

30 Interesting Psychology Facts That Will Really Get You Thinking

- 1. When you dream, your physical body is paralyzed.**
- 2. A tear dropping first from your left eye indicates pain, while the right means happiness.**
- 3. Depression is the result of over thinking by creating problems that never existed.**
- 4. The human brain cannot create faces, so if you dream of someone you've never met, you've seen them even if it was only for a split second.**
- 5. At the age of 16, 80% of people have already met the person they are going to marry.**
- 6. Ignorant people believe that they are more intellectual than they really are, whereas the most intellectual people underestimate their own abilities.**
- 7. When you remember something from your past, you aren't actually remembering it, you are only remembering the last time you thought of it.**
- 8. 68% of people have developed "phantom vibration syndrome" where they believe their phone has vibrated in their pocket when it hasn't.**
- 9. People who join religious groups or spiritual practice lower their stress levels dramatically from people who don't.**
- 10. Just about HALF of the entire worlds population suffers from anxiety, depression, substance abuse or a combination of them.**
- 11. Everyone has a favorite song and that song is directly linked to an emotional event from your past.**
- 12. Its better to keep quiet. Once you announce your life goals, you lose all motivation to achieve them.**
- 13. No you actually can't multitask.**
- 14. Our capacity of closeness to other human beings maxes out at approximately 150 people.**

15. **80% of the conversations you engage in, are complaining.**
16. **Your brain is most creative when it is tired.**
17. **There are only 4 real emotions not 6. Disgust and surprise have just got the boot as not being "real emotions".**
18. **People tend to be more honest when they are tired**
19. **Your most vivid memories are likely wrong.**
20. **You can create the illusion of progress to motivate yourself.**
21. **The internet is considered an addiction and may be added to the list of mental disorders**
22. **Your unconscious mind, sees and knows before you do.**
23. **Chocolate releases the same chemical in the body as love (You are trying to eat love)**
24. **Music directly influences your perception of the world.**
25. **It is truly better to give than to receive. (But the best feeling in the world is to give anonymously and have someone find out)**
26. **Singing reduces anxiety and depression.**
27. **You can trick your brain into believing that you've had enough sleep known as placebo sleep.**
28. **Your brain feels rejection and catalogs it as pain.**
29. **Losing your phone triggers the same response as a near death experience... wow that's pathetic.**
30. **When someone misses you, there is an 80% chance that they will appear in your dreams.**