



SRM INSTITUTE OF SCIENCE AND TECHNOLOGY

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SUB : UNIVERSAL HUMAN VALUES

ASSIGNMENT - 5-8



5. Who and what is stopping you to do anything you want - observe yourself.

The factors that can stop me from pursuing their desires can be complex and varied, some common factors include.

i) Lack of Resources: Sometimes, a lack of necessary resources like time, money, or access to education and opportunities can prevent people from achieving their desires.

ii) Health issues: Physical or mental health problems can limit a person's ability to pursue my desires or goal.

iii) Personal Responsibilities: Family, work or other obligations can take precedence over personal desires, making it challenging to pursue them.



iv) Lack of knowledge or skills:

* Sometimes, individuals may lack the necessary knowledge, or skills to pursue their desires, and this can be a significant barrier.

By overcoming these obstacles often requires a combination of determination, problem-solving, seeking support, and making strategic choices with my desires.

6. Journaling of your Behaviour, thoughts and Feeling of whole day

i) choose a medium - Decide whether you want to journal using a physical notebook or a digital platform, whichever is more convenient for me.

ii) Set a routine - Allocate a specific time each day to write in your journal, whether it's in the morning, at night, or during breaks.



iii) Start with the basics - Begin by jotting down the date and the time of day. Then, write about your overall mood or emotional state.

iv) Reflect on my thoughts: share any significant thoughts or ideas that crossed your mind during the day. My emotions as they evolved during the day.

v) Set goals - Consider what you'd like to achieve or improve upon in terms of your behaviour or thought patterns.

7. Initiate the dialogue within myself:

"Today was quite eventful. I woke up feeling a bit tired, but after my morning coffee, I perked up. During a meeting at work, I found myself feeling frustrated when my ideas were dismissed. I think I need to work on asserting on myself more.



On a positive note, I had a great lunch with a friend, and it reminded me how important these connections are. Overall, today was a mix of emotions, and I'm determined to make tomorrow even better.

8. Escapism - List of situations where you try to escape rather than act with responsibility.

i) Reading fictions - Immersing oneself in novels, fantasy, or science fiction to escape from reality temporarily.

ii) Watching Movies - Enjoying films and TV shows to disconnect from everyday life and enter different worlds.

iii) Alcohol or Substances Use:

* Unfortunately, some individuals turn to alcohol or drugs as a way to escape their problems, which can be harmful.