

Disadvantages of money

We live in a society where you can get almost anything by paying money,

1. I want it → Imagine the money → I can afford it → I buy it.
2. I want it → Imagine the money → I can afford it → But I think about buying it cheaper.
3. I want it → Imagine the money → I can't afford it → I think about buying it by other means.
4. I want it → Imagine the money → I can't afford it → I quickly give up.

Humans are a mass of desires, and money is the temptation to satisfy those desires. The height of the wall to satisfying desires will be as follows:

①→④→③→②

Explain the above ranking in detail

- ①... It's a completely conditioned reflex behavior; I buy what I want because I have the money.
- ④... Because I have a high habit of giving up on things in my daily life, I give up quickly (it feels like a conditioned reflex).
- ③... Normally I don't have enough money to buy it, but I think about other ways to buy it.
- ④... Even though I could easily buy it, I think about other ways to buy it cheaper.

(Note)

In the above classification, the system that makes option 1 possible is loan/credit payment.

It's also true that I ended up in my current situation because of how easy it is.

★The relationship between thinking and synapses☆

***Promotion of synaptic plasticity**

Synapses have the property of changing strength according to the amount of activity (plasticity), and specific synapses are strengthened by thinking and learning. Repeatedly performing the same thoughts and actions strengthens neural networks and establishes thought patterns.

Increased Brain Reserve: Active thinking and intellectual activity stimulate new connections between neurons, building a "functional reserve" to protect against future cell loss.

☆Examples of brain-healthy thinking habits★

*** Intellectual stimulation**

Intellectual activities like reading, learning a language, playing a musical instrument, and solving puzzles stimulate synapses and improve memory and attention in the brain.

***Positive thinking**

An optimistic and positive mindset increases neuroplasticity and serotonin in the brain, which leads to feelings of well-being and mental stability. It also reduces the risk of negative emotions and helps to direct your thought habits in a more positive direction.

***Content already proven by neuroscience theory**

When humans think, synapses, which contain neurotransmitters, become brighter and grow in the brain, maintaining and developing thought processes and having a significant positive effect on cognitive function.