

Free self-regulation critical thinking sample

[War](#), [Intelligence](#)



The article basically discusses the mechanisms and factors that influence human behavior. There are both external and internal factors that play a part in determining the behavior of an individual. However, greater emphasis has been placed on the internal factors as the external factors have limited control over peoples' emotions and reactions. Nevertheless, it is important for one to have a well established emotional intelligence so as to be able to have a good emotional control. Emotional intelligence results from an individual's self-awareness and subsequent ability to control their reactions based on a good sense of judgment. The reactions within one-self are the ones responsible for the outward reactions based on certain established standards. This chain of events is what constitutes the mechanism responsible for human behavior through self-regulation.

This information on self regulation is very important in building leadership skills. A competent leader should demonstrate emotional intelligence through self-regulation. This is demonstrated through the leader's ability to control his or her emotions and reactions, which is a sure way to promote trust and resilience when dealing with others. This article creates awareness on the fact that feelings and emotions are dynamic and complex just as some of the people we deal with are difficult and problems challenging and this kind of understanding helps the leader to put his or her emotions into perspective in an effort to strengthen his or her leadership capabilities.

Self-regulation is crucial in building leadership skills as it forms the basis for leaders who are; trustworthy, open to change, innovative, responsible and accountable and with self control when handling stressful situations. A good sense of self-regulation ensures that one is able to determine what is

achievable and what is not achievable and therefore be able to set reasonable goals for oneself and for others which is an indicator of good leadership.