

Name: Dasari Charithambika
Roll Number: 210302

Lecture – 11: Assertiveness – 2: Types of People

1. Where would you identify yourself based on the characteristic features described for Passive, Assertive and Aggressive people? Do you think you need to make any changes?

Ans: I mostly identify myself in Assertive, but sometimes I identify myself in Passive. I compromise myself when others are not willing to agree with me. Yes, I think I need to make changes to be an Assertive person. Changes like start with reality-checking, following Stanlee and Nancy's 10 Commandments, reversing sorry with thanks, and accepting genuine praise and criticism.

2. Briefly report how you practised assertiveness by saying "No" to interruptions. Record how you felt after and how others respond to your assertive behaviour.

Ans: As part of practicing assertiveness, I implemented strategies to politely say "No" to interruptions. When faced with interruptions, I calmly but firmly stated that I needed uninterrupted time to focus on my tasks or that I would be available to address their concerns at a designated time. Initially, it felt a bit uncomfortable as I was accustomed to accommodating interruptions, but with practice, it became easier. After asserting my boundaries, I felt a sense of empowerment and increased control over my time and workload. Others responded positively overall, respecting my boundaries and understanding the importance of allowing me uninterrupted time to work. Some even appreciated the clarity and efficiency of my communication. This experience reinforced the importance of assertiveness in maintaining productivity and fostering mutual respect in professional interactions.

3. How can you be more assertive without being rude?

Ans: I can be more assertive without being rude by:

- Stands up for oneself without violating the rights of others
- Self-enhancing, open
- Direct, straight-forward, expressive
- Values oneself and empathizes with others
- Uses a friendly tone
- Active listeners
- Knows how to help myself and let others help me.

Lecture – 12: Assertiveness-3: How to Say "No"?

1. Many suggestions are given in this lesson to make you become assertive. Which of them you found it useful in your daily life? Describe how you are able to implement some of those useful suggestions.

Ans: Suggestions I found useful in my daily life are

- Start with a reality checking
- Distinguish assertive from aggressive behavior
- Avoid people who discourage you from becoming assertive
- Remove Self-doubts
- Reverse sorry; say thanks

- Accept genuine praise and criticism

I implement “Start with a reality-checking” in important meetings, identify who is dominating or controlling, “Reverse sorry; say thanks” instead of saying ‘sorry for the late’ say ‘thank you for waiting’

2. Give an example of meeting someone halfway for saying “no.”

Ans: An example of meeting someone halfway for saying “no”

When a person is busy with her schedule, her friends are invited to a restaurant to eat outside. She cannot say No to her friends, but in the same way, she cannot leave her work. So, she went with them to a restaurant but instead of going inside the restaurant, she said she could not eat the food.

3. Give an example of (if possible, from your own experience) a “white lie” used for saying “no.”

Ans: An example of a “white lie” used for saying “no.”

When my friends call to go out, but I am not interested in it. I can just say that I have an important assignment to do (or) project work to do (or) feeling not well. Like this white lie instead of saying no directly.

4. Create a 10-minute “me-time” for yourself and reflect on your experience at the end of the week

Ans: Creating a 10-minute "me-time" session for yourself can be a wonderful way to recharge and reflect amidst the hustle and bustle of daily life.

- I chose a quiet and comfortable spot where I will not be disturbed for the next 10 minutes
- Deep breathing, Mindfulness meditation
- Take a moment to reflect on three things I am grateful for today
- Take one final deep breath, slowly open your eyes, and bring your awareness back to the present moment.

Reflection prompt:

- After these 10 minutes, I felt good, a new vibes in my body. I feel happy.
- I noticed changes in my mood, I became more active than before.
- There was a starting problem, but when I started, I continued.

Lecture - 13: Managing Negative Emotions: Controlling Anger

1. Identify and explain a situation in which you lost control and expressed anger that you regretted at a later stage.

Ans: I think this incident occurred in my childhood like in 6th standard, I hated an aunt who was beside my home because she always appreciated a girl who was opposite to her home. The girl is good at studies, sports, talking, and other activities. I too like that girl who is older than me by 1 year. I appreciate her but when that aunt came to our home and talked about her achievements to my mom. I am angry because why does aunt talk about some other girl’s achievements to my mom? I am doing great in my life at that time and I am learning slowly. I am still angry with that aunt. I do not want to regret it as it rebooted me.

2. Using the tips in the lesson, explain how you could avoid such a situation in future.

Ans: Using the tips in the lesson, I could avoid such a situation in the future

- Accept any criticism and praise

- Take a deep breath. Try to smile (it reduces the tension and intensity)
 - Exert me physically (punching bags, jogging, playing rigorously)
 - Practice remarkable, respectful, and noticeable silence
3. From your experience, recall a situation where, if you were able to see the situation from the right perspective, you would not have got angry.
- Ans:** Imagine you are driving to an important meeting, and you encounter heavy traffic on the way. You start feeling increasingly frustrated and angry because you fear you might be late, despite leaving early to avoid such situations. As a result, you begin honking at other drivers, making aggressive lane changes, and expressing your frustration aloud.
- Later, you realize that getting angry did not improve the traffic situation or get you to your destination any faster. If you were able to see the situation from the right perspective, you would understand that traffic is often unpredictable and beyond your control. Instead of letting frustration build up, you could have used the time stuck in traffic to listen to calming music, practice deep breathing exercises, or simply accept the situation and use the extra time to mentally prepare for your meeting.
- By reframing the situation and focusing on what you can control, such as your reaction to the traffic delay, you would have been able to maintain a sense of calm and avoid unnecessary anger. This perspective shift allows you to approach challenging situations with a more level-headed and constructive mindset, ultimately leading to better outcomes and improved emotional well-being.
4. What possible steps would you take to control any damage in future?
- Ans:** Controlling and mitigating damage in the future involves learning from past experiences and implementing strategies to handle similar situations more effectively. Here are some possible steps you could take:
- Self-awareness
 - Emotional regulation
 - Communication skills in expressing concerns or frustrations
 - Seek support
 - Learn from mistakes
 - Practice forgiveness

Lecture – 14: Channelizing Positive Emotions-1: Gaining Power from Positive Thinking-1

1. What did you learn from the story of the dying patients?
- Ans:** I have learned from the story of the dying patients
- There is tremendous happiness in making happy despite our situations
 - Shared grief is half the sorrow, but happiness when shared is doubled
 - Genuine happiness lies in compassion
 - Negative thinking prevents you from accepting sorrow as part of your life and makes you live a miserable life; positive thinking makes you accept your sorrow and makes you live a happy, healthy, satisfying, fulfilling, and meaningful life
2. Do you have a similar story to share from your experience?
- Ans:** Two friends named Johnson and James became friends in college time. Johnson was a slow learner at first, so his CPI was lower. James was good in his studies and a

fast learner, so his CPI was ok. Johnson later became aware of all, so his CPI graph goes on increasing but somewhat less than James's CPI.

During their internship time, James did not get intern, so he shared his sad feelings with Johnson. Johnson at first was sad because of not satisfying CPI and not getting an internship. But he encourages James and makes him try his best.

Shared grief is half the sorrow, but happiness when shared is doubled.

3. Write a letter to your future self, reminding him/her to keep a positive attitude in the face of a tragic situation you might face.

Ans:

Dear Future Me,

I hope you are doing okay, no matter what is happening around you. Life can be tough sometimes, but I want to remind you to stay positive, even if things get hard.

Remember, you have been through tough times before, and you have always come out stronger. Trust yourself to get through whatever comes your way.

When everything feels dark, try to find a little light. Even the smallest good thing can make a big difference. Keep looking for those bright spots, even when it is tough.

Take a moment each day to think about what you are grateful for. Even if it is something small, focusing on the good stuff can help lift your spirits.

Do not forget, that you are not alone. Reach out to your friends, family, or anyone you trust when you need support. It is okay to ask for help, and you deserve to have people there for you.

Take care of yourself, both physically and mentally. Do things that make you feel good, whether it is going for a walk, writing in a journal, or just taking some time to relax.

And remember, it is okay to feel sad or angry sometimes. You do not have to be strong all the time. Let yourself feel your emotions, and do not be too hard on yourself.

No matter what happens, know that I believe in you. You are strong, you are resilient, and you deserve happiness and peace.

Sending you lots of love and encouragement,

D Charithambika

Lecture – 15: Channelizing Positive Emotions-2: Gaining Power from Positive Thinking-2

1. Which of the steps involved in changing negativity appeal to you? Why?

Ans: Steps involved in changing negativity:

- Desire / Drive / Determination
- Delving deep into self
- Discarding limitations
- Developing a positive image
- Synchronizing body and mind and world

Developing a positive image: Visualize yourself becoming the positive person you want to be.

Synchronizing body and mind and world: Mind-body connection is evident from the fight-flight response. Reverse fearful response to joyful one by music, dancing, cycling, etc.

2. How far do you agree with the anecdote on “A Conversation with God”? Do you think all coincidences in our lives have some inner meaning and a positive design?

Ans: I totally agree with the anecdote on “A Conversation with God”. Everything happens for some reason which is seen as bad at first, but later it is good. God’s plan is always the best. Yes, I think all coincidences in our lives have some inner meaning and a positive design.

3. Cite some examples from your personal experiences to illustrate that even seemingly unfortunate events could be blessings in disguise.

Ans: This is an incident that I saw it unfortunate but it became a blessing later.

After 10th standard, I and my best friend had selected MPC [Math Physics Chemistry] but we joined different colleges. On the first day of college, I felt nervous, sad, and feared because I did not have anyone to talk to or ask anything. After coming from college on that day, I cried a lot, my mom and dad said that they could make me join my best friend’s college. But I did not know why I did not say I would join. I remain in my college. But later I got good friends who taught me to be brave and confident. I am happy to not to take this decision of change, if I did, I could not think I could be confident in the future. I still think something has stopped me from saying yes, I always say thanks for it.

4. Do at least three things to get closer to nature in the next week. Record some information you gathered from nature that helped you to form good decisions.

Ans: Nature walks, outdoor meditation, and photographs of flowers are things to get closer to nature.

- During nature walk, I have observed many plants and flowers and how these are growing. Without anyone to look after them, these are growing well. I have come to think that without anyone to look at us, we must grow well and disciplined.
- While meditating outdoors, you may have felt a sense of calm and clarity wash over you, providing perspective on a challenging situation or decision you have been facing. Connecting with nature in this way may have helped you gain insight and clarity on the best course of action.
- While taking photographs of flowers, as we cannot see small things with eyes, we use zoom in or out to see. In the same way, in the real life when we can see big problem just zoom out it then it become small. Our problem is very small as compared to other big problems.