

4 interesting facts about our psyche

Our thinking is not perfect, it is quite serious errors and inaccuracies. When you read this collection of the 4 most interesting facts about the work of our psyche, you'll probably be surprised how people are even able to act in a meaningful way.

The time of storage of information in short term memory is 20 seconds, and if we do not repeat it, it is quickly forgotten. According to the latest data, a person is able to simultaneously hold in mind more than 7 units of information. This means that we can store only seven digits if the number is more, try to remember them cause trouble. That is why the phone number is divided into several digital units for easier memorization.

There is a huge difference between the way you see things, and what they really are. Our brain is easily fooled and this experience has proved to psychologists from the University of Cambridge. When the students left the audience after the call, before them played out a scene where one person makes a characteristic movement to stab in the other side, but in the hand of the first man held not edged weapons, and an ordinary banana. Next troublemaker for credibility was allegedly detained by the police. When students began to question, 95% responded that they had seen in the hands of the attacker the knife, and even gave a detailed description of the weapon. This is due to the fact that we do not directly perceive information from the outside world and process it with available in our brain data, based on the experiences and memories. In most people it is a movement associated only with a knife or other sharp object, so the brain was stained reality of their ideas.

In early childhood parents we lay the ability to give up immediate satisfaction of their desires, and as it turned out, this ability greatly affects our lives. The man who from an early age learned this useful skill, has a more developed attention and is easier to cope with stress. These people absorb information in school thanks to the perseverance [custom essay help](#) and patience.

Psychologists say that if we want to reinforce the positive habit or effective motives, you will need not less than 70 days. It is for this period we have develop a strong skill. Therefore, if you decide to get into the habit of doing sports in the morning, you should start today. Not critical, if in the process of instilling a new skill will have skipped a day or two, but more rest will bring all your efforts to zero.