

TUTORIAL 3A

Q1

Brother - Sister

STATE : Harmony [80%]

REASON: She cares for me but is bossy sometimes but I am used to it and listen to her to keep harmony.

Chacha - Mama

STATE : Harmony [80%]

REASON: They respect and trust each other.

I could arrange a get-together so that they can get to know each other better.

Mother - Daughter ~~[90%]~~

STATE : Harmony [90%]

REASON: They care for each other and have faith in other.

I try to sort any misunderstandings that occasionally happen to keep the harmony.

Mama - mami

STATE: Harmony [90%]

REASON: They understand each other very well.

I will try to understand the situation and then try to approach them and ensure that they have harmony again

Father - son

STATE : Harmony [90%]

REASON : we try to keep zero misunderstandings.

Sometimes, my father gets angry on me due to my mistakes but I listen and quietly approach him so as to sustain harmony.

Mother - son

STATE: Harmony [90%]

REASON : we care for each other and understand each other very well. I try my best to keep the harmony in our relationship

Father - Mother

STATE: Harmony [90%]

REASON: They trust and understand each other completely. Sometimes, there are small arguments between them due to some misconceptions. I try my best to clear these misconceptions

Chacha - Chachi

STATE: Harmony [90%]

REASON: They care for each other and treat each other very well. It is not my thing to interfere in their personal matters.

Brother - Brother

STATE: Harmony [80%]

REASON: My brother guides me in life. We both care for each other, but don't show much affection cuz it ain't cool. We often have fights and arguments but we try to understand each other and sort things out.

Father-Daughter

STATE: Harmony [80%]

REASON: They respect and trust each other. They also care for each other. Sometimes, there is argument between them, so as to keep harmony in their relation, I try to cool things up.

CONCLUSION: We get to know about our state of relation with others i.e. either it is in harmony or not. The relations to improve the relations when they aren't at their best. All this can be concluded from the above exercise.

Q.2

The relation in which I have the most dissatisfaction is with my uncle.

List of dissatisfactions, complaints and dislikes :-

- He always consider other people lower than him.
- He thinks that his child is the best.
- He doesn't maintain good family relations with other family members.
- He shows off a lot.

List of good qualities:

- He cares for his family.
- He provides all luxurious items for his children.

b)

Points that have to do with physical facility :

- Shows off a lot
- Gives all luxurious items to his kid.

Points that have to do with feeling :

- He always considers others lower than him
- He thinks that his child is the best and other children aren't.
- He doesn't know how to maintain good relations with others
- He cares for his family.

CONCLUSION: Found that which relationship I have the most dissatisfaction or complaint with and the reasons behind it.

Q,3

1 I want to make myself happy.

Mother : Yes

Father : Yes

Sister : Yes

2 I want to make the other happy.

Mother : Yes

Father : Yes

Sister : Yes

3 The other wants to make themselves happy.

Mother : Yes

Father : Yes

Sister : Yes

4 The other wants to make me happy.

Mother : Yes

Father : Yes

Sister : Yes

Verify on the basis of competence

1 Mother : Yes

Father : Yes

Sister : Yes

2 I am able to make the other always happy.

Mother : Yes

Father : Yes

Sister : Yes

3 The other is able to make themselves happy.

Mother : Yes

Father : Yes

Sister : Yes

4 The other is able to make me always happy.

Mother : Yes

Father : Yes

Sister : Yes

How many people are there with whom you have an unconditional feeling of trust on intention : 3

How many people are there with whom you never get irritated; angry and never have a feeling of opposition : 0

How many people are there with whom you are making effort for mutual development

Q1 what are the feelings (values) in human relationship? Are they naturally acceptable to you? Do you think these feelings are also naturally acceptable to others?

ANS Relationship is between the self and other self. There are nine feelings (values), or expectation of feelings in relationship: of oneself for the other self. These feelings can be recognized :-

- Trust
- Care
- Glory
- Respect
- Guidance
- Gratitude
- Affection
- Reverence
- Love

Human-human relationship are many. some of them which are naturally acceptable are :-

i) CARE: This is state of feeling into others when former is in state of need.

example: i) Mother child relation

ii) In the process of transformation of infant into individual, one is needed in each step of socialization

2) RESPECT : It is a positive feeling shown towards someone usually considered important.

Example : i) Respect everyone is what we are taught.
ii) Respect towards people helps to maintain healthy relationship i.e. Father - son relationship.

3) REVERENCE : This means to deeply respect something

Example : When a disabled person works for a living instead of begging, he owes reverence from others.

4) LOVE : It is intense liking of something and is considered opposite of hate.

Example : Parents act towards their child.

5) TRUST : Having trust in another person means that you are sure that person will not act against your interest or deceive you in any manner.

Example : Parents allowing their child to go out.

6) AFFECTION : It is considered as a feeling of liking and caring for someone.

Example : Relationship between siblings.

7) GUIDANCE : Guidance facilitates people throughout their lives to manage their choices so that they reach their full potential and contribute to development of better society.

Example : Relation between teacher - student.

8) GLORY : It is fame and admiration that you gain by doing something impressive.

Example : When I got 100/100 in maths.

9) GRATITUDE : It is the feeling of acceptance for those who have made efforts for my excellence.

Example : You have been given a gift of something that you really like.

All these feelings are naturally acceptable to me and also to others.

Q2 what is the outcome when we try to identify relationship based on the exchange of physical facilities ?

ANS Happiness may be defined as being in harmony in the state that I live in. "A state or situation in which I live, if there is harmony in it then I like to be in that state. The state of liking is happiness". whereas prosperity is the "feeling of having or making available more than required physical facilities".

In the current scenario, we are generally trying to achieve happiness and prosperity by maximizing accumulation and consumption of physical facilities. This is an attempt to achieve happiness through pleasant sensory interactions.

The physical facilities are not seen in terms of fulfilling bodily needs but as a means of maximizing happiness.

This has resulted in wrong assessment of wants for physical facilities as being unlimited. But this pursuit is self-defeating. Neither can we hope to achieve continuous happiness through sensory interaction nor can we have prosperity, as it amounts to trying to fulfil unlimited wants through limited resources. This efforts in engendering problems at all the levels. It is becoming anti-ecological and anti-people, and threatening the human survival itself. Some of the consequences of such a trend are :-

- i) At the level of the individual - Rising problems of depression, psychological disorders, suicides, stress, insecurity, psychosomatic diseases, loneliness, etc.
 - ii) At the level of the family - Breaking of joint-families, mistrust, conflict between older and younger generations, insecurity in relationships, divorce, dowry, etc.
 - iii) At the level of society - Growing incidences of terrorism and nationalism, rising communalism, spreading casteism, racial and ethnic struggle, wars between nations, attempts of genocide, fear of nuclear and genetic warfare, etc.
 - iv) At the level of nature - Global warming, water, air, soil, noise, etc, pollution, resource depletion of minerals and mineral oils, sizeable deforestation, loss of fertility of soil, etc.
- It therefore, calls for an urgent need for

for human beings to ~~understanding~~ currently understand happiness and prosperity as well as the sustainable way to achieve these.

Q.3 Distinguish between intention and competence. What is the outcome when we confuse between two and we doubt the intentions of other? What is the outcome when we are able to see them separately and we trust the intention of the other?

ANS Trust is the foundational value in the relationship "to be assured that each human being inherently wants oneself and the other to be happy and prosperous" is known as trust. Mutual trust is shared belief that we can depend on each other to achieve a common purpose. Trust is the expectation of people that they can rely on our word. It is built through integrity and consistency in relationship. There are two aspects in trust:

- 1) Intention
- 2) Competence.

Both intention and competence are the aspects of truth. Intention is what one aspires for and competence is the ability to fulfill the aspiration. In intention every human being wants to do what is right, only the competence may be lacking which needs to be developed through proper understanding and

practice. But what we are doing today is when we are judging ourself; we are judging on the basis of our intension, whereas when we are judging the others, we are judging him on the base of his competence.

We trust our own intension while we are not ready to trust the others intensions. It is the same for others as well. We find that while we look at our intension, we are sure of it, we are not sure of the other's intention. We are actually seeing their competence and making a conclusion on their intention. Hence mistrust is born and we deny the relationship. We seldom look at our competence and others intention.

It is very important to differentiate between intentions and competence. If we have trust on intention, we have a feeling of being related to the other to improvise his competence, if he does not have enough.

Example: Giving medicine to person so he gets well soon (intension) and other person thinks you are giving bitter medicine (competence)

Q4

Distinguish between reaction and response with the clarity of feeling of trust. Give one example of each for a particular case of relationship.

ANS.

There may be a slight difference between the words react and respond. Yet, in practice, there seems to be a guy of difference.

REACT : when people react, it seems to be defensive. we seem to be at disadvantage. we are uncomfortable with what is being said or done; and we react. In our reaction, our emotions take control role. The hair on our neck stand on end. we feel our stomach churn. our face heats up and our defences are on red alert.

We know reactions when we see it. In fact, some people on the other side will intentionally stoke the fires; especially when they know we will react.

There is a downside to reacting, we let emotions without reason drive us forward.

The upside may be passion, but our passion needs to be centered on purpose, not an unexpected, unproductive stimulus.

RESPOND : on the flip side is respond. There is still an external spur to our response. Responding, though is more thoughtful. Response contain reasoning.

The differences may be that responding is guided less by emotion and more by logic. Responding

may be passive in nature, as we are going second in a series. However, a response is more active, and it can change the direction of an interaction.

RESPONSE	REACTION
• You decide your feeling on your own right.	• You decide your feeling based on the behaviour of others.
• It is based on right understanding you always have the right feeling. It is definite and unconditional	• It depends on whether you like or dislike the behaviour of others.
• The behaviour of other is only an indicator of the state of the other.	• If the other behaves properly you have a right feeling and may behave properly.
• With the input you decide your behaviour to ensure mutual happiness	• If the other misbehaves, you have a wrong feeling and you may also misbehave.
• Your conduct is definite	• Your conduct is indefinite