



Prince Mohammad bin Fahad University

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Assessment 1

Section 108

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Chapter 4: Self-Understanding

Presenting

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Introduction

Self-understanding:

- Required to develop critical thinking skills.
- Part of being a well-round person.
- Requires thinking objectively; this is called being fair-minded.

Monitoring the Egocentrism in Your Thought and Life

Humans are naturally egocentric, which hinders one from understanding themselves.

- Egocentricity is the tendency to view everything in relation to oneself.
- So, critically thinking in a fair-minded objective way one must avoid being egocentric.
- Fair-mindedness is the opposite of self-centered thinking (egocentric thinking).

Monitoring the Egocentrism in Your Thought and Life (continued..)

Developing fair-mindedness:

- Practical insight (gained through reflecting on our experiences) is key in order to “understand and transform ourselves.”
- Avoiding stereotypical and predictable thinking.
- Minimizing and ignoring our egos when examining ourselves critically.

Monitoring the Egocentrism in Your Thought and Life (continued..)

Moreover, developing fairmindedness/self-understanding is a time-intensive task that requires:

- Repressing our egos when examining our own beliefs and behaviour.
- Using practical insight from our experiences to reflect on the consequences of our actions, behaviours and/or beliefs.
- Acknowledging our shortcomings.

Making a Commitment to Fairmindedness

How do we become egocentric?

Egocentric Standards:

1. “It’s true because I believe it.”
2. “It’s true because we believe it “
3. “It’s true because I want to believe it”
4. “It’s true because I have always believed it”
5. “It’s true because it is in my selfish interest to believe it”

Making a Commitment to Fairmindedness (continued..)

How do we overcome these tendencies and become fair-minded?

Our thoughts should be divided into two categories:

1. Thoughts that serve to advance the agenda of our egocentric nature.
2. Thoughts that serve to develop our rational fairmindedness.

Recognizing the Mind's Three Distinctive Functions

The mind has three basic functions, thinking, feeling, and wanting.

1. **Thinking:** is the function we use to create meaning.
2. **Feeling:** is the function we use to monitor or evaluate the meaning created by thinking.
3. **Wanting:** is used to allocate energy to action.

Understanding That You Have a Special Relationship to Your Mind

- Interpreting every thought that arises in mind from the unconscious to the conscious
- Every positive thought that comes, naturally that mind tends too generate positive emotions
- Every negative thought that evolves, naturally the mind generates negative emotions
- All experiences that we go through whether it consists of pain, confusion, desire and passion we tend to link it to passed experience (connecting the dots)



Summery



Thank You For Listening!