

Social Skills in Self Determination

When one develops social skills it helps that one to adapt to self-determination because this person can draw positive energy from positive people to work through his self-development. The highest plane of self-development is self-actualization. Self-actualization is the way that one perceives his personality and the aspects of the personality particularly by others. Self-actualization is self-interest that includes the welfare of the individual, especially in the company of others. This person often has a sense of ease and recognizes his or her identity.

Self-actualization keeps a person self-determined, focused, and striving to continue filling his or her human needs, including existence, connection with others, and motives. This entity strives to fill physiological needs, such as security, belongingness, and self-respect. Often this entity desires to express his or her needs, thoughts, and feelings in order to continue growing.

Needs are partially responsible for guiding behaviors. Human beings also require flexibility, which is noted in humankind's needs to solve problems and have the ability to solve the problems. What motivates human behaviors is learning.

Learning keeps the brain cells actively working. It is logical that continuous learning is part of the solution for build self-determination. Humans also have the need to feel close to others, and to reproduce. Humans also have the desire to be close to home, which is why most people find it difficult to leave home.

Despite of the commonalities, every human being has its own set of well-defined features. It can be qualities or even weaknesses that can be realized only when we come to know about the inner self. Our inner self continually observes each and every interchange one makes, yet acts as only as unreceptive being in our lives. We have to make efforts on ourselves so that we come to realize our true self. Self-awareness, self-discipline, self-identity, and self-worth are the basic apparatus that unit to help with the development of the self.

Self-actualization being the highest planes of development then can help one through the development of Self-awareness, self-discipline, self-identity, and self worth. We all have the power to look within the self and assess the areas where one lacks and fittingly make adjustments to improve strengths. Because many people have the need for others to accompany them to avoid living a reclusive life, he has to collaborate with others so that life becomes easy and tension-free. Everyone is different. Some people are good while others are immoral. To learn how to cope up with the self-centered ones is a great realization. We all must accept disapproval and learn how to challenge the different situations.

To boot, with the arrival of time, the lives of most people have become full of intrigues and jealousies. There is little time left to know about oneself in a proper way. By knowing about oneself, the step to achievement becomes easier. We must understand the difference amid self-awareness and self-consciousness clearly. Self-consciousness develops into an introvert person. Thus, we must never misinterpret self-awareness as self-consciousness.

A mixture of efforts were put forth to provide people with an antidote or solution for development of the self. Maintaining control is also critical as sometimes people cross the limits due to jealousies and detestation. For developing oneself, one should not try wrong means to attain it. Rather people should use the instructions of one's own inner voice so that self-development is done in a positive sense.

In summary, we all have to rely on our inner strengths, pull the strengths together, and work on our self-determination skills. Staying determined is essential. This world puts too much burden on our shoulders; as well other people overload us. If we are not determined, we will not make it to the goal line.