

## **Concern for Oneself**

To be effective and to ensure we contribute, we need to look after ourselves. If we have concern for ourselves, it means we will be more assertive, as we will express our needs as well as demonstrating that we understand others. Having self-concern, does not mean being selfish, it does mean having self-respect. If you have self-respect, others will have respect for you.

Self-concern essentially means considering your self-interest first. Concern for oneself means giving attention and thought to your own preferences or interests. It also means that you are concerned with your own life, and prioritising time to develop your own talents to their full potential. If you develop it, it will encourage you not to forsake your own development temporarily unless there is very good reason to do so. This principle on its own is not healthy; in fact, too much of it can lead to selfishness. We need to balance self-concern with the concern for others and for it to be tempered with showing and giving respect for others.

## **Dealing with your fears**

When you approach a red stop light, what do you do? You know to stop the vehicle. This process you go through is unconsciously competent and almost automatic. Your fears have a similar effect on your position. You do not think through why you do not have self-concern, you just automatically apply the brakes and stop yourself. This is learned unconscious incompetence, so if you can make yourself aware of negative behaviours, you then build self-concern techniques and develop new learned positive behaviours.



## **Respect for Others**

Respect for others encourages you to acknowledge that we live in a community with many individuals who have their own set of goals, standards and preferences. Respect for others aids you in showing appropriate consideration for others, not as superior or inferior, but as an equal to you. Respect for others literally means considering another individual in relation to yourself. This principle keeps

us flexible when our preferences are temporarily not met, and so leads to healthy compromise when necessary.

## Beliefs

There are three lines of enquiry that aid you in evaluating your unhealthy and healthy beliefs. These are in the form of three questions:

- Is this belief going to help me?
- Is this belief in line with reality?
  - Does this belief make sense?



Questioning will weaken your conviction in the beliefs that underpin your negative behaviour, and strengthen your conviction in the beliefs that underpin your self-concern.

If you use the principles of self-concern it will encourage and allow you to:

- Say 'no' when you deem it appropriate to do so. It is important to say no, so that others understand your situation. If you say yes all the time, you are setting yourself up to fail.
- Express your emotions, opinions and beliefs when you deem it appropriate to do so. Unless you express yourself, people do not know, this especially true when communicating with your manager.
- Acknowledge that you will make mistakes and accept yourself for making them. There is nothing wrong with making a mistake and owning the mistake. Find a solution, so that way you learn from the situation.
- Be yourself without believing you have to be different for another person's benefit. Be proud of yourself and who you are, others will have more respect for you.
- Be able to change your mind, even if this inconveniences others. If you pursue an action or task that is no longer the right thing to do, the worst thing to do is to continue with it. Have the courage and conviction to change your mind.
- Make decisions that others find illogical without necessarily having to give an explanation. Decisions can often be based on intuition and experience rather than logic. No one else has had the experiences you have, so have the courage of your convictions.
- Decline the responsibility of finding solutions to others' problems. It is important that others take personal responsibility, don't take on the cares and the burdens of others, show empathy, but allow them to own the situation or problem. Support them as much as they need.

- State your ignorance of, or lack of interest in, a matter without feeling ashamed or embarrassed about doing so. So long as you don't offend or are rude to the other person. You can't be interested in everything

### **A Reality Checklist**

Place a checkmark beside the statements that you particularly need to remember. This will identify behaviours that are positive and that you need to keep, and also negative behaviours that you want to change. Highlight the top 3 that you need to start doing (the ones you haven't ticked) and the top 3 you are already doing.



- I decide for myself what I will and will not do.
- I am my own judge.
- I do not have to justify myself to others.
- Others do not have to justify themselves to me.
- People can ask me anything they want.
- My life is my own, and I can turn down requests made by others if I wish.
- People change their minds.
- Everyone makes mistakes; this doesn't give control of their lives to others.
- I don't have to be logical, nor do others.
- I have the right to be alone.
- I don't know everything and I don't have to.

- I have my opinions and convictions, and others have theirs.
- I have the right to protest unfair treatment or criticism.
- I have the right to ask for help or emotional support.
- Others can give advice, but they don't make my decisions.
- I am not responsible for other people's problems.
- Others are not responsible for solving my problems.
- Direct is usually better.

By making these changes, you will be a more effective team member and be far more constructive. It will also mean that you look after and consider yourself. By having self- concern you will ensure that you are more confident and happy.

If you know someone else who would like to receive our Hints and Tips then email us at [information@advocatetraining.com](mailto:information@advocatetraining.com) and we will add them to our mailing list. Alternatively, they can register at [www.advocatetraining.com/hints-and-tips](http://www.advocatetraining.com/hints-and-tips)

You can now also follow us on Twitter @advocatetrain

If you no longer wish to receive our hints and tips, please email us and we will remove you from our database.

