



Efficiency Explore of Subconscious in Effective Learning of English

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Abstract: The article analyzes and don'tkes recommendations on the possibility of effective use of subconscious capabilities in the study of English by setting a positive attitude to the goal.

Keywords: Purpose, positive thinking, sub consciousness, goal achievement.

Introduction

Application innovative ideas in education is the an resource of pedagogical skills. Goals are should be set before the beginning of every activity. Clear and positive goal (in positive thinking) in accordance with the requirements of the subconscious, allows you to don'tke better use of the resources of the human psychology.

Putting the goal in a concise manner, of course describing it in positive words, is very important for the realization of the goal. The use of the negative word "don't" in the description of the purpose creates the opposite effect in language. Because the subconscious does not accept the word "don't". Why? Usually the word don't in the subconscious is arranged in a certain sequence from the beginning. The negative word "Don't" negates the action. Rejected reverse actions are not found in the subconscious. For example: sit, stand, drink, come, assignments sit in the subconscious, stand, stand, come, and appropriate activities take place. Therefore, in positive thinking, the characterization of thought through words free from objection and denial of goals plays an important role.

Materials

Usually, almost all people, if they do not get results from any of their goals, they have don'tnaged to describe in detail the difficulties of the past, which hindered the realization of the goal, blaming it on problems. In fact, it doesn't help them achieve their goals effectively and successfully. This can be described as follows: What is the reason for the lack of purpose? What is wrong with don't? Who is to blame? What is to blame? Why was it not prevented? And so on. Of course, this in itself strengthens the loop of negative emotional feelings that binds us to the past and carries the past to our present. This, in turn, leads us to spend our inner strength on useless things such as analyzing the obstacles and mistakes of the past, searching for culprits, and creating new fears.

Methods

In fact, it is not the causes of difficulties, mistakes, and failures that lead us to the goal-results, but to the goal-setting in a clear, accurate, positive way.

The intention-goal in a positive pattern is a psychological preparation irrigated with an inner spiritual inner strength that can take a real practical step that is at the same time focused. It should be noted that in neurolinguistic programming, the specific requirements for setting goals in a positive state can be described as follows:

It is not permissible to use the negative words "no", "not", "don't" in the positive sense of purpose. In the process of processing adding don't, our mind does the opposite. For example, if he is told not to think about it, on the contrary, he becomes tense thinking about these things. Or the idea that I don't do it anymore brings the same situation in bright colors in imagination.

This means that in our daily lives, in most cases, we put a negative word don't into the pattern without properly expressing the purpose of the goal and get the opposite result. This is one of the most common situations in the process of education and upbringing at the same time.

Results

Considering this in the process of learning English. Examples of most common negative stereotypes in the process of learning English are:

1. I start by learning and pronouncing the letters of the English language and pronouncing them without making mistakes and always writing without making mistakes. (Positive pattern:... I pronounce them correctly, I write them correctly) Or I don't make fewer mistakes when I learn English letters (Positive pattern: I learn letters correctly, I write correctly).
2. Expression of purpose in a clear and modern way, such as "maybe I can achieve", "if", "if I did that", "let's try" is an obstacle to the goal.
3. The expressions of comparison create a barrier to the realization of the goal. Therefore, the intentional use of ambiguous expressions "better" and "less" in the study of English prevents the achievement of results. For example: "I make fewer mistakes when writing" (a positive pattern "I write correctly"). I speak English better than I do now (I speak English fluently).
4. Visualize the goal with clear emotions.

Proper fluency in English and correct writing in clear bright colors, visual, audial and kinesthetic sensations in movements in sounds.

5. It is allowed to set a specific date, a fixed amount, which determines the achievement of the goal. That is, it is permissible to give up vague (criterion) expressions such as "after a while", "soon", "after a month or two", "I will develop", "I will improve".
6. It is necessary to examine and take into account the impact of primary and secondary "advantages" and "obstacles" in the implementation of goals.

Discussion

That is, the goal should be "environmental control." It explores what to avoid and what to achieve in the realization of a goal, and eliminates doubts, hesitations, doubts, and anxieties in achieving the goal.

Conclusion

In short, following the requirements of positive thinking, paying attention to the description of the goal in a positive way, facilitates the achievement of any goal, eliminates difficulties and eliminates unnecessary stress.

Literature

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