

Why are we the way we are?



### Chapter Summary

In this chapter, Erikson explores the origins of our behavior, highlighting the interplay between heredity and the environment. From the earliest stages of life, our temperament is shaped by genetic inheritance and the influences around us. As children, we learn through imitation, absorbing core values and attitudes exemplified by our parents and peers. These foundations dictate our responses and interactions throughout life. Understanding these influences can empower us to reflect upon our own behavior in relation to others. Ultimately, the chapter emphasizes the significance of awareness in shaping who we choose to be.



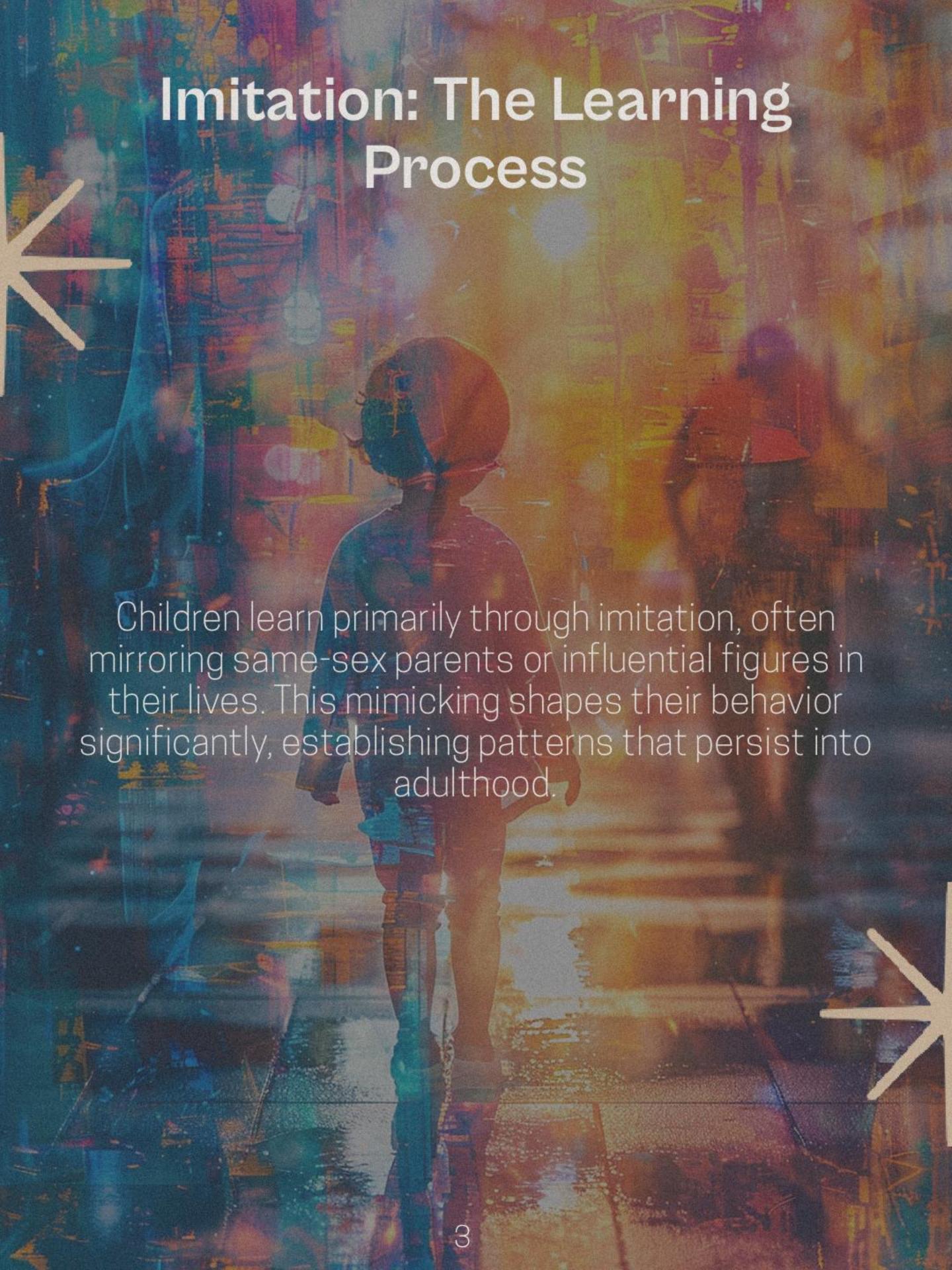
#### The Roots of Our Behavior



Our behavior is influenced by both genetic traits and environmental factors even before we are born. This intricate interplay shapes our character and temperament. The foundations for our adult behavior are laid down at the genetic stage, establishing our unique patterns early on.

### The Child's Perspective

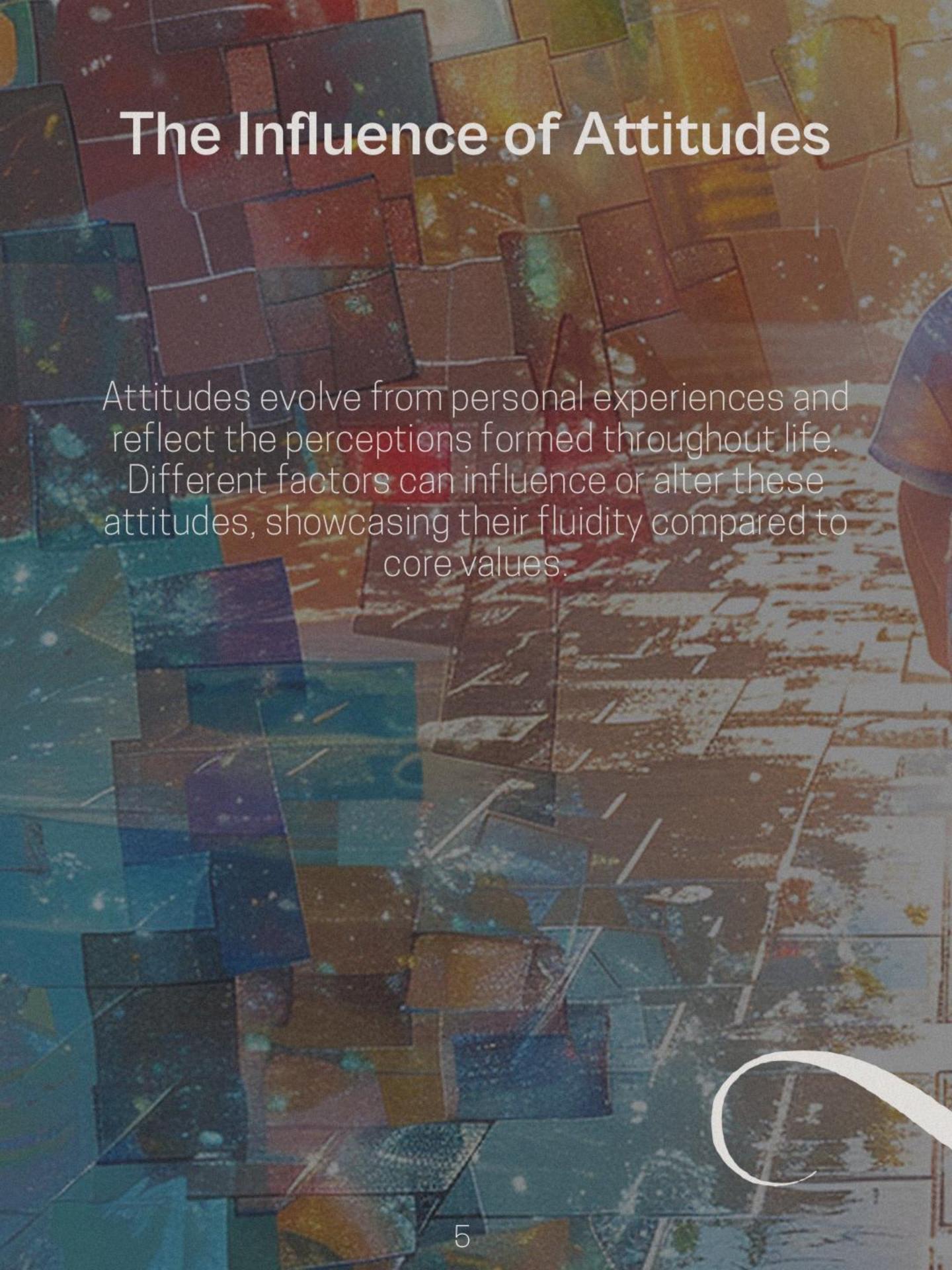
Children begin life impulsively and adventurously.
They act upon their desires without barriers, testing the world around them. This spontaneous behavior reflects their innate curiosity.

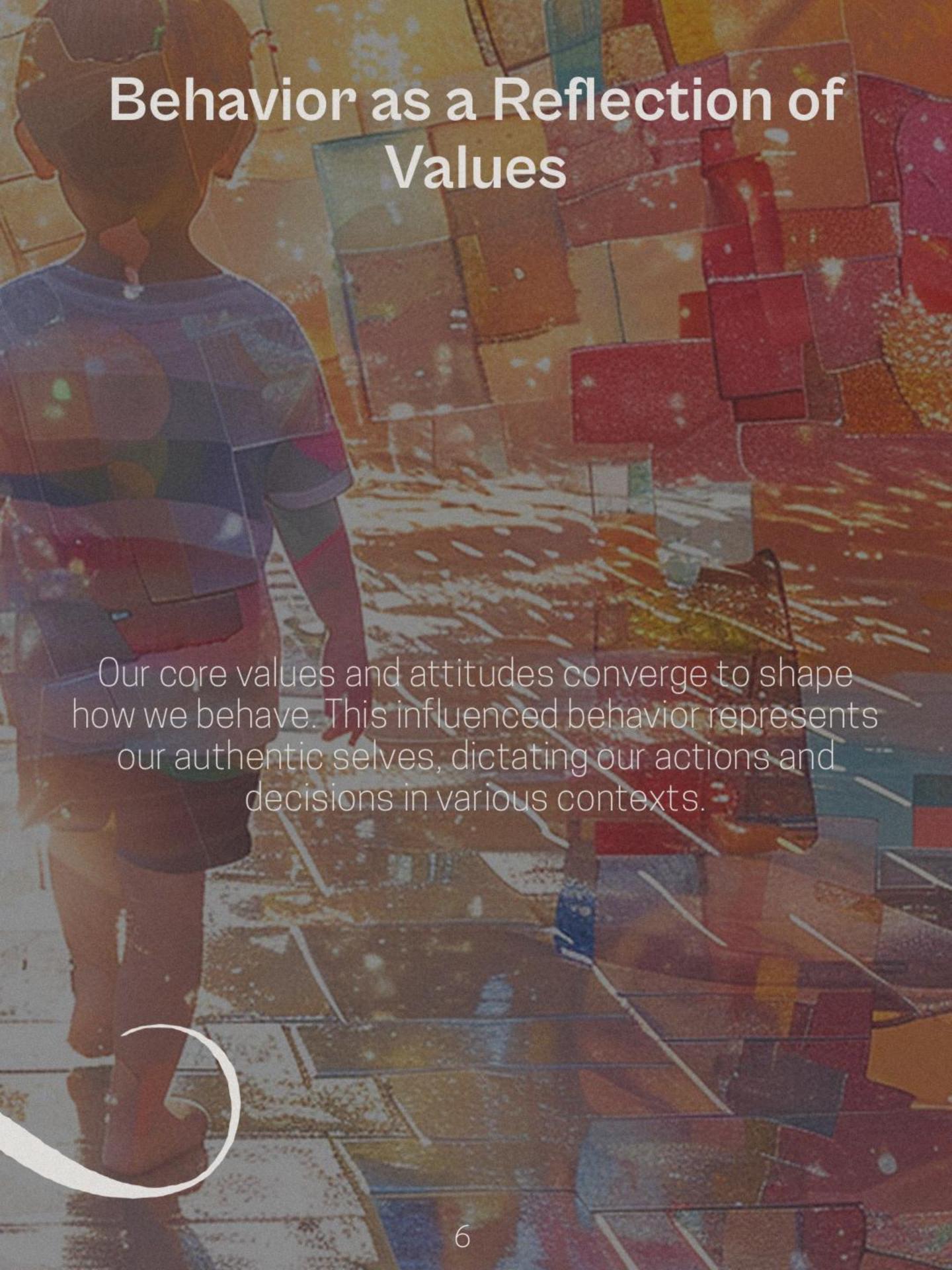


### Core Values Formed in Childhood

Core values emerge from foundational experiences in childhood, often instilled by parents and education. These values dictate our moral compass and principles, becoming ingrained in our identity.







## External Influences on Behavior

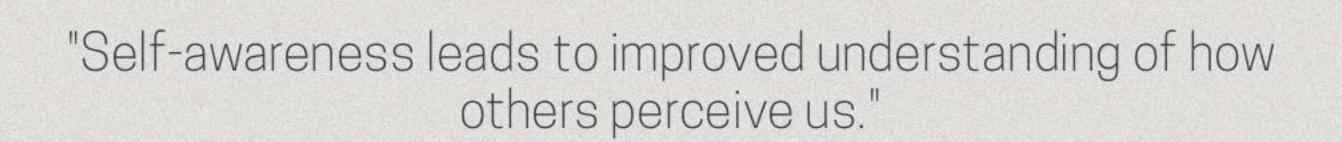
Despite our innate tendencies, external influences are always present, affecting our choices. We often wear different masks to adapt to our surroundings, altering how we present ourselves.



"We adapt our behavior based on our environment and the people around us."

## Understanding Personal Behavior

Grasping how our behavior is perceived by others is essential for personal growth. It compels us to reflect on our actions and understand the motivations driving them.



#### The Formula of Behavior

Behavior can be understood as a function of personality and surrounding factors. This equation emphasizes the complexity and variability of human behavior.

# The Continuous Cycle of Influence



Our behaviors continually influence others, generating a cycle of interaction. Recognizing this interdependence helps us navigate relationships and fosters understanding.

### Recap

- "Even before birth, the stage for our behavior has been set."
- "A child believes they can manage anything—it's a pure, adventurous spirit."
- "Attitudes are shaped by our unique experiences and perspectives."
  - "Behavior is a mirror that reflects our values and attitudes."
- "We adapt our behavior based on our environment and the people around us."

#### Thank You

Follow for more insights

