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## Psychology

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During our daily life, we are so busy with work and family, that we do not usually have time to think and observe ourselves or to focus on our habits, and things that we often do. As for me, talking and exchanging text messages on my cell phone are the activities that I enjoy the most. Keeping in touch with my friends and loved ones gives me a sense of security, a feeling, that I can share almost anything with them. I can tell for sure, that exchanging text messages and talking with my loved ones over the phone are the best ways to stay in successful relationships with significant to me people. Self- observation is way for me to assess my daily activities, as I process my daily experiences and reorganize my thinking process. Such an activity has made me realize, that writing notes will give me the benefit of organizing my thoughts and resolving personal issues. I feel that it is much better for me to share my deepest feelings and thoughts with my family and friends because they know me better. These are the people, who have known me for several years and have been helping me to understand myself. There are times, when I make personal decisions, that turn out to be wrong. I realized that it is through sharing thoughts, feelings and getting insights with family and friends that guides me to make the right decisions in life. Sometimes, when I talk to my younger sisters or brothers, I feel ironically somehow. For example, according to my notes, when my brother Khalid called me and asked if I were at home, and if not - I should go there. I told him I was at the neighbor's, while actually I was at home, sitting with mother, this was consequently ironic. I got mad because I cannot accept my

younger brother treatment of me as of younger sister, and moreover telling me what to do. I know, that women in our culture are supposed to obey men and listen to their orders. I agree with this point, and I have no problems with it, but if such an act came from my bigger brother, or my father, or even my fiancée, but from my younger brother it is totally unacceptable. This action turned out to be a gender issue; just because my brother is a male, he cannot simply think that we must obey him, while being younger from me by eight years. Another example, when all of the people were so much into Blackberry cell phone, my brother told me not buys one, because it was made for men. Later on my father bought me a phone with 6, 000DH and told me, that that one is better than Blackberry. Now I do have one and my little sister has one to. Gender inequality plays a big role in our culture sometimes, even in simple things. But it is not always with gender, for example, my mother does not allow us to talk on the phone till late time, or use our phones while being in public places. My mother always says that good girls do not use their phones 24 hours a day. It really does not make any sense to me, but it does to culture and society. It is a sub cultural issue, for most of our elderly considers it to be an improper behavior. I know, that some of my friends' parents did not give them cell phones till the moment they entered university. I remember I had my first phone when I was in 4th grade 4 and was 11 years old, because I used to be getting lost when we were going out, so my dad gave me a phone. I can see that it is truly different what people think or believe in. It is more likely that a social control that appears in some people controls their thoughts as well, as a way of living.

In this assignment I really learned a lot, as I said before, it made me explore myself and learn myself better. Writing notes and essays on activities, that involve texting and calling family and friends, made me realize, that despite the fast-pace life, I have also to learn how to stop and pay attention to important things in my life. Now, I am able to understand myself better by identifying my feelings. I am a very emotional person and I always love to communicate with people, my family and friend. Taking notes helped me to improve my memory and increased my concentration. Expressing myself through telephone conversations and exchanging text messages enriched my life in the sense that I had learnt to reach my innermost ideas and thoughts. Some of the issues in life are best to be shared with people, who will be able to help you to cope with life challenges. From what I learned, everything becomes really easy, when you have phones in a way that you can communicate with your family abroad. It is not true, as people say, that phones take us apart from other people. That is because usually people just communicate with others by phone they do not get together anymore, or involve themselves in family or friendly gatherings, and to some people this creates a sense of loneliness. The phone is a tool that we use, not the other way around. We control and take a lead, we are matures that we should know, when it is time to text or talk on the phone, and when is time to work or share the moments with family . That is why I consider talking and texting over the phone to be a way of rekindling the relationships.