

What offends you? And why are you offended? - *That's the questions*



When a person say something that will offend you, there are several questions you can ask yourself:

- Why do I bother with strangers' opinions? -> Lack of self esteem
- Why do I bother when my friends say something which does not fit my reality? -> ego vs. love
- Why do I fight my cause for the 'greater good'? -> It is your cause, not others

You can always choose or learn about what actually offends you. There are two vital sentences to this subject:

1: I can control my behavior, and respect other people's opinion as a result of understanding the environment and their consciousness, and learning societal behavior.

2: You can always choose to use your ego for the greater good. What he/she says will not affect you. Because I am happy with myself, and my type of ego, created over several years.

We can dive into the neuropsychology part of perception also:

- Have you eaten?
- Are there any other situations triggering your mood?
- Are your primary needs fulfilled?

An example: *You can always ask 'why?', to engage for further understanding and learn about your opponent.*

Summa summarum: Ego and spiritualism are the two main factors for being offended, and understanding offense.

