

Code-1502A

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S20180010158Part A

Ans-1 The two styles in Adult ego state are-

- ① Task obsessive Style - These are mostly task and outcome oriented style. It does not take into account any feelings.
- ② Problem solving Style - This style deals with solving problems and often interact, brainstorm with others for better solving.

Ans-2 Maintaining good health was one of my goals. But that does not align well with my time table. So, maintaining good physical body was one I missed. The other one is getting social in COVID-19. I have lost taste of being surrounded with people that harmed my social skills.

Ans-3 Barriers to personal growth

- ① Not having time to think / retrospect ourselves.
- ② Lack of goals / ambitions is also a barrier.
- ③ Fear of losing or taking too pride is also a barrier for personal growth.



Ans-4 Behavioural characteristics of  
submissive style

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- ① They always feel apologetic even if they had not done anything wrong.
- ② They don't express their feelings and opinions.
- ③ They find it difficult to adhere to roles and responsibilities.
- ④ They feel like a victim or being left out in certain times.

Ans 5 Benefits of self awareness -

- ① Self aware people find their mistakes and work hard to improve them.
- ② They increase work motivation by finding their true passion.
- ③ They raise happiness levels by working in a team.



Ans-2 four styles of communication

- ① Assertive style → Assertive style is about recognising our needs, rights and goals but also keeping in mind the other person's goals. They create a good environment of mutual understandings and better growth of the team.
- ② Aggressive style → Aggressive style is about forcefully accepting/putting our opinions and aiming to win at any cost. This style is biased to one self as it does not take into account the other person's rights. Eg → Virat Kohli in cricket
- ③ Manipulative style → This styled people are clever, shrewd and try to ~~conf~~ convince people by making and cooking up stories. They behave differently with different persons at same situation. They aim majorly for personal benefit. Eg → a thief with police
- ④ Submissive style → This style aims at not expressing our true self. Also pleasing others with aim of avoiding conflict. Eg → a left out person in a team.



Ans-3 6 skills required for goal setting.

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- 1) Decide your goal → first thing to aim at is deciding goal targetted for either work or personal growth
  - 2) Decide your goal conflict → Brainstorm about the key challenges, possible hurdles, barriers that can come along the way.
  - 3) Honest with Needs → It is often necessary to set realistic goals. Aiming for something fancy is difficult in shorter time. Be honest with your needs
  - 4) Action Plan → Prepare a proper plan of action for goal achievement. Write short term, long term, weekly, quarterly, monthly goals.
  - 5) Consistency - Consistency is the key to success. This is the driving force for goal achievement.
  - 6) Monitor Progress → It is always beneficial to track and monitor progress. Self Retrospection is the one that helps in longer run. Preparing a checklist also helps.
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## Part-C

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Q-1 Ego states Differentiate b/w nurturing and critical parent ego states?

Ego States - Ego state is a state of the person based on how they think, feel and behave in a situation.

There are three ego states -

① Parent Ego State → This state is about behaving maturely in a situation, teaching discipline, forming rules and regulations.

② Adult Ego State → This state is being rational, logic, spontaneous decisions in a situation and also accounts for better adaptability and intelligence.

③ Child Ego State - child Ego state is fun loving, being creative, curious and playful in situations. Also expressing our true self also comes under this ego state.

Critical Parents → This state is about setting rules, regulations for every task. They aim for discipline and even go strict if rules break. Eg → Retired police officer wants everyone to follow rules and can even lecture them if someone goes wrong.

Nurturing Parent → Nurturing parent sympathises, always guide others in a better direction. They take care of everyone or their loved ones and create mutual harmony amongst others. Eg → My grandma is caring for us. She cooks food and wish everyone to stay healthy and achieve goals.



## Part-D

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Ans-1 Transaction is fundamental unit of Social interaction. How we behave, act and think comes under transaction.

Ans-2 Feeling like a victim is an example of Submissive style of communication.

Ans-3 Emotions of High 'S' include being patient and empathetic. They are also a good leader and responsible team player.

Ans-4 True. One can handle change and pace oneself in Steadiness style.

- Ans-5
- ① Goals set are unrealistic or over ambitious
  - ② Goals are not tracked or ~~do~~ are not broken down into parts in order to achieve them
  - ③ Low commitment.