

Describe a time when
you tried to bring
about a change in
assignment

[Philosophy](#)



1. Describe a time when you tried to bring about a change in your self-concept and were not successful in doing so: I have always viewed myself as an outgoing person, getting along with everyone but I often speak before I think. Too many times to count...I fear I wasn't born with a mouth "filter". I find myself genuinely trying to express myself and taking it to the point of a coming off rude. It seems so clear to me and frustrates me when others don't see it that way. An example of this would be me and my son. Time and again we have had a talk on appreciating things.

One day he was whining about something he didn't have but all the other kids did, and before I knew it the horrible words had come out of my mouth..." You need to appreciate what I do for you cause no one else does it, not even you father! You father didn't want you so I am left giving my all for you to have the world....!! As soon as I said it, it hit, that was the most horrible thing I could have said, and all because I didn't think before I spoke. No matter how hard I try to change my ways and think before I speak; I seem to epically fail. 2.

If you applied these guidelines, how might you be more effective if you attempted to create the same change in your self-concept today? : I read that to effectively change your self-concept, you must set goals for yourself. I feel that if I was able to set a goal for myself I would be more likely to succeed in this process. Self-discloser would be a good start for me. If I was able to see and understand how people perceive me maybe I would have a better understanding of what I needed to change. This has its benefits. I could gain a lot, more trust, self-esteem, and most of all self-growth.

If I tried to make this change today, not only would it help me communicate with my son, but the world around me. 3. What is the most significant thing you have learned from this assignment? : Looking back on this Unit and assignment I have “ opened my eyes”. I have been awakened to a part of me that I knew was there, but wasn’t sure how to go about fixing it. I had no idea that self-concept was changed with goals, till now. Because of this assignment I will be able to better, not only myself, but my children, as they act and speak as they see me act and speak.