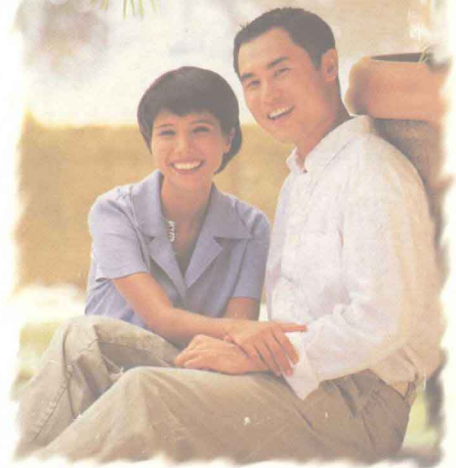


# Becoming Aware

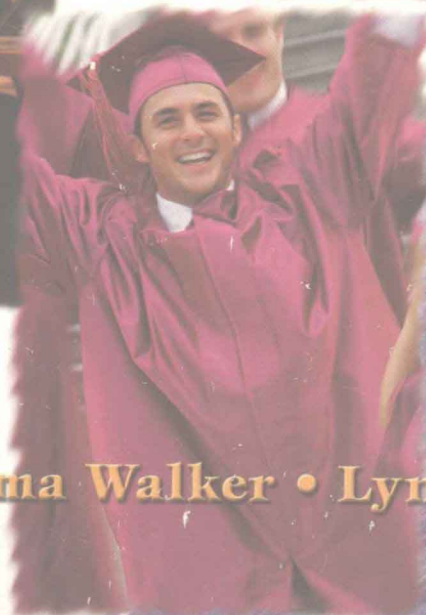
*A Text/Workbook for Human  
Relations and Personal Adjustment*



**Eighth Edition**



**Velma Walker • Lynn Brokaw**



# **Becoming Aware**

**A Text/Workbook for Human Relations  
and Personal Adjustment**

**Eighth Edition**

**VELMA WALKER**

Tarrant County College

**LYNN BROKAW**

Portland Community College



**KENDALL/HUNT PUBLISHING COMPANY**  
4050 Westmark Drive Dubuque, Iowa 52002

# You Can Be Whatever You Want To Be

There is inside you all of the potential to be whatever you want to be—all of the energy to do whatever you want to do.

Imagine yourself as you would like to be, doing what you want to do, and each day, take one step . . . toward your dream.

And though at times it may seem too difficult to continue, hold on to your dream.

One morning you will awake to find that you are the person you dreamed of—doing what you wanted to do—simply because you had the courage to believe in your potential and to hold on to your dream.



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# Brief Contents

## **Chapter 1: Getting acquainted with ourselves and others**

Relationships are the source of our greatest pleasures and pain throughout our lives. We will discover the process of understanding our inner “self” and getting acquainted with others throughout this chapter.

## **Chapter 2: Self-awareness**

Understanding the “self” and discovering how you evolved into the person you are will be addressed in this chapter.

## **Chapter 3: Who’s in control?**

Learning to take control of your life and change your behavior will be addressed in this chapter.

## **Chapter 4: Dealing with emotions**

The full spectrum of human feelings, from love and excitement to anger and despair, is discussed. New research on emotional intelligence—learning to achieve a balance between emotional expression and control—is also addressed in this chapter.

## **Chapter 5: Interpersonal communication**

This chapter focuses on effective communication skills for establishing and maintaining more satisfying relationships with others.

## **Chapter 6: Developing close relationships**

The evolution of a relationship—finding friends, becoming intimate, and discovering love will be addressed throughout this chapter.

## **Chapter 7: Resolving interpersonal conflict**

In this chapter, we learn to approach interpersonal conflict differently—there doesn’t have to be a winner and a loser.

## **Chapter 8: Managing stress and wellness**

Various stressors are identified in this chapter, as well as effective ways of coping with stress. The interaction of thoughts, feelings, and negative self-talk is also addressed.

## **Chapter 9: Meaning and values**

Prioritizing individual values—what is important in life—and finding meaning and purpose in life are discussed in this chapter.

## **Chapter 10: Where do I want to go with my life?**

Taking risks and developing a plan of action for success are emphasized in this chapter. New research on the secret of happiness is also discussed.





# Preface

You will discover that the new eighth edition of *Becoming Aware: A Text/Workbook for Human Relations and Personal Adjustment* will assist you in the process of becoming more aware of yourself and others through the most interactive learning process you have found in any textbook.

Since ancient times, folk wisdom, and philosophy, have told us that the greatest amount of learning takes place when the student is an active participant in a critical thinking process. We have carefully designed our new edition to help students apply psychological principles, to develop the ability to think critically, to better understand themselves, and improve their relationships with others through an interactive process.

We're excited about the new eighth edition of *Becoming Aware: A Text/Workbook for Human Relations and Personal Adjustment*, and we hope you will be too.

This new edition, is a text/workbook that will give you, the student, the opportunity to become an active learner in the process of learning about Human Relations and Personal Adjustment. Learning should be a "hands on" experience. We have carefully designed this new edition to help students explore, experiment, test, and apply the theories and ideas within the world of Human Relations and Personal Adjustment. This text/workbook will allow the learner to think critically, work through problems logically, and make connections with the real world and thus become an active learner. The more you become actively involved within the subject matter of Human Relations and Personal Adjustment, the more you will learn. This new edition will give you and the students within the class many new opportunities to get actively involved in learning about yourself and others.

What is more important to us than our own personal adjustment and our relationships with other people? We have tried in every way possible to make this a personal book. This new edition is written for college students of all ages and for all others who wish to explore the world of self-awareness and discover new avenues for personal growth and adjustment and the development and continuance of personal relationships.

Life is a journey and this book will guide you in the process of self-discovery and self-understanding. Relating with others is an art to be learned and practiced. This new edition will provide you with many new ideas and new activities that will allow you to gain a better understanding of yourself and others.

The self is the foundation of all relationships. One of the goals of this book is to guide us in the active process of getting acquainted with others and ourselves. As we continue this process, we will gain a better understanding of our emotions and resolving interpersonal conflict.

Because human beings interact and relate to one another through interpersonal communication, another goal of this book is to help us learn how to communicate positively. We believe human beings have the capacity to change and

The art of teaching  
is the art of assisting  
discovery.

Mark Van Dorem

adapt, and to effectively cope with stressful circumstances in our lives. This new edition will facilitate the process of allowing you to gain control of your life with a better understanding of learning theory and personality theory.

As we learn to relate to others, we will discover the value of friends and intimate partners. As they say, “love is a many splendored thing,” and we hope we will all discover through this book and throughout life what love is and the importance of a loving relationship. As we continue through our journey of life, we will discover what is important to us in life and the importance of life planning.

## **ABOUT THE BOOK**

Our approach in *Becoming Aware* is humanistic and personal; that is, we stress the healthy and effective personality and the common struggles we all have in developing a greater awareness of self and establishing more meaningful relationships with others. We especially emphasize taking risks in accepting personal responsibility for achieving a greater awareness of self and deciding whether and how we want to change our life.

We wrote this book for students who were looking for a practical course: one that dealt with issues in everyday living and would also provide a catalyst for their own personal growth. Many previous students have found this book so valuable in their own lives, they have added this book to their own personal library and have read it many different times and have also bought their friends copies as gifts.

*Becoming Aware* has been adopted in courses dealing with the psychology of adjustment, human relations, applied psychology, personal growth and awareness, communication, etc. We have also been fortunate to have had numerous adoptions from technical and vocational programs, ranging from nursing to electronics. In addition, instructors in teacher-training courses, as well as management development courses, have found *Becoming Aware* a practical guide for their students.

It has been our experience that active, open, practical, and personal participation in these courses has led to greater self-awareness, enhanced relationships with others, and increased control over choosing direction for one's life.

We hope that this book will make your journey more fulfilled as you travel through life.

## **ORGANIZATION OF THIS NEW EDITION**

We have tried in every way possible to make this a personal interactive book. Within each chapter, we encourage the reader to examine relevant ideas and issues pertaining to their understanding of self and their relationships with others.

This book is designed to be a personal workbook as well as a classroom text. Each chapter has a minimum of five activities for the reader to pause and reflect on the personal application of the concepts and theories presented in the chapter. Most of the activities will allow the reader to get personally and individually involved in completing the tasks, while a few of the activities will require each person to get involved in a small group process in order to complete the task. We believe that it is important for all students to participate in individual projects as well as group activities. In today's world of business we all have to learn to func-

tion as a team (within groups) and as individuals. The better we learn to do it now, the better we will survive in the world of business.

As we have all discovered, the more we get personally involved in any subject the more we learn. It is the intention of the authors and this book to get the reader more involved within the subject matter and thus learn more about themselves and their relationships than they ever have before.

Each chapter also contains a Learning Journal that will allow the reader to write and assess the personal value or meaning gained from the concepts presented. The activities, as well as the Learning Journals, have perforated pages, specifically designed for more convenient classroom participation of work outside of class that can be used for evaluation and assessment. Additionally, there are over 200 thought-provoking quotations, from well-known sources, and over 25 short poems designed to further promote insightful awareness.

The learning process is an important aspect of this book. We are attempting to get the reader more involved within the subject matter of the text through the use of chapter review questions, which will allow the student to relate directly to the important concepts and ideas within each chapter.

Chapter discussion questions are designed to help students to develop critical thinking skills and work through problems logically. The activities at the end of each chapter will allow each individual to get personally involved, not only individually, but also within groups which allow for interaction and teamwork.

## WHAT'S NEW IN THIS EDITION?

The eighth edition of *Becoming Aware* reflects significant updating. Each chapter has been extensively reviewed and updated to give the reader the most current research available in the search for self-exploration. In fact, over eighty new 1999 and 2000 references are included in this new edition.

We are fortunate to have received some excellent suggestions from reviewers for this edition and have incorporated many of their suggestions in this new edition.

## MAJOR REVISIONS AND ADDITIONS

A major emphasis on active learning is emphasized throughout the text. We have revised some of the previous activities to make them more meaningful and to allow the reader to get more individually involved. Many of the activities may be completed individually and then personally assessed. Each student will also have the opportunity to participate within the group process in order to facilitate the understanding and application of the theories and concepts discussed in each chapter.

We have changed the titles of three chapters in order to make them more relevant to the student and to carefully blend the theories and concepts discussed in each chapter.

To emphasize the need for critical thinking skills, we have highlighted many of the important concepts and ideas through use of additional boxes and tables that are titled—"Think about this"—"Check this out"—and "How to." A variety of new pictures and illustrations have been added and each chapter is highlighted with many new quotations.

The sociocultural perspective within the field of human relations and personal adjustment is having a much greater impact on our lives, and we believe it needs to be emphasized more and more. We have expanded our emphasis on diversity, including additional information on ethnicity, along with culture and gender. You will note the additional emphasis on the headings and boxes titled “Focus on Diversity” and “Focus on Gender.”

## **Updates to Each Chapter:**

### **Chapter One**

- New section on Living Together Lonely (LTL);
- New information on having a confidant;
- Additional tips on overcoming shyness;
- New information on physical attractiveness;
- New emphasis on Diversity and You;

### **Chapter Two**

- A new information on mid-life transition and mid-life crisis;
- A new section on the Big Five Dimensions of Personality;
- A new box on The Big Five Factors;
- Greater emphasis on personality development;
- Additional information on individualism and collectivism;
- Additional emphasis on self-esteem;
- A new activity; Human Relations Position Paper;

### **Chapter Three**

- Additional information on being an External or an Internal
- New section on Taking Control of Your Life;
- New information on optimism and pessimism;
- A new section on Classical Conditioning;
- A new table on how classical conditioning applies to our own life;
- A new Student Story on classical conditioning;

### **Chapter Four**

- New chapter title—Dealing With Emotions
- Expanded information on what are emotions and living with problem emotions
- New information on Emotional Intelligence;
- Updated section on aggression
- Additional tips on grief and bereavement

### **Chapter Five**

- New information in *focus on diversity*
- Expanded section on listening
- Revised styles of responding
- New emphasis on empathy
- Revised gender and communication activity

### **Chapter Six**

- New chapter title—Developing Close Relationships;
- Additional information on friends, dating and mating;
- A new section on Do You Flirt?



- New information on the theory of love, the cultural influence of love and different types of love;
- New statistics on marriage and divorce;
- New information on jealousy;
- Additional Quotes;

### **Chapter Seven**

- Expanded section on what is conflict
- Additional information on the realities of conflict
- Updated research on personal problem solving

### **Chapter Eight**

- Additional emphasis on what is stress and the causes of stress
- New research on type A personality
- Additional information on the power of self-talk
- New research on the effects of stress
- New tips for managing stress
- Revised the social readjustment scale activity

### **Chapter Nine**

- New chapter title—Meaning and Values
- Revised introduction to the chapter
- Additional information on how values develop
- New research on the importance of meaning and purpose

### **Chapter Ten**

- New information on learning to take risks
- Updated research on ways to be happy

## **Features and Learning Aids**

Included in this eighth edition are several helpful features and pedagogical tools to enhance understanding and allow you to directly apply concepts that will further develop your awareness of yourself and your relationship with others.

To enhance the learning environment and to facilitate the process of getting the reader more involved within the subject matter, the authors have included a variety of learning aids within this new edition. They are:

- **INSIDE COVER . . .**  
FRONT . . . The Art of Getting Along  
BACK . . . The Rules for Being Human
- **INTRODUCTION . . .** briefly gives highlights of each chapter.
- **CONSIDER THIS . . .** each chapter begins with questions or a vignette to heighten awareness of the concepts to be discussed in the chapter.
- **PHOTOS . . .** new photos throughout text to add interest to the chapter content.
- **QUOTES/POEMS . . .** relate directly or indirectly to textual context.
- **TABLES . . .** interesting, non-threatening tables to clarify textual concepts.
- **CHECK THIS OUT-OR-THINK ABOUT THIS . . .** short vignettes or questions to make students pause and reflect upon issues addressed in the chapter.

- FOCUS ON DIVERSITY . . . issues dealing with diversity which are meant to heighten awareness of diversity issues.
- GENDER AND YOU . . . serves to highlight the differences that gender plays on our roles in life.
- TIPS FOR . . . STRATEGIES FOR . . . practical effective strategies are provided to aid students in accomplishing various goals.
- HOW TO . . . these boxes explain practical methods of dealing with everyday issues.
- END OF CHAPTER SUMMARY . . . bulleted listings of important chapter concepts.
- REVIEW QUESTIONS . . . designed to aid students to review, in their own words, important aspects of the chapter.
- DISCUSSION . . . questions designed to enhance class participation and encourage critical thinking about chapter concepts.
- KEY TERMS . . . located at the end of each chapter to provide a review of terms and concepts covered in the chapter.
- GLOSSARY . . . alphabetical listings of important words and phrases for use as a quick reference.
- INDEX . . . provides easy access to important concepts and terms in the text.
- REFERENCE SECTION . . . listed by chapter at the end of the text.
- LEARNING JOURNAL . . . personalized evaluation of knowledge gained from each chapter.
- APPLICATIONS . . . five or more activities at the end of each chapter allows many different opportunities to become involved in the subject matter individually and within groups.
- INSTRUCTOR'S MANUAL . . . has been updated with revised materials and new test questions.

# **Acknowledgments**

We are grateful for the insightful suggestions and innovative ideas received from David Stanton of Tarrant County College, Pam Gasper of Portland Community College, Tobin Quereau of Austin Community College, Rich Reiner of Rogue Community College, and Carol Shapiro of South West State University.

We are also indebted for those who reviewed the earlier editions and made suggestions that have been included in this revision: Dr. Mary Jane Dickson, Eddie Sandoval, and Mary Ann Lee, Tarrant County College; George Vaternick, Portland Community College; Jo Carolyn Miller, in private practice in Dallas, Texas; Minister and former Human Relations Professor, J. D. Phillips; and Jeannene Cox Ward, a Licensed Professional Counselor.

Also, we would like to thank our families, Danny, David, Judy, Chad, and Brett, who endured the irritating and constant sounds of keyboards and printers, patiently tolerated the late-night hours of work and research, and who always gave us their moral support and encouragement.

Finally, we would like to acknowledge those individuals and publishers who kindly gave us their permission to reprint their materials. In several instances, we regret that even after diligent searching, we have not been able to properly credit material being used. Some of our material has been used for many years in classes and workshops with the result that proper identification has been lost, or we no longer are able to provide source information as we would like. Because the material has proved to be of great value, we have included it in our book. We trust that eventually we will be able to credit these authors with proper recognition for their work.

Velma Walker

Lynn Brokaw



# Introduction

If you cannot become your best, you cannot be happy,  
If you cannot risk, you cannot grow,  
If you cannot grow, you cannot become your best,  
If you cannot become your best, you cannot be happy,  
If you cannot be happy, what else matters?

*David Viscott, M.D.*  
(from Risking, 1988)

Thank you for joining us as we explore avenues to new and greater beginnings in our lives. The title, *Becoming Aware: A Text/Workbook for Human Relations and Personal Adjustment*, is descriptive. The basic element in this class is you and your relationship with others. Therefore, it is important that we begin this book with you as the subject.

You are probably varied and complex. You have needs and wants, feelings and fears, problems and anxieties, goals and ambitions, prejudices and priorities, and accomplishments and potentials.

You are also constantly adapting to changes. Life, then, requires a continuous adjustment. Adjustment is perhaps synonymous with coping and adapting to change, which are significant parts of the process of growth and development. Therefore, adjustment might be referred to as the process of achieving a satisfactory relationship between oneself and one's environment.

You are also a unique individual, but at the same time, you share a common struggle of wanting to be a healthy, happy, and more fully functioning individual. What does this mean? What kind of person are you trying to become?

Psychologists Abraham Maslow and Carl Rogers have devoted much of their lives researching and describing a healthy, happy, and more fully functioning individual. Carl Rogers calls this person "the fully functioning person" whereas Maslow calls this person "the self-actualizing person" and the "fully-human person." Do these individuals have common characteristics? Let us see.

## A MODEL FOR PERSONAL GROWTH

Throughout this book, there will be frequent references to "growth as a person," and much will be said about the necessity of self-awareness and interpersonal encounter as a means to this growth. We will also be emphasizing that each individual has to grow into his or her own person and not become "like" anyone else. While it is difficult to describe what "growth as a person" really means, we have tried to focus the contents of this book around the following common characteristics of healthy, happy, and more fully functioning individuals: (1) an ability to accept oneself and others, (2) an efficient perception of reality, (3) close,

caring interpersonal relationships, (4) autonomy and independence, (5) a strong ethical sense, and (6) willingness to continue to grow as a person. We will now explain these characteristics more fully.

**1. An Ability to Accept Oneself and Others**

Happy, healthy individuals like themselves—they have a positive self-concept. Feeling good about themselves, they can also accept others, even when they are different. Healthy individuals tend to view themselves as people who are acceptable and capable of making a valuable contribution to the world in which they live.

**2. An Efficient Perception of Reality**

Having a good self-concept, happy and healthy individuals do not have to hide behind a mask through which they filter reality. They see the world as it really is rather than the way “it ought to be,” and they see people as they really are, rather than the way “they ought to be.”

**3. Close, Caring Interpersonal Relationships**

Happy and healthy individuals are not afraid to be open and let others see how they feel. Because they feel good about themselves they can afford to have deep human relationships with others. These strong ties however, are usually to only a few people, for a deep involvement with even one person takes considerable time.

**4. Autonomy and independence**

They trust themselves and rely on their own insights about what is right, what is wrong, and about what should be done in a given situation. Thus, happy and healthy individuals are independent in thought and action, relying more on their own standards of behavior and values rather than overemphasizing what others expect of them.

**5. A Strong Ethical Sense**

They are as much concerned with the rights of others as they are with their own rights. They believe in honesty for all, kindness for all, and respect for all, regardless of nationality, race, religion, political beliefs, or whether relative, friend, or enemy.

**6. Willingness to Continue to Grow as a Person**

Happy and healthy people tend to understand that being alive means allowing oneself to grow and to change, rather than reaching some end point and standing there. They tend to know where they are going, and consequently, have developed a sense of meaning or mission in their life. Thus, they enjoy and appreciate the fullness of life.

It is important to emphasize that the characteristics above represent a guide in our own search for happiness and fulfillment. It is also important to note that personal growth and development is a life-long process. We don't suddenly arrive at a certain point and then relax and quit. Rather, we are on a never-ending journey, with each day offering new experiences, contacts with new people, and new opportunities for personal enrichment.

Therefore, personal growth, as well as meaningful relationships, does not just happen. We must be aware of the dynamics involved in acquiring the awareness and skills necessary to develop and expand our lives. We must be willing to take some risks to incorporate what we have learned into our own unique personalities. It is to this end that we, the authors, commit the contents of this book.



## **ORGANIZATION OF BECOMING AWARE**

Using the above characteristics of healthy, happy, and more fully functioning individuals as a model for this book, we have attempted to include concepts which we hope will assist you in becoming the person you want to be. We have chosen to explain a brief overview of the book by asking you some thought-provoking questions.

### **Chapter 1: Am I an Open or Closed Person?**

In order for growth to take place and for effective relationships to be established, you must be willing to share your thoughts, feelings, and values with others. You must be open with what you love, hate, feel, desire, and to what you are committed. If you are feeling lonely in spite of being surrounded by people, it may be possible that you are keeping your real self hidden from others. Are you ready to take some risks and explore some avenues for learning to be more open and honest about yourself?

If you have the desire to form special, close relationships with others, the prerequisite is knowing, accepting, and appreciating yourself.

### **Chapter 2: Who Am I?**

Obviously, all growth begins with self-acceptance. The more we approve and accept ourselves, the less concerned we are whether others will approve and accept us. We are then able to be ourselves with confidence. In order to connect with others, we must have a clear sense of who we are, what we want, our strengths and weaknesses, likes and dislikes, our values and priorities in life. A strong identity is part of the foundation of intimate relationships. Are you ready to take the risks necessary to discover Who Am I?

After you have developed a personal identity and a deeper appreciation for yourself, you are then more equipped to exercise control over your life.

### **Chapter 3: Am I in Control of My Life?**

Fortunately, life is filled with both the freedom and the opportunity to make choices. Some people feel that they are in control of their own destinies. They believe that what happens to them and what they achieve in life are due to their own abilities, attitudes, and actions. These people are happier, more fully functioning people. Some people, however, see their lives as being beyond their control. They believe that what happens to them is due to fate, luck, or even other people. Consequently, such people never really actualize their potential. Are you ready to take the risk in learning to accept the responsibility for shaping your own destiny?

Not only do happier and healthier people have control over their behavior and what they become, they also have control over what they “do with their emotions.”

### **Chapter 4: How Do I Express My Emotions?**

As we go through adulthood, we have the opportunity to experiment with a full range of behaviors and a full range of emotions. Emotional health includes

experiencing the full spectrum of human feelings from love and excitement to anger and despair. The ability to express feelings rather than squelching them is also important. Stored-up hurt, fear, or anger may result in emotional numbness, shutting off positive as well as negative feelings. Are you ready to take some risks in learning how to achieve a balance between emotional expression and control?

The full and free experience and expression of all our feelings is necessary for personal peace and meaningful relationships. Happy, healthy people realize the tremendous benefits of being able to communicate what they are feeling.

## **Chapter 5: How Well Do I Communicate?**

A significant part of the entire growth process is learning effective communication skills. In fact, communication is extremely important in almost every aspect of our lives. We need to become aware of the conditions that are interfering with the communication process and make an attempt to modify our behavior in such a way that real meaning and understanding are communicated. This can lead to establishing and maintaining more satisfying relationships with others, which is the basic goal of communication. Are you ready to take the risk of learning how to communicate more effectively?

It is through communication that we begin the process of becoming acquainted with others. It is also through communication that special relationships are formed.

## **Chapter 6: What Is the Role of Love in My Life?**

As we begin to openly and honestly share ourselves with others, we find that others will begin to share themselves with us. This will be the beginning of beautiful friendships and intimate relationships. There is an inescapable law built into human nature that reads: We are never less than individuals but we are never merely individuals. No man is an island. Fully functioning people have learned to move the focus of their attention and concern from themselves to others. They care deeply about others. Are you ready to take the risks of learning how to “move out of yourself” into genuine love relationships?

As we develop special relationships and learn to deal with our emotions, we will inevitably experience some interpersonal conflicts.

## **Chapter 7: How Can I Solve My People Problems?**

There is really no end to the numbers and kinds of disagreements possible since people are different, think differently, and have different needs and wants that sometimes do not match. Likewise, there are a wide range of feelings and emotions that accompany conflict. How you resolve your interpersonal conflicts is the single most important factor in determining whether your relationships will be healthy or unhealthy, mutually satisfying or unsatisfying, friendly or unfriendly, deep or shallow, intimate or cold. Are you ready to take some risks in learning how to approach your interpersonal conflicts differently—do you realize that there does not have to be a winner and a loser?

Sometimes interpersonal conflicts, as well as some of the adjustments we have to make in life, become difficult situations with which we must deal.

## **Chapter 8: How Am I Coping with the Stress in My Life?**

It is a fact of life that everyone experiences stress at one time or another. There are potentially negative and positive effects that can result from stress. Therefore, it is extremely important, not only that we recognize stress, but that we learn how to handle it, live with it, and make it work for us. Frequently, our stress is created by our own thoughts and feelings. You will recall from our earlier discussion that one of the characteristics of fully functioning people is that they accept reality for what it is rather than what it “ought to be.” Are you ready to take some risks in learning to identify your stressors, as well as finding the level of stress at which you are most comfortable?

When you have learned how to manage the stress in your life, you are then free to prioritize your values and develop a lifestyle with meaning.

## **Chapter 9: What Is Important to Me?**

A well-defined value system is basic to personal motivation, self-determination, and a lifestyle with meaning. Fully alive people are committed to a cause in which they can believe and to which they can be dedicated. Their value system is the control point of their lives, helping them to choose their direction in life. When we can control the direction of our lives, rather than allowing them to be controlled by forces and values outside ourselves, a feeling of self-affirmation is created. Are you ready to risk clarifying your values, and in return, find meaning and a sense of mission to which you can direct your life?

You are now ready to deal with where you want to go with your life.

## **Chapter 10: Where Do I Want to Go with My Life?**

As we experience growth and depth in our personal life and in our relationships, we begin to plan where we want to go with our life. Effective life planning begins with an answer to these questions: What are my needs? What are my wants? What are my priorities? Once we have arrived at the answer, a well-defined, implemented course of action is essential—keeping in mind that life is a process and we must remain open to change as we move through our daily experiences. Are you ready to risk getting in touch with your needs and wants and begin exploring ways in which you can meet them?

## **A LAST THOUGHT**

If you are going to become a happier, healthier, and more fully functioning individual, you’ll have to take risks. There is simply no way you can grow without taking chances. Because your personal growth and development are important to us, we have created personalized activities in each chapter for the sole purpose of encouraging you to begin taking risks. As you read each chapter, we encourage you to think about how the different concepts presented relate to you in your search to become a healthier, happier, and more fully functioning individual. Then we ask you to reflect on what you have learned in your personal *Learning Journal*. Our desire is that you will risk and grow in your understanding of self and how you relate with others.

We hope to motivate you with these words from Leo Buscaglia (1982), taken from several pages of his writings in *Living, Loving, & Learning*.

### Risk—The Key to Change

To laugh is to risk appearing the fool.  
To weep is to risk appearing sentimental.  
To reach out for another is to risk involvement.  
To expose feelings is to risk exposing your true self.  
To place your ideas, your dreams, before a crowd is to risk their loss.  
To love is to risk not being loved in return.  
To live is to risk dying.  
To hope is to risk failure.  
But risks must be taken, because the greatest hazard in life is to risk nothing.  
The person who risks nothing, does nothing, has nothing, and is nothing.  
They may avoid suffering and sorrow, but they cannot learn, feel, change, grow,  
love, or live.  
Chained by their attitudes, they are a slave;  
They have forfeited their freedom.  
Only a person who risks is free.

It is now time to begin your journey to a happier, healthier, and more fully functioning individual. Are you ready to become free to be the person you want to be?