

# Hum m3 meka

Philosophy



Sur An individual's perspective, knowledge and self interpretation have great significance on his or her emotions and behavior. Personal deeds and emotions influence psychological feelings such as anger, arousal, reasoning and joy, among others. This is significant in consideration of certain social situations since it shows that an individual's behavior is not only dependent on his/her ability but the environment as well. Psychological stimulation, for instance, may lead to a negative obsession in decision-making and channels for perverse behaviors. From Burns arguments, it is clear that behavior informs an individual on when and how to respond to certain deeds. Besides the internal factors, there exist external influences such as culture, peer groups, career interest and living standards that contribute to the emotional status of an individual (Burns 11).

Cognitive concept assesses the significance of thoughts and beliefs in shaping the behavior and values of an individual. Values are the ethical codes that define rational articulation of one's ideas or deeds. Values aids in understanding why and how people behave as they do in specific situations. The integration of expectations, goals, values, and links to cognitive and behavioral competencies are crucial in assessing the emotional differences between man and animals. Social reputation and identity is comprised of previous actions, perceived responses from people and expected future behaviors. Norms and customs are internalized into habits, preferences, and expectations that are generalized across common situations in a human being's life. From the assessment results, it is clear that an individual uses his or her cognitive component to assess various situations. This helps in developing solutions and responses to queries based on one's reasoning. Emotional aspect also takes a critical role in influencing the responses and

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self esteem (Branden 32).

#### Works Cited

Branden, Nathaniel. How to raise your self-esteem. New York: Bantam Books, 1987.

Burns, David D. Feeling good : the new mood therapy. New York: Quill, 1999.