**PEHV UNIT-III**

1. **Resentment Management:**

Resentment refers to the mental process of repetitively replaying a feeling, and the events leading up to it, that goads or angers us. We don't replay a cool litany of facts in resentment; we re-experience and relive them in ways that affect us emotionally, physiologically, and spiritually in very destructive ways. The inability to overcome resentment probably constitutes the single most devastating impediment to repairing a disintegrating intimate connection, family rift, or severed [friendship](https://www.psychologytoday.com/basics/friends). Although resentments may be provoked by recent, specific angry conflicts between two people, they usually encapsulate an enmity that goes much further back. Your [parent](https://www.psychologytoday.com/basics/parenting), child, [sibling](https://www.psychologytoday.com/basics/family-dynamics) or partner may accuse you of a recent snub or slight but the venom is more than likely fueled by years of other imagined or real episodes of disrespect or disregard. For example, your spouse may become enraged by a broken promise or breach of attentiveness, but if they can't let go of it, it's probably ignited by a long history of neglect, exasperation, and frustration. Your parent or sibling may accuse you of forgetting an event like their birthday, but again, the most recent accusation is just the trigger for these feelings. The strong reaction of resentment almost never appears to be warranted by what sets it off. It's always the product of a long history of backed-up unhappiness. What causes the unhappiness that underlies resentment?

* What we feel people did to us that was unnecessarily mean, hurtful, and thoughtless.
* What people in our lives did *not* do for us that we feel they should have done.
* When we feel the people in our lives have not done enough for us.

Resentments embody a basic choice to refuse to [forgive](https://www.psychologytoday.com/basics/forgiveness), an unwillingness to let bygones be bygones and bury the hatchet. We review and rehash our painful past, even as we profess to want to let go of it. We do so because we believe the illusion that by belaboring our resentment, we will somehow achieve the justice we believe we are due. We cling to a futile need to be "right," which overrides the capacity to heal and be at peace with ourselves. We hang on to perceived offences because we don't know any other way of coming to grips with painful feelings of hurt, rejection, and abandonment. We need to learn to let go of resentment, because living with it can only bring us chronic [punishment](https://www.psychologytoday.com/basics/punishment) and pain, and prevent us from building up other relationships based on [love](https://www.psychologytoday.com/basics/relationships), nurture, and support. Letting go of a resentment is not a gift to the person you resent. It is, rather, *a gift to yourself*.

Clinging to your angry, hurt feelings about someone to whom you once felt close will only hinder your capacity to move on in your life and learn to deal with the wounds. Letting go of your resentments, whether it leads to healing the rift, or to wholeness and peace within yourself, or both, is integral to not letting your past interfere with your present. Some time ago I read something about resentment which appears to have been written anonymously. It's worthwhile reading:

*"The moment you start to resent a person, you become his slave. He controls your* [*dreams*](https://www.psychologytoday.com/basics/dreaming)*, absorbs your digestion, robs you of your peace of mind and goodwill, and takes away the pleasure of your work. He ruins your* [*religion*](https://www.psychologytoday.com/basics/religion) *and nullifies your prayers. You cannot take a vacation without his going along. He destroys your freedom of mind and hounds you wherever you go. There is no way to escape the person you resent. He is with you when you are awake. He invades your privacy when you* [*sleep*](https://www.psychologytoday.com/basics/sleep)*. He is close beside you when you drive your car and when you are on the job. You can never have efficiency or* [*happiness*](https://www.psychologytoday.com/basics/happiness)*. He influences even the tone of your voice. He requires you to take medicine for indigestion, headaches, and loss of energy. He even steals your last moment of consciousness before you go to sleep. So, if you want to be a slave, harbor your resentments!"*

**10 Steps to Letting Go of Resentment**

1. Approach resentment as the addictive state of mind it is.
2. Realize that you are using resentment to replicate old dramas and acknowledge that you cannot change the past.
3. Examine how your resentment may come from mentally confusing people in your present life with people from your past.
4. Acknowledge that you cannot control those who have rejected you.
5. Recognize that your resentment gives you only illusions of strength. Instead, highlight and validate your *real* strength and power.
6. Learn to identify signals that provoke resentment. Apply the acronym HALT, widely used in 12-step programs: *Hungry, Angry, Lonely,* and *Tired*.
7. Practice [cognitive](https://www.psychologytoday.com/basics/cognition) behavioral techniques to stop indulging in resentment. Put a thought between your feelings of resentment and indulging in ruminating about them.
8. Acknowledge your part in allowing the abuse to occur, forgive yourself for that, and make a decision to not let it occur again.
9. Declare an amnesty with the person you resent and with yourself.
10. Forgive when you can, and practice willful and deliberate forgetfulness when you cannot, keeping in mind that these acts are gifts to *yourself* rather than capitulation to the people you resent.

Here are four powerful tips to reduce resentments and live a happier life.

**1. Think loving thoughts for the person you resent.**

You’re probably thinking, “You can’t be serious.” Hear me out.What’s the opposite of anger, hate, or fear? That’s right: love. By sending only love toward someone, praying that they receive all the wonderful things you want for yourself in life, you’re slowly chiseling away at [negative emotions](http://tinybuddha.com/blog/release-negative-feelings-3-ways-to-watch-them-disappear/) that do you more harm than good. Don’t believe me? Try it.Whether or not you believe in prayer, you can still set aside time during the day to think loving thoughts about someone you resent, wishing them good fortune and blessings. Say it out loud, “God/Buddha/Creator/Universe/Door Knob/etc.: please give love, health and peace to Lisa today.”At first it will most likely feel awkward and meaningless, not to mention difficult. It may take weeks, months, or even years, but eventually you’ll notice where there were once ill feelings, now there is peace and love. *And* that you start actually meaning it!A good rule of thumb for this exercise is trying it every day for at least for fourteen days.

**2. Check your motives and expectations.**

The best way to eliminate resentment is not to set yourself up for it.For example, think about when people ask you to do things for them. You probably form expectations about what they’ll do for you in return. If there’s a hint of *what’s in it for me*, chances are you’re headed for some resentment.This can be difficult to assess before taking action. If a friend is moving (*again*) and asks for your help (*again*) maybe you’re thinking to yourself “I better help because I know I’ll need it when I move next year.”Next year when you move what happens if your friend doesn’t show up? Booyah!

When you [give without expectations](http://tinybuddha.com/blog/20-ways-to-give-without-expectations/)—only when you’re comfortable giving for the sake of it—you’re less likely to resent people for letting you down.

**3. Be grateful.**

A heart that is full of gratitude has little room for conceits or resentment. I utilize something called a gratitude list. Whenever I’m feeling stressed, resentful, or angry, I put pen to paper and write down at least ten things I’m [grateful for](http://tinybuddha.com/blog/60-things-to-be-grateful-for-in-life/) in that particular moment.It’s difficult to resent what you don’t have when you’re focusing your energy on what you *do* have.

**4. Stay open to different outcomes.**

The key to [finding happiness](http://jaredakers.com/) is realizing that you already possess everything you need to be happy. When you realize happiness is an inside job, you’re less apt to place demands on other people and situations.Reducing resentment takes practice and mindfulness. First, you have to become aware of how they manifest and why. A few summer’s ago I had the perfect opportunity to do just that.I was looking forward to the first weekend my fiancé and I would get to enjoy our pool since we opened it for the summer. I had been thinking about this all week, planning to relax with a good book and soak up some rays.Saturday morning came and we had to deliver a new paint sprayer to my fiancé’s son and his wife, who were preparing to paint their new home. Subconsciously, or maybe consciously, I knew a nice paint sprayer would save them time and ultimately get us out of having to help.Upon arriving, we realized they’d already begun painting and didn’t want or need the sprayer. *That’s okay* I thought, *at least we tried*. Then out of no where my fiancé offered our help for the day! What was she doing? Didn’t she know the important commitment of lounging I had planned for today?

I could feel the resentment rising from deep inside as I visualized my lazy afternoon vanish into sweat and countless trips up and down a ladder. Being mindful, I recognized this and removed myself from the situation.I found a quiet spot under a tree and sat to meditate for a minute. I asked for acceptance, guidance, and willingness, and sat there quietly and concentrated on my breathing. Then it came to me in a flash. It was simple and profound:

**Years from now, what will I remember the most—the day I sat by the pool doing nothing or the day I helped my future stepson and his wife paint their house?**

The choice was easy. The day turned out perfect, and I learned a powerful lesson about expectations. It’s okay to have them at times, but the ability to [be happy](http://tinybuddha.com/blog/7-reasons-to-be-happy-even-if-things-aren%E2%80%99t-perfect-now/) and experience peace at any given moment is not contingent on how I expected an event to occur.

We all have the ability to manage expectations, change our state of mind, and ultimately be happy regardless of how we expect things will unfold.

**Self Analysis**:

A systematic attempt by an individual to understand his or her own personality without the aid of another person. **self-assessment** is the process of looking at oneself in order to assess aspects that are important to one's [identity](https://en.wikipedia.org/wiki/Identity_%28social_science%29). It is one of the motives that drive self-evaluation, along with [self-verification](https://en.wikipedia.org/wiki/Self-verification) and [self-enhancement](https://en.wikipedia.org/wiki/Self-enhancement). Sedikides (1993) suggests that the self-assessment motive will prompt people to seek information to confirm their uncertain self-concept rather than their certain self-concept and at the same time people use self-assessment to enhance their certainty of their own [self-knowledge](https://en.wikipedia.org/wiki/Self-knowledge_%28psychology%29). However, the self-assessment motive could be seen as quite different from the other two [self-evaluation motives](https://en.wikipedia.org/wiki/Self-evaluation_motives). Unlike the other two motives through self-assessment people are interested in the accuracy of their current self view, rather than improving their self-view. This makes self-assessment the only self-evaluative motive that may cause a person's [self-esteem](https://en.wikipedia.org/wiki/Self-esteem) to be damaged. f through self-assessing there is a possibility that a person's self-concept, or self-esteem is going to be damaged why would this be a motive of self-evaluation, surely it would be better to only self-verify and self-enhance and not to risk damaging self-esteem? Trope in his paper "Self-Enhancement and Self Assessment in Achievement Behaviour" suggests that self-assessment is a way in which self-esteem can be enhanced in the future. For example, self-assessment may mean that in the short-term self-assessment may cause harm to a person's self-concept through realising that they may not have achieved as highly as they may like; however in the long term this may mean that they work harder in order to achieve greater things in the future, and as a result their self-esteem would be enhanced further than where it had been before self-assessment.

Within the self-evaluation motives however there are some interesting interactions. Self-assessment is found a lot of the time to be associated with [self-enhancement](https://en.wikipedia.org/wiki/Self-enhancement) as the two motives seem to contradict each other with opposing aims; whereas the motive to self-assess sees it as important to ensure that the self-concept is accurate the motive to self-enhance sees it as important to boost the self-concept in order to protect it from any negative feedback.

The following are top talents and provides strategies for applying their strengths:

**ADAPTABILITY**

You live in the moment. you don’t see the future as a fixed destination. instead, you see it as a place that you create out of the choices that you make right now. This theme of Adaptability does enable you to respond willingly to the demands of the moment even if they pull you away from your plans. You are, at heart, a very flexible person who can stay productive when the demands of work are pulling you in many different directions at once.

**INTELLECTION**

You like to think. You like mental activity. You like exercising the “muscles” of your brain, stretching them in multiple directions. You are the kind of person who enjoys your time alone because it is your time for musing and reflection. You are introspective. In a sense you are your own best companion, as you pose yourself questions and try out answers on yourself to see how they sound.

**LEARNER**

You love to learn. The subject matter that interests you most will be determined by your other themes and experiences, but whatever the subject, you will always be drawn to the process of learning. The process, more than the content or the result, is especially exciting for you. You are energized by the steady and deliberate journey from ignorance to competence. The thrill of the first few facts, the early efforts to recite or practice what you have learned, the growing confidence of a skill mastered – this is the process that entices you.

**IDEATION**

You are fascinated by ideas. You are delighted when you discover beneath the complex surface an elegantly simple concept to explain why things are the way they are. An idea is a connection. Yours is the kind of mind that is always looking for connections, as so you are intrigued when seemingly disparate phenomena can be linked by an obscure connection. You revel in taking the world we all know and turning it around so we can view it from a strange but strangely enlightening angle. You love all these ideas because they are profound, because they are novel, because they are clarifying, because they are contrary, because they are bizarre.

**INPUT**

You are inquisitive. You collect things. You might collect information – words, facts, books, and quotations – or you might collect tangible objects such as butterflies, baseball cards, porcelain dolls, or sepia photographs. Whatever you collect, you collect it because it interests you. And yours is the kind of mind that finds so many things interesting. The world is exciting precisely because of its infinite variety and complexity.

1. **Positive Thinking**:

Positive thinking is a mental and emotional attitude that focuses on the bright side of life and expects positive results.A positive person anticipates happiness, health and success, and believes he or she can overcome any obstacle and difficulty.Positive thinking is not accepted by everyone. Some, consider it as nonsense, and scoff at people who follow it, but there is a growing number of people, who accept positive thinking as a fact, and believe in its effectiveness.It seems that this subject is gaining popularity, as evidenced by the many books, lectures and courses about it.To use it in your life, you need more than just to be aware of its existence. You need to adopt the attitude of positive thinking in everything you do. **With a positive attitude** we experience pleasant and happy feelings. This brings brightness to the eyes, more energy, and happiness. Our whole being broadcasts good will, happiness and success. Even our health is affected in a beneficial way. We walk tall, our voice is more powerful, and our body language shows the way we feel.

**Positive and negative thinking are contagious:**We affect, and are affected by the people we meet, in one way or another. This happens instinctively and on a subconscious level, through words, thoughts and feelings, and through body language.Is it any wonder that we want to be around positive people, and prefer to avoid negative ones?People are more disposed to help us, if we are positive, and they dislike and avoid anyone broadcasting negativity.Negative thoughts, words and attitude, create negative and unhappy feelings, moods and behavior. When the mind is negative, poisons are released into the blood, which cause more unhappiness and negativity. This is the way to failure, frustration and disappointment.

**In order to turn the mind toward the positive, some inner work is required, since attitude and thoughts do not change overnight.**

1. Read about this subject, think about its benefits, and persuade yourself to try it. The power of your thoughts is a mighty power that is always shaping your life. This shaping is usually done subconsciously, but it is possible to make the process a conscious one. Even if the idea seems strange, give it a try. You have nothing to lose, but only to gain.
2. Ignore what other people say or think about you, if they discover that you are changing the way you think.
3. Use your imagination to visualize only favorable and beneficial situations.
4. Use positive words in your inner dialogues, or when talking with others.
5. Smile a little more, as this helps to think positively.
6. Once a negative thought enters your mind, you have to be aware of it, and endeavor to replace it with a constructive one. If the negative thought returns, replace it again with a positive one. It is as if there are two pictures in front of you, and you have to choose to look at one of them, and disregard the other. Persistence will eventually teach your mind to think positively, and to ignore negative thoughts.
7. In case you experience inner resistance and difficulties when replacing negative thoughts with positive ones, do not give up, but keep looking only at the beneficial, good and happy thoughts in your mind.
8. It doesn't matter what your circumstances are at the present moment. Think positively, expect only favorable results and situations, and circumstances will change accordingly. If you persevere, you will transform the way your mind thinks. It might take some time for the changes to take place, but eventually they will.
9. Another useful technique is the repetition of [affirmations](http://www.successconsciousness.com/books/affirmations_words_power.htm). This technique is similar to [creative visualization](http://www.successconsciousness.com/books/visualize-and-achieve.html), and can be used together with it.
10. **Emotional Maturity**:

Emotional maturity refers to your ability to understand, and manage, your emotions. Emotional maturity enables you to create the life you desire. A life filled with happiness and fulfilment. You define success in your own terms, not society’s, and you strive to achieve it. Your emotional maturity is observed through your thoughts and behaviours. When you are faced with a difficult situation, your level of emotional maturity is one of the biggest factors in determining your ability to cope.

Each person has a different level of emotional maturity. It is something which you can consistently work on and improve over time. You can use the following signs of emotional maturity to gauge your own level:

#### 1. Flexibility

You are able to see each situation as unique and you can adapt your style accordingly.

#### 2. Responsibility

You take responsibility for your own life. You understand that your current circumstances are a result of the decisions you have taken up to now. When something goes wrong, you do not rush to blame others. You identify what you can do differently the next time and develop a plan to implement these changes.

#### 3. You understand that vision trumps knowledge

You know that you do not need to have all the answers. As long as you can identify the problem, you can visualise a solution and research the best way to implement that solution.

#### 4. Personal growth

Meeting the challenges of tomorrow requires learning and development today.  You have a desire to learn and a thirst for knowledge. Learning and development activities form a key part of your schedule.

#### 5. You seek alternative views

Knowing that the way things are done can always be improved, you willingly seek out the opinions and views of others. You do not feel threatened when people disagree with you. If you feel that their way is better, you are happy to run with it.

#### 6. Non-judgemental

Variety makes the world a more beautiful place. Even when you disagree with people, you do not feel the need to criticise them. Instead, you respect their right to their beliefs.

#### 7. Resilience

There will always be things that go wrong. There will always be setbacks and major disappointments. While you may initially be a little upset, emotional maturity allows you to express your feelings, identify the actions you can take, and move on.

#### 8. A calm demeanour

It’s hard to be calm 100% of the time but you are able to remain calm the majority of the time.

#### 9. Realistic optimism

You are not deluded. You know that success requires effort and patience. You do, though, have an optimistic disposition whereby you believe you can cope with whatever life throws at you. You also believe that there are opportunities out there for you, so you seek them out.

#### 10. Approachability

You are usually easy to get along with and people feel comfortable approaching you. Building relationships is never contrived; it comes easy to you.

#### 11. Self-belief

You appreciate when others praise or compliment you. It feels good when they approve. However, you know that there will always be people who disapprove but you are confident in who you are and what you do. If you believe that a particular course of action is right for you, you will do it, whether they approve or not.

#### 12. Humour

You don’t take yourself too seriously. You are able to enjoy a good laugh with friends and colleagues, even when you are the butt of the joke.

One of the greatest obstacles to emotional maturity is a lack of self confidence. If you feel that you may be lacking in self confidence, check out [***Unbreakable Self Confidence***](http://www.coachingpositiveperformance.com/unbreakable-self-confidence/).

Emotional maturity allows you to take charge of your life. You have your own vision for your life and your own ambition for success. Focusing on realising your vision, you can create a happy, healthy life where you respect yourself and others. When you develop emotional maturity, life becomes a joy rather than a chore. Your happiness and fulfilment are in your hands. Emotional maturity doesn’t evolve overnight. It takes effort, practice and patience. If you can improve a little every day, you will soon be living a happier, more fulfilled life.

1. **Helping Poor and Needy**:

On one hand, there are people who live their life lavishly. They are not only enjoying the joy of essentials but also have what they want and desire; a luxurious living providing them an extra comfort. On the other hand, there are people who cannot even afford the basic requirements of living. They do not have shelter to live, food to eat, and clothes to wear.People who have extra are living a comfortable and a posh life. While those who have barely the vitals are fighting each day for life.They fail to meet the basic requirements.There are people who have much more than they need to live while others have barely enough to survive.Poor people do not have enough clothing, food, education and healthcare. Being poor means deprived economically, politically and socially. They hardly get opportunities. They have inadequate nutrition, higher risk of diseases and lack access to healthcare and basic essentials for living resulting in low achievement.One cannot make such people opulent but can at least help them achieve the essentials of life and lead a prosperous life. Helping the poor and needy people is a good deed. Caring for the poor and needy people and helping them is a noble endeavor. The more you give to poor and needy people, the more you strengthen their dependency. If you give them the chance or opportunity, you’ll see an effective and long-lasting improvement in their lives. Create a new system built on inter-dependency which motivates them to work and move forward and their dignity is maintained. Tossing out money or other kinds of donation do help the poor and needy people but the need is to direct your energies and efforts in raising them, building relationship, teaching them and moreover, regaining their self-confidence and self-esteem to work for themselves.Change your perspective. Instead of considering them as a project to help, view them as people to love and respect. Following are the few ways to help the poor and needy people

**10. Moral Consolation**

## One of the better ways to help the poor and needy people is to give them a hand up rather than a hand out. Giving them moral support, showing heartfelt humility and respect makes them aware that someone really does care about them and trying to improve their condition. By providing them with the opportunities to improve their condition on their own would increase their self-esteem and help them in overcoming barriers they face everyday. Work with the poor and needy people and help them discover their own capabilities and capacity and putting them to use at the right place at the right time. Support them and let them know that they have something of value which can be used for meeting their basic requirements.

**9. Social Media**

Social Media has become one of the most used way to help the poor and needy people and perhaps, the easiest way as well. Through the use of Social media and Social Networking Sites like Facebook or twitter, one can raise his or her voice and create awareness and get a helping hand; can connect to various charity organizations or community centers involved in helping the needy people; can buy products online from websites that donate a portion of their proceeds to charity that helps the poor and needy people.

**8. Personal Financial Help**

Individuals can help the poor and needy people monetarily also. Providing financial assistance to the poor can help them solve the basic problems of living. By providing money to the poor and needy people, they can get the essentials of living. One can get associated with charitable houses and donate money there to help the needy. By providing monetary help to the needy people, they can get meal for their family, a place to live or some clothes.

**7. Fund Raising**

One can join the fund raiser community or engage himself or herself with some organization who are involved in raising funds for the poor and needy people. They can join various activities and plan various strategies for fund raising like help in creating awareness in the society through various modes, conduct various shows like road shows, etc. They can organize activities and become an active member of an organization’s board or membership. Fund raising can involve donating items for free and holding auctions for those items. This would help raise funds.

**6. Donate Groceries/Eatables**

Provide nutritious meals to the poor and needy people. Donating groceries can help end the hunger of poor and needy people. They cannot even afford a single time meal for themselves and their family, so donating food will make their stomach fill and stay healthy. Rather than wasting food or throwing it, it is better to give it to a needy person.

**5. Collection Drive**

By conducting collection drives for food, clothes, books, blankets and other necessities one can help the poor and needy people. These collection drives can be conducted in schools,offices or locality and reaches to the neediest people. It is one of the easiest way to help the poor and needy people. Contact the organizations who work for poor people to find out what they need and then organize collection drive by setting up containers at schools, or local premises in which people can drop off donations, ask offices to donate to the drive.

**4. Group Involvement/Volunteering Teams**

Volunteering time and skills can help the poor and needy people. Creating awareness among the people for helping the poor and needy people can get more and more individuals join the drive. Groups can be formed that can help the needy, buy them a meal, give them a ride to shelter and other necessary assistance. Volunteers can help and teach them. These volunteers can help in arranging free health camps, doctors can be invited to treat the poor and needy people.Even the smallest efforts count. By sparing just few hours a week and doing even the smallest bit possible can do great wonders for the poor and needy people. Also, one can encourage friends or family members to join for just a noble cause.

**3. Donate Old Belongings**

In order to help the poor and needy, one can donate the old stuff from old clothes to appliances, furniture and other materials. Rummage through your belongings and give them away to the needy. Delving through old stuff and donating does help the poor people and makes a difference to those who needs such stuff. Donating clothes especially in winter season when the weather is too cold is of great help to the poor and needy people. Unneeded stuff can be donated to brighten someone else’s day.

**2. Better Understanding**

Understand the needs and requirements of the poor and needy people. Help them overcome the adversities of life. One can help the poor and needy people by understanding their wants, desires and thoughts without diminishing their dignity and helping them achieve those wants in a respectable manner. Also, one should treat the poor and needy people with respect and understanding. This would make a huge difference in their lives. Give them the same respect and courtesy you would accord your friends and family members. Respond them with a kind word and a smile.

1. **Education**

Imparting knowledge can help the poor and needy to stand on their feet. Education is the beginning of getting out from hardships of life. Giving free education to the poor and needy people help them to grow as individuals and help them lead a better life. Education can help them to get a job, be employed build career and achieve success, capability of handling problems and lead a successful life. The poor and needy people can become independent, self-sufficient and better human being through the power of education. Through education, we can help the poor and needy people to develop their skills so that they can take over efforts to revitalize their life rather than always depending on the outsiders to do so for them.

**Addictions and Atrocities**:

People with an addiction do not have control over what they are doing, taking or using. Their addiction may reach a point at which it is harmful.

Addictions do not only include physical things we consume, such as drugs or alcohol, but may include virtually anything, such abstract things as gambling to seemingly harmless products, such as chocolate - in other words, addiction may refer to a *substance dependence* (e.g. drug addiction) or *behavioral addiction* (e.g. gambling addiction).

* **Addiction** - there is a psychological/physical component; the person is unable to control the aspects of the addiction without help because of the mental or physical conditions involved.
* **Habit** - it is done by choice. The person with the habit can choose to stop, and will subsequently stop successfully if they want to. The psychological/physical component is not an issue as it is with an addiction.

Atrocity: an extremely wicked or cruel act, typically one involving physical violence or injury

In brief, you need to know how to do seven things to fight addiction and win:

(1) check into your values, what’s important to you – the things that mean more to you than remaining addicted;

(2) develop and practice the skills you need to manage your life without relying on addiction;

(3) learn how to control addictive urges through mind management techniques;

(4) find and appreciate the rewards that come from a “sober” (by which I mean a non-addicted) lifestyle;

(5) build and appreciate personal relationships and turn to positive communities for support and companionship;

(6) find your purpose and plan a future that leads to accomplishing your life goals;

(7) mature into a new, non-addicted you — a person who simply and naturally rejects addiction in all forms.

**VALUING THESE THINGS HELPS COMBAT ADDICTION**

• ***ACHIEVEMENT*** —accomplishing constructive and socially valued goals, such as participating in athletics, running for office, getting an education, succeeding at work, or providing for your family

• ***CONSCIOUSNESS*** —being alert, awake, and aware of your surroundings; using your mind to make sense out of your life and experience

• ***ACTIVITY*** —being energetic in daily life and engaged in the world around you

• ***HEALTH*** —eating well, exercising, getting health care, and choosing an overall healthy lifestyle

• ***RESPONSIBILITY*** —fulfilling your commitments as well as doing what the law obliges you to do

• ***SELF-RESPECT*** —caring for and about yourself and, by extension, all people

• ***COMMUNITY*** —being involved in the communities of which you are part (your town, school, work organization, religious group, neighborhood, political party) and contributing to the welfare of these groups—and the larger world.

**Institution Development:**

**Basic premises for mainstreaming institutional development** :

Accept that institutional development calls for a new way of ‘doing business-The process of development assistance needs to be turned upside down. A donor-driven process must become client-driven. A process obsessed by inputs must instead concern itself primarily with results on the ground.

•Adopt a comprehensive and coherent implementation strategy -Institutional development is above all an exercise in social transformation and therefore needs ‘systemic’ support. This means taking account of the political, economic and cultural factors that may effect institutional performance.

•Change donor culture and working methods- Embarking on a main streaming process requires profound changes in the corporate culture of donor agencies, i.e. in the formal and informal rules and systems that determine how aid is delivered, managed, monitored and evaluated.

•Mainstreaming won’t work without high-level political support- Success is also likely to

depend on the extent to which all actors and stakeholders concerned (both at headquarters and in the field) can be mobilised and involved in the main streaming exercise.

**Some crucial aspects of institutional development**

•Institutional development is not a separate activity. It is an endogenous process that is about raising people’s awareness of the processes they are involved in.

•Institutional development is not specific to the South. On the contrary, it logically connects the South and the North when they are working in partnerships.

•Problematising your own role is always part of the exercise. If you are brought in from the outside, the way you define the problem in question will inevitably differ from the definition arrived at by those already involved.

•Institutional processes are cyclical. Each process is dynamic and constantly changing.

Analysis needs to be ongoing.

•It is better to try and ‘challenge’ institutions instead of seeking to ‘change’ them, as the latter is too ambitious a goal.

**Vision for a better India**

* It is widely agreed that education is the most effective means that society possesses for confronting the challenges of the future.
* Indeed, education will shape the world of tomorrow. Progress increasingly depends upon the products of educated minds: upon research, invention, innovation and adaptation.
* Of course, educated minds and instincts are needed not only in laboratories and research institutes, but in every walk of life.
* Education is also the means for disseminating knowledge and developing skills, for bringing about desired changes in behaviours, values and lifestyles, and for promoting public support for the continuing and fundamental changes that will be required if humanity is to alter its course, leaving the familiar path that is leading towards growing difficulties and possible catastrophe, and starting the uphill climb towards sustainability
* Indeed, access to education is the sine qua non for effective participation in the life of the modern world at all levels.
* Education, to be certain, is not the whole answer to every problem.
* But education, in its broadest sense, must be a vital part of all efforts to imagine and create new relations among people and to foster greater respect for the needs of the environment.
* Education must not be equated with schooling or formal education alone.
* It includes non-formal and informal modes of instruction and learning as well, including traditional learning acquired in the home and community.
* Education serves society in a variety of ways.
* The goal of education is to make people wiser, more knowledgeable, better informed, ethical, responsible, critical and capable of continuing to learn.
* Education also serves society by providing a critical reflection on the world, especially its failings and injustices, and by promoting greater consciousness and awareness, exploring new visions and concepts, and inventing new techniques and tools.
* Education, in short, is humanity’s best hope and most effective means in the quest to achieve sustainable development.