Personal analysis

Exercise 1

Some of the values that I acquired from learning through observations and modelling include problem-solving, judging and over thinking. I think that I have developed these values by observing others. My habit of reading books late night is due to my observations. I watched them reading books in my childhood so I started imitating them and it has become part of my personality.

a). My parents have expressed the emotions of love and anger in different ways. When I bunked school they responded with anger. Similarly, when my teacher complained to them about me they exhibited emotion of anger. When they were angry they told me to stay in the room for the whole day for punishing me. I have also watched them many times when they show affection and care. Before going to bed my parents hug me and kissed me good night. Their behavior of hugging is used for conveying emotions of love.

b). I believe that social learning theory offers an explanation for my present ways of expressing love and anger. I think some of the behaviors I modelled from my parents. I learned the emotions of anger and love due to my interaction with my parents. I respond to others with affection when it is required. When I find my friends in stress I treat them with love. This is what I learned from my parents because in childhood they used to comfort me by showing love when I was upset. I also learned the emotion of anger from my parents. When I was unable to complete my homework they used to show anger. Now, when someone does something wrong I exhibit my anger. My observation allowed me to learn that anger is used for responding to something bad.