



## Do you have a 'perception disorder'?

Perception disorder is a condition whereby we view ourselves as the center of the universe. We see everything largely from our personal perspective and we evaluate it in terms of its being 'good or bad for me'.

For example, we may enter a room and hear people laughing, and assume or fear that they are laughing at us. Or our partner may need to talk to a friend, and instead of considering their need, we automatically conclude that they do not trust us or value our opinion, or that they just want to get away from us. We may speak to a group on an important issue but lose focus, becoming more concerned with the impression we're making than with the subject matter.

If one were writing a questionnaire to detect the presence of this disorder, it would include questions like, "Do you feel life is unfair to you? Do you hold grudges or have enemies? Do you fail to take good care of yourself by smoking or working too hard? Do you think of yourself (or have others described you) as self-centered, too sensitive, negative, afraid, childish? Do people say that you worry too much, lack empathy, are close-minded, or feel shame?"

Regardless of your circumstances, if your natural predisposition is to feel ungrateful or unhappy, then you probably suffer from perception disorder to some degree.

From *Higher: Awaken to a more fulfilling life* by Charles Hanna