

Psyc 320 wk5 db

Psychology



Behavior Modification Behavior Modification Shaping behavior is a systematic process that requires a lot of patience and determination (Sorenson 2012). I realized I had serious anger issues at the age of twenty, when I almost stabbed a workmate with a kitchen knife I was holding because she was continuously spreading demeaning information about me. The anger issue became a concern when it started affecting my relationship and my health as well because I was constantly annoyed at someone. I always turned to alcohol to cool my temper, and this almost got me addicted. I decided to visit a psychologist and my Pastor who helped me on my journey of shaping my problem.

I read inspirational books like the Bible, listened to motivational speakers and this helped me improve on anger issues. I learnt that one is likely to sin when angry because the fury gives the devil a chance to destroy us (Moffat 2012). The psychologist also advised that constant fury could lead to heart attack and stroke . I also learnt to apply a verse from the Bible that states that one ought to pay attention, slow to talk and slow to anger to avoid the problem that comes with the same.

By reflecting on the matter, I realized that anger was doing more harm than good in my life. A regular process almost took me three years to control anger and build my relationship with people around me. Eventually, I was able to relate well with my workmates and my health was improving. A change in behavior influences individuals (Miltenberger 2012). When brother who has the same problem saw the improvement, he was inspired and has since started attending psychological sessions to improve on his anger issues.

References

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