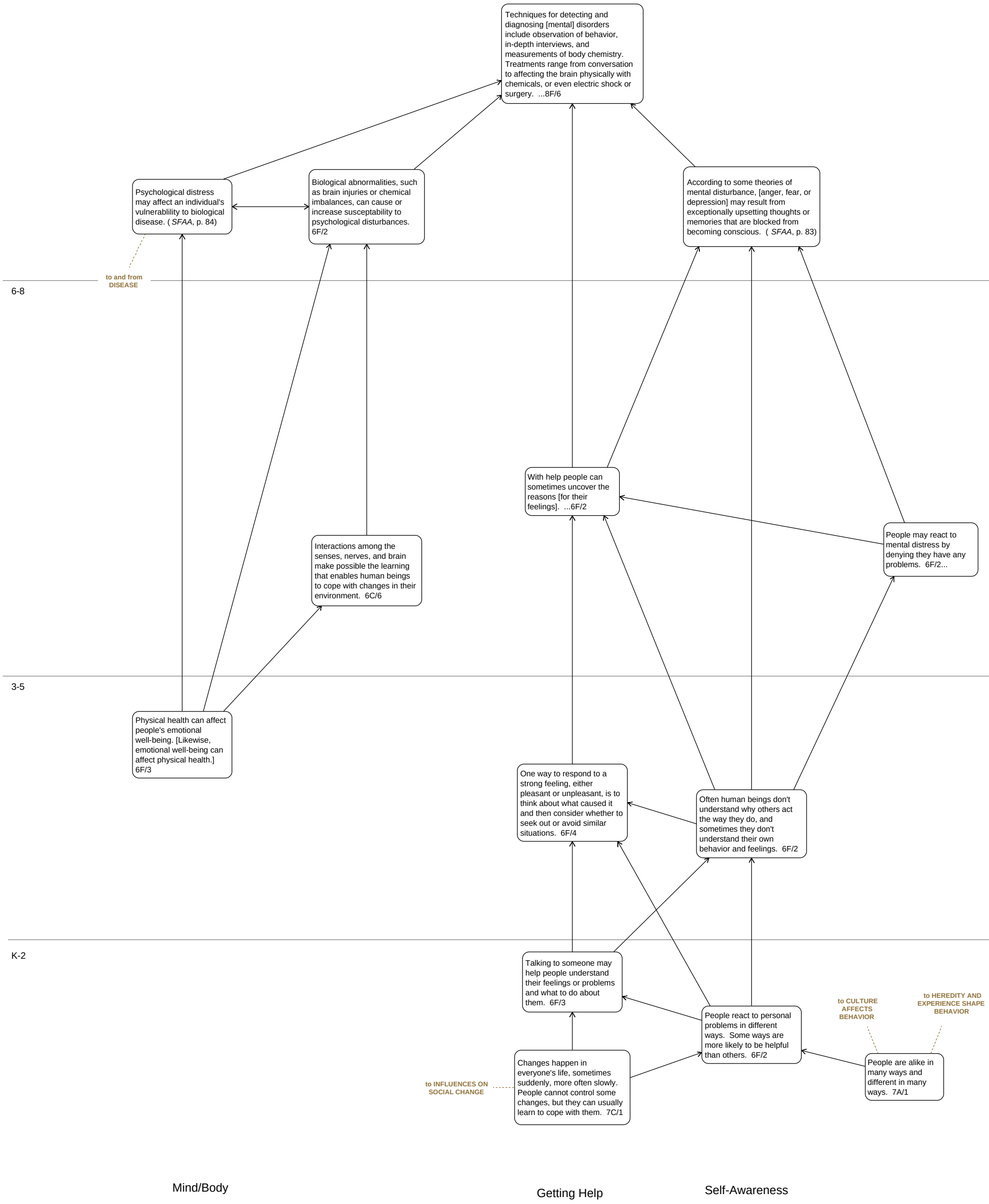
9-12
Techniques for detecting and diagnosing [mental] disorders include observation of behavior, in-depth interviews, and measurements of body chemistry. Treatments range from conversation to affecting the brain physically with chemicals, or even electric shock or surgery. ...8F/6
Psychological distress may affect an individual's vulnerablility to biological disease. (*SFAA*, p. 84)
Biological abnormalities, such as brain injuries or chemical imbalances, can cause or increase susceptability to psychological disturbances. 6F/2
According to some theories of mental disturbance, [anger, fear, or depression] may result from exceptionally upsetting thoughts or memories that are blocked from becoming conscious. (*SFAA*, p. 83)
to and from DISEASE
6-8
With help people can sometimes uncover the reasons [for their feelings]. ...6F/2
People may react to mental distress by denying they have any problems. 6F/2...
Interactions among the senses, nerves, and brain make possible the learning that enables human beings to cope with changes in their environment. 6C/6
3-5
Physical health can affect people's emotional well-being. [Likewise, emotional well-being can affect physical health.] 6F/3
One way to respond to a strong feeling, either pleasant or unpleasant, is to think about what caused it and then consider whether to seek out or avoid similar situations. 6F/4
Often human beings don't understand why others act the way they do, and sometimes they don't understand their own behavior and feelings. 6F/2
K-2
Talking to someone may help people understand their feelings or problems and what to do about them. 6F/3
People react to personal problems in different ways. Some ways are more likely to be helpful than others. 6F/2
to CULTURE AFFECTS BEHAVIOR
to HEREDITY AND EXPERIENCE SHAPE BEHAVIOR
to INFLUENCES ON SOCIAL CHANGE
Changes happen in everyone's life, sometimes suddenly, more often slowly. People cannot control some changes, but they can usually learn to cope with them. 7C/1
People are alike in many ways and different in many ways. 7A/1
Mind/Body
Getting Help
Self-Awareness