

Open Academy Session: „What is it that I mustn't do & what is it that I must do“

Date, Time: Thursday, 31.03.2011, 10:30 – 12:30

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Workshop content/theme

Correcting the ways of thinking and acquired irrational beliefs and attitudes, which make people rigid and intolerant and cause conflicts.

Aims

It is very often the case that what causes difficulty in communication is irrational beliefs and thoughts, which afterwards lead to conflicts between a student and another student and a student and a teacher. **Every time, when one's personal wish becomes a demand, we put pressure on ourselves, make communication even more difficult or get into conflict with the one who doesn't fulfill our demand.**

The belief that SOMETHING MUSTN'T HAPPEN is the basis of all absolutist demands.

The process of denying the absolutist demand consists of 3 phases:

1. Recognizing the wish (*“My students must be the best.”*)
2. Stating the fact (*“However, it happens that they are not always the best.”*)
3. Accepting and correcting behavior as much as possible
(*“I'd prefer it was different. Although I am very disappointed, I can accept the fact that they are not the best and I'll try hard to understand the reason and influence it for the better as much as it depends on me.”*)

Method(s)/Approach

- The participants give their own examples and finish the sentences they use in their everyday communication:

I must... (do something)

I mustn't...

He/She must...

He/She mustn't...

There must... (be/be done something here)

There mustn't... (be/be done something here)

- A short explanation of irrational belief and the ways of overcoming it.

Discussion:

Giving examples of conflicts that were the effects of this way of thinking & giving examples of rational belief and putting an end to pressure of this obstacle to communication.

Impressions, Outcomes of the workshop

The students are surprisingly open to share their experiences and their personal opinions with the group, which is very motivating. On the other hand, when in group with their teachers, it sometimes happens that the students don't feel free enough to express their thoughts, or the teachers behave dominantly not accepting and respecting the students' attitudes while giving them a lecture, which makes the students withdraw.