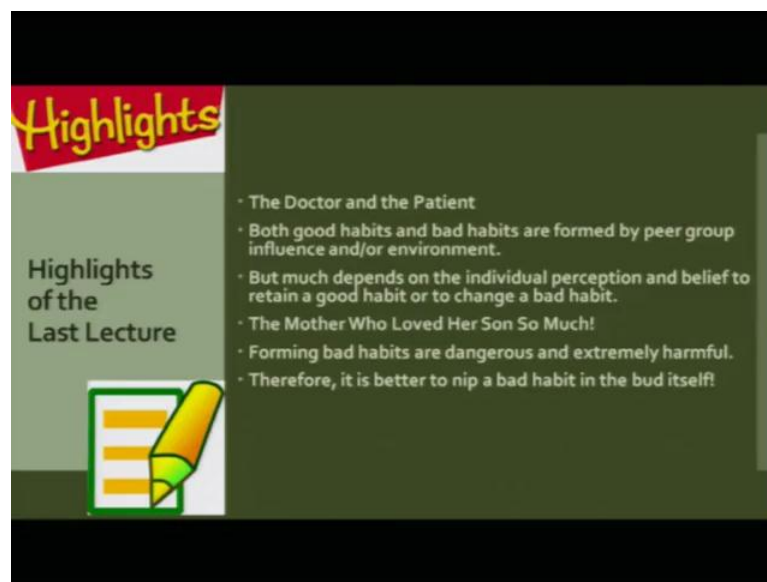


Developing Soft Skills and Personality
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Lecture -15
Habits: Habit Cycle

Hi, welcome back to Developing Soft Skills and Personality course from NPTEL MOOC at IIT, Kanpur. I am Ravichandran giving you this course for the first 3 weeks in the third week I just introduced new topic that is habit and then I introduced to you as how we can look at this habit in terms of developing our soft skills and personality and in the last lecture I actually discussed two stories.

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But I wanted you to remember two important aspects of developed habits the first one is about that that doctor and the patient in which the doctor actually happens to be the one who started the bad habit of smoking in case of the patient and the patient could not give it up and then he become a cancer patient to whom the doctor came for treatment it was. So, ironic, but the point I was trying to make first both good habits and bad habits or formed by peer group that is by our friends even some times our well wishers even there are sometimes parents who play very crucial role as I telling in the next story and it is there influence and for the things which comes for the environment that makes us form good habits and or habits.

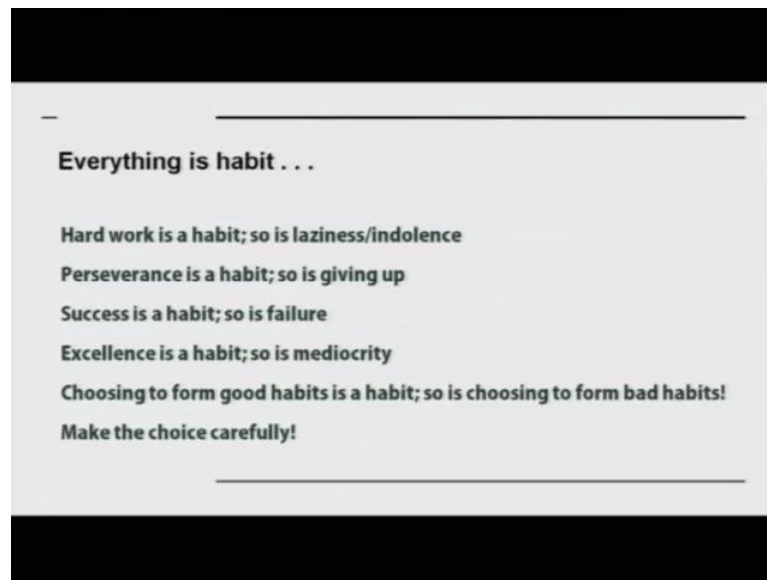
But much depends on the individual perception and belief to retain a good habit or to change a bad habit. So, it means you might have got some of the habit formed from people around you for the surroundings that you came from, but it is entirely up to you the inner coat that you have that is the one that will help you decide whether you give up something or to continue with something happen in the story. We talk about the mother who loved her son so much.

Now, the son hated to see the mother at the point of his death for the single reason that it was the mother who was responsible in the perception of the son that she letting start it tiny stealing habit which ended up in terms of murdering brutally someone for which he was given this death punishment.

Now, here it is the mother who is responsible her perception is that she loved her son. So, much that she did not want him to feel hurt even if she criticized or told him to do something, but actually resulted in forming such a very bad habit starting with stealing which ended up shooting somebody and then resulting in his own death. Now, here again I in pitched on this point that forming bad habits or dangerous and extremely harmful therefore, it is better to nip a bad habit in the bud itself nip the bad habit in the bud itself that was the last point by which I concluded the previous lecture.

Now, in this lecture let is look at how this habits cycle is found how are you getting trapped and before the look at I just want to telling you some interesting aspects of habit and then again I want it you to keep that mind in term of developing our personality.

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First understand that everything is habit. In fact, the famous Nobel prize winner for literature Samuel Beckett in his play that won the Nobel prize for him, waiting for Godot makes a very interesting statement about habit he says everything is habit and then he says that habit is that ballast, the chains the dog to its vomit and then is it breathing is habit life is habit.

So, habit is the chain that is time this dog to it omit it is a very strong chain. So, that as time the dog it is omit because when the dog is eating and then it is omitting it is not able to move and then it is forced to do that. So, habit especially bad habit is literally like that, but he says that even breathing is a kind of habit for us everything he says that habit.

Now, if you understand that and take the prospective you understand that hard work that you found is the habit there is the novel by named the races h in which there is an interesting character, the protagonist fondly called Larry. Now, while he talks about this character the narrator who is actually, he says that one thing struck him very much in terms of Larry s character.

And what was that he saw Larry sitting in the library at a point of time in a place and then he went out he went that is the narrator went out get some shopping had is food and then came back after five hours Larry was sitting in the same place reading the novel and he was above to finish that the same posture without any slick disturbance as completely he must in reading that novel. So, the quality impresses the author like anything

somebody who could read auto stretch 5 hours without any disturbance what are is happening in the surrounding. So, that the good habit hard work is a habit any habit like reading one sitting reading. So, these are all good habits.

So, is laziness in terms of bad habit it is formed indolence; indolence is just a general dislike for doing any work, even a general dislike such as getting off the bed in the morning. So, that part of indolence any work you just want to avoid perseverance is a habit. So, is giving up continue in something to fight to you win to reach till the end and often you know that it just at the last moment you feel. So, discouraged and the goal that you have set looks very undoubting and the you feel like giving it up, but then you perceive here if you have develop that has a habit and then you do not just give it up, but then giving up itself is a habit

Take for some example public speaking two guys both are afraid of giving and talk, but one decides he will address that fear and then he will talk. So, he perseveres and then he becomes the very famous speaker the other guy even a very small class activity given for giving two minute talk he prepared he was thorough, but he was afraid of going to the stage due to his stage fright he just give it up he never gave any talk in the public he was afraid of talking to people in crowd even slowly he became much more intra and then he started giving up even a become big manager in a company he could not continue.

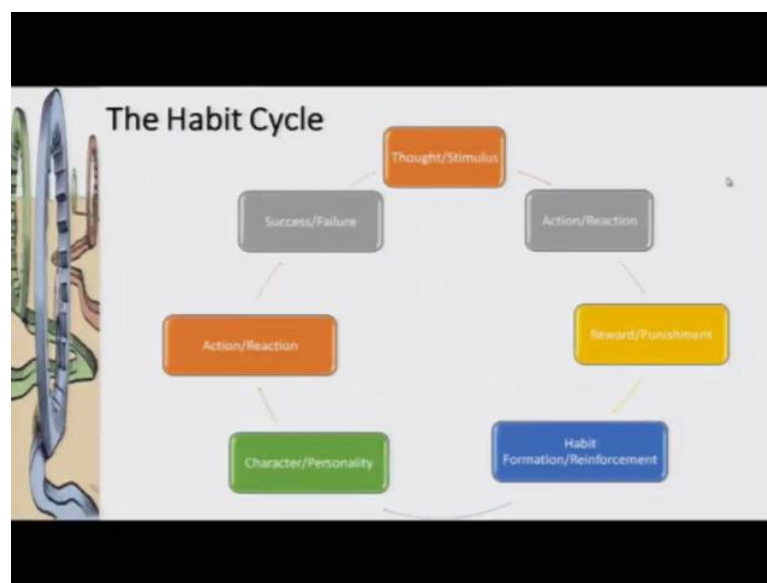
So, giving up is also habit you give it up once you keep continuing and then you call the time think about giving up instead of persevering success is a habit you need to develop and then in the coming lectures I am just going to talk about how to break this bad habit and then how to inculcate this habit of success when he say success is the habit you should understand that even failure is the habit just the habit that you keep forming and you need to break that and come out and then join this side and make success a habit excellence is a habit it is developed and then it is made it is a habit.

So, is media core tic, so is average performance. So, is thinking that his much performance is enough if I am just above average or average that is fine I need not become good I need not become excellent I need not become outstanding that is a we started our first week lecture if you remember defining excellence and then you should write into as per for excellence choosing to form good habits itself is a habit.

So, is choosing to form bad habits that is also your mind set it always tray is to choose bad habits because your tune to that your tune to gratifying yourself by something that is seeing before your eyes you have diabetes, but you see a sweet is kept before your eyes you just want to grave and eat it is, but you do not think about what will happen to your blood sugar level we should going to show it up will you lose energy or will you faint or something happens to your blood fresher combined with this you may be admitted in hospital because already you had single problems that know at that point of time you look at this sweet and you wanted to eat it.

So, that is again that choosing to form bad habits you formed one it continues. So, it is important to make the choice very carefully. So, think about it, now let us take a look at how this habit cycle is formed.

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First either it is the stimulus something is coming from the environment. It is start from this point either, it is coming from the environment or the stimulus is also trying to generate some kind of thoughts inside your mind. So, in the mind either by some kind of external agent thought is generator that mind is thinking if I satisfy by doing that I will be happy I want to do that now mind you this is both for a good habit as well as a bad habit this is just the habit cycle, how it is starts and then main things I want this.

So, I will vocalize this I will put that in word form and then slowly I will perform it I implement eating action form in certain cases, it could be even reaction some buddies is

shedding a cymbals to you in the form of an action. So, you even respond to that in the form of reaction, suddenly night it is raining and then my mind is thinking that if only I go to that hotel and then eat that chicken at this time how nice it will be, so thought.

Now, how the thought came. So, I was watching TV and then somebody was eating a dish, particularly the chicken dish that is favorite to me I see that and then it triggering in my mind if I go that hotel I will get the same dish and then I tell my wife or I tell my friend shall we go. So, I put that in word and then action either we decide to go or not to go that is action.

Now, the next level is having performed this action there is a reward or a punishment the reward could be for example, you ate this food and then you felt very happy. So, you released it you got it and then your need was satisfied the punishment could be. So, the food been digest properly because you ate it at late night and then it resulted in stomach upset the next day.

Now, the mind can correlate this it can think I injured the food and then I will continue to do that now at this time when I had it I suffered eating that. So, I stop going to the hotel. So, both ways the mind can think and then it is form a habit the last time when it was raining I went I had this chicken from this restaurant and it was to. So, tasty every time it rains and this time I will go and I eat it every time I see that on TV every time I see that book. So, I like that particular brand and then I will go on then takes from that restaurant one way of mind thinking other way of mind thinking that every time I see that I am reminded about the stomach upset that I had due to which I loss lot of appointments some important activities I missed I stop I will control. So, this kind of desire for eating it impulsively outside. So, I will be very careful I will stop this.

So, both ways the mind can function. So, in terms of good habit, bad habit formation depends on how the mind functions and decides to form the habit and once the habit is formed, the next level is reinforcement the habit is repeated again and again and when it becomes a kind of create in your character or personality people start saying that this guy every day at 12 o'clock you can see him eating chicken in this place. So, now it becomes part of the character personality it right and then the next level is the action reaction once again now you start sort of continuing with this of kind of action reaction and then in terms of habit forming it can lead to success or failure.

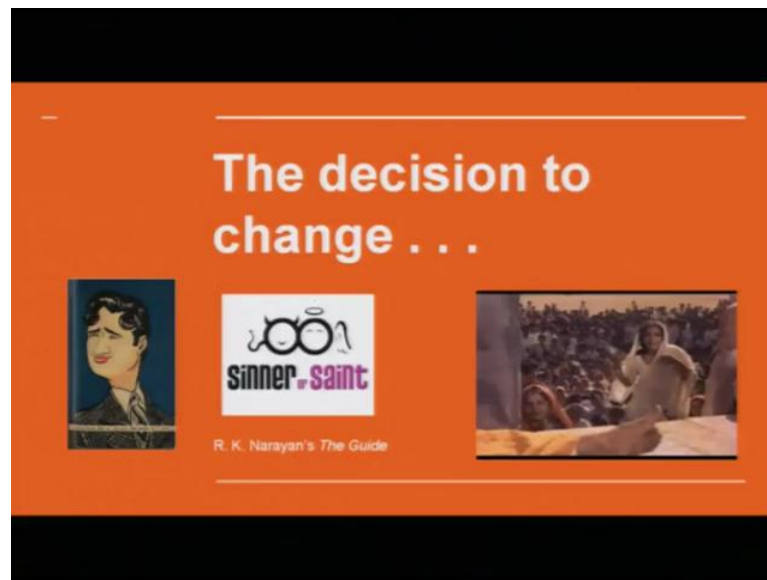
Now, I gave a simple example like chicken, but then think about other example like thought that I want to become a ten pointer I want to become the first student number one student now the similarly is come from the advertisement or the convocation that I saw in which that student was getting the gold medal I also want to get it action or reaction to that is I will work hard I find out how this guy worked hard and then I will also work in that manner revered or punishment revered I am working hard and I am getting appropriate grades good marks punishment I am not working that enough. So, I am getting less marks habit reboot. So, I am getting this good mark. So, I inculcate this habit good habit.

Now, this becomes my character personality every teacher is saying that this guy is the best student very sincere very much studies and he this us to get first prize the gold medal.

Now, action reaction again I continue. So, not only in this college I continue with other collage now it results in success if I continue with a same kind of thing, but if I got punished because I work less. So, I think that I cannot work that much and I continue with the punish cycle and then I reach failure again it regards the same kind of failure thoughts and then it becomes a cycle if I get the gold medal if success is in there in my mind again I will continue the thought again I will respond to the stimulus.

So, this is the habit cycle by which you try to form either a good habit or a bad habit now I will come back more about this when I want to tell you like how you can break bad habits and how you can form good habits.

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But I would like to tell you another story, it is an anecdote and then in this anecdote I just want to tell you the decision to change that is the decision to form a good habit or develop a bad habit is something very crucial in every buddies life sometimes it I said it completely changes your personality and complete transformation happens by that moment in which you decide I am going to stop this and then I am going to start a new leaf in my life chapter in which I will be known like this a very good illustrative example we can have from R. K. Narayan's, the guide. So, one of my favorite novels and some of you might have either watch the movie in which Devanand actor and it become a big hit for him or you might read the novel or there are many like new who are read the novel as well as watch the movie.

Now, what is it I want to discuss about this one the character Raju in the novel the guide is actually a guide and like usual guides is prone to tell lies he does not bother about it he indulgence is miner cheatings and he enjoys doing that. So, even in terms of miner types and all that is just part of the life of guide and then he does not bother about that and then as most of you know he falls in love with one of the tourist that is rosy he gets married to her she is a classical dancer he encourages her to dance and then they makes lot of money he becomes rich.

Now, at that point he has to ask her to sign a cheque, so that he gets some money, but then instead of doing that he thinks that he himself he sign the cheque on her name that is

he indulgence in a forgery the police catches him and then he sent to the prison. Now, at the beginning of the novel actually is coming back from the pressmen and then he just gets a saffron cloth he covers himself and then he sits under a banyan tree and then he is just at the out skirt of the village the village master comes sees him and then he thinks that he is a saint, he is a great person because he spoke very less and then he is daughter was willing to marry somebody he asked Raju to talk to the daughter and immediately after that she accepted. So, the village master thinks that this guy has some power.

Now, the peers who are already there in the nearby temple, so they are become jealous of the popularity, she gets as a sadhu as a saint and then they want to teach him a lesson and then they want to finish him rather and then they planned on an instant where there is no rain in that village and then they make the people believe that if some buddies like that they pure person prays to God by fasting for 40 days it would rain at the end of the fortieth day when he will washes feet and finish the prayer.

Now, situation society compels into take it and then he actually refuses to do, he tries to escape, but then the press come and then they do not let him go. So, he comes back and then he sits near the temple first day of fasting starts and then he tries to take the prasad. So, the sweet dish that is kept on then the banana on the broken coconut that is kept he wants to eat it, but by the time he sees a cockroach just scrolling in the place and then he fears repulsive and he does not want to take it.

So, the next day again at rat again he sees moving that side and then he about to eat break the fasting first two days because he feels very hungry and then he does not believe in this things, but then somehow coincidentally the food he wanted to eat is actually spoiled by the insides or this rate that was moving on here and there

And then third day people start visiting him hundred becomes thousands and then a huge multitude is there people starts slowly coming from other places hearing about this person and on the third day it daunts on him that if. So, many people believe that he is capable of creating a miracle why not he change he decides to change at that moment thinking that because of this people faith in me that I can bring some kind of positive change in miracle to this people I can bring rain just by fasting. So, why not I try that and then he tries it he continues. So, we see him becoming week and week.

At the end of the novel it ends so beautifully in a very ambiguous manner where a he just go to the river and then he says he is the distant cloud, but in the movie just because it was Devanand, the actual rain is shown, but the point I am making is the single transformative movement in the character Raju which leads a very debatable question in literature courses whether you treat Raju as a sinner or saint now the obviously, winner to this question is that on who argues that he is a saint what is the point of argument like if you look at the sinner and then Raju, the transformative moment that happens in him to decide that whatever bad habits that he accumulated could be transformed completely by one single event in which he things that people are so much faith and if he can transform to the person that they want the saint that actually they have. So, he decides and then he goes deep with him and then he wants to leave up to that image. So, that decision to change becomes so crucial that makes us believe that even a sinner can become a saint because of the fact that.

When he was a sinner he realize that the beast that is the animal the evil part that makes you do all that things the beast was in him, but the novel ends to the kind of revelation that perhaps the God is also in him the good thing the angelic part that was also in him and that was revealed very interestingly by another set of circumstances give us in a previously different set of circumstance where he indulgent all bad habits that led him to the prison again he came to another circumstance where the divine portioning in him the spiritual part in him the part in which he could actually try to actualize himself that self actualization trying to reach that peak experience that was possible for him.

So, keep that in mind perhaps people thing that the base in beast is inners, but you should also know that the god is also inners bad habits yes of course, you thing that the circumstances giving you and then making you form, but if you ask me whether it is the circumstance that is a making a person I would say no circumstance actually reveals the person as in the case of Raju at the end of the move that he could reveal the divine the spiritual the god in him that comes out in the circumstance.

So, good habits which are again imbedded in you can come out if only you right to push yourself and then interact with the circumstance and try to bring the best thing you.

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Now, as a concluding thought one interesting quote from Dr. A. P. J. Abdul Kalam he says that, “You cannot change your future, but you can change your habits, and surely your habits will change your future.”

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And as Aristotle said, “We are what we repeatedly do. Excellence, then, is not an act, but a habit.” This very positive concluding thought I want you to develop those habits that will have you to excellence.

In the next few lectures, let us see how we can break some of the obstacles which are there in us in terms of bad habits and how we can actually try to can develop excellence by developing good habit. Thank you for being with me and then let us enjoy the journey of developing the good habits and then trying to reach excellence.

Thank you once again.