

UHV Tut 4

Shashwot Shah

60004220126

Comps [A]

PS 7 & PS 8

	Question	Mom	Dad	Grandmother Dadi	Neshvi	Maryada
1	I want to make my self happy	✓	✓	✓		✓
2	I want to make the other happy	✓	✓	✓	✓	✓
3	The other wants to make herself happy		✓	✓		✓
4	The other wants to make me happy	✓		✓		✓
5	I am always able to make myself happy	✓		✓		✓
6	I am always able to make the other happy			✓		✓
7	The other is always able to make herself happy	✓	✓	✓	✓	✓
8	The other is always able to make happy.	✓	✓	✓		✓

I trust my parents. I do have a feeling of trust on their intentions. They would ofcourse not do anything wrong that would affect or hurt my intentions.

This feeling though is not conditional as at times it does happen that I get irritated and oppose them.

- According to me the evaluation of competence and intentions is different. Because, we may intend so many things the way we actually want. But these intentions we have, we are not competent enough to actually fulfil those intentions.
- I evaluate myself on the basis of my intention but I evaluate others on basis of competence. I never end up doubting my intentions but I doubt the intentions of others and judge them based on competence.
- The result of such evaluation makes it clear and precise that when it comes to trusting someone else's intentions, we doubt them initially unless we actually know their competence and therefore the situation is conditional and it is uncontinuous.
- Yes! When we evaluate intentions and competence separately it will lead to a feeling of trust for one another.
- I got irritated with a friend of mine because I had been noticing that since a long time he was lying to me and every time I asked, he would lie, therefore even when I would catch him lying he used to lie further more. Hence I later started not trusting his intentions. This irritated me and made me angry too.



2

- The interactions shown in the videos are reactions since people react without thinking
- A bout 650% of my interactions are reactions and the rest is the responses.
- According to me having a 100% response can be much better and efficient since that will lead to a quite a lot of betterment

The efforts we need to put in are

- Patience
- Managing our emotions
- Embracing things in a positive manner.

PS 8

Interactions	Over / Under / Right evaluation		Comfortable / Uncomfortable Unaware within
	You	them	
1 Mom scolded me for food wastage		Right evaluation	Uncomfortable within
2 Fake praise to a friend	Overvalued evaluation		Unaware of the state
3 Too active on social media		Rightly evaluated	Uncomfortable within
4 Took Grandmother to the temple	Right evaluation		Uncomfortable within

	Interactions	Evaluation		State
		You	then	
5	Bought too many shoes hence got scolded		Over evaluation	Uncomfortable within
6	Praised mom for good food cooked	Right evaluation		Comfortable within
7	Comparison of marks	Under evaluation		uncomfortable within.
8	Helped a friend clear his exam	Right evaluation		Comfortable within
9	Constructive growth in studies		Right evaluation	Comfortable within
10	Helped my father start gym	Right evaluation		Comfortable within

→ Most of my efforts has been in discrimination, I would like to put most of my efforts towards respect. I would like to put my efforts in highly evaluation item.