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PGP Assignment - 1

1):- Increase your self-awareness with one simple fin.

Tasha Eurich, the speaker in the video by Tedx Talks talks about self awareness. She starts with a quote by Tennessee Williams * that says "There comes a time when you look into the mirror and you realize that what you see is all you'll ever be and then you accept it or you will kill yourself, or you stop looking in mirrors." She arises a question "what self-awareness really is, where it comes from, why we need it, and how to get more of it?". She asks the audience to reflect on how they're reflecting. Further she explains self-awareness and says that it is the ability to see ourselves clearly, to understand who we are, how others sees us and how we fit into the world. She states the qualities of people who are self-aware that they are more fulfilled, they have stronger relationships, they are more confident and better communicators. They

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perform better at work and are more promotable and they're effective leaders with more profitable companies.

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Her research team found that 95% of people think that they are self-aware but in reality the number is only 10 to 15%. To find out who was truly self-aware, her test subjects had to clear four hurdles. Firstly, they had to believe they were self aware, as measured by an assessment and secondly, using that same assessment, someone who knew them well had to agree. Third, they had to believe that they'd increased their self-awareness in their life and fourth, the person rating them had to agree.

She told the ugly truth of introspection with her own experience. She said that people who introspected were more stressed and depressed, less satisfied with their jobs and their relationships and had less control in life. As the ~~the~~ negative consequences the more introspection happens.

She says while introspecting ourselves we tend to ask "why" ^{which} ~~that~~ makes us depressed, over-confident and wrong instead we should ask "what" which changes the whole perception. It helps to introspect us better. She says "Ask what, Not why".

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She concludes by saying that self-awareness gives a much better shot at finding happiness and success. At the end she quotes Rumi "Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself."

② What is Personality?

The speaker starts with a question about how ~~are~~ our personalities actually influence our actions and that makes us who we are. He defines personality as a pattern of relatively permanent traits and unique characteristics that give both consistency & individuality to a person's behaviour. He focus on word "traits" and explains that it is center of personality psychology. Traits influence our behaviour. ~~We~~ We might act outside of these traits therefore traits are measured on a scale.

He answers the question "How personality works?" by saying that the traits are displayed using psychological mechanisms. Psychological mechanism are the processes of personality and a process has three parts, input, decision rules and the output.

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He explains 3 levels of personality analysis. He uses Kluckhohn & Murray's book "Personality in nature, society and culture" and says that man in every aspect like all other men, like some other men, like no other man.

He explains the things that makes us unique with examples like you need to belong, you want a feeling of purpose etc. Counter examples of the above ones like you're introverted, you're good at doing your taxes. Most unique examples could be you love doing taxes, you plan days and set your goals. (3)

The speaker talks about some common personal theories such as ① Trait theory, ② Behavioral Theory, ③ Humanistic theory, ④ Biological theory, and ⑤ Psychoanalytic Theory. He says that we reward positive personality traits. Personality have various development types. Is the personality hereditary or environmental, unique or universal.

The speaker^{also} compares personality types as proactive or reactive. It helps to predict future behaviour. He gives example of Ted Bundy, a serial killer that when he was examined, he had a classical sociopathic personality. Artificial Intelligence may help us predict bad situations as it very good at organizing and looking at massive amounts of data. Data ~~currently~~ shows correlations bet

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different levels of personality traits and future behaviour or classification.

At the end, he lists the big five personality traits that are ① Openness, ② Conscientiousness, ③ Extraversion, ④ Agreeableness & ⑤ Neuroticism. These traits have polar opposites too. For example, the opposite of extraversion is introversion.

③ Transactional Analysis:-

Donna Mitchell, the speaker in the video gives a beginner's guide to Transactional Analysis. She defines TA as a way of understanding how we relate to other people and communicate with them. TA helps to deal with other people.

She further explains TA as a theoretical structure by Dr. Eric Berne and based on the understanding that our actions are not so much based on another person's behaviour but it is more based on our own state of mind. In TA, we analyze transaction which are interactions with other people. TA is based on three main ego states that are Parent, Adult & child.

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We constantly shift our lives between these ego states.

She further explains the ego states, she explains Parent ego state by saying that we think, feel and act in a way that was influenced by how our parents were in our childhood. Parent ego state can be further divided into two states which are critical and nurturing parent.

Critical parent is ~~cor~~ ego state tries to control others and get them to behave in a way and nurturing parent ego state tries to be very loving and protective and help others. Second ego state is child ego state. This state can be further divided into two states which are adaptive child ego state which obeys authority figures and is obedient and the other is free child ego state who is less reserved and are care-free.

Third ego state is Adult ego state. The Adult is not divided further and its not preprogrammed based on our childhood. In Adult ego state we respond to each situation with maturity, respect and compromise.

None of the ego states are superior than any other.

She explains complementary and crossed transaction.

A crossed transaction will lead to shift in other person's ego state and they form a complimentary transaction.