



Introduction To the “Self-Review” Interventional Method

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Introduction

In this article, I am going to introduce the self-review technique. In a lot of research done by me and my colleagues, this technique has reduced the symptoms of depression, increased the level of happiness, and improved the quality of life. The approach of this method is cognitive and based on Beck's theory [1] and the philosophy of returning to self-Iqbal Lahori (Pakistani Persian poet). According to these theories, the more a person becomes aware of his inner and outer abilities, the more real and normal his/her emotional responses will be. According to this logic, increasing awareness of internal and external capacities leads to a greater sense of calm and life satisfaction. Thus, the method of self-review is based on the cognitive approach, and Beck's cognitive theories and self-return to Iqbal Lahori, which has been developed by the author [2].

Strategy

The strategy of this method is to increase the level of self-awareness to correct negative and irrational thoughts, and consequently to correct negative emotional symptoms. In this way, the therapist helps the client to evaluate and evaluate their abilities or disabilities and become aware of them. People's mastery of their roles increases their optimism and level of self-esteem. According to many studies, strengthening oneself, on the one hand, increases positive feelings, feelings of happiness, and satisfaction in life, and on the other hand, self-destruction leads to feelings of sadness [3].

Citations

Studies show that self-awareness eliminates the cognitive deviation that leads to depression [4,5], increases happiness [6], increases self-esteem [7], and quality of life. In chronic patients as well as in patients with multiple sclerosis [8], reduces depression and stress in cardiovascular patients [4], corrects body image [6], and reduces negative perfectionism [6].

Theory of the Self in Islamic Texts

Islamic texts emphasize that self-knowledge is equivalent to knowledge about the world and the Creator of the universe. In addition, self-knowledge is the most useful knowledge. In this perspective, if human beings forget themselves, they have in fact

forgotten God. In this view, lack of self-knowledge is the cause of incompatibility, and self-knowledge is considered a virtue [9]. The theory of self-return has been proposed by Iqbal Lahori, a contemporary poet, and thinker. According to him, success in life depends on self-knowledge. This view shows that human consciousness has a motivating role in individual and social dimensions and increases his ability to face life situations [10].

Self-Review Technique

The self-review method is done in several steps. These steps lead to self-awareness and gradually correct the individual's emotional responses. In this process.

- People describe themselves in several different sentences,
- Written sentences are reviewed for further description (review technique),
- Their emotions are classified into negative and positive emotions and are reflected in them (reflection technique).
- Their negative sentences are supplemented with the word “instead”,
- And these steps continue in different sessions so that the person's negative beliefs gradually turn into positive beliefs [2].

Conclusion

Findings show the profound effect of people's knowledge of their abilities in increasing the level of self-concept, self-esteem, happiness, and reducing depression. This method can be used in situations where people are less proud of themselves due to their lack of ability and therefore express emotional responses such as depression. This method is important in several ways:

- This method considers man as a unified whole.
- The self-review method is used in both clinical psychology and positive psychology.
- Covers a wide range of disorders and behaviors. Further research in this area is recommended.

In general, it is recommended to use this method to promote mental health.

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