

# Rule of mutual exchange

<https://www.essayhave.com/custom-writing.html>

Have you ever come true against your wishes only because you felt like a debtor before a seeming person? Surely yes.

This is because we all consciously or not, we interact with each other as the same psychology rule: the rule of mutual exchange. If you are interested in the independent development of the personality, then this rule is simply necessary to know. What is the rule of mutual exchange

The Mutual Exchange Rule (Norm of Reciprocity) is one of the types of social norms, which is that if a service was provided, he feels obliged to "repay the same coin," that is, to provide a mutual service.

By the way, the feeling of revenge, as a debt, which existed in all cultures from prehistoric times, was based on the rule of reciprocity: an eye for an eye and tooth for the tooth. Principle of operation

Understanding the principles of work of this psychological phenomenon, you can significantly simplify your life.