

Ways to Get Into a Relationship with a Neurotic Family Member

Abdumutalibova Magfirat Mirodil qizi
Teacher of Tashkent Medical Academy

Abstract: This article focuses on important aspects such as behavior of persons suffering from neurosis, influence on family relationships and getting into a relationship with them, getting out of the neurosis state.

Keywords: neurotic disease, family, personality, stress, depression, anxiety, anger, restlessness.

The presence of a neurotic person in the family can lead to the breakdown of harmony in the family. A person described as neurotic has a depressed mood and tends to have difficulty coping with the daily stresses of life. These people may also suffer from intense guilt, anxiety, and anger. Nowadays, the term neurosis is not used in psychiatry because it is considered an outdated term. However, the psychological meaning of the term is still used and refers to anxiety, depression, panic disorder, compulsive shopping disorder, post-traumatic stress disorder and many other mental disorders. Living with a neurotic person can be difficult and stressful, but knowing what to expect can help make life a little smoother.

Pay attention to what neurotic symptoms look like. The symptoms of neurosis vary depending on a person's specific neurotic disorder. One common feature is that people with neurotic tendencies are more in touch with reality—they don't experience hallucinations or delusions like someone with a psychotic illness. However, you can do some of the following you can see:

- Constant worry
- Persistent sadness or depression
- Anger, nervousness when faced with stressful situations
- Low self-esteem
- Avoiding phobic situations
- Compulsive behavior
- Perfectionism
- A negative or rude attitude
- Recurrent negative, disturbing, or unpleasant thoughts
- Easily disturbed.

Psychologists recommend several tips for dealing with neurotic individuals.

A neurotic person has a lot going on in his mind. His unacceptable behavior may be a defense mechanism to deal with his feelings. If he is upset, it can be a means of controlling his life. Remember to yourself that it is not the person speaking to you in this tone, but the neurosis; remembering this will help you be more tolerant.

If you get into a confrontation with this person, try to explain that you need some time to calm down. For example, "I'm a little bored with this conversation and I don't want to say anything that will hurt you because I really care about you. Let's try again in an hour."

Encourage the person to seek treatment. A neurotic person may benefit greatly from therapy to eliminate negative beliefs (such as that he is unlovable) that fuel his neurotic tendencies. Psychotherapy, cognitive-behavioral therapy, art or music therapy, psychoactive drugs, and relaxation exercises can help treat neurotic disorders.

"You seem to be going through a very difficult time right now. Can you talk to someone about how you feel?" try saying. It may also be helpful to seek help from a therapist. It will give you advice on how to deal with your frustrations, and it can give you advice on how to be kind to this person. Some people are very resistant to treatment for any kind of emotional health because of the stigma associated with mental health. Be patient with the person, offer to go with them, or tell them that you are looking for help with your problems. This shows him that you see therapy as a way to deal with life's problems and challenges in general, not just for "sick people."

Know how to diagnose a person. A diagnosis of neurosis requires a professional evaluation by a physician and mental health professional. The patient's doctor will take a detailed medical history and may ask the patient to undergo a complete physical examination. Once your health problems are resolved, an evaluation by a psychiatrist is usually recommended. Physical tests may be performed to make sure the symptoms he is experiencing are not related to medical problems such as mitral valve prolapse, brain tumors, or thyroid problems, which can cause many neurotic-like symptoms. can produce, for example, hyperventilation and abnormal heartbeat can be myusol.

Remove yourself from confrontation. Neurotics have difficulty maintaining a stable mood, harboring feelings of anger and guilt, fear and anxiety in their thoughts.[This is why they are so fickle and overreact to little things you say or do, as well as things that "normal" people take for granted. So, if you can avoid confrontation with the person, it is better to do so.

Keep in mind that they will find it difficult to stay rational, especially in the midst of a heated argument. While it may be tempting to continue the discussion, try not to engage in unhealthy conversation, wait for the person to cool down, and talk later. However, since neurotics often fear abandonment, reassure the person that you will not leave or give up forever; you just relax. When if you decide to engage in conversation again, speak in a calm voice and try to frame the conversation in a way that doesn't diminish your ability to defend yourself. For example, don't blame him for doing something wrong.

Don't be too critical. It is easy to criticize a neurotic, especially if you feel that people with neurotic tendencies are aware of their mental processes. But while he is aware of his actions, it is also true that he needs help to deal with his emotions.

That doesn't mean he can get away with anything. If he says something that bothers you, try to talk to him about it.

In these situations, using nonviolent communication can be helpful. It involves simply reporting what you observe without judging why the person chose to say or do what they did. For example, you might say, "You said you don't like being around me. I'm offended and can we talk about what you mean by that? This helps the neurotic avoid self-defense.

Defined limits. It's great that you chose to support your loved one throughout their life despite this behavior; however, you need to set boundaries for yourself. If your roommate is physically or verbally abusive, you should leave.

Don't be afraid to discuss your limitations with your roommate. Explain that you love him and want to support him, but you can't stay if he abuses you or uses you.

What the limitations are will vary from person to person; but, for example, you can say: "You are a very important person in my life, and I am ready to go through difficult times; however, if you physically or verbally abuse me, I cannot join. I hope you understand that this is a boundary I have to set for myself."

-Know that it is your decision. There will be hard times and good times. There are times when you want to leave and start a new life. You have to remember that you decide to stay and you don't owe this person anything. Don't feel guilty about these feelings. This is completely normal.

If you decide to stay no matter what, try to find hope. With this hope, you can go on believing that one day it will get better; not impossible!

Help the person feel loved. There is evidence that healthy, loving relationships can have a stabilizing effect on people with neurotic tendencies. Support from a trusted partner and positive emotional experiences can increase a neurotic's self-confidence and reduce the insecurity and low self-esteem that neurotics typically experience. People with neurotic tendencies feel that they are unlovable or that love is only conditional. Because of this, they often take things more seriously than "normal". One fight can make a person think that the relationship is over. Help the person understand that love is not black and white and that you will be there for them even in difficult times.

In short, when dealing with neurotic people, caution is required from a person, and overcoming neuroticism requires a strong will from each person.

LIST OF REFERENCES:

1. Karimovna, N. Y., Nasirovna, M. R., Tursunaliyevna, A. M., Abduvaliyevna, A. N., & Ravshanovna, U. S. (2023). Psychodiagnostics of psychosomatic diseases. *Journal of Survey in Fisheries Sciences*, 10(2S), 2903-2911.
2. Nasirovna, M. R. (2022). Features of the Implementation of Psycho diagnostic Surveys in Clinics. *European Multidisciplinary Journal of Modern Science*, 4, 519-527.
3. Bekmirov, T. (2021). НЕВРОЗ-ЗАБОЛЕВАНИЕ. ЧТО НАМ НУЖНО ЗНАТЬ О НЕМ.
4. Бекмиров, Т. Р. (2021). НЕВРОЗ-ЗАБОЛЕВАНИЕ? ЧТО НАМ НУЖНО ЗНАТЬ О НЕМ. *Интернаука*, 41(217), 77-78.
5. Бекмиров, Т. Р. (2023). ПСИХОЛОГИЧЕСКОЕ ВЛИЯНИЕ МАТЕРИ НА ИЗМЕНЕНИЯ В ПСИХИЧЕСКОЕ РАЗВИТИЕ И ПОВЕДЕНИЕ РЕБЕНКА. *Gospodarka i Innowacje*, 33, 215-220.
6. Нарметова, Ю. (2016). Психодиагностические аспекты перинатальной психологии. *Диагностика в медицинской (клинической) психологии: традиции и перспективы (к 105-летию СЯ Рубинштейн)*.
7. Нарметова, Ю. (2016). Соғлиқни сақлаш тизимида психологик хизматнинг бугунги ҳолати ва истиқболлари.
8. Нарметова, Ю. (2016). Тиббиёт муассасаларида психологик диагностика ишларини ташкил этишга тизимли ёндашув. *Scienceweb academic papers collection*.
9. Nazarova, Z. R. Q., & Usmonova, Z. (2023). NEVROZ–OG’IR RUHIY KASALLIK. *Academic research in educational sciences*, 4(TMA Conference), 1144-1149.
10. Дурсунов, С. А., & Косимова, Н. Х. (2023). РОЛЬ ВОСПИТАНИЕ ДЕТЕЙ В СЕМЬЕ. *Scientific Impulse*, 1(8), 725-727
11. Axmat o'g'li, D. S., & Sevinch, A. (2023). BEMORLARDA NEVROTIK HOLATLAR TASHLIL. *Scientific Impulse*, 1(8), 716-719.
12. Назарова, З. (2023). ПСИХОСОМАТИК КАСАЛЛИКЛАРДА ПСИХОКОРРЕКЦИЯ ВА ПСИХОПРОФИЛАКТИКА УСУЛЛАРИ. *Новости образования: исследование в XXI веке*, 1(6), 268-272.