

Journey of Personal Development

(Part 2)

Self-Discovery, Healing, & Growth

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Overview

According to a person-centered approach, a meaningful life is based on fulfilling our true nature in three “worlds”:

- ***Personal***: Actualize our “true self” through knowing ourselves and pursuing what really matters to us.
- ***Relational***: Love our neighbors and engage authentically with people who matter to us.
- ***Spiritual***: Transcend ourselves in serving and being connected with someone greater than ourselves.

Introduction

- We are hardwired for connection with others
- We see conflicts and protests everywhere.
- We experience conflicts at home and in our workplaces.
- We ask ourselves: Why can't we all get along?
- How can self-knowledge help improve relationships?

We are more similar than different.



- We are all social creatures
- We are all free agents
- We all have a conscience
- We all want to serve something bigger than us
- We all value something more than others

We are hardwired for connection with others.



- People need people
- We are affected by each other's emotional stress
- We are hungry for close relationships & touch
- We enjoy socialization

Loneliness is a disease.

- It can change our brain structure
- It can negatively impact our mental and physical health
- Lonely people show high social anxiety
- Low enjoyment of rewarding social situations
- They live in a self-preservation mode

(Cacioppo, et al, 2014)

The Roots of Conflict

- Conflict inherent in close relationships
- Different attachment styles
- Different perspectives and wants
- Competition for jobs, etc.
- Hiding behind masks and deception
- Our inner conflicts

Attachment disorders



Attachment Theory

Childhood Attachment

Secure

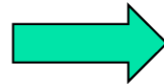
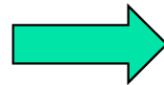
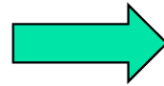
- Distress when mother leaves
- Greets mother when she returns

Avoidant

- Does not seek mother when she returns
- Focuses on environment

Ambivalent/Resistant

- Very upset at departure
- Explores very little



Adult Attachment

Secure

- Comfortable in relationships
- Able to seek support from partner

Dismissing

- Greater sense of autonomy
- Tend to cut themselves off emotionally from partner

Preoccupied

- Fears rejection from partner
- Strong desire to maintain closeness

Personal Weaknesses that can Ruin Relationships

- Insecurity or low self esteem
- Jealousy or envy
- Territorial behavior & the Prima Donna syndrome
- Ego & need for control
- A critical attitude
- Cold & detachment
- Too much intensity & anxiety

A photograph of a man and a woman walking away from the camera down a city street at night. They are holding hands and walking towards a bright light source at the end of the street. The man is on the left, wearing a dark suit and carrying a white bag. The woman is on the right, wearing a dark coat and carrying a bag. The street is lined with buildings and bushes. The overall mood is romantic and hopeful.

**Good relationships
don't just happen.**

**They take time, patience, and two
people who truly want to be together.**

Personal Strengths that can Build Relationships

- Consideration
- Generosity
- Empathy & compassion
- Emotional intelligence
- Communication skills
- Genuine & authentic

Some Other Personal Responsibilities

- Our assumptions about people and our overall attitudes toward them
- Our vulnerabilities from our personality traits and personal experiences
- Our overall stance in life – Are we “takers” or “givers”?

Some Other Personal Responsibilities (2)

- How we treat others – as a person or an instrument
- The art of dialogue – a form of conversation that is open, civil, & authentic
- An appreciative attitude and a loving heart can go a long way

Characteristics of a Meaningful Relationship

- It is a **deeply satisfying relationship** in its own right.
- It is a **valuable** relationship, worthy of your time and effort.
- It is a relationship of mutual **appreciation**, respect, and trust.
- It is a relationship with **individuals who matter** to us.

How to Achieve Meaningful Relationships

- Stop blaming and start assuming personal responsibility to improve relationships
- Be authentic and vulnerable – put aside our masks and manipulations
- Don't let your past shadows and hidden demons ruin your relationships
- Cultivate an appreciative attitude and a loving heart

How to Achieve Meaningful Relationships (2)

- Invest time and effort to understand and support the other
- Use dialogue and problem-solving skills to resolve differences
- Practice forgiveness and gratitude
- Let the others know that they matter a great deal

Conclusions

- We can build on our common humanity and complement each other with our unique talents
- Life would be better for everyone, if we learn how to get along with each other
- When we treat each other with respect, honesty, and compassion, we will co-create a humane environment

Take Home Message

- To live fully is to embrace the totality of my life in my personal & relational world.
- We need to examine our own assumptions, attitudes, and vulnerabilities and make sure that they do not ruin our relationships.
- Make sure that we do not become another person's hell.

Take Home Message (2)

- Life becomes more meaningful, when we are authentically engaged with others that matter to us.
- We become more complete, when we are connected with others in a meaningful way.