

Example of self assessment choice theory essay

[Psychology](#), [Success](#)



My goal is to control my anger.

1. The direction of this behavior is negative as whenever I get angry, I hurt someone's emotions or myself. The purpose is to change the feeling and is to be done through changing the thinking and acting on the changed thinking.
2. I have the choice to restrain my anger through my thinking. If I am feeling angry, I can take a brisk walk and focus on other things or I can divert my attention to other issue. This would take my mind away from the cause of anger and the feeling of anger would subside.
3. The present behavior is ineffective as it is not helping me achieve my goals and also hampers my reputation among my colleagues as I seem to be angry too often.
4. My specific actions when I get angry are I start arguing, complaining or shouting. I react immediately to the emotion of anger and thinking process becomes fast. I, sometimes become so angry that I lose self-control.
5. These actions are unacceptable in a social setup and I am required to change my approach. Due to my volatile reaction, I put other person in defensive or attacking mode and any chances of fruitful discussion gets eliminated.
6. I indulge in ineffective self talk when I get angry. Usually when I am angry, I say to myself that how dare him to demean me or how can he raise question on my work and many more. My self talk increases my anger and makes me react in volatile manner.
7. My belief system is that when I am not doing anything wrong, I shouldn't accept criticism and I am good in my work and those who are not better than

me, should not comment on my work. My belief system also says that I need to control my anger as it is not good for my health and my career. People think that I am always reacting, though there's a reason behind getting angry, still I need to find a way to handle the situation in more apt manner.

8. When I get angry, my feelings are hurt. The feelings do not help me in curbing my anger and hence, they are harmful emotions.

9. I realize that my best interest lies in restraining my anger which has to be achieved through self-control. I need to learn to control my anger and put forth my point of view in an effective manner. This can ensure my success and would elevate my diminishing reputation among my colleagues and superior.

10. The behavior I currently demonstrate is of low quality. Since no organization appreciates the employees getting angry all the time and anger is not encouraged, hence my behavior is less desirable which makes it low in quality.

11. The ability to restrain anger and have an effective discussion through practicing self-control is personally satisfying. There will be several advantages of controlling the anger. After personal evaluation, I can say that the quality of my life has improved as I practice self-control in situation which makes me angry.

12. The altered behavior, that is, control over anger is highly appreciated and leads to creation of a positive working atmosphere and enhanced team building and team cooperation with each other. With effective communication, the instances of angry conversations are avoided which leads to better work in teams.

13. The want of restraining the behavior is realistic and attainable, though little tough to practice initially. One has to learn to control the process of thinking which drives the feelings and actions. Once the mind can be diverted to other topic, emotions become less intense and cool down after a while.

14. The want is beneficial for the self, organization and for others as it leads to more positive behavior. The want is to restrain the anger and transform it to more effective way of communication to learn the right cause of anger.

15. Restraining anger requires one to control her emotions which are hurt and erupting. The process of thinking is also required to be altered which keeps on repeating the insult one has felt from the cause and the actions related to anger like shouting is also to be altered. The first thing which is required to be controlled to restrain anger is the thinking process. Thinking leads to emotions and feelings of anger which leads to action. Hence, the process of thinking has to be altered through conscious effort to achieve the want.

16. The want of restraining anger is non-negotiable as it is extremely important to control temperament for the personal benefit.

17. The perception of restraining anger is plus.

18. The locus of control for restraining anger is the thinking mechanism. Once the thinking mechanism is altered with practice, the anger tendency also reduces.

19. The values regarding anger do match with the behavior exhibited. If someone hurts the emotion, it's ok to be angry; this is the value I followed. Despite of understanding the negative effects of anger, the values have

formed in this manner.

20. Level of commitment presently can't be stated as too high or high enough to achieve results as the tendency to get angry has become inherent nature. Whenever anger restraining is practiced, after few attempts the old behavior is observed. Hence, though the commitment is moderately high, more motivation would be required to increase the level of commitment.

21. The evaluation of anger restrain plan is simple, attainable, measurable, and immediate and is controlled and practiced consistently. The plan involves diversion from the reason of anger to other things and can be attained with practice. It is measured by counting from 1, which starts from the time of anger and then counting the time for which the feeling of anger is suppressed. The large the number attained, more is the success of plan. The success of the plan is immediate as the results can be measured instantaneously and every time the number increases, it provides instant motivation to do better next time. Due to continuous achievement of success, the implementation of plan becomes a consistent process, deployed every time the feeling of anger is experienced.

22. The plan for restraining anger is good and includes all the aspects of a plan which can be implemented. It is important to realize the need of controlling anger and once the need is recognized, the action follows. The client understands the negative effects of anger on health and in career, and the desire to perform better and appear as better personality provides the motivation to practice self control to control anger. Though, the values and the level of commitment are not in sync with the want to control anger, the

motivation from success of plan and the feeling afterwards would lead to increase in the level of commitment.