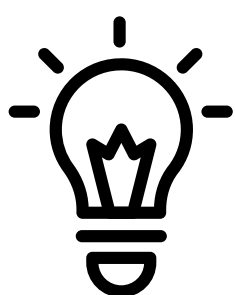




Reflection

How our personal experiences and values influence mould who we are as individuals and influence our behaviour?



Values

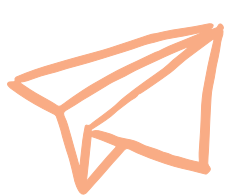


Values are beliefs about the worth or significance of people, ideas, or objects.



We apply values to choose between options, and because of it, they have an impact on our behaviour. We are who we are and how we do things because of our values, attitudes, habits, and beliefs.

They serve as the foundation for how we understand ourselves as individuals, others, and the world in general.



Our beliefs and decisions start to be shaped by our experiences as children.

If one's experiences are generally pleasant, one's beliefs will be positive too.

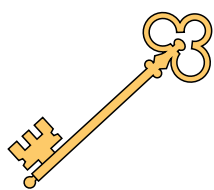
When a child's childhood experiences are unhappy negative ideas are established.

Throughout life we continue to create new experiences, so we continue to develop certain deeply rooted beliefs, needs and ways of thinking.

In order to satisfy our needs and develop certain personality traits.



And these values are always present in our decision-making and so they can influence our perception and interpretation when we read a message.



The key is to think critically!