

Unit II: Personality and Behaviour Development

POSITIVE THINKING

- By definition, the word positive means dealing with matters of fact; expressed clearly, or in a confident manner.
- It is a mental attitude that expects good and favorable results.
- It is strategy that can be used to make you feel good about yourself.
- It is a way of living and a technique that you need to incorporate into your daily life, if you have any intentions of changing things or accomplishing your goals.
- It is also a way to use your mind to reverse the damaging effects of negative thinking.

The Health Benefits of Positive Thinking :

- Longer life span
- Less stress
- Lower rates of depression
- Increased resistance to the common cold
- Better stress management and coping skills
- Lower risk of cardiovascular disease-related death
- Increased physical well-being
- Better psychological health

Implementing Positive Thinking:

1. Remove all the feelings that are not positive
2. Use words that evoke strength and success
3. Practice positive affirmations
4. Redirect your thoughts
5. Start thinking you will succeed
6. Forgive you
7. Think of a failure as an opportunity

PUNCTUALITY

- Punctuality is the characteristic of being able to complete a required task or fulfill an obligation before or at a previously designated time.
- "Punctual" is often used synonymously with "on time". It is a common misconception that punctual can also, when talking about grammar, mean "to be accurate".
- **Being Punctual at office:**
 - Punctuality is a sign of professionalism and helps you stand out as a reliable and trustworthy employee. If you don't get your part of project completed on time, you keep others waiting from being able to finish their tasks on time. Being punctual helps you establish your reputation as a dependable and consistent worker.

Being Punctual at School/College :

- Punctuality is the key to get success in life.
- A punctual and disciplined student always gets respect and social acceptance in study place and society. They are admired by teachers and parents.
- Punctuality in school life helps you to manage your working and personal life.
- **Benefits of being punctual in life:**
 - Shows respect for the other party. Being punctual shows that you respect the other party's time and you are not willing to waste it.
 - Reliability means consistently good in quality or performance.
 - Eliminates anxiety and improves self confidence
 - Improves others perception of you

FREE FROM ANGER

Anger:

Anger is a normal emotion with a wide range of intensity, from mild irritation and frustration to rage.

It is a reaction to a perceived threat to ourselves, our loved ones, our property, our self-image, or some part of our identity.

Anger has three components:

- Physical reactions, usually starting with a rush of adrenaline and responses such as an increased heart rate, blood pressure, and tightening muscles
- The experience of anger, or how we perceive and think about what is making us angry. For example, we might think something that happened to us is wrong, unfair, and undeserved.
- Behavior, or the way we express our anger. There is a wide range of behavior that signals anger. We may look and sound angry, turn red, raise our voices, clam up, slam doors, storm away, or otherwise signal to others that we are angry. We may also state that we are angry and why, ask for a time-out, request an apology, or ask for something to change.

Anger Controlling Techniques or How to be Free from Anger :

1. Practicing Meditation
2. Drinking Cool water will reduce internal tension and there by anger.
3. Feeling Empathy(Empathy means, the ability to understand the feelings of others) about others.
4. Doing things which they like most(Listing Music, watching Nature, short sleep etc.,)
5. Think before you speak
6. Practice relaxation skills like, Get some breathing exercises, tell yourself "take it easy"
7. Take a time out
8. Don't hold a grudge(Forgive others)

Avoiding Fault Finding:

- Fault Finding: Synonyms Criticism and Disapproval
- Fault Finding can be defined as a practice of looking for mistakes in everything and criticizing people or things by blaming that mistakes or faults are done because of them, especially in an unfair way.
- A name for one who finds problems in everything, no matter how small, is a nitpicker. A nitpicker is a person who finds faults , however small or unimportant, everywhere they look.
- **In order to avoid fault finding**
- One should not be judgmental(judgmental describes someone who forms lots of opinions , usually harsh or critical ones about lots of people, which leads to fault finding)
- You should never look at another person's faults unnecessarily, rather you should only look at your own faults. Don't accuse, criticize and find fault with each other, which leads to vengeance.

- Examining the faults of others will not benefit anyone and only leads to more disturbing emotions.
- whatever anyone else does, let them do it, let them learn from their mistakes, It's not your business to find other people's flaws, and even if you do point them out, there is no way for you to correct them, that does not mean you should allow people to harm others.
- You need your attention and energy to focus on transforming your own emotional patterns. You cannot correct, fix, or heal anyone else always.
- Let people heal themselves, in their own way and in their own time. Be a support , listen, offer your love , that's how you can help, but refrain from finding fault and expressing outright criticism.

DIGNITY OF LABOUR

Dignity of Labour is the philosophy that all types of jobs are respected equally , and no occupation is considered superior and none of the jobs should be discriminated in any basis. Regardless of whether one's occupation involves physical work or mental labour, it is held that the job deserves respect.

Labour, as we all know, means work. What do we give an accent to this word and say dignity of labour. We can recall different kinds of work – from the physical labours of a farm-hand to the white-collar job as an executive in a large organization. The highly placed executive, after years of successful career, begins to attach much dignity and self- respect to his job.

- Even a cobbler thinks that his profession is his god. This feeling dignity in one's profession is carried to such heights that one feels insulted if due respect is not given to the person doing that profession.
- Dignity and self-respect are important but when they are social relationship, it is better not to have such a dignity. Dignity of labour is essentially a Western concept. Here, in India the caste system allotted certain duties and trades to each caste.
- Performing religious rites, for example, doing yagnas and chanting Vedas were done by the Brahmins, to look after the welfare of the people and to defend the province was the job of Kshatriyas, Vaishyas were responsible for the trade and commerce, and Shudras were destined to do menial jobs.

RELIGIOUS TOLERANCE

- Tolerance means, allowing, permitting, or accepting an idea, action, object or person which one dislikes or disagrees with.
- Religious tolerance means, the condition of permitting people to worship and believe according to the practices of any religion they choose. Religious tolerance makes people work together by respecting each other's religion. It is a matter of fact that each religion has its own importance and each individual belonging to any religion should respect the beliefs and practices of other religions, which makes the world to live in peace and prosperity.
- Religious toleration is when people allow other people to think about god(s) in ways that they do not think are true. They tolerate religious beliefs and practices which are different from their own beliefs or lack of beliefs.

Aware of Self-Destructive Habits

- Self-destruction is usually defined as “The voluntary destruction of something by itself.”
- In human personality terms, we are really talking about counter-productive and self-defeating habits which deny oneself happiness but can instead cause pain, either deliberately or inadvertently.
- Self-destruction in the literal sense of suicide is the most extreme form. Mostly, however, it is more subtle, such as repeatedly committing “professional suicide”.
- It’s an umbrella term for a variety of self-damaging patterns, from doing things that always seem to backfire, to habitual self-harm, to crazy recklessness.

Here is a list of destructive habits

- Having negative people in your sphere of influence.
- Living in the past
- Worrying
- Being scared to fail or make mistakes
- Thinking that happiness has anything to do with material things
- Complaining
- Taking the easy way out
- Focusing on what you don't have

How to stop self destructive behaviours:

1. break the cycle of shame :

Shame is a negative feeling directed at yourself saying, "i am a bad person" instead of "i did a bad thing". Shame often drives self destructive behaviours in an attempt to ease that pain. Improving your self image will help you let go of the shame, and you will be less likely to want to engage in the behaviours that bring it back.

2. Don't believe the negative self talk :

It is not easy to break a self destructive habit, and negative self talk only makes it harder. Telling yourself that you are weak is not only destructive in itself , but it is also not true. If you have a **NEGATIVE THOUGHT ABOUT YOURSELF** , stop, think, and rephrase it in a more positive way. Instead of saying, "I am Weak", say, "I feel weak right now, but i know i can do this".

3. Get support :

- Supportive friends , family, and loved ones can empower you , cheer you on, and offer wisdom when you are having a hard time.

4. Use failure to learn :

- Use your failures to learn better ways of curbing (to control or limit something that is not wanted)them next time. Forgive yourself and move on.

5. Prepare ahead of time :

- Becoming aware of what triggers unhealthy habits can help you forestall engaging in them. For instance, if you are trying to quit smoking, plan ahead for situations that make you want to smoke and work out a strategy to cope with the discomfort. Once you are in the tricky situation , feelings and attitudes and try out your coping strategy. If it fails , use your failure to learn what you might do differently next time.