimuli such as light and darkness, are the first stages of knowledge formulation. It is interiorized, through stages' growth, as sensory imputes via reactions and responses. Then, it is enhanced by the act of learning to develop the meanings. The cumulative knowledge process is

to face challenges and stakes. This latent energy within the psychological and cognitive systems, regardless of its physical necessity, which has to accompany it.

Consequently, surrender comes and goes as occurring events that a psychologist seeks to reach as keys to help his client. When being able to have that, the renewal and sending back of the latent energy is the best way to stimulate alternatives to cope with.

In this case both sides (psychologists and client) will find the best way to fit in. Therefore, to bilaterally deal and not unilaterally as it is the case in psychiatry. Here, psychologists are asked to answer our question about rebuilding workshops communication chains.

### **Victim's position amid saturation and recidivism:**

Human nature has made human beings strive to achieve sustainably his ego. Education comes to socialize him in social-ego and master it in the whole "We", that is for the sake of belonging and partnership. Instinct configuration or human nature as observed in life, does not reflect an evil nature, but good side. Biological necessity pushes the body and self towards self-gratification to seek sense of security, confidence and satisfaction aiming for self-actualization, completion as it is illustrated in Maslow's pyramid of needs.

Self-actualization and self-efficiency is confined between aptitudes and skills that lead the individual achievement.

Stress coping strategies depends on the interfering that stand on to impede self-confirmation desire through achievement. Thus, we consider that stress is one of the main developing topics that preoccupied the interdisciplinary fields such as Psychology, guidance and counseling and mental health. In these interwoven fields with the outcomes of intervening human relationships is visible nowadays. Stress is transmitted from discomfort to a circumstantial blockage of communication and then manifests physical strains. Stress phenomenon is constantly encountered by humans. It needs appropriate reactions that protect the self from tension and illness that is

To illustrate this, one has to analyze the physical dimensions of the psychological concepts to extract clues and keys that enables us to have access to the case history.

Pressure in its physical significance means a major force that needs to be faced .Any failure or surrender indicates a break in confrontation (coping) between the irresistible external force(stress source) and the other hidden factors that tends to oppress the self or conquer it.

The likely outcome over the physicist manifestation shall revert to such events as destruction. From the functional aspect, traumas' evaluation is seen according to the damage caused to injured side. In Human terms, it depends according to the traumas' effect, whether aimed for exclusion, humiliation or separation .Some reactions may intervene to range between surrender, resistance or bearing moral damage.

(See, Mustafa Hijazi, oppressed human psychology, 2007)

### **Psychological stress as an indicator of continuity:**

It seems that the concept of stress might be without physical tendency and leads to understand the stressing effects (pressure).It happens when two confronting and converging forces take place .One of them has to give up by surrendering within the existing atmosphere that conducts both of them.

Surrender as an outcome, is not an end in itself; It is just a kind of vulnerability (fragility) or circumstantial surrender. This, means that each force source of (stressing situation) and (resisting mechanisms) has done its efforts to overcome or protect itself, which is the case of psychological mechanisms, since the external source remains as a conqueror...

But this endless situation has to be over...Be what may, the surrendering side is a victim of its running efforts to make face. That is to say, that resisting by force to a force leads automatically to being stressed .Due to decrease in bearing force (coping strategies). Thus, any being is entitled to fatigue after a long resisting process.

We can deduce that an individual has a vital dynamic potential energy

## **Psychological trauma dimensions:**

Trauma in its psychological dimensions is a conflict between two unequal forces. One force is an external variable threatening or acting on the body as a whole (as an intruder event) targeting, threatening aiming at destructing body's self defense mechanisms.

The event of destruction does not necessarily happen when there is an equal balance regulation between cognitive, psychological and physical aspects. There might be a favorite psychological climate for the spread of the trauma effect for many reasons such as fragility, readiness for interiorisation (susceptibility), miscalculating and even expectations.

When the oppressing event is powerful, different responses may not be sufficient to make face (unbearable). Then follow frustration as a response or reaction to an external or internal pressure as to prevent any resistance in enhancing coping strategies.

The relationship between action and reaction continues to affect the psychological functioning. Any discontinuity could be considered as a key access to the psychological dynamics that might be the source point to mend the course of its organizational work.

Such a vision, gives the psychological practitioner the possibility of retrospective (recuperation) work for situations' diagnosis through classification and differentiation to build a relationship that may bring the client psychological interaction back to the sensible point (device) in order to rebuild the path of sequential communication in context that it should be.

Finally, one can say that the concept of pressure in itself as an end or a result has a close relationship with many other concepts and meanings in psychology fields, guidance, counseling and psychoanalysis

## **Correlation:**

The concept of frustration is a result of co relational events that happened. Its features show to some extent the current client profile. It does not declare or reveal all indicators that contributed in the existing situation.

or size .We shall not imagine the negative side of stress or trauma in which we believe that it precedes all psychological pressure .It may have positive impact according to the existing body energy potential that could convert the remaining or energy residues and transfer pressure to an emotional side of pleasure. This is the task of psychologist when he comes to convince the client, that he should be using his capacities and abilities according to his ambition level.

This will motivate the client to awaken his remaining energy and make it act according to his abilities and not exceed his ambitions .Stress is an adaptive demand we must deal with rather than surrendering in order to avoid separation.

We can conclude that the stressing events may prevent the individual to accomplish his role and performance .It threatens the self and evokes severe emotions which may lead to Physical and behavioral aspects to an irritating mood and psychological (mental)l state.

Any deprivation may turn to a burden as a result of passing trough an uncomfortable experience such as illness or chronic loss...without stating the conventional conflicts with others.

We presume that stress diagnosis(Trauma) is the key access to the past or present events that caused the low compliance and coping mechanisms, that is to manage and adapt the new irritating situation. By doing this, the client develops new mechanisms from the remaining energy to bridge communication between cognitive and psychological organisms as a result of pressure from an external source(especially inter-personal relationships).

The physiological aspect of the body, with all its components, as containing the irritating situation in an interactive context, will seek adaptation without doubt...Any failure of the mechanisms to consolidate and enhance communication may lead to cause

separated individual to mend the communicative lost link.

Guidelines for the psychological practitioner:

Psychological practitioner should rely up on assumptions or historical Hypothesis(axioms) which are set in advance to condemn client accounts.

Such provisions make the practitioner in a status of a priest , clergy or soothsayers. Common assumptions that conflict leads to frustration. This may happen to some not to every case. That is because conflict in its cute may lead to separation rather than frustration. It may also open canals of communication through dialogue and negotiation. So, Conflict is a multi-faceted variable. Positively speaking, conflict can achieve self- actualization rather than hinder it .In the mean time it recall a long life struggle as it is manifested in disease and pathology, what is called(psychosomatic). But sometimes it plays an ending role to setting back and surrender. Negatively speaking, surrender is not of that aspect since it is asserted by psychology in the context of “If you can not beat them, join them”. Time notion could be another factor from which recovery could appear. And this is the challenging element for psychological practitioner.

The exercise in understanding the meanings change our view of the ready-made psychological recipes set by the books and theories of psychopathology and mental health.

Being aware of values and cultural context in which the mechanisms of separation, communication and conflict manifested may lead us to the psychological approach .of knocking through psychological gate-balance.

Seeking retrieval by renewing perceptions and understanding how to upgrade client state of being, to the level of awareness.

### **The concept of trauma in the context of separation, communication and completion:**

Concepts such as (Trauma) or (stress) have physical significance, rather than social one. The word(Trauma) borrowed from physics and mechanics, means force or power in pressing on something to bring change to its shape

in the context of

“The best fit for survival”. But the Psychological dimension of conflict, despite being a defense mechanism for balance, it still swings between interiorizing and exteriorizing to find the best way for adaptation. Psychoanalysis, guidance and counseling work mainly on recovery as a basis to know the self by freeing the flow of ideas. Defense mechanisms’ parameters, are not clear in terms of function, sometimes it flows in the psychological system to enhance motivation and achieve efficiency, and at other times, seclude itself in a psychological device to endure external pressures. Being under these contradictory needs (ambivalence) the psyche is a hostage looking forward to break free(self-emancipation).In the mean time there is the search for balancing and mediating the conflict between the mechanisms of separation and communication. These balancing device, by a positive psychological shipment for self-emancipation from dependency, and a negative psychological shipment to embody and embrace social compliance.

(Noel Newman,2008) hypothesis acknowledges that

“Most people are trying to identify to others views or to follow the majority, because they fear exclusion or the loss their popularity”.(Abdelkarim Gharib,2008).

The human soul is always looking for perfection and completion. It hates and abhors separation, eager to communicate in all circumstances. Human mind is in nonstop function .It avoids the state of being static, or stop thinking and mediation. It serves as custodian to the ego and self to create awareness with all surroundings in its qualities and specifications. If separation is to happen, in any manner, whether faint or exclusion or withdrawal, that will be an important event in the individual ego. It tries to rebuild the lost self by all means, (Biopsychognitive).To point out biological mechanisms that work on its sake according to a well granted established system (protoplasm). The psychological mechanisms’ system are subject to maintenance and recovery by getting the missing link. As for the cognitive mechanisms’, they are in a need of knowledge , skills to manage understanding and self- awareness with others. Therefore, the counselor task is how to rebuild the awareness of a

05) Could it be that he had been forcibly returned to isolation and separation? In such situations the self may take revenge as stated by (Eric from) self destruction?

### **Communication and separations' growth:**

There are many stations in life, viewed in terms of biological and psychological structures that constitute a break in a persons' life. The cry of birth, the cut of the umbilical cord, as well as, mythical hypothesis that jeopardize individual's life to the past responsibilities which he does not assume; As if the predisposed tendency of male to love his mother and a female to love her father. This is a response to a scientific hypothesis as if the human soul is pledging to judicial precedents?

Is it a continuation of philosophers' hypothetic skills such as (Plato and Avisen) where they put the human psyche into a virtual history?

All trials shown by the individual seeking completion to mend his narcissists' wounds through the process of communication are no more than a desire for identification and adaptation.

Despite the theoretical roots of psychological theories. It tried to revel some secrecy of the human psyche. But it may have started from religious stories or totem mysticism that wanted to condemn human psyche in a closed end. That is, either to undermine its separation or to reduce the desire to break free. Under these ambivalences, society tries to provide a frame of values that shapes communication away from the unbridled whims and desires. In all, this remains a coveted human demand for self-realization rather than leaving human nature in its raw state. For these reasons came religions, law measures and social studies to afford help accordingly.

### **The threshold of the conflict between separation and communication:**

Psychologists rely up on the concept of conflict in an ambiguous and vague duplication. It is not far from Darwinism literature which employed it

Having stressed some guidelines that highlight the psychological approach to the heart of communication, and the social psychology of inter-personal relationships. One can say that it is crucial to develop a communicative way to attain self assertion with others. Psychologically, it is known that self relation to object represents a great desire to communicate with others. Also, the search for an ideal model to adapt is seeking completion through social company. Subsequently, there is an individual self intending to complete its self-construction through social being. The relation between identification and modeling may bring the child's mind to a dissonance state. But the desire and feeling that tainted anguish and despair is embodied at the end by a search for a way to hold on and

Cling to a rejection of separation. So there is a desire of the ego in the maintenance of the self-defense mechanisms drawn by psychologists as an area for the maintenance of self-recovering of the lost episodes of the ego is the base station to be sought by a specialist or a family counselor. Consequently, there is a self desire to seek protection. Here, we must refer to the defense mechanisms set by psychologists as a protective private space of self-recovery. to sum up, one can say that there is such ambiguity in the concept of recovery.

### **Some crucial questions:**

01) To which extent could the counselor help the self centered client to bring him to a self awareness that somebody is helping him to recovery?

02) How could a counselor change self awareness and bring the client to recognize the possibility of recovery to hone the available energy and efficiency for the reconstruction of communicative series?

03) How can an individual, in the light of searching recognition and interpolation, rebuilt connection after separation?

04) what is the negative feeling that accompanies the process of separation? Is it a self decision for a separation? Or just an avoidance mechanism for withdrawal?

various sides will reveal several stages; Including those benediction with interest by psychology schools'. Some of them did not show adequate interest; this is not a defect, but rather, the different cultural contexts which nurtured the manifestations of growth, language and behavior, as well as learning styles and the approved Education. Studies in the field, have dealt with cultural disparities, class and social inequalities that promotes social mobility. Life chances are materially afforded sometimes, but not psychologically always. They almost depend on social communication that decides their fate between consolidation and separation.

The present paper deals with the concept of social communication networking as a variable, overall there under, the rest of variables and mechanisms of social inter-relations that manages social intercourses from family to the very social context relations.

### **Problematic study:**

Any defect in social communication could be a missing link in the chain of personal or individual's relationships with the other(s). It remains the work of psychological practitioner that traces the missing link to put matters right through psychological guidance and counseling.

Communications refinements' of basic personality character:

The process of motor-sensitive development has been an obsession in psychological research .Therefore, diagnosis mechanisms' of the problems caused by imbalance in the bilateral social relationships has to refer its analytical scope to the early periods of psychomotor development.

Fore instance, (Jean Jacques Rousseau) proffered an education for (Emile) to be of separation from society rather than being closed to it.(Sigmund Freud), considers the "Eudip" and "Electra" embodiments as a desire of separation to acquire and own property. In parallel (Kurt Lewin) analysis to group dynamic on the basis of the two principles, Coherence and fading which reflects physically and socially communications' endurance , continuity. and permanence.

## Psychology practice:

The study of self still remains the main gate to get knowing an individual personality as it used to be when philosopher.

(Socrates) stressed “know your psych by yourself”. Psychology challenges to persuade client psychological matters through methods that develop special strategies of coping and dealing. That is to recover and reverse strategies change. In these terms the adopting relationship between ego and others is a matter of a mere desire to mend the existing crisis between separation and completion. (Carl Rogers, 1957).

Thus has been a paradigm shift in the fields of psychology to deal with the default black box to the domain profile and communicate with data access, which provides us with the objective access to what beats conscience in the form of painful features “stations” of separation between the ego and the other, and sometimes up to the threshold of separation between self and ego. This is the most dangerous individual’s stages to seek self-Demolition searching for alternatives to compensate for a rapid completion.

Communication sciences tried to understand social and languages structures through and from interpersonal relationship to mass communication. The personal side is

The core concern of psychology and counseling .It activates .It activates the lost relation between sides, individual and society. Working on self and ego recovery, searching for the critical moments of separation caused by a defect relation with other or others. Defect that could have taken a critical juncture with the nature of conscience and a sense of emotions and feelings which accompanied that moment of distress. Psychological mechanisms’ disorders impede communication. This manifested feelings disorder, of separation, may dictates the self a strategy review to deal with other(s) by avoiding surrender.

## Communication, and the origins of social relations:

The study of psychological development in its origins and growth on

it was formed since the ancient time. It fascinated intellectuals, in terms of its components, objectives and the outcomes. Perhaps, the main visualizing compositional of modern times on the issues of communication; the credit are to the leading three famous Chicago school (Charles Cooley, Herbert Mead and John Dewey).(Abdelkarim Gharib,2008).

These endeavors come to recover the nature of the social self through interactive social theory which is known as (The symbolic interactions) it considers the act of communication as the best criteria to understand human behavior. From these guidelines, it become clear the significance and construction of the self within social formation by its inter-relationships context relocation and social development.(Herbert Mead) demonstrated how the child grows mentally and become a social being by imitating others' rules. He elaborated the analysis on the central nature of language, social and individual life. A child acquires knowledge from the roles he learns, then learns the games' rules .In the mean time, he learns how to conceive himself as an individual within a group and a different member to others .What happens during the game, according to( Mead), is concretizing the daily life events. Child's self grow through identification of others roles and the roles they play by interiorizing the generalization of others. Besides, the child reaches to construct the self by distinction which allows him to differentiate between his proper role and others' roles .By doing this,(interiorizing) then, he shall seek rules that manage behavior and attitudes.(Abdelkarim Gharib, 2008).

Contemporary media orientations want to go as far as to understand communications' mechanisms and interchange trough the development of persuasion techniques. The concept of persuasion with its open ended connotations established the parameters of communication sciences enhanced by new technologies innovations. Nowadays communication is challenging its usual fourth power to lead all powers. Nowadays, communication does not address its messages to the mind but claimed investing aspects such as hidden sense (Nero-Marketing) as it is know in the field of advertising. Hence, the emotional side is targeted to win the mental side, and up to lure the sensory awareness.

## **The roots of relational imbalances:**

It is no longer seen, independently, that the individual act can occur outside the social context with its values manifesting within inter-personal relationships. Individuals, who do not act properly or accordingly, are called "outsiders".(Micheal Argyl, 1983) has enlightened the psychology of interpersonal behavior. "Relationships with others are one of the main sources of an individual's happiness, but when they miscarry they may result in great distress and are one of the roots of mental disorder."From these perspectives comes psychology as a key to understanding individuals behavior by reference to the stations and uphill's that forged the ego relation to others.

Here, we refer to the work of sociologists like(Elton Mayo,1928)focusing on human relations under serial working to attain productivity without stripping the workers' spiritual space within chain work mechanisms that may cause alienation.

## **Alienation as indicator of separation:**

The concept of alienation has formed a considerable scope for discussion in social sciences.(Eric from) has showed great interest to understand the existing relationship between ego and others.(Mohamed Lachheb, 2002).The same concern was with philosophers like(Haidger, and Jacque Derrida).

Psychoanalysis's studies reveals many evidences by trying to understand through virtual concepts the process of communication between the ego and others. The basic axioms can be summarized in the concept of separation in response to any threatening emergency, which is to refer to self-defense mechanisms for the search of compensation. It is seen as just a search for self-completion rather than circumstantial re-shipment to balance self gratification loss. Completion is a life long process by which the individual wants to gain recognition. Updated by (Abraham Maslow, 1943)in his hierarchy of needs. The striving self to fulfill its needs leads to self-actualization as the main updating process by completion."We can't talk about communication without reference to its historical roots; and as

interaction and change. Despite the enhancing means that accompanied language; still human mind with its innovations, remain the challenge to set an act of communication. Whatever is the reach of (CIT) technologies of information and communication development in the era of digital and virtual relations? The human act, as interacting, remains sensitive in encompassing human mood with special emotions from intimation to dissonance. That, the affective and emotional side needs to be more than one language and communication, and continue to determine, the context of motivation and emotion, which was behind it. This hidden sensitive emotional aspect applies in the body as a blood flow in veins. Emotions prints deeply human psychology in its feeling of acceptance and rejection and ostracism, love and hatred, violence and defense mechanisms. All these dualities or contradictory feelings reflect levels of frustration and regression to devolve decisions to separation and completion. In the mean time once healed it could mend the existing gap between both sides.

By this, one can understand what (Kurt Lewin) meant by the famous concept «Psychological field or domain.» To make it clear, this must be a return to the origin of behavior, action and reaction, which goes through stage scan not be limited from the standpoint of psychology, as well as, the tributaries of other disciplines that have brought important knowledge to monitor the meaning of human behavior from various destinations cognitive and language skills.

Behavior is embodied in acts. But acts still have their crossing meaning significance in communication. Although, the act of suicide remains, truly, an isolated harms which does not exceed the limits of the self-destruction. However, it is well considered in social values. But, as far as suicide is concerned, his act includes an encrypted message sent to others to express dissatisfaction. This, what (Howards & Becker) wanted to know using retro-active methods to understand the origins of social behavior. Deviant behavior, as a social phenomenon is when society succeeds to label a person who broke social rules as a deviant. Thus, classified accordingly, the individual will behave to fulfill social expectations. These interchanges leads to classify individual acts within the existing social context since it was socially reared and can not be something of nonsense.

It could also take another way within the increasing frequency around the desire of self-defense, status and the search of recognition to fulfill the desire of completion. Be what may, with these qualities, the individual tries the adoption of defense mechanisms to adapt or seek asylum alternatives of violence, Self-destruction or despair and surrender to the stressing position. Conversely, comes the NLP theory, to take all those who wish to upgrade to the greatest extent and improve their social qualities for contact in the context of investment and upgrading. On this basis, psychological practice is asked to locate itself in the new requirement based on inter- disciplines to familiarize with data that would have to promote a way to communicating with service and advice Seekers to the level of effective communication, and career mechanisms that masters all communications types whether individual or inter-personal which formed and will form the core of human relations in an era where the power of words and movement are effectiveness.

In these perspectives, violence whether verbal or corporal may cause many relationships' distress , among family members. People do not react to family harm unless the case being under threat could not bear the situation any more .He or she keeps family life into secrecy that is to avoid any interference which may deepen the situation by any reveal. However, social mask and hiding personal matters has its roots in the values system inherited from patriarchal society. Despite the openness of modern life, still many quarrels are hidden and not discovered until revealed in courts. There we can witness that living hidden and being happy, has to lie between separation and completion. Hence, living in secrecy to avoid punishment, shame and maintaining the burden of compulsory family life, has its effects on mental and psychological health.

### **Introduction:**

Communication has been the pillar of dealing, knowing and partnership. The power of words are not sufficient to reach someone ideas and skills. Enhancing that with tools, materials to encompass skills effectiveness within time and place. For a long time, it has been a matter of movement and transport that lead to communicative relations to concretize the exchange,

## **Family guidance and counseling between separation and completion. (A psychological approach to family interpersonal relationships.)**

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### **Abstract:**

Communication is an extension of love assembly instinct. Life in limited environments may cause discomfort and distress, pushing the separated individual to insularity, from self- surrender to self- ownership. For these reasons, penal institutions resort to the separation of individuals for the sake of paying the price of recognition in search of freedom or self liberation to vent their concerns. In Such a compulsive situation, once being alone and lonely, a monologue is due to recall sub consciousness to develop the feel of guilt.

This psychological scene is the essence of client self centered theory (Carl Rogers), which sheds light on secrecy and surrender to the clinical method, and given the opportunity to communicate; to be the best way to improve the problems of the client to the level of abstraction instead of completion.

Psycho-analysis considers separation problems as an analytical variable leading practitioner retroactively to identify the turning moments which changed the course of his positive behavior. In the light of family relations, socializing and interacting and networking, communication and dialogue are the main means of interchanging.