

MUSINGS

Official Newsletter - BY MHAI

PC: Rohan Somkuwar

Why Some People Reject Appreciation

BY RANJITHA RAJ

It may seem counterintuitive, but some people struggle to receive appreciation or compliments. Instead of accepting praise, they may react in ways that seem dismissive, indifferent, or even contrary to what earned them appreciation in the first place. This is often because they feel uncomfortable with positive recognition due to deep-seated beliefs, past experiences, or personal insecurities.

Understanding the Behavior

When someone does not like appreciation, they might subconsciously behave in a way that prevents others from giving it to them. This could be due to several psychological reasons:

1. **Fear of Expectations** – Some individuals worry that if they receive appreciation, they will be expected to always perform at the same level.

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To avoid this pressure, they may start acting in a way that downplays their abilities.

Example: A student who gets praised for always scoring high in exams might intentionally perform poorly on the next test because they fear the pressure of always meeting high expectations.

2. **Low Self-Worth** – If a person believes they are not truly deserving of praise, appreciation can feel uncomfortable or even insincere to them. To align their external reality with their internal self-image, they may act in ways that contradict the praise they receive.

Example: An employee who is told they are an excellent leader may start making careless mistakes or distancing themselves from leadership roles because they don't believe they truly deserve the recognition.

3. **Past Experiences with Insincere Praise** – If someone has been given false or manipulative praise in the past, they may become skeptical of all appreciation. As a result, they might push people away or behave in a way that contradicts the compliments they receive.

“When someone does not like appreciation, they might subconsciously behave in a way that prevents others from giving it to them.”

- RANJITHA RAJ





Example: A person who was often flattered for selfish reasons might grow suspicious of genuine appreciation and respond with coldness or detachment.

4. **Fear of Vulnerability** – Accepting appreciation requires a person to be open and vulnerable. Some people find this difficult and may push praise away by acting indifferent or even dismissive.

Example: A friend who is complimented for being kind may start behaving rudely because they feel exposed or vulnerable when acknowledged for their kindness.

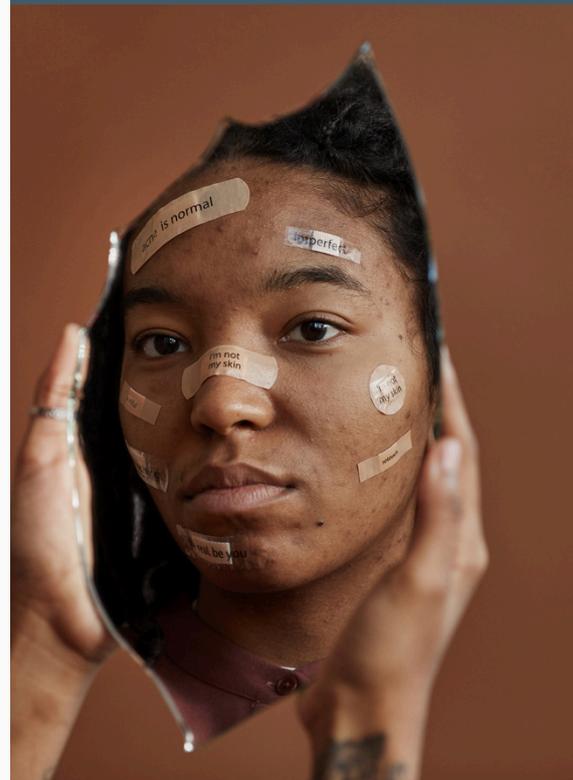
Breaking the Cycle

Understanding this behavior can help both the person giving appreciation and the one receiving it. If you notice someone reacting negatively to praise, consider:

- Giving appreciation in a way that feels comfortable for them (e.g., through actions instead of words).
- Encouraging them to see their strengths over time instead of overwhelming them with praise.
- Helping them recognize and challenge any

“Sometimes, the hardest thing to receive is kindness. For those burdened by self-doubt or past wounds, appreciation can feel unfamiliar, even unsettling—revealing not a lack of gratitude, but a struggle to believe they’re worthy of it.”

- RANJITHA RAJ





deep-seated beliefs about self-worth. Appreciation should be a gift, not a burden.

When given with sincerity and received with openness, it strengthens relationships and builds confidence.

Subconscious knows better!

BY SOWMYA UDUPA

Malcolm Gladwell's *Blink: The Power of Thinking Without Thinking* sheds light on the powerful role of the subconscious, especially the disconnect between what we think we want and what we're actually drawn to. In one experiment, participants listed ideal traits in a partner before a speed dating event—yet their real choices often contradicted those lists. It revealed a striking gap between conscious beliefs and subconscious desires.

This made me reflect on my own life. I realized that many of my values—once relevant and meaningful—belong to a former version of myself. Over time, they've become rigid ideologies that no longer serve who I am today. While my conscious mind clings to them, my choices often defy them—guided

“When appreciation is given with sincerity and received with openness, it becomes a bridge that deepens connection and nurtures confidence.”

- RANJITHA RAJ





instead by a deeper part of me I've ignored: my subconscious, holding the truth of what I actually want but have long buried.

Through healing, counseling, and reflection, I've come to see that my subconscious is more attuned to who I am now than my conscious mind, which remains stuck in old, idealistic beliefs shaped by family and peer influence. Facing this truth hasn't been easy—it's forced me into deep, uncomfortable introspection.

This conflict is most visible in my relationships. Consciously, I believe I want a sensitive, emotionally open partner. But I keep choosing stoic, emotionally guarded men. It creates an inner tension—not because either desire is wrong, but because I haven't fully accepted who I am today and what I truly need.

At the heart of it, I've realized I'm uncomfortable with emotion—especially my own. Life experiences have made emotional expression feel unsafe. When others show vulnerability, it mirrors my own fear, making me feel caged and uneasy. Though the idealized version of me craves emotional

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depth, the real me finds safety in emotional distance. And so, I seek out partners who mirror the walls I've built—because that distance has become my defense.

It came as a shock to realize that my subconscious knew something my conscious mind didn't. While chasing the ideal—what I thought I wanted—I kept sabotaging it. I'd either act awkwardly trying to fit a version of myself that felt false, or stir conflict, sometimes over trivial things. Anxiety and disconnect would creep in, making the relationship feel doomed from the start.

It's as if my subconscious stepped in to protect me—letting my conscious hold onto the fantasy while steering me toward what felt safer. I kept choosing emotionally distant partners, not because they were ideal, but because their distance mirrored my own.

This realization has opened a new path—one of reclaiming the parts of myself I've buried. There was a time I embraced emotions freely, loved openly, and felt without fear.

“Sometimes, we outgrow the values that once defined us—not because we are lost, but because we are finally finding who we truly are.”

- SOWMYA UDUPA





That version of me still exists. Now it's time to return to her. To face, and eventually welcome, my emotions again. Maybe then, I can build something real—where both my conscious desires and subconscious truths can finally align.

Conversation

BY ABHISHEK KUMAR

I met a man today,
I really never met him, I
met him in his essence.

Sitting beside me,
Opposite to the lake, Watching
him feed the crows, I had with
him the conversation.

The wrinkles in his eyes, Told
he has been through a lot.
Lot of joy,
Lot of sorrow,
Lot of hardship,
Lot of hope,
Lot of courage,
Lot of failure.

“Go back to
her—not to
stay, but to
bring her
forward with
you.”

- SOWMYA UDUPA





The cold winter glare,
Stubborn consistent lids,
Hard to shut it,
Hard to shake!

The lines on his head, Tells all the
worries he has faced .
Each line narrowing down,
To the centre of his brows,
Dense and thick, Like his brain
was working a lot.
Did he get what he want?
I guess, yes,
From his relaxed resting face.

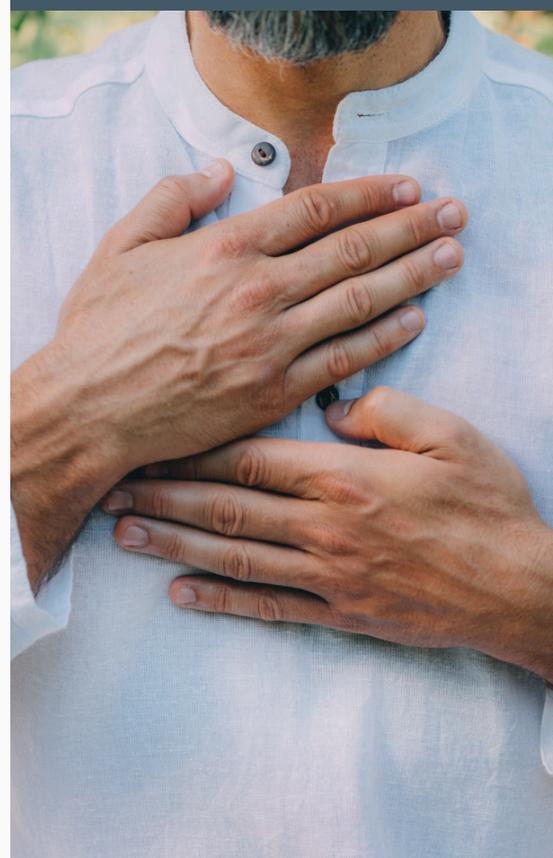
His flared nostril,
Suggests his temper.
His reasons of anger,
Yet to be discovered.

Lips uttering words,
Like he's full of it.
Nodding his head, Painting a
picture for the ears.

Ears perked up To catch
anything he can.

“Sometimes, we
meet ourselves
not in mirrors, but
in moments—
quiet, watching,
remembering who
we are
becoming.”

- ABHISHEK KUMAR





Just not to miss the world,
But to pick the world.

His face tells me,
He knows how to stay happy
The rarity among rarest.
His posture conveys,
The responsibilities on him,
Hasn't burdened him, He
held his own.

I meant to look into his eyes.
The window to his soul.
If he got one, What
all he knows.

Steadily uneasy, Trying
to find something.
The purpose of his life?
Or the meaning he gave to it.

He took out a pen,
To talk with his good old friend.
Focus unparalleled to none,
He started writing,
From end to end.

“He felt like a
stranger until I
saw the stories
in his stillness—
and realized, I
was reading my
future in his
face.”

-ABHISHEK KUMAR





I tried to catch a glimpse of it
If any of it makes sense.

All the words were dancing,
And rearranging themselves.

He turned and looked at me,
With a face too familiar.
I know this man, I've met
him in his essence.

Maybe it's me
Looking at me.
In that age too
I've my essence.

The ideas in my mind,
The bright shiny eyes.
Smiling resting face
Is all I dream



My poetry book is now
available.

It's a journey of emotions,
nature, and healing woven into
words. 🌿❤️

📖 Grab your copy today:

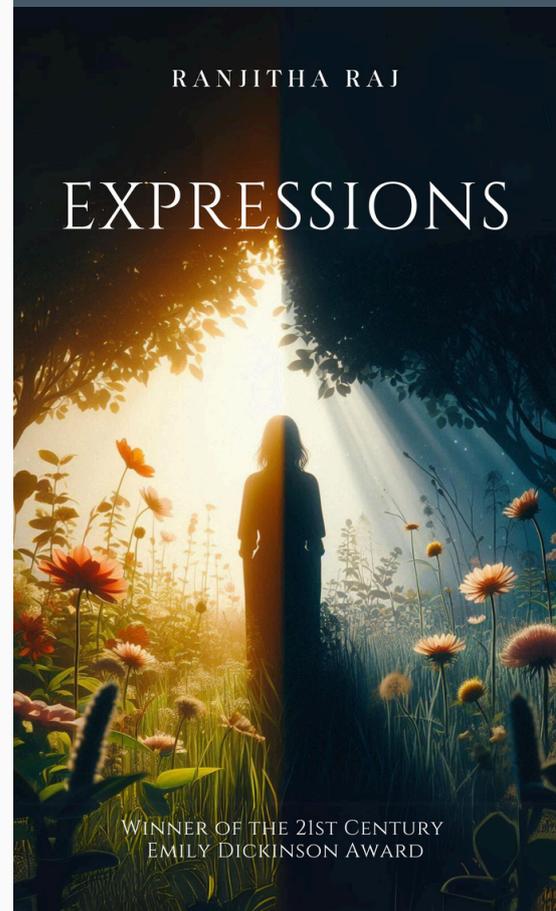
Amazon:

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Let it speak to your soul!





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MAY 2025 Events

BY MHAI

1. Summer Camp

Venue: MHAI Open Hall

Date: 28-Apr-2025 to 9-May-2025

Time: 10:30 AM - 1:00 PM, Monday-Friday

Hosted By MHAI

2. Support Group Meet

ONLINE

Date: 26-May-2025

Time: 6 PM to 7 PM

3. Human Books

ONLINE

Date: 26-May-2025

Time: 7 PM to 8 PM

To Register:
www.mhai.in

INFO@MHAI.IN
+91 9880651010

No.316/5, Ibbani,
N.Nagenahalli
K.Narayanapura,
Kothanur Post
Bangalore -
560077, Karnataka,
India



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PAST EVENT HIGHLIGHTS

MHAI - CREATING HEALTHY MINDS

INTERNSHIP PROGRAM FOR POSTGRADUATE STUDENTS OF KJC BY MHAI



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Information:

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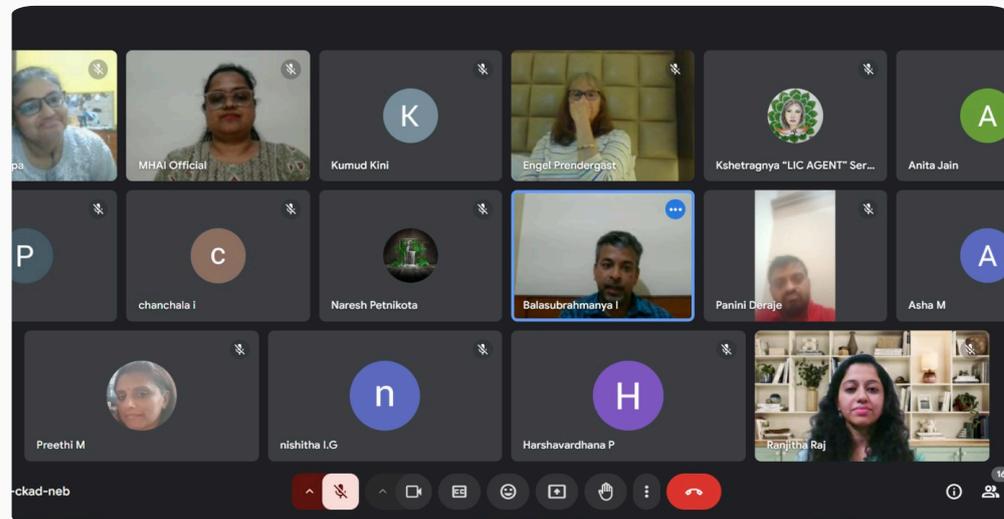


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PAST EVENT HIGHLIGHTS

MHAI - CREATING HEALTHY MINDS

SUICIDE PREVENTION SKILLS TRAINING BY MHAI



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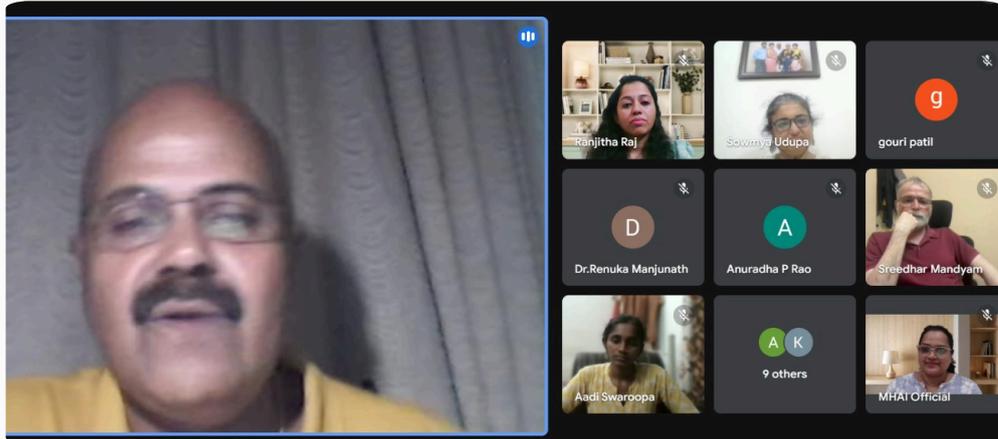
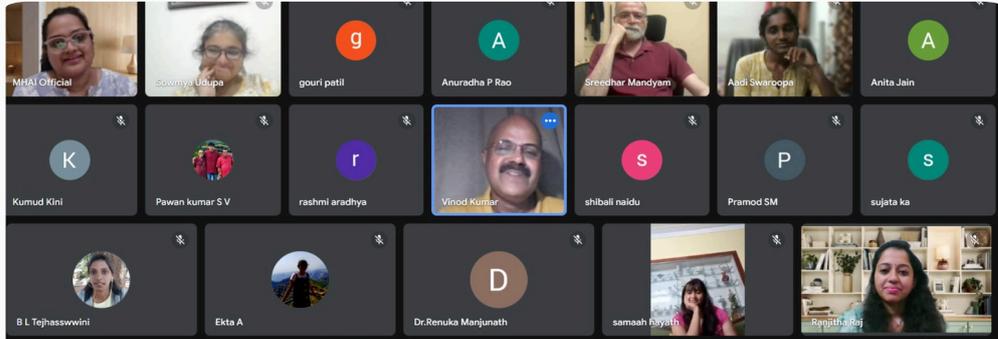


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PAST EVENT HIGHLIGHTS

MHAI - CREATING HEALTHY MINDS

HUMAN BOOKS AND SUPPORT GROUP MEET BY MHAI



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INFO@MHA1.IN
+91 9880651010

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MHAI Services

CREATING HEALTHY MINDS

- **Diploma in Life Skills**
- **Diploma in Mental Health**
- **Certificate Course in Suicide Prevention Skills**
- **Certificate Course in Non-Suicidal Self-Injury (Self- Harm) Prevention**
- **Workshops - On Invite**
- **Human Books**
- **Support Group Meet**
- **Holistic Health Rural Training in collaboration with Mental Strides, Australia**
- **Eco Therapy/Shinrin Yoku (Forest Bathing)**
- **Emotional Counselling**
- **Mentoring and Internships (Teens and Adults)**
- **Mental Health Awareness Programs**
- **Harmony - The Journey Within - Outdoor Workshops**
- **Kaadu Harate - Expressive Art Therapy (EAT)**

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