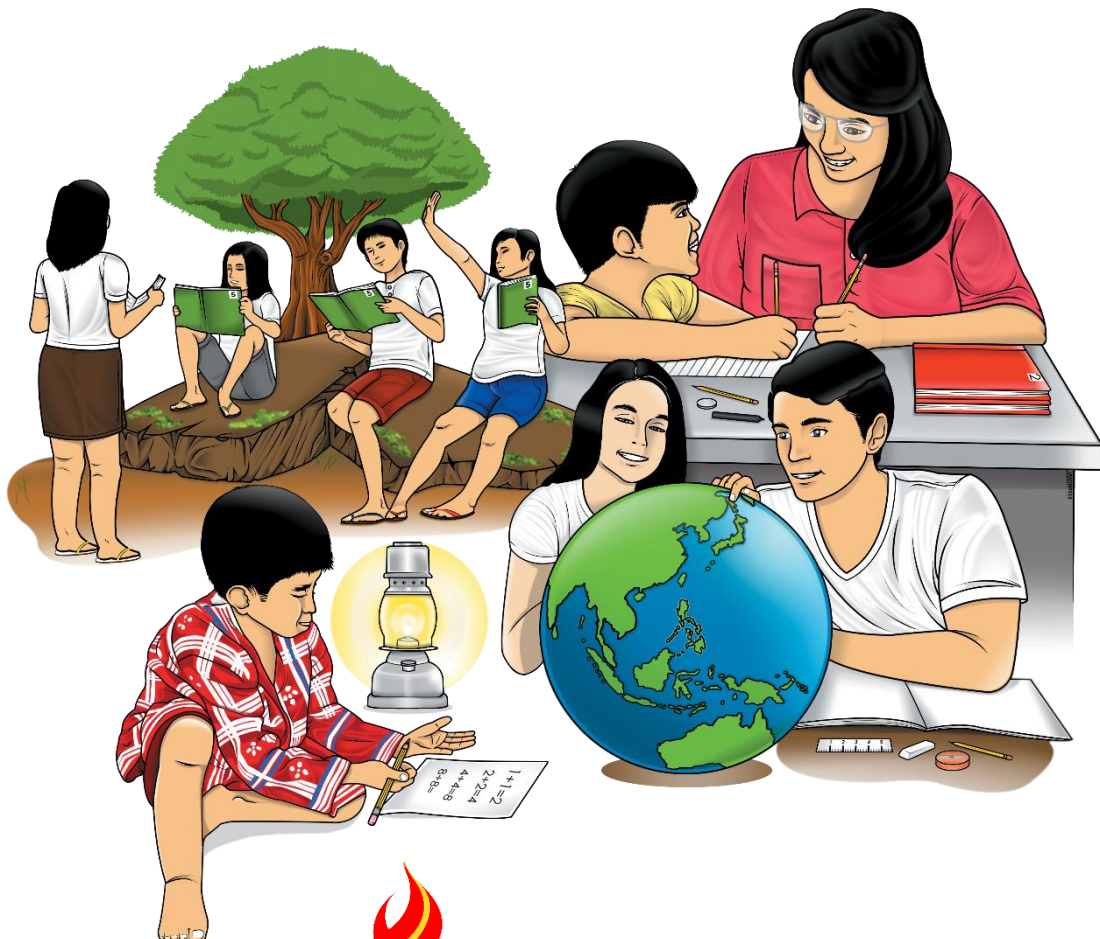


Personal Development

Quarter 1 – Module 1:

Knowing Oneself – Strengths and Limitations



**Personal Development
Alternative Delivery Mode
Quarter 1 – Module 1: Knowing Oneself – Strengths and Limitations
First Edition, 2021**

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Personal Development

Quarter 1 – Module 1:

Knowing Oneself –

Strengths and Limitations

Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.

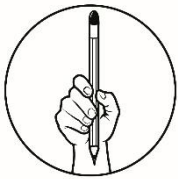


What I Need to Know

This module was designed and written with you in mind. It is here to help you master the nature of Personal Development. The scope of this module permits it to be used in many different learning situations applied to the needs of adolescents. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

The lesson in this module is about Knowing Oneself. After going through this module, you are expected to:

1. Explain that knowing oneself can make a person accept his/her strengths and limitations and dealing with others better.



What I Know

Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

1. Self-development is _____.
 - a. believing you are good
 - b. knowing God's existence
 - c. a process of discovering oneself
 - d. the effort to be known in the community
2. Know thyself is an old _____.
 - a. maxim
 - b. tradition
 - c. principle
 - d. philosophy
3. Self-concept is ones abstract and general about him/herself particularly toward his/her _____.
 - a. life
 - b. career
 - c. existence
 - d. personality

4. Id according to Sigmund Freud is the _____.
 - a. first aspect of personality
 - b. second layer of a person
 - c. third aspect of a person
 - d. instinct of a man

5. Ego as explained by Freud operates according to _____.
 - a. dream
 - b. reality
 - c. fantasy
 - d. illusion

6. Superego holds _____.
 - a. moral judgment
 - b. instinct of a man
 - c. reality in man's life
 - d. man's choice in life

7. According to Rene Descartes mind is the _____.
 - a. reason of believing
 - b. seat of consciousness
 - c. beginning of all wisdom
 - d. source of all self-consciousness

8. Read thyself, as explained by Thomas Hobbes can lead person to learn more _____.
 - a. of himself/herself
 - b. of his/her society
 - c. by studying in school
 - d. by studying with books

9. According to Socrates an unexamined life is not worth _____.
 - a. living
 - b. giving
 - c. getting
 - d. sharing

10. He is the Father of Modern Philosophy.
 - a. Socrates
 - b. Rene Descartes
 - c. Sigmund Freud
 - d. Thomas Hobbes

11. He is the creator of Psychoanalytic Theory.
 - a. Socrates
 - b. Rene Descartes
 - c. Sigmund Freud
 - d. Thomas Hobbes

12. He is the author of The Leviathan.
- Socrates
 - Rene Descartes
 - Sigmund Freud
 - Thomas Hobbes
13. He the author of the old saying “Knowing others is intelligence; knowing yourself is true wisdom. Mastering others is strength; mastering yourself is true power”.
- Plato
 - Lao Tzu
 - Aristotle
 - Confucius
14. The Suda is an encyclopedia of Greek knowledge that reminds individual not to attend to the _____.
- bad practices
 - societal issues
 - opinion of others
 - community meetings
15. Superego according to Freud will be developed at the age of _____.
- 4
 - 5
 - 6
 - 7

Lesson

1

Knowing Oneself – Strengths and Limitations

As an individual, we commonly see other people's manner of doing things, belief, and lifestyle. Most of the time, we give comments and/or judgment on how they behave and react in certain scenarios. However, it is observed that most people find it hard to make good and sound evaluation towards their own behavior, traits and personality. In this lesson, we will try to know ourselves better by having careful reflections on how we see ourselves as an individual and understanding our characters particularly as young and late adolescent as part of the developmental stages of man.



What's In

Start knowing yourself better. Kindly work with a partner (*anyone who is available to give you some assistance*) and assess how well you know yourself by listing down your values, characteristics and/or traits using the *Four Quadrants of Oneself*. (*Be guided by the instructions below.*) Be able to discuss to your teacher/guide or partner/buddy the result of this activity using your output.

- I. Values you know well you possess
- II. Values you and others knew you possess
- III. Values you and others hardly knew you possess
- IV. Values others knew well you possess

Well-known by self alone	I	II
	Well-known by self and others	Well-known by self and others
Hardly known by self and others	III	IV
Hardly known by self and others	Hardly known by self and others	Well-known by others alone



Notes to the Teacher

As the facilitator, kindly assist and explain to learners how they will use the *Four Quadrants of Oneself*. Instruct them to write the quadrant number inside the box.

Quadrants:

- I. Values you know well you possess
- II. Values you and others knew you possess
- III. Values you and others hardly knew you possess
- IV. Values others knew well you possess



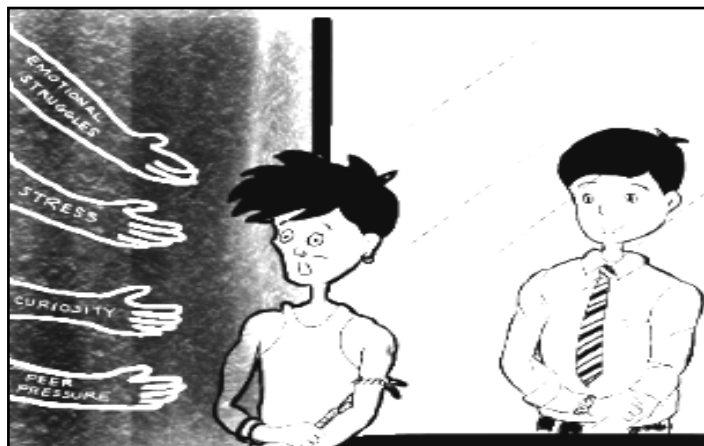
What's New

Various artists use arts to express their innermost thoughts through painting photos, cartoons, murals, and the likes. Our appreciation and judgment of others' works might reveal our innermost thoughts and theirs, as well.

Let us try to know ourselves better by giving our opinions regarding the challenges given below.

Challenge 1: Editorial Cartoon Analysis

Study the editorial cartoon below and answer the questions that follow.



Illustrated by Salvacion C. Montenegro

Process Questions:

1. What do you think is the message of the cartoon?
2. How would you describe the thought of the cartoonist toward the thoughts, feelings and adjustments experienced among adolescents?



Intelligence is not having the mind to see other people's mistakes but learning to have the heart to accept them. #Stopcyberbullying.

1. How would you interpret the line in connection to cyber bullying?
Give concrete situation to justify your answer.
2. Visualize the situation being presented by the author by sharing your own interpretation to its meaning.
3. In what certain scenario do you think this line would be applicable to the needs of adolescents today?



What is It

The activity in the previous part of this module enables you to express yourself by digging deeper to your own point of view on the things around you.

Contrary to what you know that knowing yourself begins by understanding yourself alone, you should also understand that knowing others can pave the way of knowing yourself better as they say no man is an island.

In this module you will get to understand some philosophies discussing the principles of knowing oneself and later have a clear perspective of your own personalities. Let's begin with defining Self-Development.

Self-Development

The stages of man have many broad aspects covering different developmental tasks and adjustments. As an adolescent, it is undeniable that during this year, you find it most important to know yourselves deeper. You had experienced most of the time you find yourself asking 'what do you really want' or 'why do you really like doing these things or being with these people'.

You may find it odd that you are starting to ask yourself questions, but you've got to understand that you are not the only person who experienced it. In other words, what you are experiencing is just normal. Now that you are in your middle or late adolescence, we can say that you may have discovered changes in your life, or in your behavior or attitude that compel you to discover more.

Self-development is a process of discovering oneself by realizing one's potentials and capabilities that are shaped over time either by studying in a formal school or through environmental factors. Along this realization, an individual encounters gradual changes deep within him/her that may help him/her overcome unacceptable practices or traits which lead him towards positive change for his growth or self-fulfillment. It is also called personal development.

On the other hand, examining yourself, most specifically how you react on things, your belief, traits, and values is one of the most complicated things to do in the world. You must understand, though, that it is not that simple. In fact, it follows a process.

This lesson will be of great help for you to rediscover yourself better. Let us start by knowing some concepts of understanding oneself.

Know Thyself

According to the philosophical point of view, “An unexamined life is not worth living”, this is one of the famous lines once uttered by one of the greatest philosophers of Ancient Greek, Socrates.

Know Thyself is an old maxim or aphorism which in time has been used in varied literature and consequently gained different meanings. One of its meanings is recorded in the Greek encyclopaedia of knowledge called “*The Suda*”.

Thomas Hobbes also discussed his own views about the maxim from which he used the phrase “*read thyself*” in his famous work *The Leviathan*. He stressed that an individual could learn more by studying others and that he/she can do this by engaging himself/herself to reading books. However, Hobbes emphasized that a person learns more by studying oneself.

He further elaborated his views about know thyself from which he stated that a man who investigates himself/herself and considers contemplating on what he/she did or what he/she thinks, reasons, hopes and/or fears and to what grounds he/she feels all these can consequently learn how to read and learn others’ thoughts and passions in similar occasions.

Thus, this statement leads us to the realization that knowing oneself is the open door that leads us to knowing others better.

Authors of other materials related to this idea believe that ‘know thyself’ is a moral epistemological injunction. This suggests that the philosophy is acquiring the skills of way of questioning or challenging the person to gain careful understanding of oneself. It is a form of self-concern.

Self-Concept

Self-concept is one’s abstract and general idea about him/herself particularly toward his/her unique personality and his/her own perception about his/her set of values, point of views and behavior.

This theory began as Rene Descartes, *the Father of Modern Philosophy*, proposed his theory that a person’s existence depends on his/her perception. Rene Descartes stated that mind is the seat of consciousness.

This means that it is in the mind that we know everything about ourselves like our identity, passion, interest, feelings, and/or intellect, thus everything that we are comes from the mind.

Self-concept theory has a lot of suppositions regarding how people learn to judge themselves. Among these, Sincero named three aspects such as:

Self-concept is learned. This explains that no individual is born with self-concept. A person will soon develop this as he/she grows old. This means that self-concept can only be acquired as soon as the person learns how to mingle with others

and so this indicates that self-concept is influenced by the person's environment and can be a product of the person's socialization.

Self-concept is organized. This stresses out that one's perception towards him/her is firm. This means that a person may hear other people's point of view regarding him/her but will keep on believing that what he/she thinks of himself/herself is always the right one. Change on one's perceptions towards him/her, however, may also be possible but it takes time.

Self-concept is dynamic. As an individual grows older, he/she continues to encounter problems or challenges that may reveal his/her self-concept in that particular time or situation. A person will definitely respond to the scenario based on his/her own insights and how he/she perceives himself/herself in the situation. Thus, self-concept undergoes development as the person goes through different experiences. (<https://explorable.com/self-concept-theory>.)

Aside from the philosophers above, Sigmund Freud who is a well-known psychologist, neurologist and the creator of Psychoanalysis Theory and the father of psychoanalysis, proposed that there are three components of personality within us: the **Id, Ego and Superego** that certainly play a vital role of how we think of ourselves. Let's tackle them one by one.

The Id. Freud explained that man's personality is driven by pleasure principle. This means that the nature of Id is to satisfy man's desire without thinking much of the situation. This nature is being developed at a young age or present from birth. To illustrate this idea let us take this as an example. An infant will cry if he/she wants to be fed to satisfy his/her hunger. Definitely, an infant cannot exactly explain what he/she really wants. Also, infants do grab things and would want to get things on their hands not minding if they hurt or if they are important or not. All they want is to get them for they want them. This is the nature of Id, when the Id wants it, the rest are no longer important. However, this instinct is controlled by the ego and superego as these aspects are developed in man's life later on.

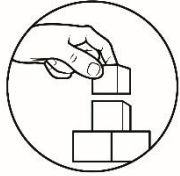
The Ego. This is the second component of the personality that is developed at approximately the age of three. This operates according to reality which makes it possible for the Id to work in a more proper and satisfactory ways. The ego will give a more socially accepted means of getting the desires and wants of a person without getting to hurt others feelings. In other words, it is the job of the ego to provide a man some guidelines on how to behave accordingly while he fulfilled his pleasure.

This component of our personality is manifested whenever we try to satisfy our cravings without compromising our self-image to others.

The Superego. Freud believed that this aspect of man begins to manifest as a child turns 5. This is the last component of personality which holds our moral judgments or concept of right and wrong that are believed to be acquired from the family and the environment.

This personality is developed as man learns the culture of distinguishing right from wrong based on the set of guidelines and standards that are known to

people which might have been probably imposed by the people in the community like parents, teachers, elders or the community as a whole. Therefore, superego directs a man's life in order for him to avoid hurting others. (<https://www.oercommons.org/courseware/lesson/15352/overview>)



What's More

Activity 1: Discussing and Understanding Terms and Philosophies of Knowing Oneself

Knowing Oneself is quite an easy task but it requires a lot of self-assessment and some “me” time to be very much adept with how one must analyze his/her way of behaving, interacting and living his/her life with other people in his/her community.

Activity 1.1. Kindly state some scenarios or experiences relative to the following terminologies below.

1. Self-Development _____
2. Knowing Thyself _____
3. Id _____
4. Ego _____
5. Superego _____

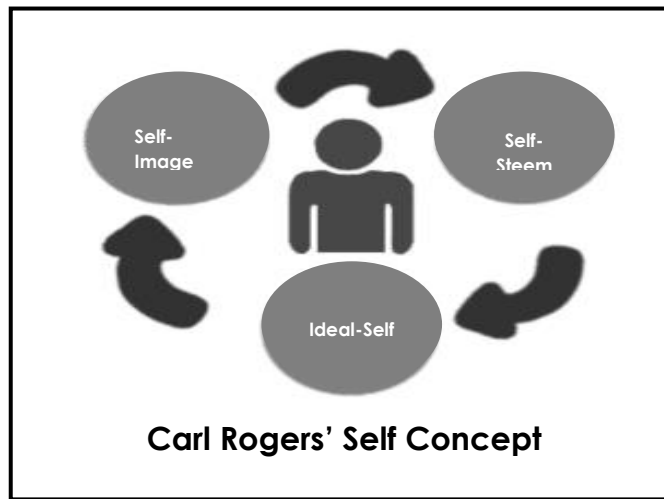
Activity 1.2. Briefly discuss your own analysis the meaning of philosophical passages from the famous philosophers.

1. “Knowing others is intelligence; knowing yourself is true wisdom. Mastering others is strength; mastering yourself is true power.” - Lao Tzu

2. "Knowing yourself is the beginning of all wisdom." - Aristotle

Activity 1.3. Learning the Skill: Understanding Conceptual Paradigm

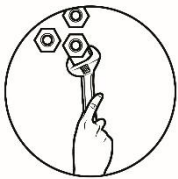
1. Study the conceptual framework below and analyze the connections of the elements and explain it in a concise manner.





What I Have Learned

1. Self-development means is taking steps to better yourself. It also means efforts toward self-fulfillment.
2. Know Thyself is an old maxim or aphorism gained different meanings.
3. “The Suda” is the encyclopedia of Greek knowledge wherein the concept of Know Thyself is interpreted in different meanings.
4. Thomas Hobbes used the phrase “read thyself” to stress out that an individual can learn more by studying others and that he/she can do this by engaging himself/herself to reading book.
5. Knowing oneself is the beginning of all wisdom according to Aristotle.
6. Know thyself is a moral epistemological injunction according to some writers which means acquiring the skills of way of questioning or challenging the person to gain careful understanding of oneself.
7. Self-concept is ones abstract and general idea about him/herself particularly toward his/her unique personality and his/her own perception about his/her set of values, point of views and behavior.
8. Rene Descartes states that mind is the seat of consciousness.
9. Self-concept has three aspects as enumerated by Sincero namely: Self-concept is 1.) learned, 2.) organized, and 3.) dynamic.
10. There are three components of self, according to Sigmund Freud namely:
 - 1.) The Id, 2) The Ego, and 3.) The Superego.



What I Can Do

Now that you have a better grasp of yourself, you are to do this activity. Recall the most important event/s of your life which you believe to have helped you discover yourself more. Complete the road map below. Consider the instructions given.

Title of the Road Map

Name three traits/values you will constantly and consistently share with others so that they will also overcome the challenges of their lives.

State one good reason why you won't choose to change yourself or your present thoughts.

Describe how your traits which you have gained through your experiences, have helped you surpass your life's challenges.

Name the changes you have noticed in yourself after encountering challenges you have indicated in part 5 "Bridge."

State things you have realized after overcoming problem/s when no one was there to help you.

Justify why you would still choose the road you have chosen to take.

List down things/activities you do that make/s you strong whenever you feel so down...

List down the positive things that happened to you after learning the lessons you have in Gas Station 1.

Name the first problem you have encountered that has given you a good lessons in life.

Describe yourself before you have encountered the problem.



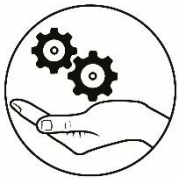
Assessment

Multiple Choice. Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

1. What explains the phrase “read thysself” of Thomas Hobbes?
 - a. The effort toward self-fulfillment
 - b. An individual can learn more by studying others
 - c. Must not boast and attend to the opinion of others
 - d. Learning through one’s experiences and achievements
2. Which does **NOT** state the nature of the Id?
 - a. Starts from birth
 - b. Focuses on one’s desire
 - c. Develops at the age of 5
 - d. Satisfies pleasure principle
3. Which states **FACT** about the Superego?
 - a. Acquired from birth
 - b. Holds persons moral judgment
 - c. Developed for a long period of time
 - d. Affected by persons unique identify
4. Which statement can define the Ego?
 - a. Satisfies ones wants
 - b. Operates according to reality
 - c. Develops according to one’s desire
 - d. Affects persons opinion toward himself
5. Which statement is **TRUE** about mind as the seat of consciousness as defined by Rene Descartes?
 - a. Through our minds we perceive the future
 - b. Through our minds we know ourselves better
 - c. Through our minds we realized our past experiences
 - d. Through our minds we keep on discovering people’s belief
6. Which is **NOT** true about self-development?
 - a. Every people will undergo this process.
 - b. Everybody will look for ways to understand himself/herself.
 - c. Everyone will find it difficult to know himself/herself better.
 - d. Every individual has the chance of knowing himself/herself better.
7. What is likely to happen when one gained complete understanding of himself/herself?
 - a. He/She will seek professional help.
 - b. He/She will find difficult knowing others.
 - c. He/She will build a better life on his/her own.
 - d. He/She will take his/her part in the society successfully.

8. To where a person is believed to acquire his/her first and primary concept of right and wrong?
- From his/her family
 - From his/her school
 - From his/her friends
 - From his/her society
9. Why should a person develop the Ego?
- He/She will become more mature.
 - He/She will appear more educated.
 - He/She will gain be more successful.
 - He/She will learn how to control his/her instincts.
10. Why is the Superego important?
- This gives person guidelines of distinguishing right from wrong.
 - This teaches an individual to be more careful of his/her actions.
 - This provides concept of communities' rules for judging people's actions.
 - This helps one realize whether actions of others are needed to be judged.
11. Why did Lao Tzu say that mastering yourself is true power?
- Mastering one's personality will give you courage to do everything.
 - Knowing yourself will effectively increase your strength and positive traits.
 - Being familiar with one's personality is really an advantage for one to outstand the rest.
 - Knowing oneself will allow one to respond to a situation according to his/her behavior.
12. What idea is embedded in the phrase, "Mastering others is strength."
- Knowing others is gift.
 - Knowing others is ability.
 - Knowing others is a talent.
 - Knowing others is mastery.
13. What is the probable reason why *The Suda* reminds people not to be affected by others opinion?
- Others people point of view is very belittling.
 - People have tendency to forget old teachings.
 - Self-concept does not concentrate on people's opinion.
 - Self-concept does not value the point of view of others towards oneself.
14. What is meant by "Knowing others is intelligence."?
- Having ideas towards identify of others is just a mental state.
 - Getting to know others is also a gift that only few are blessed.
 - Knowing how to deal with different personalities is a special talent.
 - It is not easy to know others it requires mental capability to do this.

15. What is meant by “Knowing yourself is true wisdom.”?
- Self-concept is a great power of mind.
 - Knowing oneself is achieving a higher level of thinking.
 - Knowing oneself is a process that is developed through self-discovery.
 - Self-concept is a kind of intelligence that is developed through education.



Additional Activities

You are indeed successful in studying this lesson, now you are to do a certain task to enhance your skills in knowing yourself better.

They say that people do live in accordance or opposite to what their names suggest. Kindly ask your parents, guardian, or relatives of a short history of how they name you. You may also surf the net of the meaning of your name.

After having the knowledge regarding the definition of your name, face the mirror, contemplate, and relax for a moment. You are to recall happy thoughts and the lowest moment of your life. In your mind, try to list down things that makes you familiar with your behavior, personality, actions, and values.

Then, after a moment of contemplating make a diary note and write down your thoughts there. Be guided by the instructions below.

Write a three-paragraph reflection on how you lived your life for the past five years. Please take note of the guide questions given below.

1. Have you lives in accordance to your name? What delivered you to having this kind of life?
2. If given a chance what would you like to change in your life? State why.
3. What best quote can sum up your life?



Answer Key

Assessment	What's More	What I Know
1. A	Expected Answers.	1. B
2. D	Self-Development – it is	2. C
3. A	a process of discovering	3. B
4. B	oneself.	4. B
5. A	Knowing Thyself – it is	5. B
6. B	a way to know others	6. C
7. A	better.	7. D
8. A	Id – it is driven by	8. A
9. B	pleasure principle	9. D
10. C	Ego – it operates	10. A
11. D	according to reality	11. D
12. B	Superego – it holds our	12. B
13. C	moral judgments	13. C
14. B		14. D
		15. C

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