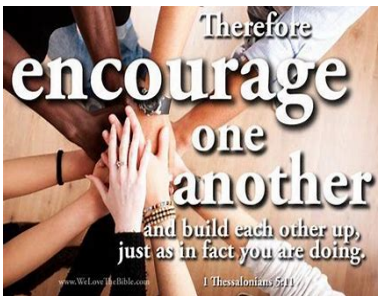


Meeting Life's Demands: Life's Five Demands



I. Life Demands that You Getting Along with Others: Life demands that you get along others. This means that you can work well with others and cooperative without losing your sense of independent thinking. You also can establish a working relationship with people in authority. It means resolving disagreements peacefully, following the rules and making positive contributions to your school, your home, and the community. This includes protecting the rights of others and looking after the environment.

- (1) Life demands that you learn to accept people who are different than you
- (2) Life demands that you think before you act
- (3) Life demands that you play by the rules (only way to make an activity fair is by having rules)
- (4) Life demands that you be as fair as possible and you are helpful to others



II. Life Demands that You Be Confident in How You Approach Life: Life demands that you face life with confidence and, you learn new task as you mature. You want to develop confidence in yourself and instill confidence in others. Confidence means knowing that you will likely be successful and that people will like you. It involves not being afraid to make mistakes or to try something new.

- (1) Life demands that you try new behaviors that will improve your life: I can do this
- (2) Life demands that you think for yourself -
- (3) Life demands that you don't have to give up when you make a mistake
- (4) Life demands that you recognized that you are not 100% bad person for making a mistake



III. Life Demands that You Be Organized: Life demands that you set a goal to do your best, listen carefully to instructions, plan your time so you are not rushed. It also involves having all your supplies ready and keeping on so you complete your assignment on time.

- (1) Life demands that you set goals that will help you to be more successful
- (2) Life demands that you plan your time, which will improve your performance
- (3) Life demands that you plan enough time to get everything done
- (4) Life demands that you give your best effort, which will help you to achieve your goals



IV. Life Demands that You Work Tough and Be Persistent: Life demand that you need to be persistent even in the face of adversity. Being persistent means trying hard to do your best and not giving up when something feels like it is too difficult or boring. Goals need to be realistic and plans need to be flexible.

- (1) Life demands that you realized that the harder you try the more successful you will be.
- (2) Life demands that you do things that are *not* easy or fun
- (3) Life demands that you practice, and you the more you practice the better you'll get
- (4) Life demands that you become a capable person and likable person



V. Life Demands that you be Resilient which is the ability to recover from the misfortunes and challenges of life. Life demands that you are resilient in times of stress. This means you know how to stay calm in stressful situations, and you are able to stop yourself from getting extremely angry, down, or worried when something "bad" happens. It also means that you can calm down and feel better when you get extremely upset.

- (1) Life demands that you stay calm when facing difficult events
- (2) Life demands that you tell people what you think and feel, and what you want.
- (3) Life demands that you tell people when you are happy or when you are sad
- (4) Life demands you tell people what you don't like when you are not getting your way

Viktor Frankl I believes that life has meaning under all circumstances, and that meaning in life is unconditional. (Frankl, *Man's Search for Meaning*, 114). It is not your task to invent meaning, but to discover the meaning that is already present. (Frankl, *Man's Search for Meaning*, 62). He also believes that *you* do not ask what the meaning of life is, but it is *life* that asks something of you. Therefore, the Psychology of Being Unique (PBU) is based on the idea that you should not search for an abstract meaning of life. Instead, you want a specific vocation or mission in life to carry out a concrete assignment that demands fulfillment. Therefore, you cannot be replaced, nor can moments in your life be repeated. Consequently, your task is as unique as is your specific opportunity to implement it. (Frankl, *Man's Search for Meaning*, 1959, pages 108-109).

Claim: When you recognize and confront life's demands responsibly, you have a higher chance of shifting from lower values and survival mode to your higher values and developing your resiliency skills. For example, when you are under stress, you may feel that being self-centered and intolerant to others is the right thing to do, but there is another part of you that sees selfishness, impulsiveness, etc. as wrong. This sense of knowing it is wrong is your conscience, which made up of higher values, such as love, understanding, responsiveness, and tolerance. The Psychology of Being Unique (PBU) recognizes that stress and life's demands are social and biological entities. Therefore, you confront your physiological needs through social networks of various social institutions, such as schools, churches, economic institutions. These institutions do not ever meet the needs of the individual, and they sometimes work against the development of various group members within a given culture. The goal of the following exercise is to widen your understanding of life's demands. Write a narrative that explains what these life demands are and why you need to face life's demands. Remember, there is no right or wrong answer, but I want you to address all five of these demands because you need to meet all five.

I: Life Demands: Why does life demand that you get along others? Getting along with others means that you can work well with others and people in authority. It means resolving disagreements peacefully, following the rules and making positive contributions to your school, your home, and the community. This includes protecting the rights of others and looking after the environment.

Why is getting along with loved ones and people you don't like important?

II: Life Demands: List several reasons why life demands that you face stress with confidently. You develop confidence by learning and practicing new task as you mature. Confidence conveys that you know that you will likely be successful and that people will like you. It involves not being afraid to make mistakes or trying something new.

Your list:

III: Life Demands: Explain how life demands that you set a goal and do your best to reach those goals. Life demands that you listen carefully to instructions, tolerate structure and rules, and plan your time so you are not rushed. It also involves having all your supplies ready and keeping on so you complete your assignment on time.

Why are the above statements true?

IV: Life Demands: Life demand that you need to be persistent even in the face of adversity? Being persistent means trying hard to do your best and not giving up when something feels like it is too difficult or boring.

Why do the above statements reflect reality?

V: Life Demands: Why is being resilient very important? Life demand that you be resilient in times of stress? Being resilient means that you know how to stay calm in stressful situations, and you are able to stop yourself from getting extremely angry, down, or worried when something "bad" happens. It also means that you can calm down and feel better when you get extremely upset.

List reasons why resiliency is important?

What was the purpose of this exercise?

Talk about or write about how this exercise was meaningful and relevant to you?

List three concrete ways you can meet life's demands?

From 1 to 4, how helpful was this exercise? (Circle the Number)

0	1	2	3	4
Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful

#1 What can you do to get along with others better?

#2 How are there some ways for you to develop your confidence?

#3 What methods have you developed in setting goals and developing innovative plans to meet your goals?

#4 Why is doing your best and not giving up important?

#5 What skills can you develop in being persistent when you are

- ☐ Facing unwanted stress,
- ☐ dealing with traumatic thoughts and images,
- ☐ coping with limited resources,
- ☐ when you're experiencing chronic pain,
- ☐ dealing with constant frustrating situations, and
- ☐ when people attempt to eliminate your uniqueness?

#6 What methods have you developed in being resilient?

#7 What mindfulness techniques would you like to learn to develop your sense of resiliency?

