

MEDIATOR COMPLEX OR EMPATHY SICKNESS AND JUDGE COMPLEX

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ABSTRACT

We put ourselves in others shoes. How often? Does it bring pain? Does it affect our mood? Mediator is defined as a person who attempts to make people involved in a conflict come to an agreement; a go-between while complex is an abnormality, most often a serious one. Judge on the other hand, decides cases. This is an introduction to a proposed complex wherein the author is admitted to have some symptoms of which may be considered. That we often derive sorrow from the sorrow of others, is a matter of fact too obvious to require any instances to prove it. – Adam Smith

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INTRODUCTION

A god complex is an unshakable belief characterized by the consistently inflated feelings of personal ability, privilege, or infallibility. A person with a god complex may refuse to admit the possibility of their error or failure, even in the face of irrefutable evidence, intractable problems or difficult or impossible tasks. The person is also highly dogmatic in their views, meaning the person speaks of their personal opinions as though they were unquestionably correct (1). Someone with a god complex may exhibit no regard for the conventions and demands of society, and may request special consideration or privileges. (Kaplan and Sadock 1972) (2-3).

A messiah complex (Christ complex or savior complex) is a state of mind in which an individual holds a belief that they are destined to become a savior (Anonymous 2021a) today or in the near future. (Kelsey 2017) The term can also refer to a state of mind in which an individual believes that they are responsible for saving or assisting others (4).

A spoiled child or spoiled brat is a derogatory term used to aimed at children who exhibit the behavioral problems from being overindulged by their parents or other caregivers. Children and teenagers who are perceived as spoiled can be described as "overindulged", "grandiose", "narcissistic" or "egocentric-regressed". When the child has got a neurological condition such as autism, Attention deficit hyperactivity disorder (ADHD) or intellectual disability, observers may see them as "spoiled". There is no specific scientific definition of what "spoiled"

means, and professionals are often unwilling to use the label because it is considered vague and derogatory. (McIntosh 1989 and Alder 1992) Being spoiled is not recognized as a mental disorder in any of the medical manuals, such as the ICD-10 (Many Authors 2021a) or the DSM-IV (Many Authors 2021b), or its successor, the DSM-5 (Many Authors 2021c) (5).

Emotional attachment refers to the feelings of closeness and affection that help sustain meaningful relationships over time. Attachment plays an important role in human connection. (Anonymous 2021b) (6).

Guilt is an emotional experience that occurs when the person believes or realizes-accurately or not-that they have to be compromised from their own standards of conduct or have violated universal moral standards and bear significant responsibility for that violation. (Wheeler 2021) Guilt is closely related to the concept of remorse as well as shame.

If the case does not fall directly under to any of the above-stated. It may fall to mediator complex or empathy sickness or judge complex.

Empathy sickness may be compared or confused to empathic illnesses. Empathic illnesses are those in which you manifest symptoms that are not your own. Many patients have come to me labeled "agoraphobic" with panic disorders, chronic depression, fatigue, pain, or mysterious ailments that respond only partially to medications or psychotherapy. (Anonymous 2014) (7).

Symptoms

Symptoms may include inappropriate behavior such as arrogance, anger, revenge, assault and wanting affection, emotional instability, sometimes stunned, crying, irrational thoughts, irritability, can't sleep, can't perform normal tasks, abnormal mental states or behavior and misjudgments or professing (8-10).

Rationale

Sometimes we attempt to put things to our hand.

Sometimes we question God, the person or the incident why it has happened.

Sometimes we violate rules and authorities.

This may be related to being self-righteous.

This may be related to having the same experience of another person.

This may recognize the part of being helpless.

This may recognize the assume of power.

Treatment

It is best to talk to a specialist for or before taking drugs and psychotherapy (11).

CONCLUSION

Some or few may have experienced this yet they did not recognize. It is common to us to care but up to what extent? Up to when? We must know underlying factors. It could be crippling. You may lose to an argument but not lest your will. The outcomes of an event may be undesirable. This could be studied upon, reevaluated and be more elaborated and diversified, on views which the author welcomes. Mediator Complex is a complex of somewhat being a mediator (a go to person). Judge complex is a complex of somewhat being a judge (seeing, knowing or showing a better or worse result than what is happening or what has happened). Empathy sickness is being affected when being empathetic towards something or someone.

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