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UNDERSTANDING THE "SELF"

DEFINING THE SELF Self is a reference by an individual to the same individual person. This reference is necessarily subjective and it follows that self is a reference by a subject to the same subject. The sense of having a self - or self-hood - should, however, not be confused with subjectivity itself. Ostensibly, there is directedness outward from the subject that refers inward - back to its "self" (or itself). Examples of psychiatric conditions where such 'sameness' is broken include depersonalization, which sometimes occur in schizophrenia: the self appears different to the subject.

The first-person perspective distinguishes self-hood from personal identity. Whereas "identity" is sameness, self-hood implies a first-person perspective. Conversely, we use "person" as a third person reference. Personal identity can be impaired in late stage Alzheimer's disease and other neurodegenerative diseases. Finally, the self is distinguishable from "others". Including the distinction between sameness and otherness, the self versus other is a research topic in contemporary philosophy and contemporary phenomenology (see also psychological phenomenology), psychology, psychiatry, neurology, and neuroscience. The nationally funded research Center for Subjectivity in Copenhagen, Denmark, is just one example of the importance of research on/into the self. More recently, the relationship between the self and technology has generated a research field called Techno self Studies. Although subjective experience is central to self-hood, the privacy of this experience is only one of many problems in the philosophical and scientific study of consciousness.

Self-awareness is the capacity for introspection and the ability to recognize oneself as an individual separate from the environment and other individuals. It is not to be confused with consciousness in the sense of qualia. While consciousness is a term given to being aware of one's environment and body and lifestyle, self-awareness is the recognition of that awareness. **Self-acceptance** is acceptance of self.

According to Shepard (1979), self-acceptance is an individual's satisfaction or happiness with oneself, and is thought to be necessary for good mental health. Self-acceptance involves self-understanding, a realistic, albeit subjective, awareness of one's strengths and weaknesses. It results in an individual's feeling about oneself that they are of "unique worth".

In clinical psychology and positive psychology, self-acceptance is considered the prerequisite for change to occur. It can be achieved by stopping criticizing and solving the defects of one's self, and then accepting them to be existing within one's self. That is, tolerating oneself to be imperfect in some parts.

Some distinguish between conditional and unconditional self-acceptance.

Self-perception" refers to the way in which people come to understand their own attitudes and beliefs based on their behavior in given situations. It is effectively a model of oneself from the perspective of an outside observer.

Self-perception theory (SPT) is an account of attitude formation developed by psychologist Daryl Bem. It asserts that people develop their attitudes (when there is no previous attitude due to a lack of experience, etc.—and the emotional response is ambiguous) by observing their own behavior and concluding what attitudes must have caused it. The theory is counterintuitive in nature, as the conventional wisdom is that attitudes determine behaviors. Furthermore, the theory suggests that people induce attitudes without accessing internal cognition and mood states. The person interprets their own overt behaviors rationally in the same way they attempt to explain others' behaviors.

Emotional self-regulation or regulation of emotion is the ability to respond to the ongoing demands of experience with the range of emotions in a manner that is socially tolerable and sufficiently flexible to permit spontaneous reactions as well as the ability to delay spontaneous reactions as needed. It can also be defined as extrinsic and intrinsic processes responsible for monitoring, evaluating, and modifying emotional reactions. Emotion self-regulation belongs to the broader set of emotion regulation processes, which includes the regulation of one's own feelings and the regulation of other people's feelings. Emotional regulation is a complex process that involves initiating, inhibiting, or modulating one's state or behavior in a given situation – for example the subjective experience (feelings), cognitive responses (thoughts), emotion-related physiological responses (for example heart rate or hormonal activity), and emotion-related behavior (bodily actions or expressions). Functionally, emotional regulation can also refer to processes such as the tendency to focus one's attention to a task and the ability to suppress inappropriate behavior under instruction. Emotional regulation is a highly significant function in human life.

Every day, people are continually exposed to a wide variety of potentially arousing stimuli. Inappropriate, extreme or unchecked emotional reactions to such stimuli could impede functional fit within society; therefore, people must engage in some form of emotion regulation almost all of the time.[Generally speaking, emotional dysregulation has been defined as difficulties in controlling the influence of emotional arousal on the organization and quality of thoughts, actions, and interactions. Individuals who are emotionally dysregulated exhibit patterns of responding in which there is a mismatch between their goals, responses, and/or modes of expression, and the demands of the social environment. For example, there is a significant association between emotion dysregulation and symptoms of depression, anxiety, eating pathology, and substance abuse. Higher levels of emotion regulation are likely to be related to both high levels of social competence and the expression of socially appropriate emotions.

Self-regulation theory (SRT) is a system of conscious personal management that involves the process of guiding one's own thoughts, behaviors, and feelings to reach goals. Self-regulation consists of several stages, and individuals must function as contributors to their own motivation, behavior, and development within a network of reciprocally interacting influences. Roy Baumeister, one of the leading social psychologists who have studied self-regulation, claims it has four components: standards of desirable behavior, motivation to meet standards,

monitoring of situations and thoughts that precede breaking said standards, and lastly, willpower.[1] Baumeister along with other colleagues developed three models of self-regulation designed to explain its cognitive accessibility: self-regulation as a knowledge structure, strength, or skill. Studies have been done to determine that the strength model is generally supported, because it is a limited resource in the brain and only a given amount of self-regulation can occur until that resource is depleted.

SRT can be applied to:

• Impulse control, the management of short-term desires. People with low impulse control• are prone to acting on immediate desires. This is one route for such people to find their way to jail as many criminal acts occur in the heat of the moment. For non-violent people it can lead to losing friends through careless outbursts, or financial problems caused by making too many impulsive purchases.

• The cognitive bias known as illusion of control. To the extent that people are driven by internal goals concerned with the exercise of control over their environment, they will seek to reassert control in conditions of chaos, uncertainty or stress. Failing genuine control, one coping strategy will be to fall back on defensive attributions of control—leading to illusions of control (Fenton-O'Creevy et al., 2003).

- goal attainment and motivation
- sickness behavior

SRT consists of several stages. First, the patient deliberately monitors one's own behavior, and evaluates how this behavior affects one's health. If the desired effect is not realized, the patient changes personal behavior. If the desired effect is realized, the patient reinforces the effect by continuing the behavior. (Kanfer 1970;1971;1980)

Another approach is for the patient to realize a personal health issue and understand the factors involved in that issue. The patient must decide upon an action plan for resolving the health issue. The patient will need to deliberately monitor the results in order to appraise the effects, checking for any necessary changes in the action plan. (Leventhal & Nerenz 1984)

Another factor that can help the patient reach his/her own goal of personal health is to relate to the patient the following: Help them figure out the personal/community views of the illness, appraise the risks involved, and give them potential problem-solving/coping skills. [3] Four components of self-regulation described by Baumeister et al. (2007) are:

- Standards: Of desirable behavior.
- Motivation: To meet standards.
- Monitoring: Of situations and thoughts that proceed breaking standards.
- Willpower: Internal strength to control urges

Self-consciousness

It is an acute sense of self-awareness. It is a preoccupation with oneself, as opposed to the philosophical state of self-awareness, which is the awareness that one exists as an individual

being; although some writers use both terms interchangeably or synonymously.[1] An unpleasant feeling of self-consciousness may occur when one realizes that one is being watched or observed, the feeling that "everyone is looking" at oneself. Some people are habitually more selfconscious than others. Unpleasant feelings of self-consciousness are sometimes associated with shyness or paranoia.

Self-realization

It is an expression used in psychology, philosophy, spirituality, and Eastern religions. It is defined as the "fulfillment by oneself of the possibilities of one's character or personality." In one overview, Mortimer Adler defines self-realization as freedom from external coercion, including cultural expectations, political and economic freedom, and the freedom from worldly attachments and desires etc. Paramahansa Yogananda defined Self-realization as "the knowing — in body, mind, and soul — that we are one with the omnipresence of God; that we do not have to pray that it come to us, that we are not merely near it at all times, but that God’s omnipresence is our omnipresence; that we are just as much a part of Him now as we ever will be. All we have to do is improve our knowing."

Surrender is the means to Self-Realization. Self-Realization is a Functional Awareness of Soul, i.e. Soul-Recognition. Soul-recognition is the source of health and healing. Soul is each individual's manifest portion of unlimited divine love. It is maintained by the constant, unfathomable, unending outpouring of divine love that maintains creation and everything in it in perfect, beautiful, seamless harmony.

Self, the physical body, is the means by which we perceive Soul, and thereby receive divine love, hence the importance of cleaning it and keeping it pure, for God alone. This purification implies the investigation and removal of the inner causes to not receive divine love that have been planted there by environmental inheritance.

Surrender means letting go of the fight, laying down the weapons of war, allowing God's will to unfold as it may, and relinquishment of preference or attachment to outcome. Enough surrender and your true self will finally emerge. Your true self, or soul, is the means by which your body receives love. Your false self (ego) is the means by which it receives the punishment that it is due in your mind. If you use your body for the accomplishment of artificial goals for the sake of artificial responsibilities, then in effect you are saying that is what this body is for, it is not worth anything else, and that's certainly a form of self-punishment.

People will lay their bodies on the line for their ideals, no matter how perverse those ideals may be. The last thing on their minds is the concept of laying down the struggle. They call it "giving up" and will "never" do it.

But peace is a requisite for health. A peaceful heart is the absolute requisite for a peaceful body. Without peace there can be no perception of love and it is the perception of love that heals the body, heart and mind. And where does this love come from? What is the means by which we can attain to it and perceive it and receive it? It is not outside of us, so we have to stop looking. It's only when we stop seeking that we can feel. As long as we are seeking we're still in our minds and projecting a time or a place when or where we will discover something. But that

"something" is not "located" in any place or time. It is not "out there" somewhere to be "found". "The goal is not found by seeking, but only the seekers find it".

Soul does not need healing. That would be like saying God needs healing. God does not need healing. God is the healer. It is from God that the energy of love, support and maintenance of the soul comes. So the Soul, created in God's image and supported completely in its capacity as the highest and most perfect manifestation of God's Self-Recognition, Love and Perfection, does not need healing. It has and is everything we need. But the self needs to discover the soul completely in order to rise to its fullest potential. And it does this by means of dissolving itself in the remembrance of God.

"Healing the Body through Healing the Heart" is the fastest and most effective means of healing physical and emotional difficulty I know. It is the essence of all true healing, and I would like to show you how it works.

To that end, I offer evening classes and personal consultations in spiritual healing through reflection of soul-power and recognition of truth. These classes or consultations will help you to discover your sense of purpose and deeper personal worth, establish peace in your relationships, strengthen your connection with love and beauty, and confirm your surrender to truth. This is the very essence of success and personal healing. It will be of immediate usefulness to you in your personal life, your business or your healing practice.

How many people would you like to help? Do you know anyone who does not feel the desire to discover, establish, strengthen or confirm his or her sense of physical strength, spiritual power, personal truth and inner connection? So please talk to me if you are interested in discussing classes, groups, business or personal sessions. For a personal appointment or to schedule a phone session, call me. I'd love to help you get to know yourself better.

Social Development

It encompasses a commitment to individual and societal well-being, and the opportunity for citizens to determine their own and their society’s needs and to influence decisions that affect these. Social change incorporates public concerns in developing social policy and economic initiatives.

Until relatively recently, social development was conceived in terms of a set of desirable results - higher incomes, longer life expectancy, lower infant mortality, more and better education etc. Recently emphasis has shifted from the results to the enabling conditions, strategies and public policies for achieving those results. But still little attention has been placed on the underlying social process of development that determines how society formulates, adopts, initiates, and organies; and few attempts have been made to formulate such a framework. However, there are some recognized theories and principles, which will be examined briefly.

Social Development theory

It attempts to explain qualitative changes in the structure and framework of society that help the society to better realize aims and objectives. Development can be defined in a manner applicable to all societies’ at all historical periods as an upward ascending movement featuring

greater levels of energy, efficiency, quality, productivity, complexity, comprehension, creativity, mastery, enjoyment and accomplishment. Development is a process of social change, not merely a set of policies and programs instituted for some specific results. During the last five centuries this process has picked up in speed and intensity, and during the last five decades has witnessed a marked surge in acceleration.[2]

The basic mechanism driving social change is increasing awareness leading to better organization. When society senses new and better opportunities for progress it develops new forms of organization to exploit these new openings successfully. The new forms of organization are better able to harness the available social energies and skills and resources to use the opportunities to get the intended results.

Development is governed by many factors that influence the results of developmental efforts. There must be a motive that drives the social change and essential preconditions for that change to occur. The motive must be powerful enough to overcome obstructions that impede that change from occurring. Development also requires resources such as capital, technology, and supporting infrastructure.

Development is the result of society's capacity to organize resources to meet challenges and opportunities. Society passes through well-defined stages in the course of its development. They are nomadic hunting and gathering, rural agrarian, urban, commercial, industrial, and postindustrial societies. Pioneers introduce new ideas, practices, and habits that conservative elements initially resist. At a later stage, innovations are accepted, imitated, organized, and used by other members of the community. Organizational improvements introduced to support the innovations can take place simultaneously at four different levels—physical, social, mental, and psychological. Moreover four different types of resources are involved in promoting development. Of these four, physical resources are most visible, but least capable of expansion. Productivity of resources increases enormously as the quality of organization and level of knowledge inputs rise.

Role of the Individual in Social Change

Society has no direct means to give conscious expression to its subconscious collective aspirations and urges. That essential role is played by pioneering conscious individuals - visionary intellectuals, political leaders, entrepreneurs, artists and spiritual seekers who are inspired to express and achieve what the collective subconsciously aspires to and is prepared for. Where the aspiration and action of the leader do not reflect the will of the collective, it is ignored or rejected. Where it gives expression to a deeply felt collective urge, it is endorsed, imitated, supported, and systematically propagated. This is most evident at times of war, social revolution, or communal conflict.

For example, India’s early freedom fighters consciously advocated the goal of freedom from British rule long before that goal had become a felt aspiration of the masses. The leaders spent decades urging a reluctant population to conceive of itself as a free nation and to aspire to achieve that dream. When finally the collective endorsed this conception, no foreign nation had the power to impose its will on the Indian people.

All human creative processes release and harness human energy and convert it into results. The process of skill formation involves acquiring mastery over our physical-nervous energies so that we can direct our physical movements in a precisely controlled manner. In the absence of skill, physical movements are clumsy, inefficient, and unproductive, like the stumbling efforts of a child learning to walk. Whilst the energies are the motivating force, it is strategic ability and professional skills that turn energy into effective action. Often the high emotions of social change movements are a facet of this undirected energy. Strategic advocacy helps to direct this energy, focusing it in directions where change can most effectively be triggered.

Development occurs when the subconscious preparedness of society leads to the generation of new ideas and conscious initiatives by individuals. The accumulated surplus energy of society releases the initiative of pioneers who apply new ideas, acquire new skills and introduce new types of activities. Imitation of successful pioneers eventually attracts the attention and overcomes the resistance of conservative forces in society, leading the society to accept and embrace the new activity.

The potentials for development always far exceed the initiative of society to exploit them. The actual achievements of society depend on the measure that it is ready to actively respond to new opportunities and challenges. That response is the real determinant of development. Three fundamental conditions determine a society's level of preparedness: energy, awareness and aspiration.

Intrapersonal conflict is when you have internal conflict about yourself, your actions, thoughts, feelings, values, etc. ... That's an intrapersonal conflict because it's related to how you feel and view yourself. Interpersonal conflict is conflict between two or more people that you are close wit.

What is the difference between intrapersonal and interpersonal conflict?

This can be best explained in a monologue and a dialog.

Scenario 1:

You put your red shoes on, and suddenly thoughts come to your head: those shoes don't go with my dress… but they look so darn cute… however the shade is so wrong, and people will laugh at me… but they make me look tall and slender… it's been raining all day, and when the satin gets muddy, I'll never get them cleaned… when I'll wear these shoes, noone will even notice that I didn't iron my dress, because these shoes outshine the dress like the sun outshines the moon… but red shoes don't go well with a striped, polka dot dress…. That's intrapersonal conflict.

Scenario2:

- You meet your friend an a conversation starts: are you crazy wearing red shoes this time of the year? but they look so good on me don't you have a mirror at home? I do, and when I looked those shoes looked pretty awesome in the mirror too you are so vein! I'm not vain, I'm stylish! you are crazy, that's what you are! oh, go away!

That’s interpersonal conflict. efore going any further, let us first give a brief description of what conflict is. There are actually a lot of ways to define conflict due to how it is used in many areas. Hence, to keep it simple for the layman, conflict pertains to the opposing ideas and actions of different entities, thus resulting in an antagonistic state. Conflict is an inevitable part of life. Each of us possesses our own opinions, ideas and sets of beliefs. We have our own ways of looking at things and we act according to what we think is proper. Hence, we often find ourselves in conflict in different scenarios; may it involve other individuals, groups of people, or a struggle within our own selves. Consequently, conflict influences our actions and decisions in one way or another.

Conflict is classified into the following four types:

- **Interpersonal conflict** refers to a conflict between two individuals. This occurs typically due to how people are different from one another. We have varied personalities which usually results to incompatible choices and opinions. Apparently, it is a natural occurrence which can eventually help in personal growth or developing your relationships with others. In addition, coming up with adjustments is necessary for managing this type of conflict. However, when interpersonal conflict gets too destructive, calling in a mediator would help so as to have it resolved.

- **Intrapersonal conflict** occurs within an individual. The experience takes place in the person’s mind. Hence, it is a type of conflict that is psychological involving the individual’s thoughts, values, principles and emotions. Interpersonal conflict may come in different scales, from the simpler mundane ones like deciding whether or not to go organic for lunch to ones that can affect major decisions such as choosing a career path. Furthermore, this type of conflict can be quite difficult to handle if you find it hard to decipher your inner struggles. It leads to restlessness and uneasiness, or can even cause depression. In such occasions, it would be best to seek a way to let go of the anxiety through communicating with other people. Eventually, when you find yourself out of the situation, you can become more empowered as a person. Thus, the experience evoked a positive change which will help you in your own personal growth.

- **Intragroup** conflict is a type of conflict that happens among individuals within a team. The incompatibilities and misunderstandings among these individuals lead to an intragroup conflict. It is arises from interpersonal disagreements (e.g. team members have different personalities which may lead to tension) or differences in views and ideas (e.g. in a presentation, members of the team might find the notions presented by the one presiding to be erroneous due to their differences in opinion). Within a team, conflict can be helpful in coming up with decisions which will eventually allow them to reach their objectives as a team. However, if the degree of conflict disrupts harmony among the members, then some serious guidance from a different party will be needed for it to be settled.

- **Intergroup** conflict takes place when a misunderstanding arises among different teams within an organization. For instance, the sales department of an organization can come in conflict with the customer support department. This is due to the varied sets of goals and interests of these different groups. In addition, competition also contributes for intergroup conflict to arise. There are other factors which fuel this type of conflict. Some of these factors may include a rivalry in resources or the boundaries set by a group to others which establishes their own identity as a team.

Conflict may seem to be a problem to some, but this isn't how conflict should be perceived. On the other hand, it is an opportunity for growth and can be an effective means of opening up among groups or individuals. However, when conflict begins to draws back productivity and gives way to more conflicts, then conflict management would be needed to come up with is solution?

How to Resolve Conflict – Developing Positive Outcomes Being in conflict can be a real pain in the neck; to deal with someone else who has different views from yourself can be daunting if dealt with narrow-mindedly. It can happen anywhere where we find ourselves interacting with other people – may it be the workplace, in school, at home and in other places. It can even be an internal conflict starting within oneself. Hence, it is a natural occurrence that is inevitable; it is a part of our experience demonstrating that we all have our respective ideas. By handling conflicts responsibly, we get to learn more ourselves and the people concerned. It is an opportunity to get to understand a different individual's perspective which could eventually lead to more strengthened relationships. It might be cumbersome to ones who are stubborn in their points of view; but there are ways on how to resolve conflict efficiently. At the end of the day, it can help you understand the problem and get to think of creative ways to find a solution.

There are several kinds of conflict management styles discussed in this separate article. Examining these styles may come in handy if you find yourself in conflict with someone else. Deciding which would be the most appropriate strategy to use can mean the difference between resolving the conflict or making matters even worse. Aside from the styles mentioned, several skills and a proper mindset can help you in responsibly handling the situation. Let's take conflict in the workplace as an example for the purpose of this discussion, since conflicts are quite common in this scenario. For instance, if you find two of your co-workers in a conflict situation that won't seem to come to an end soon, what do you think should be done for are solution to come into light? One approach would be by stepping in and act as a mediator. Mediation involves a neutral third-party coming into the scene; assisting the arguing parties to put an end to their conflict. The mediator will help the conflicting parties in thinking of ways to assure that both of their interests will be met when arriving at a resolution. The styles used in this approach will be dependent on what the situation demands. [1] In addition, another vital factor for conflict resolution is communication. It is important if you want to clear out present issues by fostering an environment of openness among people. The ability to listen while also sharing your views would help in resolving conflict.

In resolving conflict, coming up with a resolution that would make all the parties involved happy is important. However, learning how to resolve conflict isn't easy as it is a responsibility in itself. More practice or exposure to such situations can help you develop better conflict handling skills.

Positive thinking

It is a mental attitude that admits into the mind thoughts, words and images that are conductive to growth, expansion and success. It is a mental attitude that expects good and favorable results. A positive mind anticipates happiness, joy, health and a successful outcome of every situation and action. Whatever the mind expects, it finds. Role of positive thinking and positive attitude in personal development.

Meditation for Self Development

At one time or another, we all have a tendency to become depressed due from stress. We can learn to overcome depression with meditation for self-development. More and more people

are using the natural way of heeling themselves by meditating to become successful with their goals and build self-development performance.

Meditation is another way to help you relax and enjoy life without any effort. You will have no pain, just time out for yourself. Taking time out will help you to have a healthier life that could become deadly otherwise. To meditate you need to set aside at least one 20-minute time for yourself each day. Find a place that you can be alone and undisturbed while practicing the skill for self-development. Taking time out not only give you time to meditate but you will be using time to make yourself feel better about life.

Meditation is a skill not an exercise. It takes time to learn and receive the full effect so be patient and don’t expecting to notice a change with the way you feel until after you first few attempts. Learning to relax and make changes will take time, effort and good decisions at reaching your goals. With goals, you will see the changes happen as you become successful in reaching them. By writing your list of goals along with the way, you plan to meet them you'll by able to see as you progress.

Focus on how you're going to reach each goal, making your meditation session your number one goal will be the first goal to reaching than proceed down your list. For instance, you use meditation and the goal is to meditate each day to accomplish the others on the list. Practicing meditation for self-development will help you achieve many things. You will begin to feel better about how you feel about yourself, your confidence will build to make better decisions, sleep will be more restful and your health will improve saving you money for doctor bills. Just think by practicing meditation for self-development you will become happier, healthier and save money as well.

When you meditate, learn to use your focusing skills and think about relaxation. Focusing on one situation at a time will help keep your mind from wandering causing you to become stressed. If you happen to be at the workplace or in a store, you can meditate with your eyes open. For instance, you may have a situation at work that makes you angry. Walk off and look back at what happened to make you angry. Using self-talk and ask yourself why did I get angry and how could I have done it differently. This is another way to meditate and focus whenever you need to slip it in to make a decision or to be successful.

When we practice meditation, we have to think positive and find our inner feelings. Start now and reprogram your brain to thinking positive to overrule the negative thoughts that keep interfering in your life. You can be successful by reprogramming your thinking skills to being positive along with focusing.

Practicing meditation with focus and positive thinking will help your to be successful to meeting your goals to be a new person. Start today and make that list of goals for a better future and happier life.

The goal then is to improve your happiness. You can do this by meditating each day. The more practice you put into meditation the more results you will see. Mediation is a great way to develop left behind skills so explore today.