

Due date: 3 December 2009

Article Title: The Power of the Situation Over You

Article Number: 3

Briefly state the Main Idea of this Article:

The main idea of this article is your behavior can lend clues to what kind of person people may think you are. People will believe that their attitude and their behaviors correspond, when many times they don't. Behavior can be controlled easier than attitude and beliefs. If you are seeking to make a change start with the behavior you want to change; once you change your behavior your attitude will eventually follow.

List three important facts the author uses to support the Main Idea:

Three facts that the author uses to support the main idea are positional authority, William James principle on beliefs and affirmations. Authority can make a person seem more important than they are. If a person holds a position of authority people often deem them to be more competent or smarter, based on their position or title. These types of assumptions are fundamental attribution errors. Another fact in support of the main topic is William James principle, "we can use our behaviors to control our attitudes and beliefs." If you act in a certain way (behavior) then you will begin to believe the attitude implied by your behavior. The last point is dealing with affirmations. Affirmations are positive thoughts or statements about the person you want to be. These statements are standard techniques in the self help industry. If you behave a certain way, it will become second nature for you.

What information or ideas discussed in this article are also discussed in your text book?

Fundamental Attribution Error

Correspondence Bias

Affirmations

Beliefs

Attitudes

What is the conclusion of the author do you agree or disagree and why?

The article is based on facts so I find it contents to be undisputable. I like the example it proved about Alcoholic Anonymous, "Bring the body, the mind will follow." People often make excuses for behaviors, but if we retrain ourselves and act like the person that we want to be then hopefully with time we will grow into that person. If we change what we do eventually we will change the way we think.

Summary

People will let the situation they find themselves in control their lives verses taking action to take power over the situation. One way to take back the power over you is with written affirmations. These positive statements can help you get your life back on track. If you write positive statement in regards to yourself, you will hold yourself responsible for what you have written. Using positive statements make a deeper impression on individuals rather than negative ones. If you make yourself do this everyday it could change your life. When it comes to change, your behavior is easier to control than beliefs or attitudes. William James, founded the first psychological laboratory, stated that consciously acting in a certain ways, we will eventually come to justify our actions and come to believe in the attitudes implied by the new behavior. If you want to change your life you have to concentrate and find ways to change your situation to have the desired effect you are looking to achieve. Abraham Lincoln said, "I claim not to have controlled events, but confess plainly that events controlled me", this is the perfect example of looking at situation factors sounding the events in your life. People correspond situations to behavior, when many times this is not the case, this is fundamental attribution error. When these kinds of assumptions are made we can give people false power over us. If we change our situation and behavior, it could lead to personal character growth, where only you will have the power over you.

