

We're dealing with a very dramatic and very fundamental paradigm shift here. You may try to lubricate your social interactions with personality techniques and skills but in the

process you may truncate the vital character base. You can't have the fruits without the roots. It's the principle of sequencing: Private victory precedes public victory. Self-mastery and self-discipline are the foundation of good relationship with others. Some people say that you have to like yourself before you can like others. I think that idea has merit, but if you don't know yourself, if you don't control yourself, if you don't have mastery over yourself, it's very hard to like yourself, except in some short-term, psych-up, superficial way. Real self-respect comes from dominion over self, from true independence. Independence is an achievement. Inter-dependence is a choice only independent people can make. Unless we are willing to achieve real independence, it's foolish to try to develop human relation skills. We might try. We might even have some degree of success when the sun is shining. But when the difficult times come — and they will — we won't have the foundation to keep things together. The most important ingredient we put into any relationship is not what we say or what we do, but what we are. And if our words and our actions come from superficial human relation techniques (the Personality Ethic) rather than from our own inner core (the Character Ethic), others will sense that duplicity. We simply won't be able to create and sustain the foundation necessary for effective interdependence. The techniques and skills that really make a difference in human interaction are the ones that almost naturally flow from a truly independent character. So, the place to begin building any relationship is inside us, inside our circle of influence — our own character. As we become independent, proactive, centred in correct principles, value-driven and able to organize and execute around the priorities in our life with integrity, we can choose to become interdependent — capable of building rich, enduring, highly productive relationships with other people. (347 words)

## Title: Importance of Character in Social relations

Man is trying to build the social relations with basic and of as one self-respect character and he is able to independent and rational choices. The most important constituents for you pretend. Relationships based on pretence are superficial, short-term and unsustainable. The actions and words can make a difference in social interaction are those comes naturally from one core character. Only those people having personal integrity and independent character are capable to build vibrant, long-term and healthy relationships.

Passage count = 347

Precis word-count = 113

**Q1. Make a précis of the given passage and suggest a suitable heading: (20 +5)**

Basically, psychoses and neuroses represent man's inability to maintain a balanced or equated polarity in conducting his life. The ego becomes exclusively or decidedly one sided. In psychoses there is a complete collapse of the ego back into the inner recesses of the personal and collective unconsciouses. When he is repressed toward fulfilling some life goal and where he is further unable to sublimate himself toward another goal, man regresses into goal structures not actually acceptable to himself or to the society. Strong emotional sickness of the psychotic type is like having the shadow run wild. The entire psyche regresses to archaic, animal forms of behaviors. In less severe forms of emotional sickness there may be an accentuated and overpowering use of one of the four mental functions at the expense of the other three. Either thinking, feeling, intuiting or seeing may assume such a superior role as to render the other three inoperative. The persona may become as dominant as to create a totally one-sided ego, as in some forms of neurotic behavior. All in all, whatever the type of severity of the emotional disorder, it can be taken as a failure of the psyche to maintain a proper balance between the polarities of life. Essentially, psychoses and neuroses are an alienation of the self from its true goal of self-actualization. In this sense the culture is of no consequence. Emotional disorder is not a question of being out of tune with one's culture so much as it is of being out of tune with one's self. Consequently, neurosis is more than bizarre behavior, especially as it may be interpreted by contemporaries in the culture. This interpretation avoids the sociological question of what is a mental disorder, since form of behavior which is acceptable in one culture may be considered neurotic in other culture. To Jung, the deviation from cultural norms is not the point. The inability to balance out personal polarities is.

Title: Psychoses and Neuroses : A mental disorder

psychoses and neuroses are two forms of mental disorder in which a person is failed to maintain balance in his life. His ego is either one-sided or completely collapsed. As a result, the psyche of the person degenerates to abnormal behavior which is not acceptable to anyone. In psychoses, he is also suffered from emotional imbalance. Any one of the vital mental function start overpowering. This kind of behavior is due to lack of understanding and control.

Neuroses, an emotional disorder is not part of cultural deviation, but being out of tune with one's self. Neuroses is not a behavior that is considered weird in a particular. It is a psychological disorder in which man is failed to maintain balance in life.

Passage count = 324

Precis word count = 112