

3

How **RESEARCH** Improves Understanding

3B LESSON - There's an Intricate Engineering Approach

ACTIVITIES

To assure that you are developing sufficient understanding and behavioral improvement from this lesson, be sure to include these activities in this lesson study.

3^B

JOURNALING QUESTIONS TO EXPLORE EACH DAY

The assigned questions thus far have directed you to pinpoint particulars about each day that are worth extra attention. By month's end, your reviews should reveal your experiences and reactions more clearly. Answering these journaling questions with self-honesty and humility should inspire smarter, healthier thinking. Remember to use the blank calendar page supplement from 2A Lesson for your journaling questions.

1. How did I apply discretion and other engineering-type principles today or recognize that I avoided such principles?

Asking yourself this question on a daily basis for at least a month will encourage you to note what you avoid yet know you should do, as well as note what you don't want to do, yet know is important to do. With such a record of your behavior, you can more accurately define what you need to start practicing differently to improve.

2. Looking back at any discomforting events or disappointments that I experienced today, what might I consider creatively as an optimistic outlook?

This question requires searching each day for a healthy outlook in an effort to soothe any tension and for accepting any disappointments. Uncomfortable moments more naturally produce thoughts that often build a negative outlook. Asking this question each day for a month may develop a habit of greater optimism which should invariably improve your mood, temperament, and resiliency.

BEHAVIORAL WORD STUDY SELF - CONTROL

Such a dynamic word as *self-control* definitely requires much more investigation than just learning its meaning. Self-control is an engineering-type of discipline that drives us toward going an extra mile or accepting a harder, healthier task.

This word study is a lesson supplement to download and we are hopeful that by spending the necessary time for investigating the important dynamics of *self-control*, you will master better use of self-control in future behavior.

After reviewing the word *self-control*, please take note of the times that you do well as well as the times when you recognize the need for increased effort or understanding. Our lack of *self-control* is often responsible for many problems we encounter. After extensive study of the dynamics of *self-control*, take time to fill in a Blank Word Study.

WORDS RELATED TO SELF-CONTROL

Another supplement to this lesson is a list of almost 150 words related to self-control. This abundant list identifies specific ways best thinking balances us and poor thinking causes an imbalance. Consider using this as a reference, to find and note the best words that describe how and why you did or didn't apply engineering-type disciplines, while answering journaling questions each day.

EMOTIONAL EXTREMES

An aptitude study, entitled *Emotional Extremes*, is a supplement to this lesson. With earnest effort, this resource will guide you toward healthier behavioral choices. Such wiser options can be difficult to accept, yet valuable for improving your EQ. As you begin to recognize emotions effect on your actions and decisions, you should also be giving more credence to healthier and wiser options. Remember, your choices provide clear evidence of your emotional aptitude.

EQ VOCABULARY WORDS



Please review and reflect upon the definition of the EQ words below and consider how they relate to the lesson. Consider how much these words contribute toward a well-navigated mind. An *italicized* value statement relevant to each word is included. Concentrate on a different word each day, monitoring how the word you chose relates to your thoughts and actions that day. Take time to memorize these vocabulary words and their definitions. Self-monitoring combined with memorization will increase the chances that these words will direct your behavior.

- 1. discipline- n.** Particular watchful and cautious order; detailing developed and maintained by strained and regulated practice to act in accordance with rules of conduct and regulations to control. *Such an activity, exercise, or strict regimen contributes toward improving the quality and consistency of most any particular skill or behavior.* Synonyms: self-control, development, method, strictness. Antonyms: neglect, disorder, permissiveness.
- 2. efficiency- n.** Quality, condition, state or instance; the result of achieving competency in performance by applying practical/reasonable means of energy, understanding and practice with helpful and timely methods, procedures, and guidelines that reduce wasting time and energy. *Efficiency contributes toward quality treatments, organizational structure, and effective performance.* Synonyms: effectiveness, productivity, orderliness, proficiency. Antonyms: inefficiency, ineptness, inadequacy.
- 3. efficiency engineer- n.** A person who studies methods, procedures, and other means of accomplishment with the objective being to devise efficient ways to improve the manner in which something is performed or produced. *If there were such an engineer in the field of psychology, s/he would contribute a number of guidelines, rules, and limits that improve the manner in which we think, communicate, and act.*
- 4. inefficiency- n.** Quality, condition, state or instance; lacking in ability or for some other reason incapable or incompetent to apply helpful means and effectively achieve optimum results. *Inefficiency contributes immensely toward poor quality results.* Synonyms: wasteful, disorderly, unproductive, incompetent. Antonyms: efficiency, orderliness, competent.
- 5. optimism- n.** A disposition or tendency to look for the more favorable possibilities that could result or have resulted from uncomfortable events or conditions; to be hopeful and have faith that there is something worth learning from such experiences; expect and put one's efforts toward creating or looking for the healthiest outcomes. *Optimism contributes toward calming the mind, when we are in the midst of uncomfortable events.* Synonyms: positive disposition, mood, temperament. Antonyms: pessimism, fear, unhappiness.
- 6. perception- n.** The ability of the mind or senses to comprehend, recognize or appreciate mental, psychological and aesthetic qualities; the healthy ability to envision, discern or understand, including the obscure. *Healthy perception contributes toward careful analysis and quality assessments or conclusions.* Synonyms: discernment, noteworthiness, observation, distinction. Antonyms: misconception, ignorance, stupidity.
- 7. requirement- n.** A quality, treatment, training, or performance that is demanded in accordance with certain fixed regulations or protocols, e.g. certifications, rules, laws, skills, jobs. *Requirements contribute toward orderly, efficient, safe, and healthy results.* Synonyms: obligation, necessity, qualification, concern. Antonyms: trivia, nonessential, indifference.