

Report

1.0 Ethan

Initiating Question

想象未来，你始终拥有一个这样的报告（or 剧本、源代码）在每次要做出重大决定时/当你遇到失败或困难时/当你不知迷茫困惑时，有这—一个地方记录了关于你自己的重要信息，你会在里面写什么呢？

Me

I can't seem to find a defining quality of myself- at least not one that I like. I also find it challenging to put a label on my personality, to me my personality as a whole is too obscure to summarize; I have no outstanding talent in a particular area or a dominant mood. Someone I'm not that familiar with me would most definitely describe me as 'average'.

It's easier to instead examine me one section at a time.

First and foremost, I grew up with myself, ever since my dad passed away my mum had been the one going out to work. So, it was mostly me, my sister, and homemakers in the house. We were pretty well off, so growing up I really didn't have any serious issues, at least not financially.

Growing up in this environment I would spend most of my time home alone, I didn't feel like I could express any of my discontent or emotions to anyone, so I would keep to myself a lot. As a result, the things that bother me the most will most likely be kept to myself, sharing the most delicate parts of myself almost feels unnatural, I think it may be a burden to people I share it to. This habit of keeping to myself also appears in different scenarios, when I hit a wall or face a problem my first reaction will always be to rely on myself, especially when it's a personal problem.

Interests

To figure out what I'm really interested in I've started from what I do at leisure, in other words, my hobbies. When I think of hobbies, the first thing that comes to mind is my musical hobby. I enjoy listening, playing and making music- specifically the act of making music; I think creating something you are truly proud of is an exciting and extremely impressive thing! This is for a number of reasons; firstly, I love the exhilarating feeling of accomplishment and the rushing of adrenaline from all the excitement. Then it would be the certain sense of immortality I get when I leave something out for the world to hear; I choose to express a mood, attitude, emotion through the medium of music- a feeling unique to me, one that cannot be replicated. I can say without any hesitation that my interest is creation, creativity and expression.

Although I don't think it is necessarily crucial to possess recognized works or achievements to claim that you're interested in something, having these does act as evidence for other people and, in ways, verifies your interest to yourself. With that being said, I've done things that have verified my interest for myself; I've recorded original songs with my band and written a song with a friend.

Especially the making and recording of a song with my friend; this experience has made me realize how terrific the process of making a song is. To be completely honest, I think the reason for this also has to do with another interest of mine- socializing. Many hobbies of mine are related to socializing: gaming, sports, and of course, making music, these two interests complement each other; under the condition that I'm with a really good friend making music can be heavenly.

Speaking in broader terms, I think that my interest in creativity and socializing can merge with more than just my hobbies but also my future directions. For example, I can take my enthusiasm for creation and communication and integrate it in group projects. I would can express myself through multiple ways, not just music and hopefully enjoy socializing with not just good friends but also people I'm not so familiar with.

Beliefs and Values

I think your values and beliefs are closely connected; only when you have a substantial number of beliefs can you build your fundamental values which eventually build a system of values, considerably dictating the direction of which you live your life. To clarify, the process can be represented as: (Beliefs » Values » Value systems/statements » Behavior).

My beliefs

Like any set of beliefs, my beliefs are a set of subjective ideas formed under the influence of my morals and ethics. I believe that it is imperative for humans to be honest to themselves, and that self-deception is a very unhealthy thing; to reach self-fulfillment one should, at the very least, be open, truthful with themselves and be comfortable with that.

To be completely honest, I can't really pinpoint what specifically formed this general belief. Again, I think it has to do with my experiences with life; thing like books I've read, shows I've watched or people I've met. All these things put together gives me the impression that the pinnacle of human needs, self -fulfillment cannot possible be built on a false self.

My Values and My value statement

Values are, In a way, the outcome of our beliefs; there is always a belief behind one's values, and of course, that doesn't mean two same values will always imply two identical beliefs.

After condensing my beliefs of an open, truthful and comfortable self I can summarize my belief(s) into the appreciation and valuation of authenticity. I think this value is a fundamental and basic one, but at the same time it's also absolutely crucial. Through the recognition of this value, I can form my statements- hopefully giving me a sense of solid direction in my behavior.

-Being a bad person isn't as bad as having bad faith; no matter how bad or ugly your thoughts may seem, lying to yourself as always worse

-Genuine relations over happy ones; understand and seek mutually authentic and open relationships

So far, I've found this to be my most prominent value; the organization this value has given me a clearer sense of myself and in ways given me insight of my other less prominent values.

Betraying expectations

I show different parts of myself to different people, a lot of the time two people and have very different mental images of me. I do this based on the type of person they are, I find it more comfortable for myself to communicate to a person the same way they communicate to me instead of just being myself. Once these false persona of me is set for other people, I find it difficult to break that impression, I feel like I'm betraying their expectation and, in a way, disappointing them. This refusal to disappoint people sometimes even causes me to actually change myself in order to meet the expectation of other people, though not necessarily in a bad way.

I understand that this is not a healthy thing to do, to first show only parts of myself isn't at all in my interest, especially in the long term. When the real 'me' and the picture of me in other people's heads differ by a lot, it becomes increasingly difficult to maintain your image.

Defensive mindset

By not betraying expectations I turn to a defensive mindset I hold on to the feeling of safeness and comfort of not disappointing- and to an extent I feel as if I'm afraid and not capable of shattering the image people have of me. By continuing this behavior, I won't be able to form genuine relationships with people; and the feeling of safeness I get is only temporary, in contrast the comfort and safety you get after forming a genuine relationship will possess much more permanence.

Fixed mindset

I also realize this behavior reflects on a fixed mindset, especially in the risk-taking aspect of it. I refuse to take the risk, I don't want to endanger the relationship I have now for a more truthful, healthier one. However, if breaking the illusion/betraying the expectation will cause the relation to fall apart perhaps the relationship was unnecessary to begin with. In that sense, there shouldn't be a reason not to take this type of risk- looking in the long term, it's a win-win no matter the outcome.

Unease and anxiety

This behavior I've mentioned above is my approach to satisfy the Basic needs of mine. Split into three needs: Attachment, Control and Pleasure/ the avoidance of pain; I have come to find the main emotion that connects these three needs for me is anxiety.

My lack of control over myself affects other's attachment to me thus affecting my attachment to others. The lack of control over my attachment makes me feel anxious; Causing me to try escape this feeling of anxiety through my actions.

Attachment

The attachment to other people, the co-reliance between two people seems to me as the most fundamental of these 'Needs'. Most of the attachments I have with other people can be described as insecure;(矛盾) if at times I feel my expectations for other people I rely on are not always met my attachment will become insecure; obviously, if I know they cannot meet these expectations (either by ability or time) , I wouldn't feel insecure. On the other hand, If I know my expectations can be met but aren't met because they simply don't want to, I will feel insecure and hesitant on relying on them in the future. The inconsistent response I receive from the subjects of my attachment make me feel inconsistent; because of my few secure attachments with other people, I highly value my attachments with other people even if they may not be completely secure or in other words, superficial.

Control

For me, control is foremost expectancy or predictability; I think everyone wants to feel secure and having a certain amount of clarity fulfills that security. Without insight over a situation, I tend to feel fear or unease; I don't know what will happen next and what to expect so knowing what will happen next gives me a sense of direction and puts me at ease. Secondly, control is how well I can manipulate a situation; being able to initiate or postpone change is a good example of this, the power over a scenario paired with insight and knowledge of what will happen next fulfills the orientation and control in my perception of safety.

Pleasure/ Pain avoidance

Control and attachment are in this sense both connected, I feel like I don't possess the ability to control my attachment with others and thus I develop emotions- anxiety. I cannot control how they respond to my expectations; I don't feel as if I have the ability to manipulate that. So, when faced with the probability of the loss of control and attachment I will feel Anxiety. This emotion brings me displeasure which of course, I will try to avoid.

Acknowledging Strengths

What are strengths to me?

Strengths are the areas of ability that are easier for you; they include areas that you can consistently perform well in or are confident in. I think being aware of your strengths is important for a number of reasons; knowing your strengths is a step forward in self-awareness and can help you with further growth. In addition, it can also save you time; choosing to do what you know you are good at increases efficiency both individually and as a part of a team.

The finding and analysis of my strengths

I think there are many ways one can find their strengths; people can first define the features that come with their strengths, for example, if someone feels confident, excitement and engaged in something when they perform well, they can look out for exactly that. An alternative is for external sources to support you; online tests or colleagues are great alternatives to the first method.

Through a lot of searching and endeavors, I've narrowed my strengths down to two specific ones: being empathetic and realistic. I assume my empathy to be the ability to understand and, in some ways, relate to people's behavior and emotions. I can consider the possibility of my lack of information and put myself in the shoes of other people. The reason for the development of this strength is my tendency to think a lot and be curious, this is probably a natural factor for this strength; in this context you could call this a 'talent'. Another reason for this strength is the experience I've had in the past; I've been motivated in the past which has caused me to want to understand or motivate others. Personally, I've found this strength has helped me a lot in relationships with other people, for example, people are more likely to open up to me, which means I make friends quite easily. In larger groups I can work with the general tone of the atmosphere and hopefully make everyone feel comfortable and work better.

My second strength, the ability to work with situations strategically and rationally is almost a kind of wisdom, I can quickly find the most suitable approach to things, even under circumstances. I think the reason for this has to do with my first strength; I can analyze my own emotions and take the rational approach to things, and there is also an element of my efforts to spot patterns through practice.

As a result of this strength, I rarely lose control of myself, I can see the advantages of the long term and avoid letting my emotions make decisions I may regret in the future. In larger groups I can share insight and plan out strategies in order to reach goals.

Developing strengths

Naturally, there's plenty of room for the growth of these advantages; seeking opportunities, understanding the value of my strengths and developing or merging my strengths can all count as growth. However, I think it should also be noted that I believe there should be a balance between the focusing of strengths and weaknesses. The acknowledgement and improvement of both strengths and weaknesses are equally essential in personal development.

Growth

After the organization of my thoughts on this paper, the flaws I've always have become very apparent. Of course, improvement is always welcome and encouraged, but I think it's important to distinguish what can be deemed as an actual improvement and what instead is ineffective, unnecessary 'improvement'. I hate the idea of changing yourself for the sake of improvement/change, compared to improving yourself because you've decided you don't like something about yourself and you know it's for the best. Therefore, before I decide I need to improve a certain aspect of myself I would first explain why my flaw is a flaw and why the improvement is an improvement.

Realizing mistakes

That being said, I think improving myself after a mistake is one of my weakest points- specifically failure to realize I've made a mistake; sometimes after I make a mistake and receive criticism, will feel attacked and emotional. As a result, I wouldn't acknowledge my mistake until after the conversation where I can calm down. I see as a weakness because it's my failure of being clouded by my emotion and (again) allowing my emotional mind to affect my rational mind. So, to improve myself I first need to accept criticism. To achieve that, I need to step out of my character and analyze the feedback as objectively as possible, maybe even split up and analyze both their point and their emotions.

There are a few benefits of doing this, for example, firstly I will gain some control over my emotions, I won't be as clouded as before. I will also be open to feedback, I could actually improve myself through others. In addition, this is also a step forward in achieving a growth mindset in the feedback and criticism category.

Motivation and perseverance

Setbacks are extremely common; I think like many others, I also struggle to push through setbacks. There have been so many things I've begun but never completed because I met a bump or because it was too difficult. I think it's a shame how much time and effort I've lost, especially how much more I could've gained if I had

continued. Currently, without external motivation I struggle to stick to the task, I wish to improve my ability to provide motivation for myself, especially when the task becomes difficult. The key purpose of improving this aspect of me isn't so that I can achieve more, the key purpose is to experience a complete process, including the struggle of completing a grueling task.

My action plan is rather direct, I want to motivate myself through experiencing success and reward myself after pushing through. I've broken it down into the following steps.

1. Start small, complete tasks that you're confident you can complete
2. Work your way up, train your stamina
3. reward yourself after sticking through with a task
4. If you feel a task is too challenging request assistance from peers, but don't give up even if the final product isn't satisfactory

I think psychologically it's better for one to complete a task poorly compared to not finishing at all, this way the person will still experience the struggle, hence they are more likely to stick to something.

Devaluation through an absolute mindset

Devaluation, to put into other words, I need to stop feeling sorry for myself. I know that under the condition that I've had previous success I tend to be more open to challenges, but it's when I face a challenge I'm unfamiliar with that I start devaluing myself. For example, one time I was nominated 800m race; I had previously experienced failure with races, I said things like "You're just not athletic" or "someone else could do this better". By saying these things, I take a specific part of myself and I generalize it until I feel bad about myself more than the actual matter at hand.

Challenges are valuable whether one fails or succeeds, as long as the consequences aren't too severe. No matter if you fail or succeed you still gain, in fact, failure can be as valuable if not more valuable **with the proper mindset**. So, in the future, when I face a challenge, I'm unfamiliar with, I won't face it with an absolute mindset. Instead, I want to be able to evaluate my weakness and even come up with strategies to face these problems.

Reflection

I think the biggest difference between the me three months ago and now is that I'm aware. I'm now conscious of my behavior, of my mindset and the reason for them. I may not be able to one hundred percent clearly analyze and trace them down but, I think I've started working towards just that. It's as they say, the first step to change is acknowledgment.

Currently my biggest weakness is a failure to integrate these skills I've learnt in my day to day, I often overlook these things during the heat of the moment, so in the future I hope these skills I've learn can help me outside of class.