Why you have negative thoughts and still smile to other people

Illustration: not scientifically, but still important

Most people have empathy. Unless you are a psychopath, sociopath or a narcissist.

A norwegian judge has a lifestyle where a third of their lifestyle is triggered by manipulation. This manipulation is caused by lawyers, victims or someone who is accused. This sentence is a result of incompetent people in power.

When you have negative thoughts, it is ego/self regulated experiences. It can basically be anything in your past or in the now, or something imprinted in your self development. Everything that does not bring happiness into your life.

This is amygdala-based. And only that. If there is no fear, you can be happy with people around you. And what fear is, is basically what you know nothing about, or something that can destroy parts of your life .Such as a government.

A smile can trigger a smile, because of 'law of one' / or empathy.

An example (If you are a man): that person did that, and I will still be polite. Because I know I will smash your head if there will be trouble besides normal conversation: The woman: 'I need to be polite because there are men around, And these men are potential mates for reproduction'. Meaning: every person is fake, and falsely perceptive.

Question: Why can you not be yourself?

Answer: Because you do not live in a city, such as New York, Tokyo, Moscow, Beijing or La Brazilia.

A smile will give you joy. We all have negative thoughts and this is more normal than you might think. Negative thoughts are a result of society and your surroundings. If it does not fit, you will create those thoughts.

Question: Who's responsible for your society? Why do you judge for tax money?

Every smile is empathy, or a search for understanding which basically is empathy