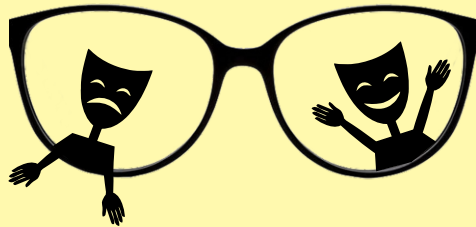


It is important to know what should be done;
but more important than that is
to know what should not be done!

QUALITY OF BELIEFS DECIDES



STATUS AND DIRECTION OF OUR LIFE

COMPILED BY

MAGANLAL PATEL

HAARDIK NAYAK

Compilation of 101 irrational beliefs
Work-book for
Self-observation, Self-awareness and Self-change
Tool to Improve Psychological Strength and Stability

This compilation is a work-book
for Self-observation, Self-awareness, and Self-change!

Why should this compilation be read?

Every one needs this compilation. You may not need it as you are knowledgeable. But, some people close to you may be in need. Read for them.

This compilation shall be very helpful to understand and control psychological expectations. At the same time there would be an improvement in psychological understanding, maturity, stability and happiness.

Important issues covered in the compilation

List of 101 irrational assumptions and beliefs

List of 50 beliefs in both rational and irrational forms

The process of creation of beliefs automatically by default, their creation by us and using our thinking faculty how we can create-identify-check-change-improve our assumptions and beliefs - the complex issues explained in very simple manner.

Self-evaluation with interpretation of beliefs while going through the compilation.

Comparison of our personality with a healthy one.

The biggest learning of this compilation

He who controls others may be powerful,
but he who has mastered himself is mightier still.

- Lao-Tsu

Your Investment : Your Valuable Time

Readers Speak

Now and in coming days too psychological problems shall continue to be of higher concern than the physical ones. The solution is psychological maturity and health. And, the base is our logical and rational beliefs.

Timely compilation for all !

- Dr. Rajan Sethji

Practicing Physician, Navsari

I am involved with this compilation from the very beginning. It is very important for teachers to inculcate the right beliefs in the minds of students for happiness in their life.

This compilation will be of help in the process.

Keyur Naik

Principal, Raman Brothers Vidyalay, Ugat, Navsari

Very important contribution by the writers for interior decoration of our personality.

Excellent practical training material.

Sumeet Arora

Management Trainer and Consultant

I was given the draft of the book for my review as a student. I read the draft many a times.

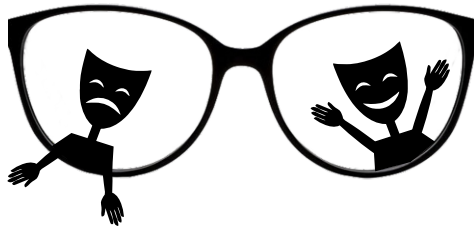
In my opinion the compilation is not for one-time reading - the learning is to be practised in life. It has helped me to “create-identify-understand-challenge-change-improve” many of my beliefs and assumptions.

Prerna Randive

HR Student (Now, New Code NLP Practitioner, Nagpur

It is important to know what should be done;
but more important than that is
to know what should not be done!

QUALITY OF BELIEFS DECIDES



STATUS AND DIRECTION OF OUR LIFE

COMPILED BY

MAGANLAL PATEL

HAARDIK NAYAK

Compilation of 101 irrational beliefs
Work-book for
Self-observation, Self-awareness and Self-change
Tool to Improve Psychological Strength and Stability

GRATEFULNESS

We are grateful to ...

The great creators ...
whose opinions we have borrowed.

Friends, colleagues and students ...

Prerna Pralhad Randive

Megha Haardik Nayak

Snehal Amrut Patel

Shweta Vishal Nair

Urvashi Ajay Patel

whose active help has brought this compilation to you.

You ...

You are giving recognition to our work ...

Maganlal Patel

Haardik Nayak

Where your talents and the needs of the world cross,
there lies your vocation.

- Aristotle

 INDEX

	We are connected	4
	Foreword	5
	Compilers - Self-introduction	6
	To the Readers	8
Part - 1	Introduction : Initial Discussion	9
Part - 2	Beginning : Self-assessment	23
Part - 3	Basic Concepts - 1 to 8	27
	related to Beliefs and Behaviour	
Part - 4	Challenging the Beliefs	55
	Understanding Irrational Beliefs	
Part - 5	Basic Concepts - 9 to 15	77
	related to Beliefs and Behaviour	
Part - 6	50 Irrational Beliefs - self-assessment	107
Part - 7	50 Rational Beliefs - Self-assessment	115
Part - 8	Conclusion and Epilogue	131
	Are You Psychologically Healthy?	132
	More Irrational Beliefs (51-101)	133
	Final Test	137
	Method of Written Analysis	139
	Movies As Learning Resources	141
	Related videos on YouTube	143
	List of Related Useful Books	145
	Leave Worry, Not Responsibility	146

WE ARE CONNECTED

Readers
You, unique and invaluable

Publisher
Maganlal M Patel
44, Silverstone Bungalows,
Behind Majur Mahajan Society, Gandevi Road,
Navsari - 396445, Gujarat, India

Compilers

Maganlal Patel	Haardik Nayak
+91 83200 03077	+91 93288 10000
mmpatel_le@yahoo.com	info@haardiknayak.com

Life is not a destination;
It is a journey ...
It is continuous learning ...
It is continuously working ...
It is continuously progressing

FOREWORD

When I was given the final draft of the compilation, I got attracted to the title, but was not very sure of the seriousness of the contents. So I requested for some time to go through and then give my comments.

I glanced through the contents and decided to read a few pages. And then I could not resist reading the full book.

We are passing through a time of fast social and cultural changes. These changes are affecting our mindset, beliefs and assumptions, particularly our psychological stability and tolerance. In this context the compilation is timely, relevant and very useful.

We have started measuring success with material yardsticks; we have started looking to other people for our happiness; the craving for approval, appreciation, and recognition is increasing day by day; we are becoming slaves of our irrational impulses.

This compilation shows us the right path at the right time. The processes of consciously creating-checking-using-validating-changing-improving the beliefs have been explained using examples in very simple manner.

While going through the compilation, the readers will be self-assessing their beliefs. this will be the first step of the process of changing.

In my opinion, the parents should discuss the contents of this compilation with their children. Teachers will find the compilation useful, particularly for guiding and counselling the students.

I wish a purposeful happy reading to the readers.

Prof. Dr, Dharmvir M Gurjar

I/C Principal and Head Department of Psychology

S B Garda Arts and P K Patel College of Commerce,
Navsari, Gujarat

MAGANLAL PATEL : SELF-INTRODUCTION

Started career as Trade Apprentice and winning in 1968 President's Gold Medal in 2nd All India Skills Competition, acquired Diploma in Mech. Engineering, graduated in Commerce and qualified as Cost and Management Accountant.

Worked for Tube Division of Tata Steel, Atul Products, and Bajaj Auto in Production, Industrial Engineering, Materials Management, Finance and Human Resources.

Developed keen interest in Cognitive Psychology including psychological tests and studied intensively under the guidance of various experts. Gained experience in Managerial Skill Assessment and Development. Trained thousands of Professional Students, Professionals, Teachers and Trainers.

Authored books on Personality Development, Managerial Skill Development, Self-empowerment, Interview Skills, and 5-S. The soft copies can be downloaded free of cost from my website.

For last 15 years, engaged in providing Human Resources and Productivity Consulting and Training to Services and manufacturing organizations. Also providing training and guidance to students and professionals for Attitude Change and Skill Development.

For last three years, engaged creating videos on educational topics and uploading on YouTube.

It is easy to speak and write. Most humbly and honestly I admit that whatever has been written in this compilation was not possible for me to practise fully; however, efforts are being made.

In the process of writing this compilation, I have been benefitted more than the benefits you would derive by going through the compilation.

HAARDIK NAIK : SELF-INTRODUCTION

Started learning the lessons of leadership and public life as Founder President of the Rotaract Club of Navsari in 1990. Satisfactorily shouldered the responsibilities as the youngest Rotaract Governor (DRR) in India at the age of 22.

Started a managerial career as an Investment Consultant in 1994. With a humble start in Navsari, today we have a respectable customer base in South Gujarat and abroad.

Having special interest in reading, writing, public speaking and training, played major roles as Administrator and co-founder in organizations such as Rotary Club, Anavil Associations, Management Associations, Rangat etc.

Just as investing is necessary for economic security, I believe continuous investment in self-development is a must for self-security. That is the reason I am actively involved in a variety of training initiatives as a learner.

"Caring and Confident Community" is the goal of my life.

On account of professional interaction with many millionaires and billionaires, I have learned many life lessons from them.

Our interaction with other people is influenced mainly by our nature. And, there could be conflicts of varying degrees - I have experience this very often. I have been benefited because of my good behaviors and lost because of bad ones.

This compilation has been created with good intentions. Therefore, if avoidance of 101 irrational beliefs mentioned in the compilation results in positive changes in your thinking and behaviour, it will be a matter of great rejoice.

I have often experienced the overwhelming power of "thank you" or "gratitude."

Many people and divine power have contributed for my existence. Thanks to all.....

TO THE READERS

We have written the compilation as if we were interacting with you in a training workshop.

Intermittently, you are required to undergo self-assessments and also write your reflections which makes the compilation a work-book.

At many places we have used directive sentences using the word 'should' preceded by the pronoun 'you'. The adjectives 'rational' and 'irrational' have also been used very frequently.

It is obvious, each sentence has a motive and a context. Therefore, we would request you to appreciate the motive and the context of the uses of these terms.

Focus on the spirit of the words and phrases instead of getting into offensive-defensive arguments. The reason, there cannot be a belief which can be absolutely right or absolutely wrong. The context of person, place, time and situation is also important. we will clarify by an example.

I should fight the evils at all costs - True? Now, if I am surrounded by five rogues with weapon, I would rather give them my belongings. You may call me a coward.

However, this is one part of the story. The second part is - I very minutely observe their features. I give the details to the police at the earliest. The police could nab them using the details given by me.

This compilation is a work-book. We have used very simple language to the extent possible.

Read - Question - Reflect - Repeat - Recite - Internalize. Avoid jumping to conclusions impulsively without due reflection.

Maganlal Patel

Haardik Nayak

25-04-2020

It is important to know what should be done;
but more important than that is
to know what should not be done!

QUALITY OF BELIEFS
DECIDES
STATUS AND DIRECTION OF OUR LIFE !

PART - ONE
INTRODUCTION : INITIAL DISCUSSION

OUR EXPERIENCE

Many helpful incidences took place during the process of writing this compilation. At first sight these incidences appear to be accidental ones. However, we believe that these incidences were managed by some unknown forces.

OUR BELIEF

Whenever we work with total dedication and commitment, many unknown forces come forward to help us.

HOW DID WE GET THE IDEA OF THIS COMPILATION

One fine morning, when we were discussing with some of our colleagues about the great movies of the legendary Sridevi, we could not miss the mention of ‘Judaai’ and the role of Kajal played by her.

And, there the idea of the compilation of the irrational beliefs took birth! We believe that that was really a God sent coincidence!

If you do not want to take the trouble of going through this compilation, (Is “not taking the trouble” not an irrational belief or assumption?), view the movie Judaai.



Ignore comedy, dances and songs. You will be left with Kajal who irrationally expects a lot and goes far away from the reality. She does not see, rather ignores, the positives in life around her.

Pretty unaware of the outcome in store for her as a result of her irrational actions, she lives in a world of dreams and fantasy. She realizes the reality after paying a very heavy price in terms of psychological suffering.

We got to work and created a list of fifty plus irrational beliefs, chose fifteen out of the list and gave to one hundred people from different cross-sections of the society, that is students, housewives, employees, entrepreneurs etc. for self-assessment.

You can see the list of these beliefs in Parts 2 and 4.

For each of the 15 irrational beliefs, those hundred people self-assessed themselves as to their agreement / disagreement using the following rating scale.

4 = Strongly Agree

3 = Agree

2 = Disagree

1 = Strongly Disagree

We had expected an overall average score below 2.0.

But, to our surprise, their average score was 2.8 with the individual scores ranging from 1.7 to 3.3. This high average was one more reason to support our conviction of getting this compilation published.

We believe you will find the compilation, supported by the conceptual discussions and self-assessment, useful.

There is no right way to do a wrong thing.

WHY SHOULD YOU READ THIS COMPILATION

To respond to any situation, we have many choices at our disposal to choose from. However, we may not have the abilities to identify those choices.

Even if we have the abilities and identify the choices available, we may not have the abilities to choose the effective ones.

And, even if we have the abilities to choose the effective choices, we may (under the influence of our negative beliefs and mindset) ignore them and resort to inaction fearing difficulties and adversities.

This compilation is about -

- * Identifying and using the right beliefs and assumptions to decide and take the effective actions for desirable results.
- * Taking control of our lives and improving the quality of our psychological and emotional well being.

In other words, this compilation is about improving -

Self Observation,
 Self Awareness, Self Knowledge
 Self Acceptance,
 Self Love,
 Self Respect,
 Self Direction,
 Self Motivation,
 Self Responsibility, Self Accountability,
 Self Control,
 Self Discipline, and
 Self Integrity.



The aim of this compilation is to improve our psychological stability, health and happiness by taking control of our lives.

God created each of us in His own image. He put a little of Himself - His love, His grace, His power - in each of us.

Unfortunately, this is the last place most of us think to look to find Him.

- Walter Staples

A THOUGHT PROVOKING STORY

A guest asked the accompanying wife of a corporate director in a function to honour him, “Are you happy with your husband?”

Everyone, including the director, expected a positive reply.

However everyone was shocked when the lady said, “No, I am not happy with my husband.”

There was a pin drop silence in the hall. The director was shocked beyond imagination.

The lady continued softly, “No, I am not happy with him. I am happy with myself!

“Whether I am happy or not does not depend on him. It solely depends on me.”

We got the book (Gujarati) almost accidentally from the library, may be guided by some unknown positive forces.

Badhi J Baaji Avadi Pade Tyaare : Positive Thinking
(When all actions fail : Positive Thinking)

Written by Suresh-Alka Prajapati

BELIEF

If you believe that times are bad for you, they will be, because your actions will be predicted on dealing with bad times.

If you believe that all times can be good for you, they will be, because your actions will be consistently supporting your growth, despite conditions around you.

- Alan Weiss

OUR ACTIONS ARE GUIDED BY OUR BELIEFS

Let us understand the process of decision making for taking action when a situation takes place and we encounter the situation.

Our mindset, beliefs, our past experiences, our priorities, our likes and dislikes, the resources available to us, our assumptions about the resources etc. put together create a perception about the situation in our mind.

This perception about the situation is used by us to decide and exercise our choice of actions in the given situation.

In other words,

whatever we think,
whatever we feel,
whatever we speak, and
whatever we do

depend on our beliefs, assumptions and perceptions about the situation.

Beliefs/Assumptions \Rightarrow Behaviour \Rightarrow Consequences

Let us take a very common example:

You went to the market.

*You noticed that a person crossing the road
had been hit by a biker.*

What would you do?

Let us see different beliefs followed by different actions.

You may take actions as follows -

1. You may not do anything as none of the person involved is known to you. The belief is, do not get involved unnecessarily.
2. You may rush to help the person who is hit as he is your close relative. The belief here is, help the needy relatives.
3. You may justify the biker as he is your close friend. The belief here is, a friend in need is a friend indeed.
4. You may go close and help the needy. The belief is, helping the needy and troubled is our social responsibility.
5. You assess the biker, call the policeman, who is your friend, and guide the biker to settle the issue with the police. The belief is, make money by hook or by crook and enjoy.

In the same way, in any situation, different people may behave pretty differently depending on the beliefs.

Let us see one more example.

ONE SITUATION - MANY REACTIONS

THE SITUATION AND THE REALITY

Residential colony - Time around midnight

An Engineering Student - Extremely involved preparing for the coming examination.

Puts the music system on to relax for a while

The system gets on with full volume -

The song is - Ai Ai O ... Mangata hai kya?



ONE REALITY : MANY BELIEFS - PERCEPTIONS - ACTIONS

A young girl

Wakes up ... Wow! Wonderful... Dances for two minutes then goes to sleep happily...



An youth

It seems he has good collection of songs...
Let me see him tomorrow and...

An old lady

This boy keeps the whole society alive...
All others are like dead ones...
Let me invite the boy for a chat in the morning over a cup of tea...



First family Head

The boys and girls these days...
The fellow is playing for my daughter...
The worthless girl may also be enjoying...



How nicely she is acting as if she is sleeping...
I feel like slapping her...
I will see her in the morning...
(Moves here and there in the balcony...)

Second Family Head

This generation ... Less said is better...
Youth without wisdom...
God knows what will happen to this country...
I could foresee a gloomy future...



Third Family Head

I know he has his examination next week...
The boy is sharp... must be preparing...
Will talk to him tomorrow...
Will tell him to keep the volume low...
He will understand...



AN EYE-OPENING EXPERIMENT

Let me narrate an experiment which many trainers, including us, conduct in their training workshops.

Let us say we have 100 participants in our training workshop.

We ask them two questions and in response they are required to raise their hands.

The first question is -

“Are you a dishonest person?”

Only 10 to 20 out of 100 would raise their hands.

Now we ask them the second question -

“Do you agree that more than 70 percent people are dishonest?”

This time 80 to 90 would raise their hands.

Are you surprised? Try this experiment in a group of about 20 people. You will get a similar outcome.

This is an eye-opening experiment.

“Most of the people” feel (believe) that they are honest;

and at the same time -

“Most of the people” feel (believe) that “Most of the people” are dishonest.

What a strange contradiction!

There are two main reasons of this contradiction.

1. Our (wrong or right) beliefs and assumptions about ourselves.
2. Our (wrong or right) beliefs and assumptions about other people.

The above experiment brings out the following three tendencies which block our thinking and do not allow us to see the realities.

1. Self-Glorification :

Tendency to show our high moral values



We know about many good human virtues. The knowledge makes us feel that we possess (fact is, most of us do not possess) those virtues and project the same. Even, we try to prove our superiority by putting others down.

2. Self-Righteousness :

Tendency to prove that we are right.

Whatever we think or feel or speak or do, we always consider ourselves on the effective and right track. Naturally, we make efforts to prove ourselves right in the eyes of others.



3. Self-Deception :

Tendency to consciously-unconsciously deceive self



We see what we want to see!

Unfortunately, the whole process of deciding and taking actions is mostly undertaken unconsciously.

Now, let us see a few examples demonstrating these three “rational-thought” blocking tendencies.

1. Self-Glorification

In a village there was a young man who knew a little bit of English. He used to influence the illiterate villagers by speaking English very often.

Once an Englishman came to the village. People pushed the young man forward. The Englishman got terribly annoyed at his English and slapped him hard.

When people asked him the reason, he said, "Brothers, the Englishman was so much influenced by my English, he slapped me and told me what I was doing in the village in spite of having such a command over English!"

2. Self-Righteousness

When the couple reached the station, the train had already departed and the next train was scheduled after three hours.

The husband angrily said, "Had you not wasted time in make up, we would not have missed the train.

The wife shouted more angrily, "Forget it! You never see your mistake. Had you not made such a hurry, we would not be waiting for three hours for the next train."

This is - I win always, no matter what!

3. Self-Deception

Beggar : Sir, give me five coins. I am hungry.

Businessman : Do you smoke? Beggar : No.

Businessman : Do you drink? Beggar : No.

Businessman : Do you gamble? Beggar : No

Businessman : Come to my house. Beggar : Why, Sir?

Businessman : I want to show my wife, what happens to the people who do not smoke, drink, and gamble!

PROVING EFFECTIVENESS OF THIS COMPILATION

A HEALTHY PERSONALITY

A Healthy person is one who:

Becomes aware of

himself,

His feelings and

His limits;

Accepts

himself,

his life, and

what he made of his life as his own
responsibility;

Has “the courage to be”;

Experiences the “here-and-now”;

Is not trapped to

live the past or

dwell in the future

through anxious expectations and
distorted defenses;

Realizes his potentials;

Has autonomy; and

Is not trapped by

his own self-concept,

and expectations of others
and society.



Note: The above definition has been taken from the book ‘Introduction to personality’ by Walter Mischel.

You just read the definition of “A Healthy Personality.”

We will consider the definition as the benchmark to assess and measure the effectiveness of this compilation.

When you complete this compilation, you would accept this definition of “A Healthy Personality” fully. Your action would automatically start following the definition.

Write your understanding of this definition as of now.

BENCHMARKING QUESTIONS

You may ask the following questions at different stages of your going through this compilation.



1. Why am I reading the compilation? What will I achieve by reading the compilation?
2. How will I assess my progress towards the desired objectives while going through the compilation?
3. How will I assess that I have achieved the objectives when I complete reading?

YOUR BENCHMARKS

1. Your understanding of the definition of “A Healthy Personality”:

You may assess your understanding and acceptance at fixed intervals, may be at the end of each part.

2. Improvements in self-assessment score:

The improvements in your Belief (Awareness) and Behaviour (Action) scores, obtained during four self-assessment exercises, will indicate the effectiveness of the compilation.

AN ADVISE

WRITE YOUR REFLECTIONS CLEARLY

We have frequently requested you to reflect and record while undergoing this compilation. You may be wondering why we are insisting so much on writing.

The reasons of our insistence to write, should be clear to you.

WHY TO WRITE

The discipline of writing down something is the first step toward making it happen.

In conversation, you can get away with all kinds of vagueness and nonsense often without even realizing it.

But there is something about putting your thoughts on paper that forces you to get down to specifics. This way, it is harder to deceive yourself or anybody else.

- Lee Iacocca

Over and above the above psychological reason, there is one more reason related to our intellectual abilities.

Writing helps us to think and to communicate explicitly.

In other words, writing helps us to make clear, specific, logically planned, systematic, properly sequenced, complete and matured thinking and communication.

In short, writing gives an appropriate direction to our thinking.

It is important to know what should be done;
but more important than that is
to know what should not be done!

QUALITY OF BELIEFS
DECIDES
STATUS AND DIRECTION OF OUR LIFE !

PART - TWO
BEGINNING : BASIC SELF-ASSESSMENT

GREATEST EVIL OF LIFE

A Persian king summoned the three wisest men of his realm and asked, "What is the greatest evil in life?"

The wise men thought for a while.

Then the first man spoke, "Life's greatest evil is to have debts and not have money to pay."

Then the second man spoke, "Of all the evils, the greatest is to be sick and not have a cure."

Finally, the third wise man came up with his solution, "The greatest evil in life," he said, "is to stand at the end of it and to know that it was wasted!"

START WITH THE END IN MIND!

BEGIN WITH KNOWING YOUR BELIEFS

Let us begin with an indicative self-assessment.

You have 15 Beliefs listed below. Go through the beliefs and rate each one of them considering your agreement or otherwise using the following rating scale.

4 = Strongly Agree

3 = Agree

2 = Disagree

1 = Strongly Disagree

Be honest. Do not get trapped by the tendencies of self-glorification or self-righteousness or self-deception.

Once you complete, add the values and divide by 15 to get your average belief (awareness) score.

01. () All the people close and important to me should accept and approve my actions.
02. () I must prove myself thoroughly competent at things important to me.
03. () I must keep my emotional problems with me. If I discuss with other people, they may take undue advantages.
04. () I should avoid facing life's difficulties. The stress consumes time and energy.
05. () I must achieve something really important in life, otherwise the life is meaningless.

-
06. () I avoid listening to the criticisms. Most of them are biased and aim to hurt me.
07. () I avoid doing things which I do not like. What is the fun in doing things I dislike?
08. () If I am good to others, they should also be good to me; else what is the point in my being good?
09. () I will be happy if I have enough money to buy all the luxuries which I like and desire.
10. () I avoid experimenting with new things; it has the risk of failure and humiliation.
11. () I should always bother about what people think and talk about me. And, I bother too.
12. () If my work is not recognized, why should I work at all? Working is useless if not recognized.
13. () I mostly suppress my bad feelings about people close and important to me.
14. () I go by the majority; if I protest, I will be thrown out of the group.
15. () Self-development is an impossible concept; I need someone to guide me.

_____ Total of 15 Ratings

_____ $\text{Total} / 15 = \text{Overall Average Score}$
(Calculate up to one decimal.)

Let us see the interpretation of your average score.

INTERPRETATION OF THE AVERAGE BELIEF (AWARENESS) SCORE

This average score is the measure of your awareness for differentiating between rational (appropriate) and irrational (inappropriate) beliefs and assumptions.

Average above 3.0



You think that the sources of your happiness and control of your actions are mostly not with you.

You need to learn seriously from the contents of this compilation seriously. You may also discuss your beliefs with someone who is close and supportive to you and is knowledgeable.

Introspect on your agreements.

Average between 2.0 and 3.0



You think that the sources of your happiness and control of your actions are with you to some extent only.

You need to go through the contents of the compilation seriously. Why did you agree to a belief? Introspect and challenge your agreements.

Average between 1.0 and 2.0



You think that the sources of your happiness and control of your actions are with you.

Ask yourself whether you have assessed the beliefs honestly and have taken a psychologically neutral stand while assessing. Do you behave and take actions in line with your disagreements?

Write your reflections on your score

It is important to know what should be done;
but more important than that is
to know what should not be done!

QUALITY OF BELIEFS
DECIDES
STATUS AND DIRECTION OF OUR LIFE !

PART - THREE
BASIC CONCEPTS : 1 TO 8

FOUR QUESTIONS

Here are four questions I have asked myself over the years that have helped me manage my problems.

1. If this is the first time I have encountered this problem, what can I do now so that I don't encounter it again?
2. What good is there in this problem that will create growth and advancement for me as I deal with it?
3. How can I build up my resistance during the time it takes to fix the problem?
4. How can I change my perspective so my problem impacts me more positively?

- Todd Duncan in "Power to be Your Best"

BASIC CONCEPTS RELATED TO THIS COMPILATION : 1 to 8

To develop the thought-clarity, go through the concepts critically. This will be a good investment of time.

Without the necessary support of principles, you may get misguided, misdirected, and confused while practising.

- Concept : 1 Work being done by planning and work taking place automatically : Two ways of Thinking, Feeling, Speaking and Working.
- Concept : 2 Beliefs and Qualities of Beliefs
- Concept : 3 The important Qualities of Beliefs : Qualities of beliefs for Effective Actions and results.
- Concept : 4 Three steps of Self-change : Self-awareness, Acceptance, and Action.
- Concept : 5 From situation to action : The process of responding or reacting to a situation.
- Concept : 6 Sources of our beliefs : Inheritance, Upbringing, Environment, Experience, and Our own thinking.
- Concept : 7 Creation of beliefs by occupational experience : How the beliefs are influenced by our experience and environment.
- Concept : 8 The art of asking questions to create and to validate beliefs : The method of asking questions to understand a situation fully.

THE BIGGEST REALITY

Facts do not cease to exist
because they are ignored by you!

WORK BEING DONE BY PLANNING
AND
WORK TAKING PLACE ON ITS OWN AUTOMATICALLY

Everyday we come to know of the cases of depression and suicide for very flimsy reasons. The reasons generally are -

- Father not giving mobile to the child;
- Spouses not listening to each other;
- Child scolded by mother or insulted by friends;
- Criticism (could be feedback to improve) by a teacher;
- The marriage of lovers not approved by parents/society;
- The child bullied by friends or relatives;
- Failure (even imaginary) in the examination;
- and many other similar reasons.

In all the above cases people took decisions and actions. They had irrational beliefs and expectations which resulted in their decreased emotional tolerance and as a result they resorted to undesirable actions.

We ask you two questions.

1. Do you think such people plan their actions rationally without involving undue impulses?

In other words, do they design and manage their thinking, feeling, and action consciously?

The answer is, of course NO! They do not design consciously.

2. Do you think such people cannot and do not rationally manage their thinking, feeling and action?

In other words, do they allow things to happen unconsciously and automatically by default without their control?

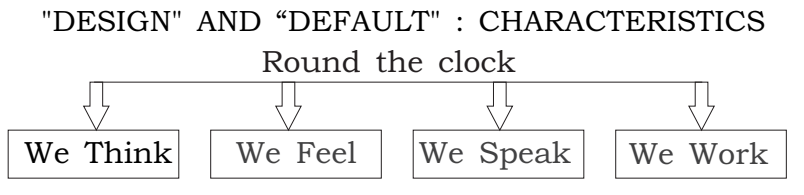
The answer is, of course YES! They are trapped by their impulses.

We need to design our internal and external activities. They are, Thinking, Feeling, Speaking and Working.

Even if we do not design, these activities would take place on its own automatically by default.

The chart (on next page) shows the comparison of “The thoughts and action by planning (Design)” and “The thoughts and actions taking place automatically on their own (Default)”.

We would request you to critically reflect on each of the differences.



There are two approaches and choices :
Conscious Design or Automatic Impulsive Default

😊 ↓

Thoughts generated
and actions taken by
conscious planning

↓ 😞

Thought generation and
actions taking place
automatically unconsciously

Now let us understand the differences between the Design and the Default.

DESIGN



Thoughts and Actions
Being Planned
 consciously



1. Based on facts
2. Leads to pro-action
3. Conscious process
4. Explicit process
Clear, Rational
Organized, Systematic
5. Responsibility Oriented
6. Facing and overcoming
Difficulties
7. Innovative
8. Flexible
9. Learning Oriented
- 10 Open to Alternatives
11. Principle / Theory based

OR

DEFAULT



Thoughts and Actions
Taking Place on their own
 unconsciously, impulsively



- Based on feelings (mostly impulses)
- Leads to reaction or inaction
- Unconscious process
- Implicit process
- Confused, Irrational
- Unorganized, Unsystematic
- Blaming - Complaining Oriented
- Avoiding and ignoring Difficulties
- Conservative
- Rigid
- Prejudice Oriented
- One or very limited choices
- Person based

It is not compulsory to design
 Thinking, Feeling, Speaking and Working,
 and to work and behave as per planning.
 It is our choice!

BELIEFS AND QUALITIES OF BELIEFS

We have already discussed how our actions are influenced by our beliefs or assumptions.

In this compilation, we have listed 101 irrational beliefs.

Before going through that list, we understand the beliefs which are basically positive, rational and effective.

These beliefs are:

1. Each one of us is a unique creation of God.
2. We have full right to be ourselves.
3. We should accept and love ourselves fully; if we do not, how and why others will accept and love us?
4. We should enjoy our life fully.
5. We need not bother about what others think or talk about us.
6. We should love what we do and do what we love.
7. We should be free as well as controlled with a sense of responsibility. It is not appropriate at all to be free by harming others.

Now we discuss in detail the usage of our beliefs or assumptions with a few examples.

At the same time we focus on the qualities of beliefs.

STORY : 1

A man was going to the market to sell his donkey with his son. The boy was riding the donkey.

They met a relative who said to the boy, "You are very selfish. Don't you understand that you should take care of your old father?"

The boy made the father ride the donkey and they continued.

They met another relative on the way who said, "See the man! The young child is walking and he is enjoying the ride!"

They were confused. Both of them rode the donkey.

After some time they were crossed by a few more people who labelled them as a very cruel father-son duo.

Now, in their utter confusion, they lifted the donkey and continued their journey.

Very soon they came to a river bridge. The donkey saw his reflection and got terrified. He made violent movements and fell down in the river and got drowned.

BELIEFS AND ASSUMPTIONS

1. I should always bother about what people think and talk about me. And I bother too.
2. My actions should be liked by other people. And I should behave accordingly.
3. I should respect opinions of other people. They cannot be wrong.
4. If I bother about opinions of other people, only then they will consider me a good person.

STORY : 2

Olympic diving champion Greg Louganis was walking through the streets.

A boy with a cigarette in his mouth ran up to him.

“You should not be smoking,” said Greg. “Why do you smoke?”

The boy said proudly, “Because you smoke, and I want to be like you.”

That episode played a big role in getting Greg to stop smoking.

He said, “I better accept my position as a role model and live it out.”

BELIEFS AND ASSUMPTIONS

1. I should always bother about what people think and talk about me. And I bother too.
2. My behaviour should be liked by other people and should also be worth following by them. I take care of this.
3. I should not be careless about my behaviour.

Generally, in any situation we use more than one belief. These beliefs may or may not be complimentary.

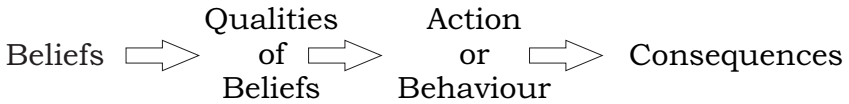
Therefore, we should not use beliefs which are irrational and misleading along with the rational ones. Such combinations may give us undesirable results.

The father-son-duo and Greg both used the first Belief. However, the other beliefs were completely different, which affected their actions and obviously the results.

You may compare the beliefs held by the characters of the stories with your beliefs.

Let us see a few indicative characteristics of the beliefs.

CHARACTERISTICS OF BELIEFS AND ASSUMPTIONS



Some of the indicative qualities are given here.

Freedom with Responsibility /

Freedom without Responsibility

Freedom with Discipline / Freedom with indiscipline

Enabling / Disabling

Flexible / Rigid

Uplifting / Limiting

Guiding / Misguiding

Long term / Short term

Fact-based / Impulse-based

Action / Reactions-Inaction

Love based / Hate based

Suggesting / Complaining and Blaming

Life-Goals based / Impulse based

Effective result based / Directionless

Potential-Productivity based / Wasting time based



*Base of life -
Right Beliefs
and
Qualities of Beliefs*



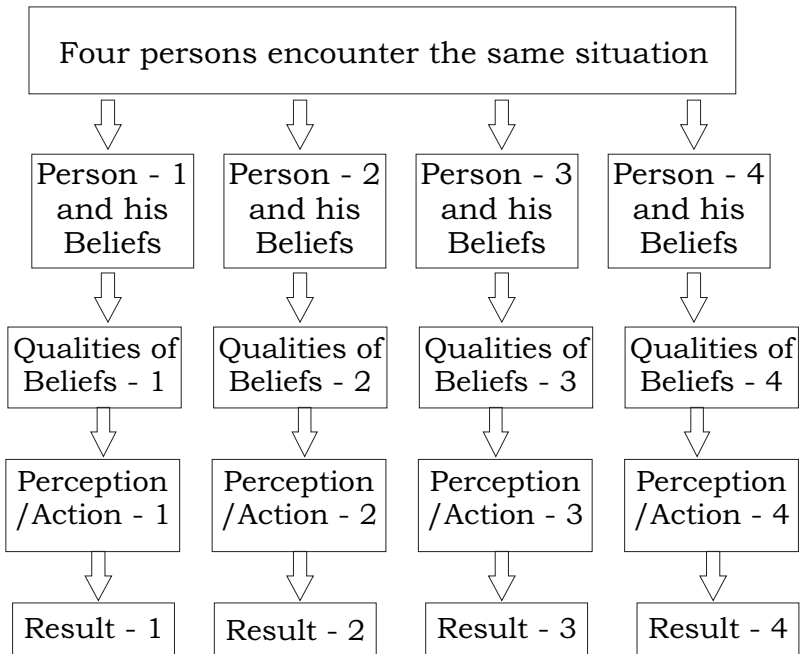
The list can be made even bigger. Making personal list will be of great benefit.

I should identify the beliefs and their qualities
before responding to a situation.

WHY AND HOW WE DIFFER IN OUR ACTIONS

The chart below shows why and how different people react or respond differently when they encounter the same situation.

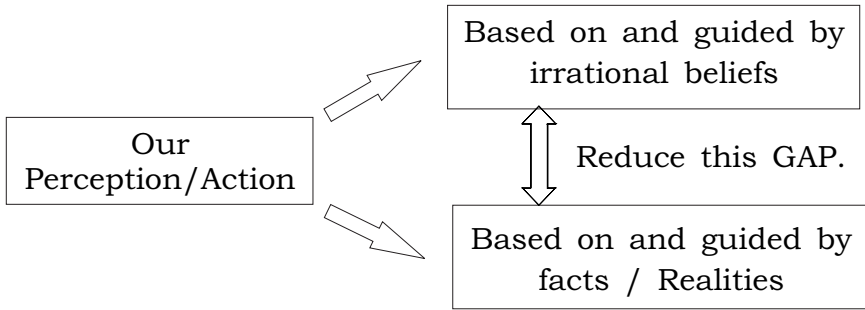
To understand the inter-personal gaps of perceptions and actions of different persons, we need to understand their beliefs and the qualities of the beliefs.



At this stage, it is important to note that - it is not necessary that two or more people taking same actions in a given situation are right and effective. Two criminals may think and respond to a situation in the same way.

The beliefs should necessarily be rational and fact-based for the positive results.

We should make conscious efforts by focusing on the qualities of the beliefs to reduce the GAP between “our beliefs and assumptions” and the “facts”.



HOW DO WE DIFFER FROM ANIMALS?
AND

WHY DO WE DIFFER FROM EACH OTHER SO MUCH?

God created animals and did more than 99 percent programming for them, naturally differently for different species. God stored the program in their “Read Only Memory (ROM)” space. Obviously, the “Random Access Memory (RAM)” was less than 1 percent of total memory the animals were blessed with.

The result: The animals behave the way they are programmed by God. They possess very little potential and possibility to change their thinking and behaviour.

God created us. He did less than 1 percent programming which consumed less than 1 percent of the total memory leaving more than 99 percent space free and available to us as “Random Access Memory (RAM)”.

That is how He gave us immense possibilities of choices. At the same time, He has also given immense potential to choose as per our individual preferences.

Therefore, we think and behave pretty differently from each other.

THE IMPORTANT QUALITIES OF THE BELIEFS

The following questions should be asked to evaluate and validate the desirable qualities of the beliefs.

1. Am I using the clear beliefs or the stained ones?

The clear beliefs are fact-based, the stained ones follow personal prejudices.

2. Am I using the broad beliefs or the narrow ones?

The broad beliefs help us to see and understand the complete picture of the situation, the narrow ones block our views and thinking.

3. Am I using the multiple beliefs or single ones?

The multiple beliefs motivate, guide and enable us to see all the facets of an issue or situation, the single ones limit our vision and thinking to a single directions.

4. Am I using the long-term beliefs or the short-term ones?

The long-term beliefs help us to relate our thinking and actions to our life goals. They also control our impulses and emotions.

The short-term beliefs generally guide us to focus on the time-being solutions. Therefore, our actions and solutions may be for temporary impulsive enjoyment or convenience.

5. Am I using the preferential (moderate) beliefs or the extreme (addictive) ones?

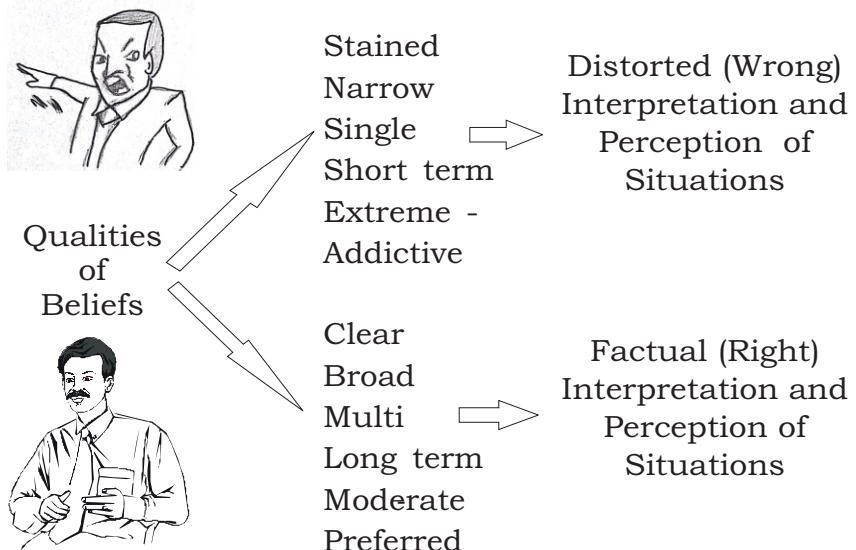
Extreme beliefs are based on extreme liking and attachment or extreme disliking and avoidance. These extremes (mis)guide us to the strong uncontrolled emotions. We move away from the realities and lose control over our behaviour.

As a result, the possibility of undesirable and uncontrolled behaviour increases. With the passage of time the extreme beliefs take the form of addiction.

The preferential beliefs help us to control and manage our emotions and also to understand the realities. As a result a positive improvement takes place in our psychological maturity and tolerance.

Before forming a perception about a situation and taking action, we must ask ourselves the above five questions.

RATIONAL AND IRRATIONAL QUALITIES OF BELIEFS



COMPARATIVE STUDY OF BELIEFS AND BEHAVIOUR

Let us see a few examples. You will be able to compare beliefs and behaviours.

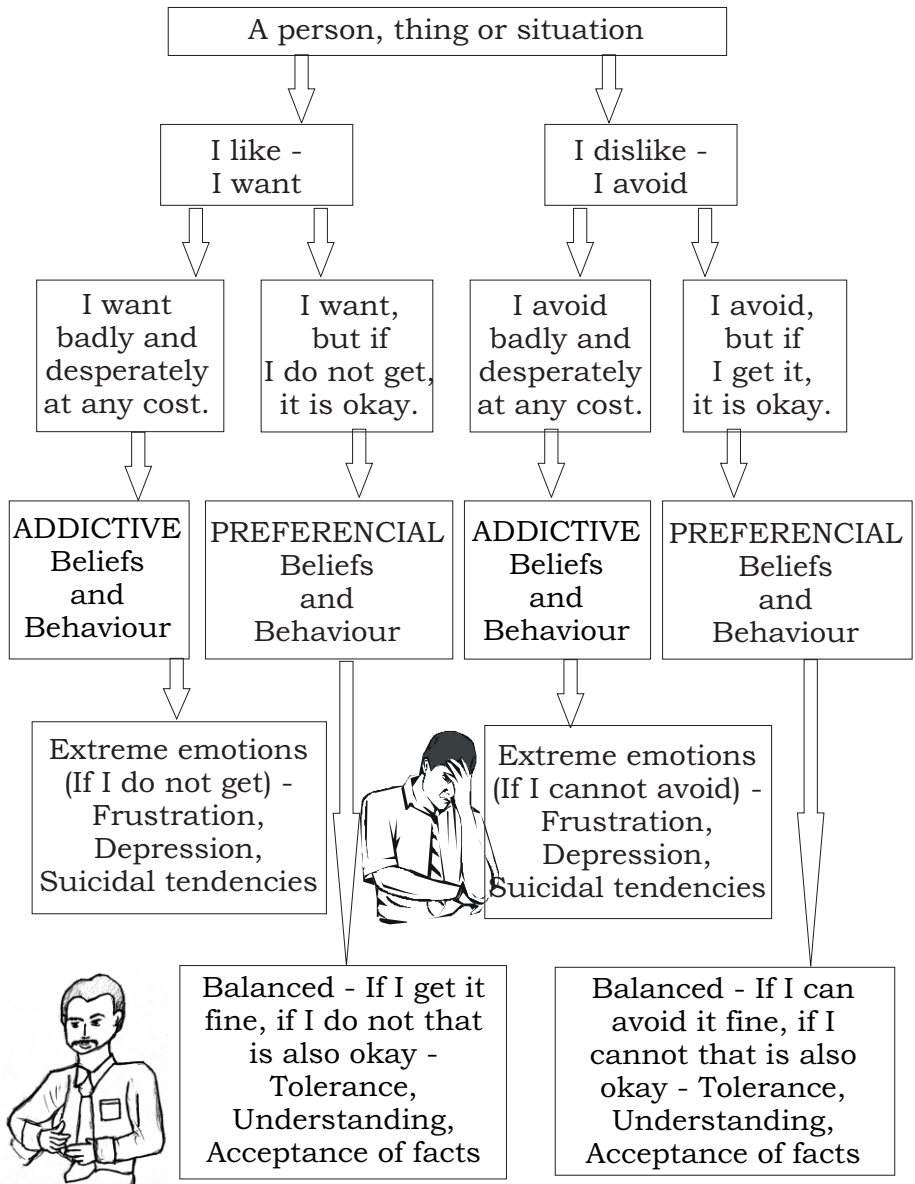
- 1a. An Indian boy should never marry an European girl. The cultures are totally different. Adjustments are impossible. The boy will ruin his life. Why should we knowingly get into the trouble?
- 1b. Let us match the nature, occupation, ambitions, maturity and similar issues which might affect their married life. Both the families may have detailed discussions on all other related issues.
- 2a. Everyone advises me to read newspapers. No one understands my family cannot afford buying even a single newspaper.
- 2b. I have many families around my neighbourhood subscribing newspapers. I can request them to give me once they finish. I am sure I will be able to manage two or three newspapers.
- 3a. I don't have time to visit the book fair. I am too busy preparing for my examinations.
- 3b. I can request my elder sister to visit and let me know if there are books of my interest. I can tell her to send me images on phone. If necessary, I can spare an hour or so.

Can you think of your beliefs in other similar situations?

One more conclusion :

Reality-based beliefs and assumptions motivate us to work in positive directions. And, impulse-based ones misguide us in the negative directions or to inaction or to blaming and complaining.

“PREFERENTIAL” VERSUS “EXTREME-ADDICTIVE” BELIEFS AND ACTION



BELIEFS AND QUALITIES OF BELIEFS - ONE MORE EXAMPLE

Let us consider one more example of an irrational belief.
The belief is -

I must feel guilty for my low competence and for my failures and low performance.

Now, read the following story.

One day, a partially deaf four-year old kid came home with a note in his pocket from his teacher, "Your Tommy is too stupid to learn, get him out of school."

His mother read the note and answered, "My Tommy is not stupid to learn, I will teach him myself."

And that Tommy, in spite of only three months of formal schooling, grew up to be the great Thomas Alva Edison.

Reflect:

1. What would have been done by a majority of people in a similar situation? They would have shown a (false) feeling of guilt, (false) helplessness, and (false) hopelessness followed by (impulsive) blaming and complaining. They would not have, unfortunately, looked to the alternatives available to them.
2. However, Edison's mother used the appropriate and rational self-beliefs and the qualities of possibilities and personal responsibilities.

Important:

Even if you follow an irrational belief, you should support it with another rational belief or beliefs! We have already discussed this earlier.

A golden combination of beliefs makes all the difference!

THE THREE STEPS OF SELF-CHANGE

1. Awareness:

The first step of self-change is self-awareness. To be self-aware, we need to see ourselves from a psychologically neutral position. This is the most difficult step. Using the emotion of self-righteousness, we consider ourselves to be right. This is the biggest block for achieving psychological neutrality.

For an example: How many times in a week we feel like saying, "So and so friend of mine behaved in this or that manner. I am really hurt and troubled! He should never have behaved that way!"

Very often we keep on blaming and complaining on the similar lines. We create and offer tens of reasons to justify ourselves.

The fact is, we are not hurt and troubled by some persons or situations; we are hurt and troubled by our own interpretations of their behaviours and the situations.

2. Acceptance:

Awareness will not help if we fail to accept ourselves with all our strengths as well as weaknesses.

However, there are three tendencies which create the hurdles in the process of truthful awareness and acceptance.

1. Self-glorification : Tendency to show our high moral values
2. Self-righteousness : Tendency to prove that we are right
3. Self-deception : Tendency to unconsciously deceive ourselves

However, once these hurdles are overcome, the changes in our action and behaviour would start taking place automatically.

It may be pointed out here that we are not required to accept or admit to other people. Let us admit our strengths and weaknesses to ourselves; that is more than sufficient.

3. Action:

Having succeeded in two steps, the changes will start taking place, many a times, automatically.

However, conscious actions in a well-defined direction will accelerate the speed of the changes and will result in the better outcome.

All the three steps, awareness, acceptance, and action go hand in hand. The process would demand consistency of the efforts too.

The following story clearly demonstrates the impact of awareness on the quality of our thinking and action.

AWARENESS - ROUND THE CLOCK

Two men were crossing a narrow stairway. Both of them could not walk through at the same time. One had to make way for the other.

For some moments, they stared at each other, neither wishing to give way. Then the first man said, "Get out of my way and let me pass."

"I was about to ask you to do the same thing," replied the other politely.



"Nonsense!" Replied the first arrogant¹⁻⁻

"I never make way for a fool."

"I do!" Answered the second, moving to let the other pass.



FROM SITUATION TO BEHAVIOUR / ACTION

Let us start with a situation taking place.

We come across the situation and then from that point our journey to action starts.

1. Evaluation and Planning

- a. We assess and evaluate the situation using -

Our past experiences

Our beliefs / mindset / paradigms / biases / prejudices / assumptions etc.

Data and information available to us and/or collected by us.

- b. We form perception about the situation and the people involved.
- c. We develop a feeling that we fully know the situational reality. However, mostly this happens to be a feeling only. (Unless we have collected the relevant facts and interpreted the same properly.)

At this stage, we develop a feeling of knowing what has happened (the past), what is happening (the present), and what actions are needed (the future). We blindly believe our perception to be true without proper evaluation and analysis.

The question here is - Is it a feeling-based automatic default process or is it a fact-based consciously designed process?

- d. Having created a perception with a feeling of knowing all, we plan to take action.

2. Action - Response or Reaction?

We either A. Respond or B. React.

The difference between the 'Designed Response' and the 'Default Reaction' should be clearly understood.

To understand the differences between response and reaction, you may reflect on the key phrases on page 31. We should always remember these differences.

- a. Responding is a fact-based process. Reacting is a feeling-based or impulse-based process.
- b. Responding is taking fact-based situationally appropriate action. Reacting is either taking inappropriate impulsive action or avoiding action by resorting to blaming and complaining.
- c. Responding is taking action with responsibility, supported by "I care" belief. Reacting is taking or avoiding action without responsibility or taking irresponsible action supported by "Who bothers" and "Why to bother" beliefs.
- d. Responding is taking action in spite of adverse or difficult conditions. Reacting is avoiding difficulties by blaming and complaining.
- e. Responding involves identifying the possibilities and is a multi-directional approach of thinking and action. Reacting is one-sided, narrow and limited-scope thinking and action.
- f. To conclude, we can say that Responding is a consciously designed and executed process, whereas Reacting is a default process which takes place automatically and unconsciously.

Let us study three very common demonstrative examples.

1. An example of reaction :

When one door closes, other opens. But we keep on seeing the closed door again and again for so long with a feeling of repentance that we do not see the open door.

- Graham Bell

2. Difference between Design and Default :

To get ANGRY is easy.



But to get angry

for the right reason,

at the right time,

at the right place,

on the right person,

in the right way,

to the right degree,



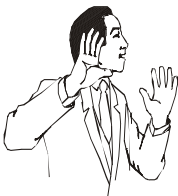
That is not easy !

3. A very common example of Default :

I do not need any change. Because -

I am aware of the situation.

I am very comfortable in this situation.



There could be risks in other situations - I should avoid risks.

I am not young enough to change.

I am not interested to be directionless.

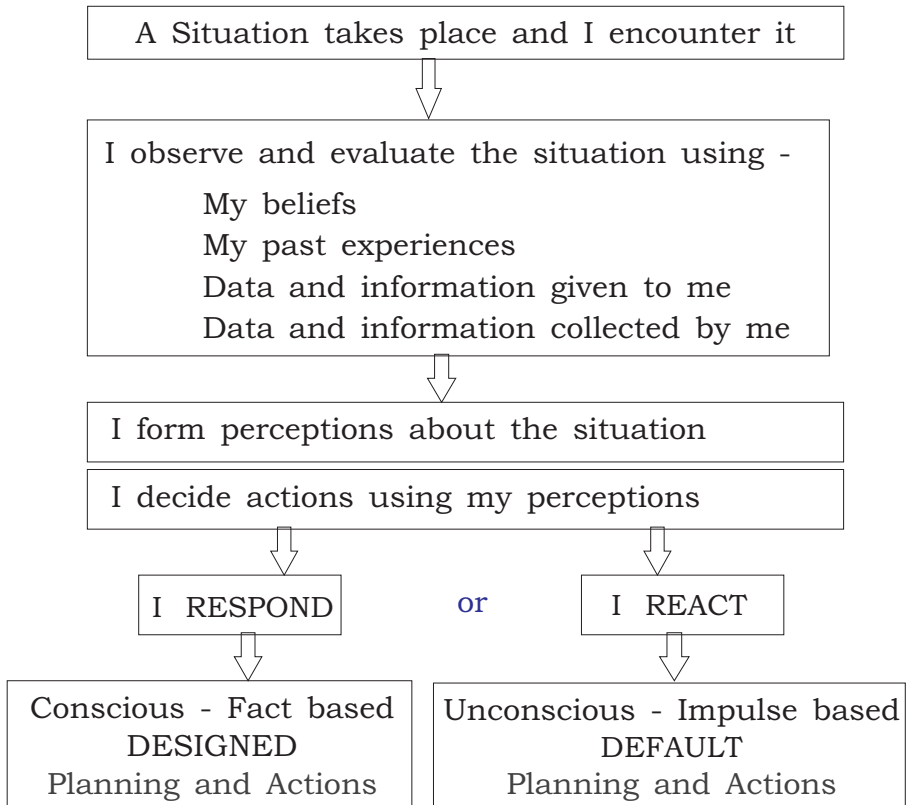
I do not want to fool myself.

And, what is the surety of benefit?

To speak and to do are certainly different.



FROM SITUATION TO ACTION



PREJUDICE - AWARENESS - ACTION - DESIGN - DEFAULT

A beggar won a lottery of Rs. twenty five lacs.

His family met for a discussion in the evening.

The beggar proposed, “Let us build a house and put the remaining money in bank, We will earn interest. His wife got angry, “Let me have good dresses and jewelry first. Then think of other things.” But his son was thinking pretty different, “We should have a car immediately.”

Parents were surprised, The boy clarified, “I will go in the car for begging. My legs ache a lot walking.”

SOURCES OF OUR BELIEFS / MINDSET

It is important to understand the sources of our beliefs.

1. Inheritance :

The first source is inheritance. We have inherited a part of our mindset from our parents, grandparents, both paternal and maternal sides, and many others in line.

2. Upbringing :

The second source is upbringing, the way we have been brought up during our early childhood.

3. Environment (Surrounding) :

The third source is our surrounding. We get exposed to friends, relatives, teachers and many other people. We also get exposed to social, economical, political, organizational and similar other systems. All these form and influence our beliefs.

4. Experience :

Experience is our interaction with our vocational or occupational environment. John has worked as an Accountant in a firm for 20 years. Therefore, he has an experience of 20 years of accounting. Similarly, someone would have 25 years of teaching experience, and so on. In the same way, all of us would have experiences related to our occupation or profession.

As we spend a considerable time in our occupation, the experience can be a major source of our beliefs.

5. Power of our own thinking :

The four sources discussed are all outside us.

The fifth source, we are blessed with, is our power of thinking. Using our power of rational, positive and logical thinking, we can differentiate between our wrong and right thoughts and actions.

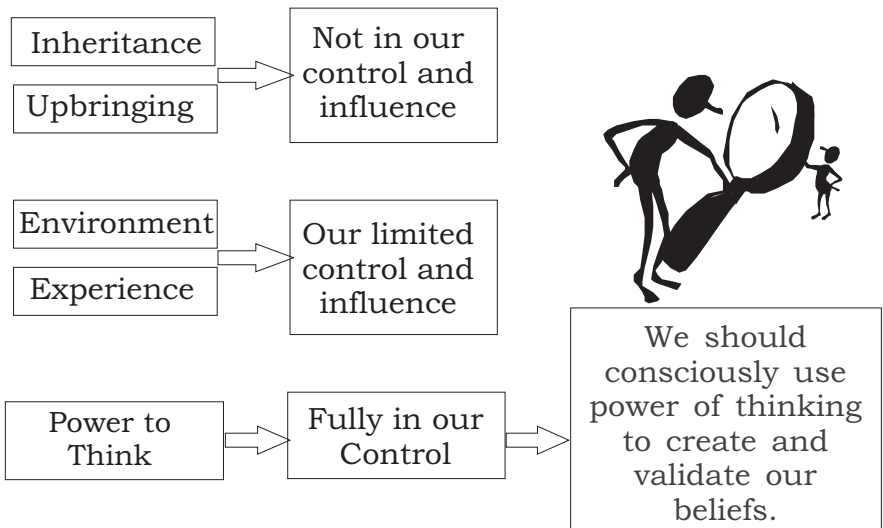
Many a times either we do not use this power or misuse it. We use biases and prejudices irrationally and illogically. To a considerable extent, we also unconsciously use irrational beliefs illogically and resort to self-glorification, self-righteousness and self-deception.

And that is how -

We make a mess of our life.

Unfortunately, the realization comes very late.

SOURCES OF OUR BELIEFS



BELIEFS CREATED BY OCCUPATIONAL EXPERIENCE

We have discussed the sources of our beliefs. A major source is the exposure to our occupational environment. We generally call it experience. Many a times we boast, “I have experienced forty rainy seasons”, or “I have ten years’ experience of teaching”, and so on.

We ask you three questions for your reflection.

1. Are you sure that your experience has taught you ‘complete’?
Or, have you learnt ‘complete’ from your experience?
2. Are you sure that your experience has taught you ‘true’?
Or, have you learnt ‘true’ from your experience?
3. Are you sure that your experience has taught you ‘in time’?
Or, have you learnt ‘in time’ from your experience?

Impulsively, you may give answers in affirmative to all the above questions. However, on a serious second thought, you will change.

Let us assume that we have learnt complete, true, and also in time from our experiences. But, the learning needs to be validated constantly for its appropriateness and usefulness for use in any other situations. Whatever we have learnt in a situation, may not be useful, appropriate and effective in another situations.

Therefore, “consciously create” a belief, and before responding to a situation “consciously check” and “consciously validate” the belief for its situational appropriateness.

ASKING QUESTIONS TO CREATE AND VALIDATE BELIEFS

Read the following statement -

“The jewelry shopkeeper caught a thief stealing from the shop. He handed over the thief to the police.”

What is your opinion about the thief? Should the thief be punished?

Now reflect. Did you unconsciously assume that the thief was an adult male?

You might have formed some more assumptions, might be conclusions.

Let us ask you a few questions:

Who is the thief? What is his background?

What is his age?

What did he steal? What is the value?

Why did he steal?

What was his intention or motive?

Does the thief have a criminal record?



The fact could be -

The thief(?) was a very poor eight-year-old boy who picked a packet of snacks kept on the table in front of the door for his hungry four year old sister waiting eagerly in the street!

Ask questions. Asking questions will prevent you from jumping to emotional or impulsive conclusions. It will add to your wisdom too.

5W-2H METHOD OF ASKING QUESTIONS

You may use the 5W-2H method of asking questions:

WHAT	: Situation, Condition
WHY	: Purpose, Motive, Reason
WHO	: Related Persons
WHEN	: Time
WHERE	: Place
HOW	: Process, Method, System
HOW MUCH	: Measure of resources, actions, results

To identify the possible situational alternatives, we may ask additional questions as follows.

What else	...	can be done?
Why else	...	should we do it?
Who else	...	can do it?
When else	...	can it be done?
Where else	...	can we start our new venture?
How else	...	can we do?
How much more	...	resources are needed?

He who asks questions appears fool for a while ...
But,
he who does not ask, remains one for whole life!

Let us see a few examples of different types of questions.

ASK QUESTIONS TO CREATE AND VALIDATE BELIEFS

WHAT ? WHAT ELSE ?

What is the real situation and problem? What else ...

What data needs to be collected?

What is the desired situation? What else is desirable?

WHY ? WHY ELSE ?

Why should I improve self-awareness?

Why are people psychologically unstable?

WHO ? WHO ELSE ?

Who is responsible? Who else can be responsible?

Who should take action? Who else may/should work?

Who will monitor the progress?

Who will provide the resources? Who else can ...

WHEN ? WHEN ELSE ?

When should we act? When else can we act?

When should we monitor our progress?

When should we meet? When else can we meet?

WHERE ? WHERE ELSE ?

Where will I get the support?

Where should we take action? Where else can we ...

HOW ? HOW ELSE ?

How should we change?

How should we read? How else can we read?

HOW MUCH ? HOW MUCH ELSE ?

How much should we change?

How much efforts should be taken? How much more ..

How much time shall we take? Else how much less...

How many people should be employed?

It is important to know what should be done;
but more important than that is
to know what should not be done!

QUALITY OF BELIEFS
DECIDES
STATUS AND DIRECTION OF OUR LIFE !

PART - FOUR
CHALLENGING THE BELIEFS

All too often people fail
to focus their choices upon results;
and therefore
their choices are ineffective.

- Robert Fritz

The difference between doers and dreamers is that
the dreamer waits for the mood before taking action,
while the doer creates the mood for acting.

- Daniel Gersen

CHALLENGING THE BELIEFS

Before you read the list of 50 irrational beliefs (Part 6), let us study, evaluate, and challenge 15 beliefs in this part. At the same time, you will undergo the second round of the self-assessment.

For validating the beliefs you may refer to the definition of “A Healthy Personality”.

- a. One page contains one belief. Read and reflect.
- b. Rate, using the given rating scale, the extent to which you agree or disagree with the belief. This is the rating of your awareness of Belief.
- c. Rate, using the same scale, the extent to which you practise or do not practise the belief. This is the rating of your Behaviour or Action.

For example, you will agree that you should not get impulsively angry. However, in practice you might be getting impulsively angry and repenting later.

This rating shows the extent to which you put a belief in action or behaviour.

- d. Naturally, there could be a difference between your Awareness rating and Behaviour rating for a belief.
- e. Go through the reading material provided in the page and reflect. Challenge the belief. Think of undesirable outcome it might create in your life and the way it might adversely affect your psychological stability and happiness.
- f. Do not be in a hurry. Reflect on each belief very critically.

- g. Continue to rate, challenge and validate the 15 beliefs one by one. Be honest with yourself. Remain psychologically neutral. Do not get trapped by the emotions of self-glorification, self-righteousness or self-deception and their negative impacts and influences. Evaluate and challenge each belief. Have a long-term perspective.
- h. For each belief write your current opinion. This will be useful in future to understand the changes.
- I. Having completed 15 beliefs, copy the rating in the worksheet and compute your Average Belief Awareness and Behaviour scores.

15 BELIEFS : YOUR PERSONAL NOTES

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

Important notes:

Believe and Follow - Belief Number : 01
And make a mess of your life !



All the people
close and important to me
should accept and approve my actions.

Self-Assessment

	Rating	Notes
1. Your Belief (Awareness)		
2. Your Behaviour (Action)		

Rating Scale : 4 = Strongly Agree 3 = Agreement
2 = Disagreement 1 = Strongly Disagree

Reflection for validating the belief

Here, there are four issues for you to reflect upon:

1. You may have psychological expectations from people close to you. Did you discuss with them about your expectations and your needs? Are they aware of your expectations and needs?
2. Assuming that you have told them or they know your expectations, are they willing and capable of expressing their acceptance and approval?
3. The above point leads to another question. Do you have the skills to express approval to others? Are you willing to express approval to them? How frequently do you express your approvals to them?
4. Are you expecting something from others which you yourself are not practising?

Freedom = Freedom with self control-responsibility-discipline and personal integrity

Believe and Follow - Belief Number : 02
And make a mess of your life !

I must prove myself
thoroughly competent
at things important to me.



Self-Assessment

	Rating	Notes
1. Your Belief (Awareness)		
2. Your Behaviour (Action)		

Rating Scale : 4 = Strongly Agree 3 = Agreement
2 = Disagreement 1 = Strongly Disagree

Reflection for validating the belief

While one person hesitates because he feels inferior;
the other is busy making mistakes and becoming
superior.

- Henry C Link

If you can't be a highway then just be a trail,

If you can't be the sun be the star,

It isn't by size that you win or you fail;

Be the best of whatever you are!

- Anonymous

Reflect:

If you take efforts to prove yourself to others, you will
be wasting your energy and also putting unnecessary
psychological pressure on yourself.

Freedom = Freedom with self control-responsibility-discipline and personal integrity

Believe and Follow - Belief Number : 03
And make a mess of your life !

I must keep my emotional problems with me.



If I discuss with other people,
they may take undue advantages.

Self-Assessment

	Rating	Notes
1. Your Belief (Awareness)		
2. Your Behaviour (Action)		

Rating Scale : 4 = Strongly Agree 3 = Agreement
2 = Disagreement 1 = Strongly Disagree

Reflection for validating the belief

A businessman was narrating to one of his friends how he was robbed of all his money, watch, rings etc. by dacoits last night.

The friend was surprised. He asked, “But you had your pistol with you.”

The businessman laughed, “Yes, I had. But they could not see it.”

Reflect:

We may not know all our strengths;

Even if we know, we may not know how to use them;

Even if we know, we may not have the required skills to use our potentials;

Even if we have, we may not have the desire to work!

Therefore, we should seek feedback from others.

Freedom = Freedom with self control-responsibility-discipline and personal integrity

Believe and Follow - Belief Number : 04
And make a mess of your life !



I should avoid facing life's difficulties.
The stress
consumes time and energy.

Self-Assessment

	Rating	Notes
1. Your Belief (Awareness)		
2. Your Behaviour (Action)		

Rating Scale : 4 = Strongly Agree 3 = Agreement
2 = Disagreement 1 = Strongly Disagree

Reflection for validating the belief

Edmund Hillary, the man who first scaled Mount Everest, tried three times to scale the peak, but had been driven back. When he got back to New Zealand after his third attempt, a dinner was organized in his honour.

To share his feelings and experiences on the climb, he chose to address the picture of Mount Everest that was stuck on the wall, "Mount Everest, you must know one fact. You have a problem that I don't have. Your problem is that you cannot grow beyond 29,208 ft. On the other hand, through patience and consistent perseverance and effort, I can go beyond 29,208 ft."

Hillary climbed Mount Everest on his fourth attempt.

Reflect: We can become stronger and more confident by facing and overcoming the difficulties.

Freedom = Freedom with self control-responsibility-discipline and personal integrity

Believe and Follow - Belief Number : 05
And make a mess of your life !



I must achieve
something really important in life,
otherwise the life is meaningless.

Self-Assessment

	Rating	Notes
1. Your Belief (Awareness)		
2. Your Behaviour (Action)		

Rating Scale : 4 = Strongly Agree 3 = Agreement
2 = Disagreement 1 = Strongly Disagree

Reflection for validating the beliefs

First I was dying to finish high school and start college and then I was dying to finish the college and start working and then I was dying to marry and have children.

And then I was dying for my children to grow old enough for school so that I could return to work.

And then I was dying to retire.

And now I am dying - and suddenly I realize I forgot to live.

Reflect:

Is there a gap between 'what you are' and 'what you want to be'?

Have you ever thought about what is really important to you in life?

Freedom = Freedom with self control-responsibility-discipline and personal integrity

Believe and Follow - Belief Number : 06
And make a mess of your life !

I avoid listening to the criticisms.
Most of them
are biased and aim to hurt me.



Self-Assessment

	Rating	Notes
1. Your Belief (Awareness)		
2. Your Behaviour (Action)		

Rating Scale : 4 = Strongly Agree 3 = Agreement
2 = Disagreement 1 = Strongly Disagree

Reflection for validating the belief

A man risked his life by swimming through the treacherous riptide to save a youngster being swept out to sea.

After the child recovered from the horrible experience, he said to the man, "Thank you for saving my life."

The man looked into the boy's eyes and said, "That's okay, kid. Just make sure your life was worth saving."

- Anonymous

I don't need a friend
who changes when I change, and
who nods when I nod;
my shadow does that much better.

- Plutarch

Reflect: Our critics, in fact, are our greatest teachers.

Freedom = Freedom with self control-responsibility-discipline and personal integrity

Believe and Follow - Belief Number : 07
And make a mess of your life !



I avoid doing things
which I do not like.

What is the fun in doing things I dislike?

Self-Assessment

	Rating	Notes
1. Your Belief (Awareness)		
2. Your Behaviour (Action)		

Rating Scale : 4 = Strongly Agree 3 = Agreement
2 = Disagreement 1 = Strongly Disagree

Reflection for validating the belief

An aspirant disciple said to Master, "I really wish to enroll in the path of truth."

The Master said, "You can accompany our caravan only if you can accept two things.

"One is that you will have to do things which you do not want to do.

"Secondly, you will not be permitted to do things which you desire to do.

"It is wanting which stands between man and the path of truth."

Reflect:

Liking and disliking are two root causes of emotions.

Stronger the intensity of liking and disliking, higher the intensity of emotions and psychological problems!

Freedom = Freedom with self control-responsibility-discipline and personal integrity

Believe and Follow - Belief Number : 08

And make a mess of your life !



If I am good to others,
they should also be good to me;
else what is the point in my being good?

Self-Assessment

	Rating	Notes
1. Your Belief (Awareness)		
2. Your Behaviour (Action)		

Rating Scale : 4 = Strongly Agree 3 = Agreement
2 = Disagreement 1 = Strongly Disagree

Reflection for validating the belief

I do my things, and you do your things.

I am not in this world to live up to your expectations;

And you are not in this world to live up to mine.

You are 'you' and I am 'I';

And if by chance we find each other, it's beautiful;

If not, it can't be helped!

- Fritz Perls

Reflect:

We can manage our behaviours. Can we manage others' behaviours? That is not possible.

All of us may have different motives, preferences, and priorities. And, mostly the differences are there.

Freedom = Freedom with self control-responsibility-discipline and personal integrity

Believe and Follow - Belief Number : 09

And make a mess of your life !



I will be happy
if I have enough money to buy
all the luxuries which I like and desire.

Self-Assessment

	Rating	Notes
1. Your Belief (Awareness)		
2. Your Behaviour (Action)		

Rating Scale : 4 = Strongly Agree 3 = Agreement
2 = Disagreement 1 = Strongly Disagree

Reflection for validating the belief

Happiness is an attitude.

We either make ourselves miserable or happy. The amount of work is the same.

- Beau Bauman

Happiness is different from pleasure.

Happiness is something to do with struggling and enduring and accomplishing.

- George Sheeham

Reflect:

Age old fact is - Money can buy us comforts, but not happiness. Happiness is a very special state of mind.

The 'Habit of Comfort' is the root cause
of our 'Psychological Discomfort'.

Freedom = Freedom with self control-responsibility-discipline and personal integrity

Believe and Follow - Belief Number : 10
And make a mess of your life !



I avoid experimenting
with new things;
it has the risk of failure and humiliation

Self-Assessment

	Rating	Notes
1. Your Belief (Awareness)		
2. Your Behaviour (Action)		

Rating Scale : 4 = Strongly Agree 3 = Agreement
2 = Disagreement 1 = Strongly Disagree

Reflection for validating the belief

The feeling of “Security” is mostly a superstition.

Security does not exist in nature. Avoiding danger is no safer in the long run than outright exposure.

Life is either a daring adventure or nothing.

- Helen Keller

Reflect:

Definition of insanity -

Doing the same old thing again and again in the same way and expecting different results.

- Unknown

“Tried and Trusted” is the biggest block in the path of progress.

Freedom = Freedom with self control-responsibility-discipline and personal integrity

Believe and Follow - Belief Number : 11

And make a mess of your life !



I should always bother about
what people think and talk about me.
And, I bother too.

Self-Assessment

	Rating	Notes
1. Your Belief (Awareness)		
2. Your Behaviour (Action)		

Rating Scale : 4 = Strongly Agree 3 = Agreement
2 = Disagreement 1 = Strongly Disagree

Reflection for validating the belief

A patient went to a doctor and told him about his illness.
The doctor enquired whether he had taken any medicines.
The patient said, "Yes doctor. The chemist at the end of this lane had advised me to take some pills. He had given me the pills. As advised by him I took those pills."
The doctor got angry and said, "Did not he offer a few more free idiotic advices?"
The patient said, "Yes, he advised me to consult you."

Reflect:

We have no means to know what others think about us.
Even if we know, we cannot control their thoughts and what they talk about us.

Freedom = Freedom with self control-responsibility-discipline and personal integrity

Believe and Follow - Belief Number : 12
And make a mess of your life !



If my work is not recognized,
why should I work at all?
Working is useless if not recognized.

Self-Assessment

	Rating	Notes
1. Your Belief (Awareness)		
2. Your Behaviour (Action)		

Rating Scale : 4 = Strongly Agree 3 = Agreement
2 = Disagreement 1 = Strongly Disagree

Reflection for validating the belief

A disciple asked a Zen master, "What is truth?"

The master simply replied, "When I am hungry I eat.
When I am tired, I sleep."

The disciple was puzzled and asked, "Isn't this what
everybody does?"

The master replied, "No, most people are never
completely absorbed in what they are doing. When
eating, they may be absentmindedly preoccupied with a
thousand different fantasies. When sleeping they are
not sleeping."

Reflect:

Let us learn to live and enjoy the present moment!

We shall achieve nothing by unduly worrying about the
past and the future.

Freedom = Freedom with self control-responsibility-discipline and personal integrity

Believe and Follow - Belief Number : 13
And make a mess of your life !



I mostly suppress
my bad feelings about people
close and important to me.

Self-Assessment

	Rating	Notes
1. Your Belief (Awareness)		
2. Your Behaviour (Action)		

Rating Scale : 4 = Strongly Agree 3 = Agreement
2 = Disagreement 1 = Strongly Disagree

Reflection for validating the belief

A boy went to the counter of a sweet-shop and said,
“My mother has asked for sweets. She wants the same
sweets which you gave her last week. She has told me
to remind you twice.”

The owner was very happy. He looked around and said,
“Customers appreciate the quality of my products.
Therefore they revisit.”

The boy reminded him again loudly, “Look, the sweets
should be the same. We have got some guests. And my
mother does not want them to visit us again.”

Reflect:

Should we suppress our feelings or find a way to
express the feelings effectively?

We should develop the “effective ways” of expression.

Freedom = Freedom with self control-responsibility-discipline and personal integrity

Believe and Follow - Belief Number : 14
And make a mess of your life !



I go by the majority;
if I protest,
I will be thrown out of the group.

Self-Assessment

	Rating	Notes
1. Your Belief (Awareness)		
2. Your Behaviour (Action)		

Rating Scale : 4 = Strongly Agree 3 = Agreement
2 = Disagreement 1 = Strongly Disagree

Reflection for validating the belief

A great rivalry took place among the beasts of the forest over which could produce the largest litter.

Some shamefacedly admitted having only two, while others boasted proudly of having a dozen.

At last the committee called upon the lioness, "And to how many cubs do you give birth?" They asked the proud lioness.

"One", she replied sternly, "but that one is a lion!"

Reflect:

The majority may not be right always.

"What is right" is more important than "Who is right."

If needed, we should be prepared to proceed alone on the path of progress.

Freedom = Freedom with self control-responsibility-discipline and personal integrity

Believe and Follow - Belief Number : 15
And make a mess of your life !

Self-development
is an impossible concept;
I need someone to guide me.



Self-Assessment

	Rating	Notes
1. Your Belief (Awareness)		
2. Your Behaviour (Action)		

Rating Scale : 4 = Strongly Agree 3 = Agreement
2 = Disagreement 1 = Strongly Disagree

Reflection for validating the belief

The cricket match was on. A father, along with many enthusiasts, was also enjoying the match.

Suddenly the ball came and the father was hit on his knees.

People gathered around the father and started expressing their concern and worry for his knees.

The father smiled and very calmly said, "Please do not worry for my knees. I have fallen on my knees so many times to pray that they have become stronger. Such minor injuries do not bother them any more!"

Reflect:

If we do not take care of ourselves, who will and why will anyone? And, we need to work hard on our own for this.

Freedom = Freedom with self control-responsibility-discipline and personal integrity

ASSESSMENT OF YOUR BELIEFS AND BEHAVIOURS

Copy your ratings here.

	Belief <u>Awareness</u>	Behaviour <u>Action</u>	<u>Your Remarks</u> _____.
01.	()	()	
02.	()	()	
03.	()	()	
04.	()	()	
05.	()	()	
06.	()	()	
07.	()	()	
08.	()	()	
09.	()	()	
10.	()	()	
11.	()	()	
12.	()	()	
13.	()	()	
14.	()	()	
15.	()	()	
Total	()	()	
Average	()	()	Total/15 (One decimal.)

Write your reflections on your average scores

Now, let us interpret your average scores.

INTERPRETATION :

AVERAGE BELIEF (AWARENESS) AND BEHAVIOR SCORES

A. AVERAGE BELIEF AWARENESS SCORE

Average above 3.0



You think that the sources of your happiness and control of your actions are mostly not with you.

You need to learn seriously from the contents of this compilation seriously. You may also discuss your beliefs with someone who is close and supportive to you and is knowledgeable.

Average between 2.0 and 3.0



You think that the sources of your happiness and control of your actions are with you to some extent only.

You need to learn seriously from the contents of the compilation seriously. Why did you agree to a belief? Introspect and challenge your agreements.

Average between 1.0 and 2.0



You think that the sources of your happiness and control of your actions are with you.

Ask yourself whether you have rated the beliefs honestly and have taken a psychologically neutral stand while assessing. Do you behave and take actions in line with your disagreements?

B. AVERAGE BEHAVIOUR (ACTION) SCORE

More or less, the same interpretation holds good for the behaviour or action score.

If your average in this part is below 1.5, you are effective in your actions. Your actions will not get unduly influenced by other people or circumstances.

C. DIFFERENCE BETWEEN THE TWO SCORES

😊 A belief awareness score of around 1.5 and a difference of less than 0.5 between two scores are desirable. This is an acceptable difference between the beliefs awareness and behaviour scores.

If you belong to this category, you are in control of your activities and you are enjoying life.

(Action score - Belief score) = Greater than 1.0

☹ Higher Action score indicates that although your beliefs are rational, you do not practice them with the same intensity. Naturally, conscious changes in your behaviour are needed.

In case this difference is around 2.0, you may be lacking self-confidence and possibly self-esteem too. Drastic changes in your behaviour are needed.

(Belief score - Action score) = Greater than 1.0

😊 Higher Belief score indicates that your actions are more rational than your beliefs. Naturally, you need to reflect on your understanding of the beliefs.

Your behaviour and actions may be rational and effective because of the favourable circumstances; once the circumstances change, you may land into confusion and trouble.

Important note :

For better study and results thereof two or more members of your family or close friends should read the compilation parallelly.

Naturally, everyone will undergo the process of self-assessments. The comparison, discussion, and mutual feedback will be of immense benefit to all.

It is important to know what should be done;
but more important than that is
to know what should not be done!

QUALITY OF BELIEFS
DECIDES
STATUS AND DIRECTION OF OUR LIFE !

PART - FIVE
BASIC CONCEPTS : 9 TO 15

FOUR QUESTIONS

Here are four questions I have asked myself over the years that have helped me manage my problems.

1. If this is the first time I have encountered this problem, what can I do now so that I don't encounter it again?
2. What good is there in this problem that will create growth and advancement for me as I deal with it?
3. How can I build up my resistance during the time it takes to fix the problem?
4. How can I change my perspective so my problem impacts me more positively?

- Todd Duncan in "Power to be Your Best"

You are reading this for the second time.

BASIC CONCEPTS RELATED TO THE COMPILATION : 9 TO 15

To develop the thought-clarity, go through the concepts critically. This will be a good investment of time.

Without the necessary support of principles, you may get misguided, misdirected, and confused while practising.

Concept : 9 Why you should not blame and complain :
The negative effects of blaming and complaining.

Concept : 10 We only can change-improve our beliefs

Concept : 11 We do not know ourselves

Concept : 12 Actual-me, Ideal me, Projected-me, and
Perceived-me : Various forms of our
personality.

Concept : 13 Expectations - Desire and Intention - Skill :
Our desire, intention and skill to
understand and satisfy others' expectations.
Our psychological expectations from others.

Concept : 14 Various aspects of our life
Physical, Emotional, Intellectual, Spiritual

Concept : 15 How to decide what is right and what is
wrong, what should be done and what
should not be done :
The tools and their usage.

Facts do not cease to exist
because
they are ignored by us.

- Aldous Huxley

WHY YOU SHOULD NOT BLAME AND COMPLAIN

The consequences of Blaming and Complaining have been taken from the book “CHOICES” by Shad Helmstetter.

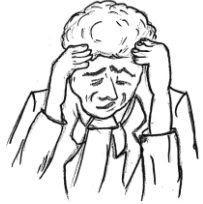
The Author has used the term ‘Complaining’ only; We have added ‘Blaming’. We have used only selected parts of the related chapter.

When you program yourself with the habit of blame and complaint, here is what happens:

1. Blaming and Complaining negatively affect your attitude - immediately, and over a period of time.
2. Blaming and Complaining create negative and unhealthy side effects - especially stress.
3. Blaming and Complaining replace objectivity with frustration, adding unnecessary emotions to the situation.
4. Blaming and Complaining attract others to you who are also negative.
5. Blaming and Complaining create a picture of life that is not accurate.
6. Blaming and Complaining form and reinforce a habit of looking at the negative.



7. Blaming and Complaining cause you to miss seeing the “good” while you dwell on the “bad”.
8. Blaming and Complaining put the problem in control and takes the control of the situation away from you.
9. Blaming and Complaining use your energy that is essential for making your day work well.
10. Blaming and Complaining reduce your effectiveness as an individual.



I DID NOT GET THE JOB -

because - I could not reply properly in interview ...

because - Nobody taught me ...

because - My teacher do not care for me ...

because - I am from a poor family ...

because - There is no one educated in my family ...

because - No one guided my father ...

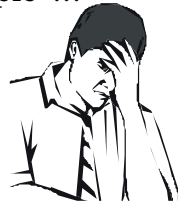
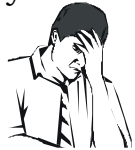
because - He also did not get a job ...

because - No one helps the poor people ...

because - There is selfishness and corruption everywhere ...

because -

because -

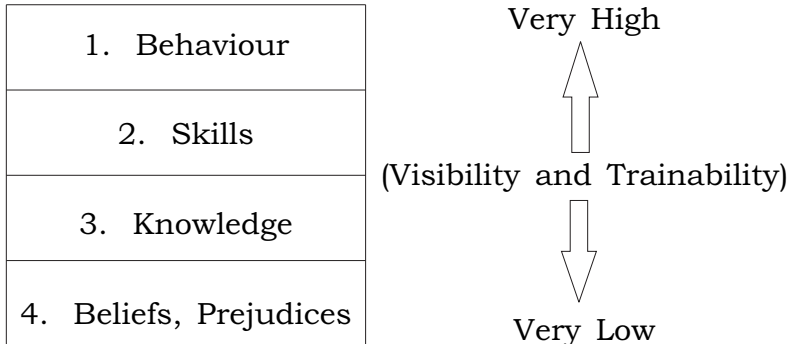


This is how a vicious circle gets created. This vicious circle is the outcome of our irrational mindset.

In order to break free from these vicious circles, we need to free ourselves from the habit of blaming and complaining.

WE ONLY CAN CHANGE-IMPROVE OUR BELIEFS

The first step of changing and improving our beliefs is Self-awareness. For this purpose our personality can be divided in four main parts as shown below.



Let us evaluate these parts using two measures.

1. Visibility and 2. Trainability

The following are the important observations:

1. Our behaviour can be seen by all as it is a visible process.
2. Behaviours can be learnt and taught relatively easily.
3. Contrary to this, our beliefs, assumptions, and prejudices are not that visible. Other people see our behaviour and may make a guess about our beliefs, assumptions and prejudices and they make too.
4. In the same way, it is very difficult (almost impossible) to teach beliefs. No one can change-improve our beliefs without our will.
5. Knowledge and skills are in between behaviour and beliefs considering the measures of visibility and trainability.

This knowledge shall be helpful for understanding our own as well as others' personalities.

WE DO NOT KNOW OURSELVES

The first step of changing and improving beliefs is - self awareness.

Unfortunately, the facts are -

1. We are not clearly and fully aware of our own beliefs and psychological personality.
2. We are not clearly and fully aware of beliefs and psychological personality of other people.
3. In the same way, other people are not clearly and fully aware of their own as well as our beliefs and psychological personality.

Many will not be prepared to admit this, but this is a fact. We create many beliefs unconsciously and at the same time unconsciously use them in our behaviour. Many a times we cannot understand our own behaviour.

Over and above this, our discriminating opinions and prejudices do not allow us to see the situational realities.

Again, many a times, we hide our actual personality and project and show what we are not.

At the same time, knowingly or unknowingly, we use the emotions of self-glorification, self-righteousness and self-deception. These emotions block the possibilities of the positive changes.

Now, we will study and understand our personality with different perspectives, so that we can understand ourselves clearly and completely.

ACTUAL-ME, IDEAL ME, PROJECTED-ME, PERCEIVED-ME

The first step of changing and improving beliefs and assumptions is self-awareness.

To increase self-awareness we take “Actual-me” as base.

Now, we will compare “Actual-me” with various aspects of our personality and identify and understand them. We will discuss how do we see ourselves and how do we project ourselves to other people. At the same time we will also discuss how other people see our personality.

1. ACTUAL-ME

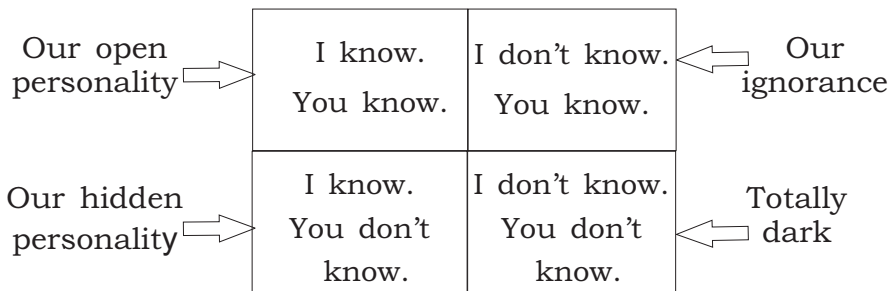
Actual-me: This is what I am irrespective of whether I or others are aware of it or not. Considering this we can divide the actual-me in four parts as follows.

I know	You know (Open)
	You don't know (Hidden)
I don't know	You know (Blind)
	You don't know (Unknown)

a. I know, you know - Our open personality

Let us remember Swami Vivekanand. Fully open personality, psychologically fully healthy! Larger the open personality - better the psychological health.

To improve psychological well-being, we need to increase the area of our open personality. This can be achieved by taking appropriate actions to reduce the other three parts.



b. I don't know, You know - Our ignorance (Blind)

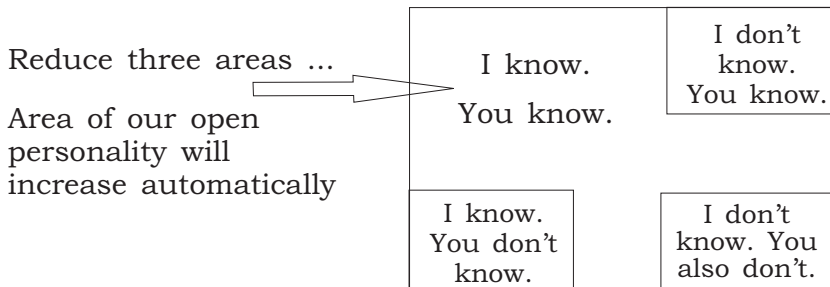
To reduce this seek others' opinion (feedback) about you. Reflect on their feedback. Discuss with them with an unprejudiced mind. Then, bring changes in your beliefs and behaviour.

c. I know, You don't know - Covered by us (Hidden)

Discuss with an open mind your beliefs with the concerned people. Make them aware of your beliefs and seek their opinion.

d. I don't know, you don't know - Fully dark (Unknown)

It is very difficult to reduce this area. Experienced psychologists and deep reflection might help. However, if the journey of life is smooth, then you need not worry. The action taken to reduce the last two parts, will directly and indirectly, help to reduce this area.



Let us see the case of a highly skilled person, Vinay.

What I know, think, speak and do can never be wrong. I have enormous potentials ...



Vinay has huge capabilities. However, if he listens and tries to understand the feedback from others, he can achieve tremendous success!

Vinay needs to reduce the “I don’t know, others know” part of his personality. He is not aware of his own ego. He is also not aware of the losses he is incurring because of his ego. Vinay needs to take feedback from others and reflect to change himself.

2. IDEAL-ME

Ideal-me: This is what I desire to be. I know what I lack and what I want to inculcate in my personality. I am also aware of my traits which I want to remove from my personality.

Actual-me : I know	
My qualities I don't want	Qualities I don't have, but I want

We need to reflect on this matter and then take actions to develop the desired qualities and remove the undesired ones.

3. PROJECTED-ME

Projected-me: This is what I want others to see me as. I may project myself differently to different people.

Today this is the biggest personal psychological issue.

What we are, we want to hide, and what we are not, we want to show. A lot of energy gets wasted in the efforts taken. This is one side. The worse side is we constantly live in the fear of getting exposed.

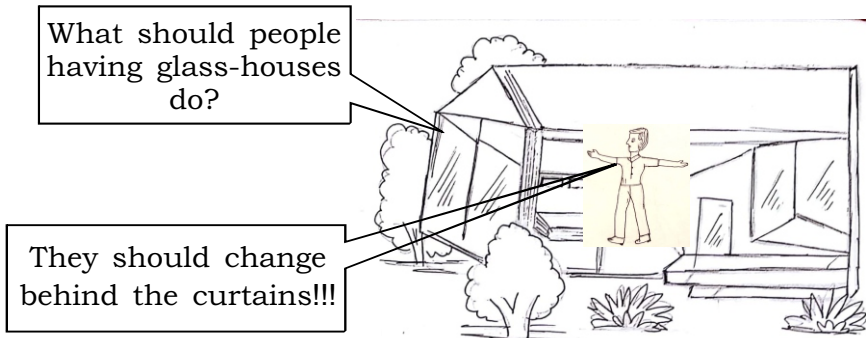
The gap between “projected-me” and “Actual-me” will, no doubt, create a psychological pressure on us.

Bigger the Gap - Bigger the Pressure!

Actual-me : I know	
My (bad) qualities I don't want others to know	Qualities I don't have, but I want to project.

We need to - accept and love ourselves!

We need to - avoid making false projections!



Perhaps, we may not be knowing,
but we all reside in the glass houses to some extent!

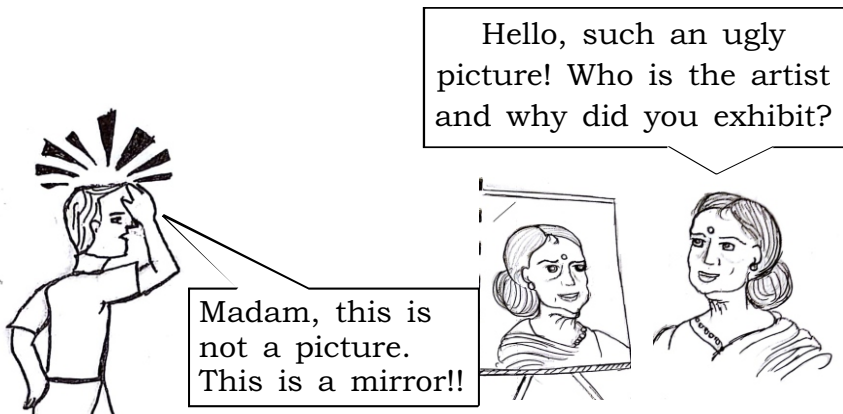
4. PERCEIVED-ME BY MYSELF

Perceived-me by myself: This is how I perceive myself to be. My beliefs about myself could be right or wrong. Due to my mis-perceptions I might either over-estimate or under-estimate my potential/virtues.

Actual-me		
I Perceive and I also know	I Don't know	Qualities in my thoughts only, not in reality

If I under-estimate my qualities, I will not be able to use my potential to the extent I can. Contrary to that if I over-estimate my qualities, I might get misdirected by my ego.

Bigger the mis-perception, higher the extent of self-unawareness and the possibilities of misdirection of actions.



Now we see the last part.

5. PERCEIVED-ME BY OTHERS

Perceived-me by others: This is how others see and perceive me. Again, different people may perceive me differently.

It is not necessary that perceived-me by others shall be same as Projected-me.

People may perceive me differently in different places and times.

There is a question - Should we unnecessarily worry about perceptions and opinions of others about us?

Actual-me		
Other people know and think the same way	Other people don't know	I am not like this. But, other people see me this way

TWO MAIN REASONS OF PSYCHOLOGICAL STRESS

1. Desire and actions to hide what we are;
2. Desire and actions to project what we are not.

WHAT SHOULD BE DONE?

1. Know, Accept, Respect and Love the your Actual-me.
2. Be aware of the various gaps and reduce the gaps.
3. Do not make efforts to show wrong Projected-me.
4. Do not worry about perceived-me by others.
5. Work to create oneness of Thought - Speech - Action.

THREE STORIES TO UNDERSTAND VARIOUS PARTS OF OUR PERSONALITY

STORY - 1

A woman was late to the get-together party. She apologized for being late and offered her explanation, "There was a very long queue at the parlour. I could not help it, you know."

One of the ladies stared at her face and said, "Oh, in spite of waiting for long, you did not get the chance! How sad!"

STORY - 2

Banta's son very innocently asked Banta, "Dad, if you see Rs. 50 and Rs. 5 currency notes lying on the road side, which one will you take?"

A very quick response came from Banta, "My son! The answer is very simple. I will take Rs. 50 note for sure."

Banta's son disapproving said, "Dad, therefore people create Banta jokes. I will take both the notes!"

STORY - 3

A businessman fell in love with an actress.

They advanced enough. And then the businessman hired a detective to be sure of her character.

After about two weeks the report was submitted

"The fame and character of the actress are beyond any doubt. She is having connections only with the good and prestigious people of the society.

"However, there is only one complaint. These days she is developing intimacy with a businessman whose character is doubtful!"

EXPECTATION - DESIRE AND INTENTION - SKILL

We will discuss the following three issues and their inter-relationships.

1. Our psychological expectations from others
2. Others' desire and intentions to understand and satisfy our psychological expectations
3. Others' skills to understand and to satisfy our psychological expectations by proper expressions

1. Our psychological expectations from others

All of us have psychological expectations from other people, particularly the near and dear ones.

The expectations are mainly for -

Affection, Love, Respect,
Approval, Recognition,
Appreciation,
Help, Support, Guidance,
Sympathy, Understanding etc.



The intensity of expectations from others can vary from people to people and from time to time. Some of our expectations might have very low intensity compared to some other expectations.

A very high or extreme intensity of expectations can be termed as psychological hunger or craving.

It is not necessary that we are explicitly or consciously or fully aware of all our psychological expectations.

2. Others' desire and intentions to understand and satisfy our psychological expectations

Many a people may not have the desire and intentions to understand and satisfy others' expectations.

If we have expectations from such people, we will create psychological problems for ourselves as our expectations shall not be satisfied. The other possibility is, we may become vulnerable to get manipulated by them, if they desire and are smart enough.

3. Others' skills to understand and to satisfy our psychological expectations by proper expressions

The skills include the ability to -

Understand the expectations of others

Express effectively to fulfil their expectations

This is the biggest problem with most of the people. Even if we understand others' expectations and have the desire and intentions to satisfy, we may not have the necessary skills of expression.

If you want to check your skills, phone at least five people one by one belonging to your family and close relations and tell them, "You are most important person to me. I love you a lot and I bother for you."

Many of us will not be able to comfortably express this.

See how your near ones respond. The family members and relatives having expectations from you will feel happy. The people having no expectations might laugh it off. But, none will feel unhappy or hurt!

Note: We should always remember - The way we have psychological expectations from others, others would also have similar expectations from us.

Reflect on the following questions:

1. Do you have very high psychological expectations from others?

If yes, are those people have the desire and intentions to satisfy your expectations?

If yes,

Do they have the skills to understand your expectations?

And, do they have the necessary skills to satisfy your expectations?

How do you feel when your expectations are not met? Do you feel hurt and dejected? Does it adversely affect your happiness and efficiency?

2. Are you aware of the high expectations people close to you have from you?

If yes, do you have the desire and intentions to satisfy their expectations?

If yes,

Do you have the skills to understand their expectations?

And, do you have the necessary skills to satisfy their expectations?

How do they feel when their expectations are not met? Do they feel hurt and dejected? Does it adversely affect their happiness and efficiency?

These questions are not meant to be read only once. Read and reflect. Self-awareness will improve. Your awareness about people close to you shall also improve.

Remember - Stronger the psychological expectations, higher the possibility of emotional dissatisfaction.

We will discuss the personalities of two couples to understand the issues still better. We need to critically reflect upon both the examples.

 AFFECTION - EXPECTATION - INTENTION - SKILL

COUPLE - 1 : INDU AND MOHAN

Now, let us compare two personalities considering the psychological expectations for “Love and Affection”.

	<u>Indu</u>	<u>Mohan</u>
Intensity of expectations from spouse	High	V Low
Awareness of own expectations	No	Yes
Skills to tell spouse own expectations	No	Yes
Intention to understand spouse's expectations	Yes	No
Skills to understand spouse's expectations	No	Yes
Intention to satisfy spouse's expectations	Yes	No
Skills to satisfy spouse's expectations	No	Yes
Intentions to manipulate spouse	No	Yes
Skills to manipulate spouse	No	Yes

Indu is a simple wife. She is not cunning. She has high expectations from Mohan. She has good intentions to express, but does not have the necessary skills.

Mohan has no expectations from Indu. Mohan has all the skills to understand and satisfy Indu. However, he does not have the intentions. He is smart and also has the intentions and skills to manipulate Indu.

And therefore, chances are very bright that if Mohan wishes he may manipulate and leave Indu high and dry.

Your opinions

AFFECTION - EXPECTATION - INTENTION - SKILL

Mohan, you do not love me at all. If you do, then express at least sometimes!



Indu, I love you. But what is there to express? Why don't you understand? Don't talk like a mad fool

Is this the way to speak affectionately? If you love me then at least speak properly.



How can I make you understand? I am tired. If you cannot see, how can I be at fault?

Nobody is having any feeling of love for me. Nobody says he/she loves me even for the sake of saying. True, without affection how can any one express?



True, she is out of her senses

No one is bothered for me. When I am alive and no one bothers; after my death I will be forgotten in no time!

True, This life has no meaning. Mohan does not love me at all Why Mohan, no one loves me ...

Death is far better than this sort of life



 AFFECTION- EXPECTATION - INTENTION - SKILL

COUPLE - 2 : REKHA AND VIJAY

	<u>Rekha</u>	<u>Vijay</u>
Intensity of expectations from spouse	High	V Low
Awareness of own expectations	No	Yes
Skills to tell spouse own expectations	No	Yes
Intention to understand spouse's expectations	Yes	Yes
Skills to understand spouse's expectations	No	Yes
Intention to satisfy spouse's expectations	Yes	Yes
Skills to satisfy spouse's expectations	No	Yes
Intentions to manipulate spouse	No	No
Skills to manipulate spouse	No	Yes

This is a matching and happy couple.

Rekha is a simple wife. She is honest. She has high expectations of expressed love and affection from Vijay. However, she cannot express.

Vijay has no such expectations from Rekha. His happiness does not depend on her expression. However, Vijay has all the skills. He can play smart and manipulate Rekha, but he does not. He understands her expectations and satisfies her by his expressions. Rekha will be happy with Vijay.

On similar lines you may study few persons intimately known or related to you.

You may discuss with them. It will improve awareness as well as inter-personal relationships. Thus this study would also help all to have better psychological stability and well being.

You need to take actions on the three fronts.

1. Reduce your psychological expectations from others.
This will improve your psychological stability and well-being. There are two reasons:
 - a. They may not have the skills to understand and satisfy your expectations. Always remember that it is very difficult to develop these skills.
 - b. They may not have the intentions to satisfy your expectations. Always remember that in this case you can be misguided and can also be subjected to psychological manipulation by them.
2. Improve your skills of expression to satisfy others' psychological expectations. They may be needing it.

There are two reasons:

- a. If they have expectations from you, satisfy them. You will improve their psychological well-being.
 - b. If you think they do not have expectations from you, still express to satisfy. It may not affect them. But, your efforts to find and understand their needs will be saved.
3. Have a clarity about your intentions.

You may develop the skills, but expression is not possible without the desire and intentions.

Honestly admit if you are not willing to understand and satisfy others' psychological expectations.

Your action plan

VARIOUS ASPECTS OF OUR LIFE

Before we proceed further, let us discuss various aspects of our life. The reason - the basic purpose of this compilation is improving the quality of our life.

Our life can be divided into four divisions.

1. Physical - Actions to sustain life
2. Emotional/Social - Emotions of love towards others
3. Intellectual - Actions for continuous learning
4. Spiritual - Actions for welfare of others

For continual renewal of these aspects Stephen Covey in his book “Seven habits of highly effective people” has very effectively mentioned the necessary activities.

1. Physical - Exercise, proper food, management of exhaustion and stress
2. Emotional - Help, sympathy, psychological safety, balance with society
3. Intellectual - Reading, writing, planning, reflection, imagination
4. Spiritual - Clarity of personal values, commitment for personal values, study, meditation

For continual renewal the authour recommends the seventh habit - Sharpen the saw.

If our saw is sharpened, then only we will be able to utilize our potential for maximum and effective results. With a blunt saw, we will not achieve the desired results and will waste our potential too.

HOW TO DECIDE WHAT IS RIGHT AND WHAT IS WRONG

Having come this far, you might have a question bothering you which is still unanswered.

You might be thinking - Everything sounds fine; but, how to decide what is right and what is wrong? How to decide what should be done and what should not be done? How to decide which belief or assumption is effective and which is not?

Let us discuss what the great authors have said on this. We will discuss four resources which could help us.

THE FIRST RESOURCE : FOUR QUESTIONS

The first resource is from the book “Seven habits of highly effective people” by Stephen Covey.

He suggests four validations in the form of questions.

Is your belief or mindset or perception or action -

1. increasing your SECURITY? Security could be physical, financial, intellectual, psychological, social, or spiritual.
2. increasing your WISDOM? Wisdom is needed for taking short-term as well as long-term decisions.
3. giving you GUIDANCE? Guidance is needed to move ahead in the right direction.
4. increasing your POWER to perform? Power is needed to perform, to succeed and to increase personal effectiveness.

If we ask these questions and honestly reflect, the answers will come from our inner self. Consider the following situations -

1. I ignore difficult chapters while preparing for an examination. They consume more time and energy and there are less chances of success.
2. I should focus on the books prescribed by the college. Extra reading shall affect my concentration.
3. My wife has become extremely conscious about healthy food. How can I enjoy the food without taste?
4. My husband cannot think about anything other than saving money. He decided to cut short ten days trip to three days one. I cannot tolerate this.
5. Vacation is meant for enjoyment. During vacation there is no point thinking about other activities, particularly reading.

Ask four questions to validate the above beliefs. You will get the answers for sure!

Note: If you are in agreement with the above beliefs and assumptions, think of reasons of disagreement; you are bound to get the reasons.

THE SECOND RESOURCE : SIX THINKING TOOLS

The second resource has been borrowed from the book "Taming Your Mind" by Ken Keyes Jr.

He advocated Six Thinking Tools to help us to see the current reality without using our prejudices.

The tools are -

SIX THINKING TOOLS

1. SO FAR AS I KNOW :

This tool reminds us of our incomplete knowledge (only God knows all) and therefore helps us to keep an open mind towards new evidences.

2. UP TO A POINT :

An action may be desirable and acceptable up to a certain degree. This tool reminds us to define and decide the limits or the boundaries of our actions.

3. TO ME :

A situation or action could be perceived by different people differently. There could be genuine reasons for the perceptual differences. This tool reminds us to see and remain open to others' view points.

4. THE WHAT INDEX :

This tool reminds us that two identical things need not necessarily be the same. Two dogs (one roadside and one pet) cannot be the same.

5. THE WHEN INDEX :

This tool reminds us that people and things change with time. The facts of yesterday may not be facts of today.

6. THE WHERE INDEX :

This tool reminds us to look out for changes in people or things with the change of place.

Let us take an example. Assume that we are expressing our opinions about Vinod. We may opine based on our prejudices. Let us see the use of six thinking tools.

SO FAR AS I KNOW

So far as I know, Vinod is a bright young man. But, I do not have complete and relevant information about him.

UP TO A POINT

Vinod has a lot of tolerance. However, if someone does not agree to his ideals, he cannot control his emotions.

WHEN INDEX - WHERE INDEX

I am telling this based on my two interactions with him during our school days. I don't know the present status.

TO ME

In my opinion Vinod is an outspoken person. I like this quality of Vinod. But, many people dislike this quality.

WHAT INDEX

Vinod knows that all people are not alike. He behaves differently with different people. Therefore, he appears amicable and friendly to all.

WHEN INDEX

Keeping pace with the changing time and updating himself, Vinod has achieved great success in business.

TO ME

But I think Vinod is not that effective in his family and social life. I do not know opinions of his family members.

WHERE INDEX

Vinod always decides his dresses considering the occasion and the place. He has terrific dress sense.

SO FAR AS I KNOW

I do not know whether Vind changes his behaviour in other occasions in the similar manner. My experience in this respect is very limited.

The advantages of using the six thinking tools:

1. We can see the situations with an open mind.
2. We can see things from different perspectives.
3. We can see things from the perspectives of the other people.
4. We develop the flexibility to appreciate changes.
5. We can create appropriate beliefs and validate them.
6. Thus, the tools lead us to situationally appropriate thinking, perception, behaviour and action.

THE THIRD RESOURCE : THREE FILTERS

The use of this resource can be understood easily by a story.

One day Socrates, the great philosopher, was busy doing his work. At that time one of his friends came running and said, "Socrates, Socrates...That friend of ours..he.."

Socrates stopped him and said, "Whatever you want to say about that friend of ours, I will listen. But you need to answer three questions. The first one is - Whatever you want to tell about our friend, is that true?"

The reply was, "I do not know. I have just heard"

Socrates asked his second question, "Whatever you want to say about our friend, is that good?"

The friend said, "No. It is not good."

Socrates said, "No problem. But tell me whether the matter is useful to you and I?"

The friend looked down and said, "No, it is not useful."

Socrates smiled and said, "My friend! In that case why should we waste our time in speaking and listening?"

The third resource recommends the use of three filters. Each filter has a simple question. The filters are -

1. FILTER OF TRUTH :

Whatever you are thinking or speaking or listening or doing, is that true?

(We may say, we do not know! That is fine. Let us use the second filter.)

2. FILTER OF GOODNESS :

Whatever you are thinking or speaking or listening or doing, is that good?

(Here we cannot say, we do not know. But we may argue saying, at times we are required to think, speak, listen, and do things which are not good! Fine, let us use the third filter.)

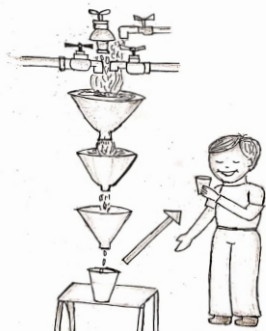
3. FILTER OF USEFULNESS :

Whatever you are thinking or speaking or listening or doing, is that useful?

(Here we cannot say, we do not know. And, there are no escape routes available.)

This resource of three filters teaches us:

1. Remain open to everything.
2. Accept or reject the thing by the practical assessment using the three filters.



THE FOURTH RESOURCE : GOOD AND PLEASANT

The fourth resource consists of two terms -
GOOD and PLEASANT.

A thing which is pleasant need not necessarily be good. The consequences may not remain pleasant and good for a long time.

A thing which is good may not necessarily be pleasant, but the consequences will always be good.

Ask yourself the following two questions before taking an action.

1. Am I doing this for a momentary impulsive pleasure?
2. Am I doing this because the consequences will always remain good.

Haste make waste!

Patience will yield sweet fruits!

He has given teeth; He would give food!

Waiting is a pleasure!

I will wait and wait till ...

We don't get before and more than luck!

Great scholars have said so many good things!

I must accept and obey! Let me wait



Rotten Fruit

If you wait,
the waiting could be too long;
or

you may not get the desired outcome!



HOW TO DECIDE : WHAT IS RIGHT - WHAT IS WRONG; WHAT TO DO - WHAT NOT TO DO : CONCLUSION

We have studied the following four resources.

1. Four questions - Safety, Wisdom, Guidance, and Potential
2. Six Thinking Tools
3. Three Filters - True, Good, and Useful
4. Pleasant and Good

All these resources help us to choose rational and effective beliefs and actions.

In order to use these resources more efficiently we should decide suitable standards or measures or benchmarks.

Let us see an example.

My goal is - To financially help the poor.

I have two choice.

- 1 - By hook or crook I rob the money from rich and distribute to the poor.
- 2 - I earn by honest means and help the poor to my level best.

Both the choices have altogether different life-values.

I have a friend of mine. His father always used to tell us a guiding value.

“Children! Don’t do anything during the day for which you lose sleep in the night and don’t to anything during the night for which you are forced to hide your face during the day.”

Let us make a list of beliefs and values to be practised in life. We may keep on updating the list from time to time and take the guidance from the list.

Whenever we will make wrong behaviour using irrational beliefs, the list will indicate the right direction.

PEOPLE DECIDING THE RIGHT-WRONG

STORY - 1

An old sadhu prayed for whole of his life for a glance of God. One day He appeared. The moment He appeared, the bell in the hermitage signaled the time to feed the poor.

And that day it was the turn of the old sadhu.

The sadhu stood confused between Him and his worldly duty. He remained confused for a few moments. Then he took a deep breath and immediately turned his back to Him and went to feed the poor.

When he returned after finishing his assigned work, God was still there.

The sadhu bowed to Him and thanked Him. He said, "Had you not gone to feed the poor, I would not have waited for you!"

STORY - 2

The God was pleased with a priest. He appeared to him and offered him only one boon. The priest asked for a day to think.

In the evening he told his family members about the boon.

His old father was blind. He desired to see every one before death. His wife got very angry as she wanted the family to be rich. His son, who was recently married, desired a son. They discussed and argued for about an hour or so.

The priest thought for the whole night.

In the morning God appeared. The priest bowed to Him and said, "Lord! Please make my father see my grandson playing in a golden cradle!"

God smiled and said, "Be it so!"

It is important to know what should be done;
but more important than that is
to know what should not be done!

QUALITIES OF BELIEFS

DECIDE

STATUS AND DIRECTION OF OUR LIFE !

PART - SIX

50 IRRATIONAL BELIEFS : SELF-ASSESSMENT

SELF DESTRUCTION

A youth bumped his bike into an electrical pole. His bike was badly damaged. Fortunately, nothing happened to him. The police caught him and enquired as to why did he do so.

The young man replied, "This is the pole where my girlfriend used to meet me and talk to me for hours. She promised to marry me many a time, almost every day.

"A few days ago she met a rich man. She married him and left me alone to suffer.

"Therefore, I want to destroy everything which reminds me of that unfaithful girl and her false promises!"

50 IRRATIONAL BELIEFS / ASSUMPTIONS : SELF-EVALUATION

We have listed 50 irrational beliefs randomly.

Critically go through the list and assess yourself.

We have already discussed 15 beliefs earlier and you have done self-assessment aslo. Those 15 beliefs are repeated in this list.

Do not refer to the earlier self-assessment at this stage.

Undertake the self-assessment with a fresh look.

Use the following scale to rate the intensity of agreement or disagreement for your Beliefs and the extent to which you practise the beliefs.

4 = Strongly Agree

3 = Agree

2 = Disagree

1 = Strongly Disagree

	<u>Aware-</u> <u>ness</u>	<u>Beha-</u> <u>viour</u>
01. All the people close and important to me should love me.	()	()
02. All the people close and important to me should accept and approve my actions.	()	()
03. I must prove myself thoroughly competent at things important to me.	()	()
Page Total	()	()

	<u>Aware-</u> <u>ness</u>	<u>Beha-</u> <u>viour</u>
04. I must have real talent and competence to do important things in life.	()	()
05. I must keep my emotional problems with me. If I discuss, others may take undue advantages.	()	()
06. People who harm me are generally bad or useless or wicked and they should be punished.	()	()
07. When things do not go as per my desire, life becomes horrible and unbearable.	()	()
08. Situations around me are responsible for my feelings and emotions. I have very little control.	()	()
09. I should avoid facing life's difficulties. The stress consumes time and energy.	()	()
10. People close and important to me should behave and perform as per my expectations.	()	()
11. I have done many wrong things in past. I must repent and punish myself.	()	()
12. I can enjoy life more if I do not have pressures and responsibilities beyond my capabilities.	()	()
13. I am not successful. I am not born with a silver spoon; many successful people are.	()	()
Page Total	()	()

	<u>Aware-</u> <u>ness</u>	<u>Beha-</u> <u>viour</u>
14. I must achieve something important in life, otherwise life is meaningless.()	()	()
15. I avoid listening to criticisms. Most of them are biased and aimed at hurting me. ()	()	()
16. I must perform as per expectations of people close and important to me.()	()	()
17. I avoid doing things which I do not like. What is the fun in doing things I dislike? ()	()	()
18. I should create positive opinions about me in the minds of people close and important to me. ()	()	()
19. I cannot be happy if people close and important to me do not appreciate my good work. ()	()	()
20. If I am good to others, they should also be good to me; else what is the point in my being good? ()	()	()
21. I become hopeless and helpless because of adverse circumstances and situations. ()	()	()
22. I cannot control my moods. They are caused by external factors, that is people and situations. ()	()	()
23. It is primary responsibility of the people close to me to encourage, motivate, and support me. ()	()	()
Page Total	()	()

	<u>Aware-</u> <u>ness</u>	<u>Beha-</u> <u>viour</u>
24. I must feel guilty for my low competence and also for my failure and low performance.	()	()
25. I will be happy if I have enough money to buy all the luxuries which I like and desire.	()	()
26. I understand the feelings of all the people around me. However, no one bothers about my feelings.	()	()
27. I must punish myself when I fail to achieve my goals. Failure is something I hate.	()	()
28. It is my nature to be emotional. I cannot do anything about it.	()	()
29. The people close and important to me should change if I do not like their behaviours.	()	()
30. I avoid experimenting with new things; there is a risk of failure and humiliation.	()	()
31. I should always bother about what other people think and talk about me. And, I bother too.	()	()
32. I should change if people close and important to me do not like my behaviour.	()	()
33. I find it impossible to break my habits. They are stronger than me.	()	()
Page Total	()	()

	<u>Aware-</u> <u>ness</u>	<u>Beha-</u> <u>viour</u>
34. Life should be fair; there should be limits to pain and unpleasantness in life.	()	()
35. I feel bad when I am mistreated by people close and important to me.	()	()
36. I try to finish a task quickly without wasting time in thinking.	()	()
37. I consciously make attempt to project myself, my qualities and the good work done by me.	()	()
38. If my work is not recognized, why should I work at all? Working is useless, if not recognized.	()	()
39. I never ask for personal feedback; I am afraid I will be misguided.	()	()
40. I avoid asking for help from people; when they refuse I feel insulted.	()	()
41. I mostly suppress my bad feelings about people close and important to me.	()	()
42. I don't think the people close and important to me take the trouble to understand me.	()	()
43. I am always quick to understand the intentions of other people; they need not tell me.	()	()
44. I love doing things which I like; I avoid doing unpleasant tasks.	()	()
Page Total	()	()

	<u>Aware- ness</u>	<u>Beha- viour</u>
45. There is no point in helping people; the world is full of ungrateful ones. ()	()	()
46. I need a good physical look to make the first impression; I do not have good looks. ()	()	()
47. I am a born loser; I have not done anything significant since my childhood. ()	()	()
48. I go by the majority. If I protest, I will be thrown out of the group. ()	()	()
49. I cannot protect myself from the ill-effects of advertisements and media.()	()	()
50. Self-development is an impossible concept; I need someone to guide me. ()	()	()
Page Total	()	()

Now, let us calculate your average scores.

	<u>Aware- ness</u>	<u>Beha- viour</u>
Page - 108 Total	()	()
Page - 109 Total	()	()
Page - 110 Total	()	()
Page - 111 Total	()	()
Page - 112 Total	()	()
Page - 113 Total	()	()
Total	()	()
Average (Total / 50)	()	()

IRRATIONAL BELIEFS : YOUR SELF-ASSESSMENT

Awareness Behaviour

Your Average Score : () ()

For interpretation refer Part 4 (Page 75-76) and reflect.

If the average has dropped down compared to the earlier one, the compilation has impacted you favourably.

Reflect on your average scores with reference to the observations made by Anthony Robbins in his book - Awaken The Giant Within.

1. Most of us do not consciously decide what are we going to believe.
2. Often our beliefs are based on the misinterpretation of past experiences.
3. Once we adopt a belief, we forget that the belief is merely an interpretation.

Your Scores : Write your reflections

It is important to know what should be done;
but more important than that is
to know what should not be done!

QUALITY OF BELIEFS
DECIDES
STATUS AND DIRECTION OF OUR LIFE !

PART - SEVEN
50 RATIONAL BELIEFS : SELF-ASSESSMENT

RESPONSIBILITY OF CONSTRUCTION

You are the only person who can use your ability. That is an awesome responsibility because as a steward of your talent and ability, you have no other options.

You have been entrusted with something that you alone can develop and use.

- Zig Zigler

50 RATIONAL BELIEFS : SELF-ASSESSMENT

You have gone through the 50 irrational beliefs.

We have suitably reworded and modified these beliefs into the rational ones and expressed accordingly.

Go through the list of 50 rational beliefs and assess yourself for Belief (Awareness) and Behaviour (Action).

Use the following scale to rate the intensity of agreement or disagreement for your Beliefs (Awareness) and the extent to which you practise (Behaviour) the beliefs.

4 = Strongly Disagree

3 = Disagree

2 = Agree

1 = Strongly Agree

Important: You must have noticed that the scale has been reversed.

This has been done intentionally to facilitate the comparison of the ratings and the average scores.

Remain honest to yourself and psychologically neutral while assessing your beliefs and behaviours. Also, avoid the following tendencies:

1. Self-Glorification :

Tendency to show one's high moral values

2. Self-Righteousness :

Tendency to prove that one is right.

3. Self-Deception :

Tendency to unconsciously deceive self

Let us see the list of rational beliefs and assumptions ... and assess ourselves ...

50 RATIONAL BELIEFS : SELF-ASSESSMENT

Note : If your rating for a belief is 3 or 4,
write the reasons to justify your rating.

01. It is not necessary that all the people close and important to me should love me. If I am not loved, even by all, that does not matter to me. I will not feel emotionally upset.

Belief Rating () Behaviour Rating ()

02. All the people close and important to me may not accept and approve my actions. Non-approval, even by all, does not matter to me.

Belief Rating () Behaviour Rating ()

03. It is not necessary for me to be thoroughly competent to do things important to me. I would try to develop. However, I need not prove my competence to anyone. The energy which I will be spending to prove will be a waste; I would rather work to develop my competence for better performance.

Belief Rating () Behaviour Rating ()

04. It is desirable that I should have the real talent and competence to do important things in life, but it is not a must. It is practically impossible for anyone to have all the talents.

Belief Rating () Behaviour Rating ()

50 RATIONAL BELIEFS : SELF-ASSESSMENT

Note : If your rating for a belief is 3 or 4,
write the reasons to justify your rating.

05. I should not keep my emotional problems with me. There are people who can be trusted upon and are capable to understand my problems and guide me to come out of the problems. They will never take undue advantages or victimize me in any way.

Belief Rating () Behaviour Rating ()

06. People who harm me may not necessarily be bad or useless or wicked. I might have misunderstood them and their intentions. I would make efforts to understand them and find out the facts. Even if they have ill intentions, I will not spend my energy and resources to punish or to harm them.

Belief Rating () Behaviour Rating ()

07. It is not possible that things would always go as per my wishes. No setback can make my life horrible and unbearable. Rather, I will learn when things do not go my way. I will prepare myself for facing and overcoming the setbacks. That will make me stronger.

Belief Rating () Behaviour Rating ()

08. Situations around me, no doubt affect my feelings and emotions adversely for a while, but for that situations or people are not responsible. I am fully responsible for my feelings and emotions.

Belief Rating () Behaviour Rating ()

50 RATIONAL BELIEFS : SELF-ASSESSMENT

Note : If your rating for a belief is 3 or 4,
write the reasons to justify your rating.

09. I should not avoid life's difficulties; rather I should learn to face and overcome them. The time and energy spent to overcome them are investments for the future. I will also learn to effectively manage the stress.

Belief Rating () Behaviour Rating ()

- 10 The people close and important to me may not and need not behave and perform as per my expectations. Firstly, why should I expect? And secondly, they might have their own priorities, liking, disliking, and preferences.

Belief Rating () Behaviour Rating ()

11. I have done many wrong things in the past. There is no point repenting and self-blaming. I have learnt a lot from the mistakes, and that is how I am moving ahead in my life.

Belief Rating () Behaviour Rating ()

12. In spite of pressures and responsibilities beyond my capabilities, I can enjoy my life. These pressures and responsibilities help me improve my potentials to perform better.

Belief Rating () Behaviour Rating ()

50 RATIONAL BELIEFS : SELF-ASSESSMENT

Note : If your rating for a belief is 3 or 4,
write the reasons to justify your rating.

13. I have not been successful in everything I worked for. That does not mean I am not successful. All the successful people are not born with silver spoons. My efforts in right direction are far more important.

Belief Rating () Behaviour Rating ()

14. To directly relate 'Achievement' and 'Meaningful Life' is not proper. It is the process of achievement which matters. The process is the journey which makes the life meaningful and enjoyable. The process of achievement is far more important than the achievement itself.

Belief Rating () Behaviour Rating ()

15. I welcome listening to personal criticisms. I have means and methods to analyze and filter the useful ones. I learn even from the (so-called) ill-intended criticisms. I do not worry about the biases and prejudices others may carry about me.

Belief Rating () Behaviour Rating ()

16. I need not perform as per expectations of the people close and important to me. I am not bound to satisfy their expectations at the cost of my priorities and my life goals.

Belief Rating () Behaviour Rating ()

50 RATIONAL BELIEFS : SELF-ASSESSMENT

Note : If your rating for a belief is 3 or 4,
write the reasons to justify your rating.

17. For accepting or rejecting a work I do not consider my liking or disliking as reasons. What is important is the purpose of the task and its impact on my life.

Belief Rating () Behaviour Rating ()

18. The people close and important to me have positive opinions about me, I like that. But I do not take efforts to create those opinions. Even if I try it is not necessary that I would succeed. I have no reasons to influence and control their opinions about me.

Belief Rating () Behaviour Rating ()

19. I am aware that appreciating others is a rare human quality. Therefore, I do not expect appreciation from the people close and important to me for my good work. I certainly feel happy when they appreciate. However, if they don't, it does not adversely affect my self-worth and my performance at all.

Belief Rating () Behaviour Rating ()

20. If I am good to others, they need not necessarily reciprocate in the same manner and be good to me. I was good to them for my reasons. They might have reasons for their behaviour.

Belief Rating () Behaviour Rating ()

50 RATIONAL BELIEFS : SELF-ASSESSMENT

Note : If your rating for a belief is 3 or 4,
write the reasons to justify your rating.

21. In spite of adverse circumstances and situations, I will not feel and become hopeless and helpless. Being hopeless and helpless will lead to depression, frustration, and may be inaction. Instead, I will take actions to come out of adversities.

Belief Rating () Behaviour Rating ()

22. I can control my moods. There can be temporary swings, but the ups and downs shall be well within my control. My moods are not caused by external factors like people and situations. I am the controller and master of my moods and behaviour.

Belief Rating () Behaviour Rating ()

23. I motivate and encourage myself. I do not believe that encouraging, motivating, and supporting me, even to a small extent, is the primary responsibility of the people close and important to me.

Belief Rating () Behaviour Rating ()

24. I am aware of my present competence and the extent to which I can improve. I accept my competence as well as the power to improve. There is no reason for feeling guilty about my limitations. I am honest in taking actions and accept my performance.

Belief Rating () Behaviour Rating ()

50 RATIONAL BELIEFS : SELF-ASSESSMENT

Note : If your rating for a belief is 3 or 4,
write the reasons to justify your rating.

25. I accept that money is important in life. I can buy a lot of comforts. Money can make me more resourceful and can provide many opportunities to me.

However, I am aware that there are many people who started from scratch and became very successful.

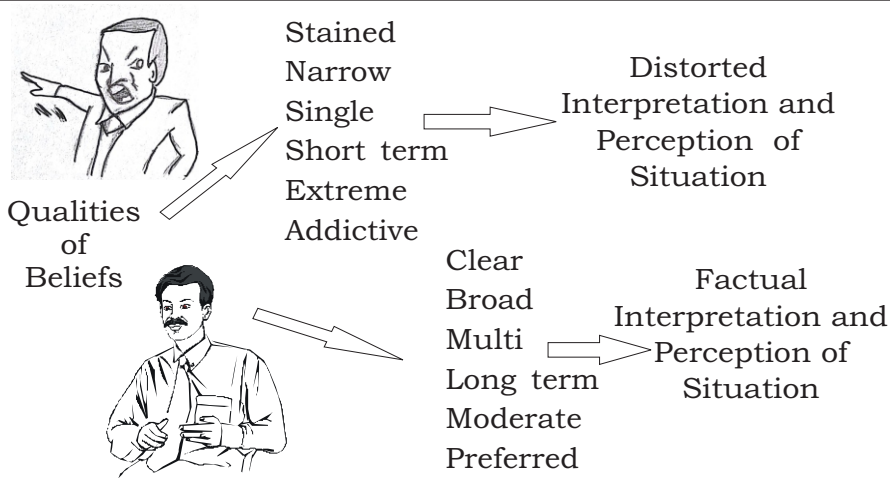
I admit that money makes me happy. But lack of it does not make me unhappy either. In fact, lack of money motivates me to work for it.

I believe that a lot of money has no or very little bearing on my happiness.

Belief Rating () Behaviour Rating ()

The remaining beliefs are converted to rational ones. However, the explanations have been restricted. We request you to reflect in the similar lines on each belief to realize the rationale.

Let us revisit the qualities of our beliefs ... and use



50 RATIONAL BELIEFS : SELF-ASSESSMENT

Note : If your rating for a belief is 3 or 4,
write the reasons to justify your rating.

26. I take efforts to understand the feelings of all around me; however, I do not expect them to bother to know and understand my feelings.

Belief Rating () Behaviour Rating ()

27. I do not feel guilty and resort to self-punishment when I fail to achieve my goals. I take failures as opportunities to learn.

Belief Rating () Behaviour Rating ()

28. Even if it is my nature to be emotional, I can certainly exercise control and restraint and avoid unnecessary emotional and impulsive outbursts.

Belief Rating () Behaviour Rating ()

29. I do not expect people close and important to me to change, even if I do not like their behaviours.

Belief Rating () Behaviour Rating ()

30. I like experimenting with the new things. There are risks of failures; but that is how I can learn and progress.

Belief Rating () Behaviour Rating ()

50 RATIONAL BELIEFS : SELF-ASSESSMENT

Note : If your rating for a belief is 3 or 4,
write the reasons to justify your rating.

31. I should not be unduly bothered about what people think and talk about me and I am not unduly bothered too.

Belief Rating () Behaviour Rating ()

32. I need not necessarily change if people close and important to me do not like my behaviour. I go by my convictions and purpose of my actions.

Belief Rating () Behaviour Rating ()

33. It is possible for me to change my habits. Habits cannot be stronger than me and overpower me.

Belief Rating () Behaviour Rating ()

34. I do not expect fairness and justice at any point of my life. I need to be strong enough to overcome pains and unpleasantness in life.

Belief Rating () Behaviour Rating ()

35. When I am mistreated by the people close and important to me, I do not feel inferior or hurt. I believe it is their choice to do so.

Belief Rating () Behaviour Rating ()

50 RATIONAL BELIEFS : SELF-ASSESSMENT

Note : If your rating for a belief is 3 or 4,
write the reasons to justify your rating.

36. I spend time to understand the problems and also to plan well in advance for effective and efficient execution of work.

Belief Rating () Behaviour Rating ()

37. I do not make an attempt to project myself, my qualities and good work done by me. I believe that such publicity is unnecessary.

Belief Rating () Behaviour Rating ()

38. If my work is not recognized, it should not and does not affect me adversely. I work for a purpose, not for the recognition.

Belief Rating () Behaviour Rating ()

39. I always seek personal feedback from other people. It helps me to increase my self-awareness. It also helps me to take actions for self-development.

Belief Rating () Behaviour Rating ()

40. I ask other people for help when I need. It is my choice to seek help. If they refuse I do not feel bad or insulted. The decision of refusal was their choice.

Belief Rating () Behaviour Rating ()

50 RATIONAL BELIEFS : SELF-ASSESSMENT

Note : If your rating for a belief is 3 or 4,
write the reasons to justify your rating.

41. I do not unduly suppress my bad feelings about the people close and important to me. I find ways to express my feelings effectively.

Belief Rating () Behaviour Rating ()

42. I think the people close and important to me take the trouble to understand me. Even if they don't, it does not matter to me.

Belief Rating () Behaviour Rating ()

43. I take the time and necessary efforts to understand the intentions of other people; If I am in doubt, I ask and also discuss with them.

Belief Rating () Behaviour Rating ()

44. I love doing things which I like; at the same time I do not avoid doing unpleasant tasks, provided the consequences are desirable.

Belief Rating () Behaviour Rating ()

45. I genuinely help the needy people without expecting their gratefulness. I exercise my choice; let them exercise theirs.

Belief Rating () Behaviour Rating ()

50 RATIONAL BELIEFS : SELF-ASSESSMENT

Note : If your rating for a belief is 3 or 4,
write the reasons to justify your rating.

46. I do not bother about my physical looks. I do not bother about the external-look based impressions.

Belief Rating () Behaviour Rating ()

.

47. I am a born winner; I have done many things since my childhood. I value what I have done; others may or may not.

Belief Rating () Behaviour Rating ()

48. I do not go by the majority. I focus on what is right; who is right is not at all important. I am prepared to move alone, if necessary.

Belief Rating () Behaviour Rating ()

49. I can always protect myself from the ill-effects of media and advertisements. I look to and follow my personal values to guide me.

Belief Rating () Behaviour Rating ()

50. Self-development is certainly a possible concept. If I seriously and sincerely work for self-development, guidance would automatically follow, both from known as well as unknown sources.

Belief Rating () Behaviour Rating ()

RATIONAL BELIEFS

YOUR AVERAGE SELF-ASSESSMENT SCORE

Write page-wise total scores.

	<u>Belief Awareness</u>	<u>Behaviour Action</u>
Page - 117 Total	()	()
Page - 118 Total	()	()
Page - 119 Total	()	()
Page - 120 Total	()	()
Page - 121 Total	()	()
Page - 122 Total	()	()
Page - 123 Total	()	()
Page - 124 Total	()	()
Page - 125 Total	()	()
Page - 126 Total	()	()
Page - 127 Total	()	()
Page - 128 Total	()	()
Total	()	()
Average (Total / 50)	()	()

(One decimal place)

For interpretation see Part 4, Pages 75-76.

Record your opinion about your average scores

SUMMARY OF YOUR JOURNEY OF SELF-ASSESSMENT

By now you have undertaken self-assessment four times.
Write your averages scores of each self-assessment.

Awareness Behaviour

During Part - 2

The Beginning () x 15 Beliefs

During Part - 4

Challenging the Beliefs () () 15 Beliefs

During Part - 6

50 Irrational Beliefs () () 50 Beliefs

During Part - 7

50 Rational Beliefs () () 50 Beliefs

WRITE YOUR REFLECTIONS

1. Is there a continuous reduction in the scores?
How much?
2. Do you still need to change your beliefs?
Which ones?
3. Do you need to change your behaviour?
Which ones?
4. What actions are you planning to take?
What? When?
5. How will you monitor your progress?

He who controls others may be powerful.

But he who has mastered himself is mightier still.

- Lao-Tsu

It is important to know what should be done;
but more important than that is
to know what should not be done!

QUALITY OF BELIEFS
DECIDES
STATUS AND DIRECTION OF OUR LIFE !

PART - EIGHT
CONCLUSIONS AND EPILOGUE

POWER OF THE RIGHT CHOICE

An old man was teaching his grandchildren about life. He said to them, "A fight is going on inside me. It is a terrible fight and it is between two wolves.

"One wolf represents fear, anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

"The other stands for joy, peace, love, hope, sharing, serenity, humility, kindness, benevolence, friendship, empathy, generosity, truth, compassion, and faith.

"This same fight is going on inside you, and inside every other person, too."

They thought for a minute and then one child asked the grandfather, "Which wolf will win?"

The grandfather simply replied, "The one you feed."

THE FINAL TEST :
HOW HEALTHY ARE YOU PSYCHOLOGICALLY?

We started with the definition of “A Healthy Personality” as the benchmark.

The definition has been reworded to enable you to assess yourself properly and systematically.

I am a Healthy person because -

1. I am aware of myself.
2. I am aware of my feelings.
3. I am aware of my limits.
4. I accept myself.
5. I accept my life.
6. I accept what I have made of my life as my own responsibility.
7. I have the courage to be (myself).
8. I experience and live the “here-and-now”.
9. I am not trapped to live in the past by engaging myself in the unnecessary emotions.
10. I am not trapped to live in the future through anxious expectations.
11. I fully utilize my potentials.
12. I have autonomy.
13. I am not trapped by my own self-concept.
14. I am not trapped by expectations of others.
15. I am not trapped by expectations of society.

Assess yourself on all the above 15 points. And reflect - To what extent (in terms of percentage) you are psychologically healthy?

MORE IRRATIONAL BELIEFS (51 - 101)

Here is a list of more irrational beliefs.

Go through the beliefs and rate each one of them considering your agreement or otherwise using the following rating scale.

4 = Strongly Agree

3 = Agree

2 = Disagree

1 = Strongly Disagree

Be honest. Do not get trapped by the tendencies of self-glorification or self-righteousness or self-deception.

You will not hesitate to admit that all these beliefs are irrational ones. Whenever you tend to 'agree' to a belief, critically reflect and challenge your agreement.

51. I must get upset when I am criticized by someone. It is natural.
52. My responses and reactions depend on the situational conditions.
53. I get upset when people try to misguide me.
54. To prove my worth, I should succeed in competitive situations.
55. If people talk bad and negative about me, my reputation will get spoiled.
56. I get very upset when the people close to me let me down.
57. I should not make people unhappy or emotional or angry by my behaviour.
58. I have not found people in my life who have guided and encouraged me.

-
59. I think people criticize me because they are jealous of me.
 60. I spent time worrying about things which might go wrong in future.
 61. I always make sure of the positive outcome before I take an action.
 62. Parents and society should be my role models to teach me the values of life.
 63. I cannot enjoy anything in life when I am alone; I need company to enjoy.
 64. People close and important to me just do not have a right to ignore me.
 65. I cannot find a true friend; these days all are self-centered and have selfish interests.
 66. I am like this because my luck never favoured me.
 67. Other people around me are responsible for my negative emotions and outbursts.
 68. My past is very important. It has shaped my present negative feelings and behaviour.
 69. Life's problems and hassles should be solved very quickly.
 70. My weaknesses should not get projected or displayed; it is shameful.
 71. I do not challenge social beliefs to avoid getting into offending-defending situations.
 72. I will not be a good husband (wife) because girls (boys) avoid my company.
 73. I should not decide my own rules for my conduct; it is for others to decide.
 74. I need to obey elders / seniors / powerful people.

-
75. I never laugh at myself; it is ridiculous. If I laugh at myself, others would also laugh.
 76. As I am not well known / popular / famous in society, I cannot enjoy things.
 77. I get angry because people do not behave the way I want them to behave.
 78. Very often I delay things because I do not get motivation and encouragement in time.
 79. I have very little value as a human being. There are so many superior people around.
 80. I want the people important to me to make me proud by their actions and achievements.
 81. I find it very difficult to make people understand my ideas.
 82. Once I decide the course of my action, I do not change my mind.
 83. I am very quick in understanding things and people; this helps me jumping to conclusions and actions.
 84. I am very careful not to make a mistake. Once I make a mistake, it will be proved that I am useless.
 85. I should always compare myself with others and take actions to be better than them.
 86. Although I try to please everybody, I often get into troubles with them.
 87. It is not at all necessary to express love openly; people should understand my feelings without verbal expressions.
 88. I avoid experimenting with new things; I do not want to make a fool of myself in front of others.

-
89. I love to talk about my achievements to known as well as unknown people. That will earn me their respect.
 90. If I fail to make the first impression, making a good impression in future is impossible.
 91. There is no point doing anything because I failed once and going to fail in the future too.
 92. When I get into one difficulty, many difficulties follow; I remain trapped for a long time.
 93. When I get into a happy situation, happiness does not last long; it is always short-lived.
 94. I cannot believe anyone; even I do not trust myself.
 95. I believe in being honest; however, being honest is practically impossible in this corrupt world.
 96. I could never make a good impression to others; I am a total failure.
 97. People close and important to me must listen to me fully and respect my opinions and values.
 98. Politics is the worst possible thing one can think of; I hate politics.
 99. I feel like shouting at the top of my voice at the world for being so unfair to me.
 100. Had I had good teachers, my life would have been altogether different.
 101. The concept of Self-control is only good to talk about; there are so many things in life beyond my control.

WOULD YOU LIKE TO ADD TO THIS LIST?

FINAL TEST - EFFECT OF BELIEFS ON DECISIONS - 1

Situation : You are going to take part in a public speaking competition. You are required to select one topic out of the given two topics.

Topic 1 : You have a lot of details and also mastery on this topic. Obviously, compared to Topic 2, you need less efforts and time to prepare.

Topic 2 : You do not have sufficient details. To prepare you need more efforts and time compared to the Topic 1.

Which one would you choose?

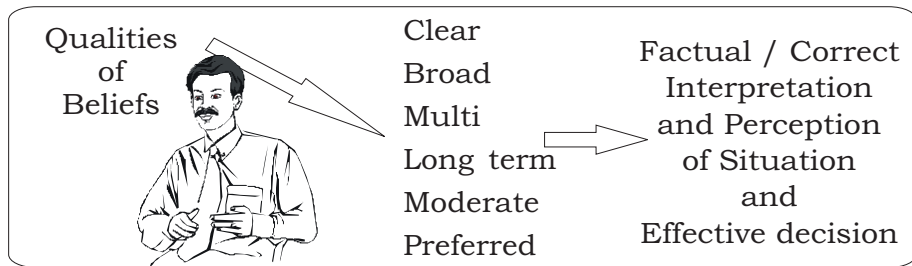
We give below a list of questions in support of Topic 2. You may add a few more.

- * Which topic will significantly increase your knowledge?
- * Which topic will teach you “more output in less time”?
- * Which topic will improve your skills?
- * Which topic will make you more resourceful?

You may ask question supporting Topic 1.

Both the choices can be appropriate depending on the situational conditions.

What is important is - whether we have taken the decision consciously appropriate to the situational conditions?



 FINAL TEST - EFFECT OF BELIEFS ON DECISIONS - 2

Situation : You are appearing for Standard 10 examination. Today's subject is History.

You see the question paper and come to know that all the questions from the previous examination have been repeated. A protest starts among the students. What will be your stand?

Option 1 : This examination should be cancelled. The repetition of a question paper is a big mistake of the concerned authorities.

Option 2 : Let us continue. But, we want grace marks.

Option 3 : Setting question paper is not our concern. Our concern is to study the subject fully. We should be prepared for all the questions.

Which one shall be your choice? Is your choice rational? Ask questions.

- * Which beliefs did you use to choose your option?
- * Did you check the qualities of your beliefs?
- * Is your decision based on "good" or "pleasant" values?
- * If you are the authority, what will be your stand?
- * If you are a parent, what will be your stand?

What to do and what not to do - Use of resources to decide

Does your decision - 1. increase your safety? 2. increase your wisdom? 3. guide you rationally? 4. increase your potential?	Is your decision - 1. True? 2. Good? 3. Useful?	Is your decision - 1. Good? 2. Pleasant?
---	--	--

A HELPFUL PROPOSED METHOD OF WRITTEN ANALYSIS

1. Situation

I failed in Standard 12 examination.

2. Irrational Beliefs

I am a failure. I am a duffer.

I am casual and easy going. I cannot be serious.

I am not capable to succeed in life.

My teachers were not up to the mark.

The examination system is faulty.

All my friends are like me.

There is no one in my family to guide me.

3. Consequences

May get trapped in the vicious circles of Guilt,
Blame, Inaction, Frustration

Lack of commitment and responsibility

4. Rational Beliefs

I can work hard and will work hard.

I can succeed in life without passing standard 12.

I can acquire skills I like.

I can find out people who would help me.

There are many vocational courses.

I can collect the details from the internet.

There are agencies to help and guide me.

5. Consequences

Action, Learning, and Success because of
commitment and responsibility

Note: Make necessary changes to suit your needs.

1. Situation
2. Irrational Beliefs
3. Consequences
4. Rational Beliefs
5. Consequences

Note: Make necessary changes to suit your needs.

MOVIES AS LEARNING RESOURCES

To learn to differentiate between the effective and ineffective beliefs, assumptions and behaviours we would recommend the following Hindi movies.

1. Ek Ruka Hua Faisala (12 Angry Men in English)

There are twelve characters. You will see two highly critical and prejudiced characters using stained, narrow, singular, extreme and very short term beliefs. Study their beliefs and assumptions.

Out of 12, there is only one character who uses clear, broad, multiple and long-term beliefs, and that too consistently. There is a lot to learn from this character.

2. Main, Meri Patni Aur Woh

Study the beliefs and the qualities of beliefs used by Chhote Babu played by Rajpal Yadav. You will see all sorts of irrational, distorted and undesirable beliefs, perceptions and behaviours.

This movie is an excellent resource to study most of the issues involving the inferiority complex.

3. Judaai (Ignore comedy and songs)

Study the character of Kajal played by Sridevi. She has very high and irrational expectations from life.

You will see her distorted beliefs and the poor qualities of the beliefs. Kajal does not see the reality and even positive sides of her life. Her beliefs block her to think rationally.

4. Rangeela (Ignore songs except the opening one)

Study the characters of Munna played by Ameer Khan and Mili played by Urmila Matondkar. Compare their beliefs and the qualities of their beliefs.

Compare your beliefs with those of Munna and Mili. Introspect whether your beliefs and actions are closer to those of Munna or Mili.

5. Gandhi My Father (Harilal was the eldest son of Mahatma.)

Study the character of Harilal played by Akshay Khanna. List and compare the beliefs of Harilal and Mahatma Gandhi. Compare the qualities of their beliefs too.

The effect of the differences in their beliefs and the qualities of their beliefs on their short term and long term relations is worth studying.

6. Life Me Kabhi Kabhi

There are five characters in the movie. All go their ways after completing college education. They have different goals and different beliefs - One wants money, second power, third fame, fourth success in business and the last one is just aimless.

They meet after five years and decide who succeeded the most.

View the above movies with a “Belief of Learning”. The time spent shall be investment for lifetime returns.

Note:

While viewing any TV serial, movie or play or while reading a story or novel, we should study the beliefs, assumptions, and prejudices of the characters.

YouTube VIDEOS ON THE SAME TOPICS

While preparing this compilation, I got motivated to create videos on the same subject. Considering the contents of this compilation as base, I created 38 videos and uploaded on YouTube. Deliberately I have used very simple Hindi.

I may create about ten more videos in due time.

Channel : MAGANLAL PATEL

Total Duration : 8 Hours approximately

YouTube search : MAGANLAL PATEL PLAYLIST
जीवन की गुणवत्ता बढ़ायें

You may view the videos while going through this compilation.

You can also download and see the videos offline.

- Maganlal Patel

The following is the list of videos:

- ०१ जानना मानना करना
- ०२ मानना मुश्किल क्यों - भाग १
- ०३ मानना मुश्किल क्यों - भाग २
- ०४ मैंने किया या मैंने होने दिया या बस हो गया
- ०५ योजना से करना या अपने आप होने देना
- ०६ हमारी मान्यताएं और धारणाएं
- ०७ मान्यताओं और धारणाओं का व्यवहार पर प्रभाव - भाग १
- ०८ मान्यताओं और धारणाओं का व्यवहार पर प्रभाव - भाग २
- ०९ घटना से व्यवहार तक की हमारी यात्रा
- १० धारणा और मान्यता के स्रोत और सर्जन

- ११ धारणा और मान्यता का एक स्रोत - अनुभव
- १२ उग्र और इच्छनीय धारणाएं और मान्यताएं
- १३ धारणाओं और मान्यताओं का प्रमाणीकरण
- १४ मान्यताओं के गुण और अवगुण
- १५ मान्यताओं को जानने के लिए मानसिक तटस्थता जरूरी
- १६ मान्यताओं का अध्ययन और प्रमाणीकरण - भाग १
- १७ मान्यताओं का अध्ययन और प्रमाणीकरण - भाग २
- १८ अपने को पहचानें - अपनी और दूसरों की नजर से
- १९ मान्यताओं का अध्ययन और प्रमाणीकरण - भाग ३
- २० मान्यताओं का अध्ययन और प्रमाणीकरण - भाग ४
- २१ मान्यताओं का अध्ययन और प्रमाणीकरण - भाग ५
- २२ मान्यताओं का अध्ययन और प्रमाणीकरण - भाग ६ से १०
- २३ मान्यताओं का अध्ययन और प्रमाणीकरण - भाग ११ से १५
- २४ दोषारोपण और शिकायत करने के हमारे जीवन पर दुष्प्रभाव
- २५ १५ अयोग्य और योग्य मान्यताओं की तुलना
- २६ अपेक्षा - इरादे - कुशलता
- २७ अपेक्षा - इरादे - कुशलता - दो युगलों का अध्ययन
- २८ इरादे और व्यवहार
- २९ क्या करें और क्या ना करें - निर्णय के औजार १
- ३० क्या करें और क्या ना करें - निर्णय के औजार २
- ३१ क्या करें और क्या ना करें - निर्णय के औजार ३
- ३२ क्या करें और क्या ना करें - निर्णय के औजार ४
- ३३ क्या करें और क्या ना करें - निर्णय के औजार ५
- ३४ मान्यता और व्यवहार का विज्ञान और सिनेमा १
- ३५ मान्यता और व्यवहार का विज्ञान और सिनेमा २
- ३६ मान्यता और व्यवहार का विज्ञान और सिनेमा ३
- ३७ मान्यता और व्यवहार का विज्ञान और सिनेमा ४
- ३८ मान्यता और व्यवहार का विज्ञान और सिनेमा ५

LIST OF EXTREMELY USEFUL RELATED BOOKS



Books are not made for furniture;
but there is nothing
that so beautifully furnishes a house.
- Henry Ward Beecker

Seven Habits of

Highly Effective People

- Stephen Covey

Your Erroneous Zones

- Dr Wayne W Dyer

Pulling Your Own Strings

- Dr Wayne W Dyer

Taming Your Mind

- Ken Keyes Jr.

Feeling Good - Mood Therapy

- David D Burns

Awaken The Giant Within

- Anthony Robbins

Who Moved My Cheese

- Spencer Johnson

In Search Of Your True Self

- Walter Staples

Tough Times Never Last,
But Tough People Do!

- Robert H Schuller

I Am Ok – You Are Ok

- Thomas A Harris

NLP - The New

Technology Of Achievement

- Faulkner-Andreas

The Aladdin Factor

- Canfield & Hansen

The Power To Be Your Best

- Todd Duncan

Man's Search For Meaning

- Viktor E Frankl

Emotional Intelligence

- Daniel Goleman

NLP At Work

- Sue Knight

Choices

- Shad Helmstetter

LEAVE WORRIES, NOT RESPONSIBILITIES

The compilation is over. We take the journey forward today itself with five noble thoughts.

NOBLE THOUGHT - 1 : STOP WORRYING

I should not worry about two things.

First, I shouldn't worry about the things I can't change. If I can't change them, to worry is certainly most foolish and useless.

Second, I should not worry about the things I can change. If I can change them, then taking action will accomplish far more than wasting my energies in worry.

Give worry its rightful place - out of your life.

But remember - "Not to worry" never means "inaction".

NOBLE THOUGHT - 2 : RESPONSIBILITY

A priest was driving by and saw an exceptionally beautiful farm. He stopped his car to appreciate the bountiful crop. The farmer was riding on his tractor and saw the priest at the corner.

He drove towards the priest and when he got there the priest said, "God has blessed you with a beautiful farm. You should be grateful for it."

The farmer replied, "Yes, God has blessed me with a beautiful farm and I am grateful for it."

The farmer continued, "But you should have seen this farm when God had the whole farm to himself!"

NOBLE THOUGHT - 3 : WHY TODAY ITSELF?

A Persian king summoned the three wisest men of his realm and asked, 'What is the greatest evil in life?'

The wise men thought for a while.

Then the first man spoke, 'Life's greatest evil is to have debts and not have money to pay.'

Then the second man spoke, 'Of all the evils, the greatest is to be sick and not have a cure.'

Finally, the third wise man came up with his solution, 'The greatest evil in life,' he said, 'is to stand at the end of it and to know that it was wasted!'

NOBLE THOUGHT - 4 : MOOD FOR WORK

The difference between doers and dreamers is that the dreamer waits for the mood before taking action, while the doer creates the mood for action.

NOBLE THOUGHT - 5 : END OF JOURNEY

Life is not a destination;

It is a journey ...

It is continuous learning ...

It is continuously working ...

It is continuously progressing

YOUR NOTES

This compilation is a work-book
for Self-observation, Self-awareness, and Self-change!

Why should this compilation be read?

Every one needs this compilation. You may not need it as you are knowledgeable. But, some people close to you may be in need. Read for them.

This compilation shall be very helpful to understand and control psychological expectations. At the same time there would be an improvement in psychological understanding, maturity, stability and happiness.

Important issues covered in the compilation

List of 101 irrational assumptions and beliefs

List of 50 beliefs in both rational and irrational forms

The process of creation of beliefs automatically by default, their creation by us and using our thinking faculty how we can create-identify-check-change-improve our assumptions and beliefs - the complex issues explained in very simple manner.

Self-evaluation with interpretation of beliefs while going through the compilation.

Comparison of our personality with a healthy one.

The biggest learning of this compilation

He who controls others may be powerful,
but he who has mastered himself is mightier still.

- Lao-Tsu

Your Investment : Your Valuable Time

Readers Speak

Now and in coming days too psychological problems shall continue to be of higher concern than the physical ones. The solution is psychological maturity and health. And, the base is our logical and rational beliefs.

Timely compilation for all !

- Dr. Rajan Sethji

Practicing Physician, Navsari

I am involved with this compilation from the very beginning. It is very important for teachers to inculcate the right beliefs in the minds of students for happiness in their life.

This compilation will be of help in the process.

Keyur Naik

Principal, Raman Brothers Vidyalay, Ugat, Navsari

Very important contribution by the writers for interior decoration of our personality.

Excellent practical training material.

Sumeet Arora

Management Trainer and Consultant

I was given the draft of the book for my review as a student. I read the draft many a times.

In my opinion the compilation is not for one-time reading - the learning is to be practised in life. It has helped me to “create-identify-understand-challenge-change-improve” many of my beliefs and assumptions.

Prerna Randive

HR Student (Now, New Code NLP Practitioner, Nagpur