



## What Is This Module About?

Violence, quarrels, disagreements, and misunderstandings exist everywhere — in our country, community, family, and even within ourselves. These are common scenes in our everyday lives which we sometimes cannot control.

All of these are negative incidents and situations which affect our thoughts, feelings and actions. We experience these every day, so have you ever wondered if peace is indeed attainable or possible?

Yes it is! And you can contribute a lot in reducing violent incidents in your family and society.

It has been said that attaining lasting peace is a long process. And this process should be started by the person himself/herself — meaning you. Believe it or not, peace is in your hands.

This module will help you discover the peaceful person inside you. It is divided into two lessons:

Lesson 1 – *Is Controlling Your Temper Important?*

Lesson 2 – *How Can We Attain Peace in Our Society?*



## What Will You Learn From This Module?

After studying this module, you should be able to:

- ◆ identify and explain different ways you can help reduce violence in our society;
- ◆ explain the importance of being at peace with yourself; and
- ◆ demonstrate effective ways of handling your emotions and feelings to avoid conflict.



## Let's See What You Already Know

The following statements show different situations that bring about either peace or disturbance in the family or community. What do you think will each situation probably result to? Write **Peace** or **Disturbance** in the space provided before each number.

- \_\_\_\_\_ 1. Jumping to conclusions or being judgmental without analyzing carefully what really took place during an event.
- \_\_\_\_\_ 2. Confronting a person that you had a disagreement with while you are still hotheaded and emotional.
- \_\_\_\_\_ 3. Shouting and cursing the drivers on the road because you are caught in a traffic jam.
- \_\_\_\_\_ 4. Listening to both sides of the story when a disagreement arises between two of your friends.
- \_\_\_\_\_ 5. Giving suggestions aggressively and stubbornly during meetings when you are sure that you are right.
- \_\_\_\_\_ 6. Expressing your opinions calmly and clearly to other people who do not share your views.
- \_\_\_\_\_ 7. Getting angry when losing in a discussion or debate.
- \_\_\_\_\_ 8. Taking criticisms or comments about your work as a sign of insult.
- \_\_\_\_\_ 9. Laughing at a person who commits a mistake.
- \_\_\_\_\_ 10. Asking for forgiveness when you have done something wrong.
- \_\_\_\_\_ 11. Booing or insulting other persons or groups when you win and they lose.
- \_\_\_\_\_ 12. Insisting on what you believe in even if you're wrong.
- \_\_\_\_\_ 13. Claiming that you are innocent even if you are guilty.
- \_\_\_\_\_ 14. Spreading rumors about someone whom you had a disagreement with to destroy his/her reputation and credibility as a person.
- \_\_\_\_\_ 15. Taking revenge against someone who has wronged you.

Well, how was it? Do you think you fared well? Compare your answers with those in the *Answer Key* on pages 32–33.

If all your answers are correct, very good! This shows that you already know much about the topics in this module. You may still study the module to review what you already know. Who knows, you might learn a few more new things as well.

If you got a low score, don't feel bad. This means that this module is for you. It will help you understand important concepts that you can apply in your daily life. If you study this module carefully, you will learn the answers to all the items in the test and a lot more! Are you ready?

You may now go to the next page to begin Lesson 1.

## Is Controlling Your Temper Important?

Peace comes to those who have control over their own minds.

Have you ever had an experience where you felt uncomfortable about something or someone? Isn't it that when you start feeling bad, you start to think that everyone is against you?

Such situations could lead to conflicts, disagreements or quarrels. Thus, it is important that we learn how to control our temper and emotions.

This lesson will help you learn how to deal with your emotions. You will learn how to manage them in situations where conflicts usually arise.

After studying this lesson, you should be able to:

- ◆ explain the reason why you should control your temper; and
- ◆ identify and explain the different ways of handling your emotions.



### Let's Think About This

The inability or failure to control emotions often causes tension between people, or even between communities and countries. It could also cause serious damage to relationships in the family, community, country or even the world.

For this activity, imagine that you are the person inside the jeepney shown below.



Describe how you would feel. Would you be irritated? Why or why not?

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How would you feel if the person sitting beside you accidentally bumped against your shoulder, causing your things to fall on the floor of the jeepney? What would you do?

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You would probably get very irritated, right? It is really difficult to stay cool and calm when there are many reasons for you to be angry. First, you are caught in a traffic jam. Second, you are already late. Third, the weather is very hot. And fourth, someone bumped you, and your things fell on the floor.

However, even if it is normal to feel irritable in such situations, it does not mean that you should let your emotions control you.

What do you think would happen if you gave in to your anger and let your emotions control you?

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What do you think would happen if you did otherwise (if you stayed calm)?

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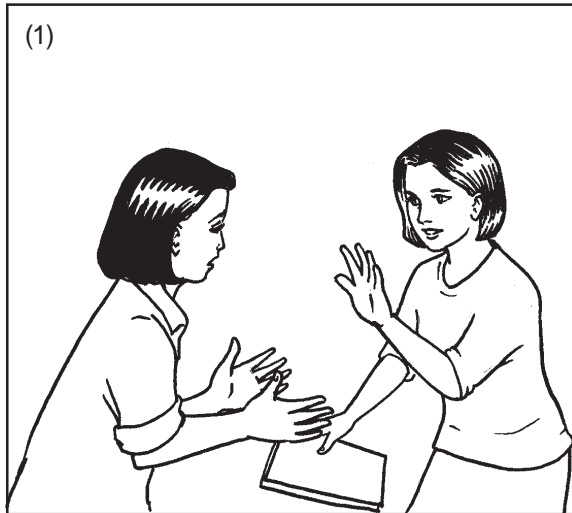
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Letting your emotions control you will not do you any good. Showing your anger or irritation will not clear the traffic. It will not change the fact that you are already late. It will not change the weather. It will not prevent someone from sitting beside you and hitting your shoulder accidentally. Lastly, showing your irritation will definitely not prevent your things from falling. This simply means that you will not solve any of your problems if you let your irritation control you.

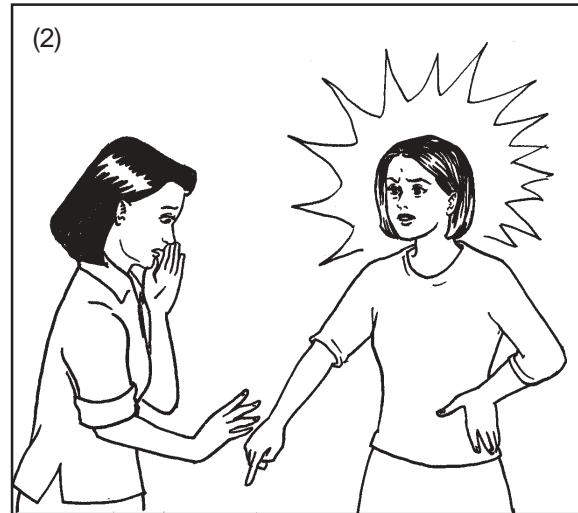


## Let's Review

Below is a situation where someone accidentally bumps against you, causing the things you are holding to fall. The two illustrations show you what would happen: (1) if you know how to control your temper, and (2) if you do not know how to control your temper.



**With Self-Control**



**Without Self-Control**

After analyzing carefully the illustrations above, list in the table below the possible effects or consequences of having and not having self-control in the situation presented above.

| With Self-Control | Without Self-Control |
|-------------------|----------------------|
|                   |                      |
|                   |                      |
|                   |                      |

Have you finished writing your answers? If so, compare them with the explanations below.

In the two illustrations you can see that it is better to stay cool and calm rather than be irritable and hostile.

In the first illustration, you were able to control yourself very well, thus preventing any disagreement from happening. It also made you less irritable. By saying that it's okay and that you understand that it was an accident, the other person would willingly apologize and help you pick up your things. In the end you've gained a friend rather than an enemy.

On the other hand, if you let your emotions control you, the situation might be chaotic and disastrous. You would get mad at the other person. You might even shout and curse him/her. If that would be the case, then maybe the person would also get mad at you and fight you back. This would create misunderstanding between you and the two of you might even become enemies.



## Let's Read

Read the story below to understand further the significance of being able to control your temper in situations that could lead to a conflict or quarrel.

Jose is a security guard in a big bank. One day, he was very tired because he had been awake the whole night. At last he was about to go home.



On his way home, Jose's thoughts were full of good things. He longed to see his wife and children, have a hearty meal and a good sleep.



Meanwhile, in their house, Jose's wife, Martha, was busy ironing the clothes she washed the other day. (She is a laundry woman.) She had to deliver the clean clothes to her clients that morning.



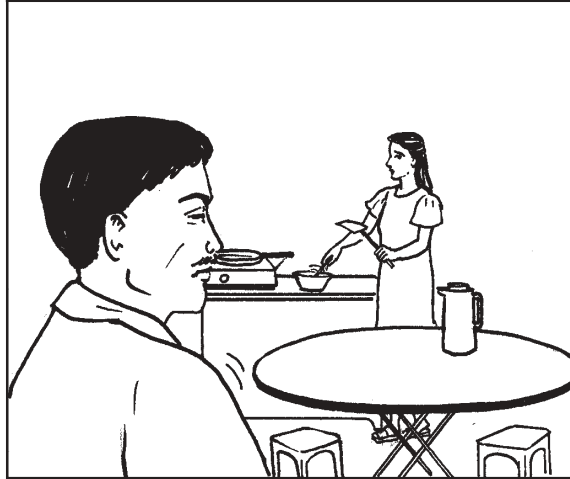
Because she was very busy ironing the clothes, she almost forgot that she had to prepare breakfast for her children who were still asleep and her husband who was about to arrive any minute.



When Jose arrived home, Martha had just begun preparing breakfast. She had not cooked any food yet. She was very worried.



She slowly gestured towards the empty table. As Jose saw that table without any food on it, and his wife rushing to and fro the kitchen, he paused and took a deep breath.



### Let's Think About This

Based on what you have read, answer the following questions.

1. If you were Jose, how would you react to the situation? Explain your answer.

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2. If you were Martha, what would you do? Explain your answer.

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Continue reading the rest of the story to see if your answers matched the outcome of the story.



Even if Jose was tired and hungry, he smiled at Martha and offered help by setting the table.



Martha felt relieved and kissed Jose. She told Jose the reason why she almost forgot about the breakfast.



Jose placed his arms around her and said that it was okay.



When the children woke up, they had a hearty breakfast together.



## Let's Review

Now, answer these questions.

1. If both Jose and Martha became irritated with each other, what could be the possible outcome of the story? Explain your answer.

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2. What good traits did Jose and Martha show to each other?

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3. Do you think you can also do the same if you were in this kind of situation? Give a situation where you could apply the good traits of Jose and Martha.

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Have you finished writing down your answers? If so, very good! You can compare your answers with the sample answers below.

1. If Jose and Martha became very irritated with each other, they would end up fighting. Since both of them were tired, they were vulnerable to anger. Jose was tired from his work as a security guard, and Martha was tired from her laundry work. Jose might demand that Martha be a more responsible wife and mother. He might argue that Martha should learn how to prioritize her tasks, of which the family should always come first. Martha, on the other hand, might defend herself and blame Jose for everything she failed to do. She might argue that she, too, was very tired washing and ironing clothes just to add to Jose's low income. Neither one would be humble enough to accept each other's faults and listen to each other's explanation. Both of them would insist on their side of the story.
2. In the story, Jose and Martha showed that their love for each other was real. They were able to set aside their weariness and act lovingly towards each other. They were both patient and understanding. Most importantly, both of them were calm. They were open and ready to listen to each other's explanations. Because of their love, patience and understanding, they were able to prevent the occurrence of misunderstanding between husband and wife.
3. Yes. I can also do the same. Whenever a situation like that happens to me, be it with my family, friends or neighbors, I will try to stay calm and wait for their explanation. I will not let my anger or impatience rule over me because if I do so, there will surely be a conflict or disagreement between me and my family, friends or neighbors.

For example, at one time, my friend and I agreed to meet at a certain place and at a particular time. He failed to show up on time. Instead of getting irritated with him and telling him how long I've waited, I let him explain the reason why he was late. It turned out he had a good reason for not coming on time.



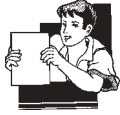
## Let's Think About This

Can you identify the feelings and emotions that could lead to a conflict in a certain situation? Let's find out through this activity.

You are given 3 columns below. In the first column, you are given a situation that might be a cause of misunderstanding or tension. Given the situation in column 1, write down in column 2 the feelings and emotions that are seen in the situation. In column 3, write down the possible solutions or ways to prevent the situation from turning into a fight or a misunderstanding.

| <b>Situations</b>  | <b>Feelings/<br/>Emotions</b>  |
|--|--|
| 1. Nardo was very worried that his girlfriend might leave him for another man. Because of this, he got very jealous and possessive of her, which became the common cause of their disagreement.  | Nardo was very worried. He was jealous, selfish, self-centered and insecure. |
| 2. Diane crammed over a project because she had to meet the deadline. When the deadline came, Diane was not able to submit the project completely. Her boss got irritated and he criticized her performance. Diane felt insulted. She lost control of her temper and shouted back at her boss. Minutes later, she was fired. |  |
| 3. Poldo and Marcos inherited a piece of land from their grandfather. Marcos tried to convince Poldo to sell his lot to him because Poldo's lot was more fertile than Marcos'. Poldo refused. Marcos got angry at Poldo. He planned to force Poldo to sell him the lot that he wanted.                                       |  |

After you finish answering the exercise, compare your answers with those in the *Answer Key* on page 34.



## Let's Learn

There are many factors that affect our attitudes, our emotions, and the way we deal with other people. Among these factors are worries, stress, ambition and interests.

**Worries.** Being disturbed, uneasy and uncomfortable over someone or something can make a person feel irritable and impatient.

Worries can be caused by simple personal problems like how to pass an exam or an interview, family problems like the loss of a loved one and financial matters.

Remember Nardo from the activity on page 11?



Why was Nardo acting indifferently towards his girlfriend?

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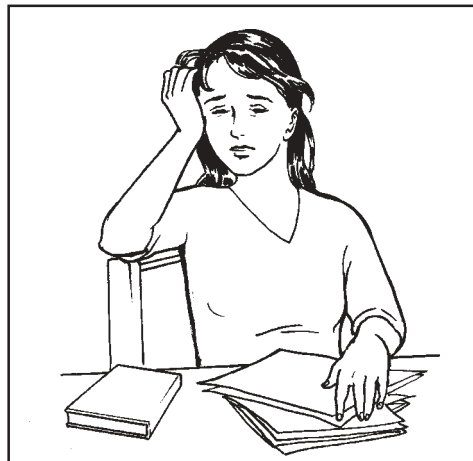
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Nardo's worries about his girlfriend's feelings toward him made him insecure and self-centered. He became very uneasy and uncomfortable with their relationship and his actions had been the common cause of their misunderstandings.

**Stress.** Weariness and fatigue can cause a person to be irritable, impatient and even hotheaded.

Remember Diane (Situation 2, page 11)?  
What do you think was the reason she was fired?



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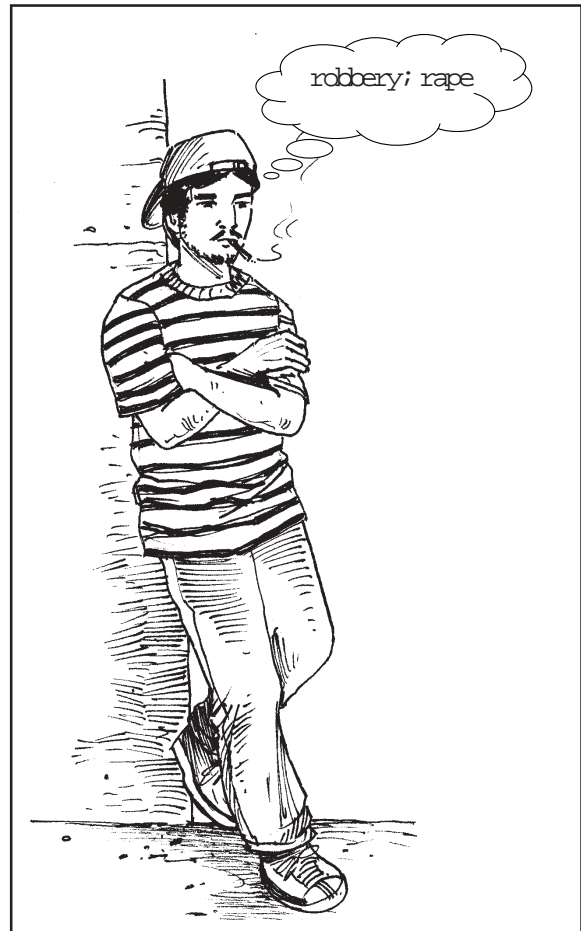
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If you answered that Diane was fired because she was too tired to control her temper, you are correct! Diane was angered by the comments of her boss because she was very tired. She was not in the mood to accept the comments of her boss positively or admit her own faults. Instead, she felt insulted.

**Aims.** Goals and ambitions can also dictate how a person deals with others. One's motives can make him/her do nice or cruel things to other persons. Selfish motives can make a person commit sins against someone who is weaker.

Frustration and anger can occur when we perceive an inconsistency between what is expected and what is obtained.

In the case of Marcos (the character in Situation 3 on page 11), he wanted to have more of the inherited land. Because he desired Poldo's land, he was willing to use force just to get what he wanted.



## Let's Study and Analyze

If you are angry, what do you usually do? Write your answers below.

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If you answered that you calm yourself before you do anything else, that would be a very good way of controlling your anger.

Isn't it that when you are relaxed, you can think of the right or proper things to do? Also, another good thing about being calm and patient is that you can prevent any violent incident from happening — an incident which may affect the people around you, including those who are not involved in your problem.

It does not mean, however, that if you control your anger you will no longer feel angry. For example, if someone harmed you, it is normal for you to feel bad. However, instead of starting a fight, you can talk to that person and settle whatever misunderstanding you have with each other. As mentioned in the early part of the lesson, anger and other negative emotions are all natural and normal, but in order to avoid any conflict, we must learn how to handle them properly.



## Let's Try This

Read the situations below and explain how the character/s controlled their negative emotions such as anger, impatience, hatred, irritability, etc.

1. Abdul found out that once again, his mother-in-law had been meddling in his personal affairs. She told her friends that Abdul did not know how to use his money properly. She believed that instead of putting his money in the bank, he should use it to start his own business. Abdul resented his mother-in-law's interference. When he saw her during dinner, he wanted to speak angrily to her. Instead, he tried to control his temper and remember instead all the good things that she had done for him and his wife. Abdul also thought that she was like that because she cared for him and his wife.

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2. Ramon and Lilia were about to celebrate their 5<sup>th</sup> wedding anniversary. Lilia prepared a special dinner for Ramon. However, it was already 10:00 p.m. and Ramon was not yet home. Lilia started to get irritated and impatient. She had been telling herself that Ramon was always late during their dates. She said that he never came on time even before they married. But after some thoughts about Ramon, she remembered that Ramon had been trying his best to come on time. She realized that Ramon was not always late; in fact, there were times that he came early. She then told herself that maybe Ramon had some important things to do. She realized that she should avoid getting irrational in order to keep anger out of their relationship.

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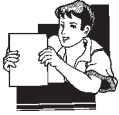
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After you finish answering the test, compare your answers with those in the *Answer Key* on page 34. You can also continue reading the next activity to learn more on how to manage your negative emotions.



## Let's Learn

According to the American Psychological Association (APA), there are many ways of managing negative feelings such as anger or irritation to prevent a conflict from happening. Among these are: relaxation, changing the way you think, communication, and humor.

### Different Ways of Managing Anger

**Relaxation.** This can be done by breathing deeply from your diaphragm and counting one to one hundred. Such activity will help you release your tension. You can also use your imagination to visualize a relaxing experience from either your memory or your imagination. For example, you can imagine or make believe that you are at a calm, beautiful beach, enjoying the sea without any worries. Visualize this imagery for a while to calm your emotions.

**Cognitive Restructuring.** This means changing the way you think. Isn't it that when we are angry, we tend to be emotional and irrational? Thus, we lose control of ourselves and hurt the people around us, including ourselves.



Angry people tend to curse, swear, or say harsh words that they usually do not mean. To avoid letting your anger or your emotions control you, try to change the way you think.

Here are some ways on how to achieve this:

- ◆ Instead of telling yourself, “Oh, it’s awful, it’s terrible, everything’s ruined,” tell yourself, “It’s frustrating, and it’s understandable that I’m upset about it, but it’s not the end of the world and getting angry is not going to fix it anyhow.”
- ◆ Be careful with words like “never” or “always” when talking about yourself or someone else. They serve to make you feel that your anger is justified and that there’s no way to solve the problem.
- ◆ Try using “sometimes” or “maybe” to replace “never” and “always” because it will make you feel that there is still a way to solve the problem.
- ◆ There is a big difference between wanting something and demanding something. Saying, “I would like” something is healthier than saying, “I demand” or “I must have” something.

Here is a chart to show how you can change the way you think.

| From...   | To...  |
|---|--|
| “Oh, it's terrible, everything is ruined!”  | “It's okay to sometimes. normal.”                                  |
| “She is always late!”<br>“I can never forgive her.”<br><br>“I will never resign.” | “She is some<br>“Maybe ther<br>talk.”<br><br>“Maybe it's<br>down.” |
| “I must win!”   | “I want to w   |

**Better Communication.** It is difficult to communicate if both you and the other person are hotheaded. If the other person cannot control his/her temper, you should be the one to control yours.

When you are angry, what is the first thing that comes to your mind? Is it positive or negative? Why?

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Usually, angry people do and say the first thing that comes to their mind. Often, the first thing that comes to the mind of an angry person is negative or bad. He or she is likely to make hasty conclusions or generalizations, some of which can be very inaccurate. Have you ever experienced such situation?

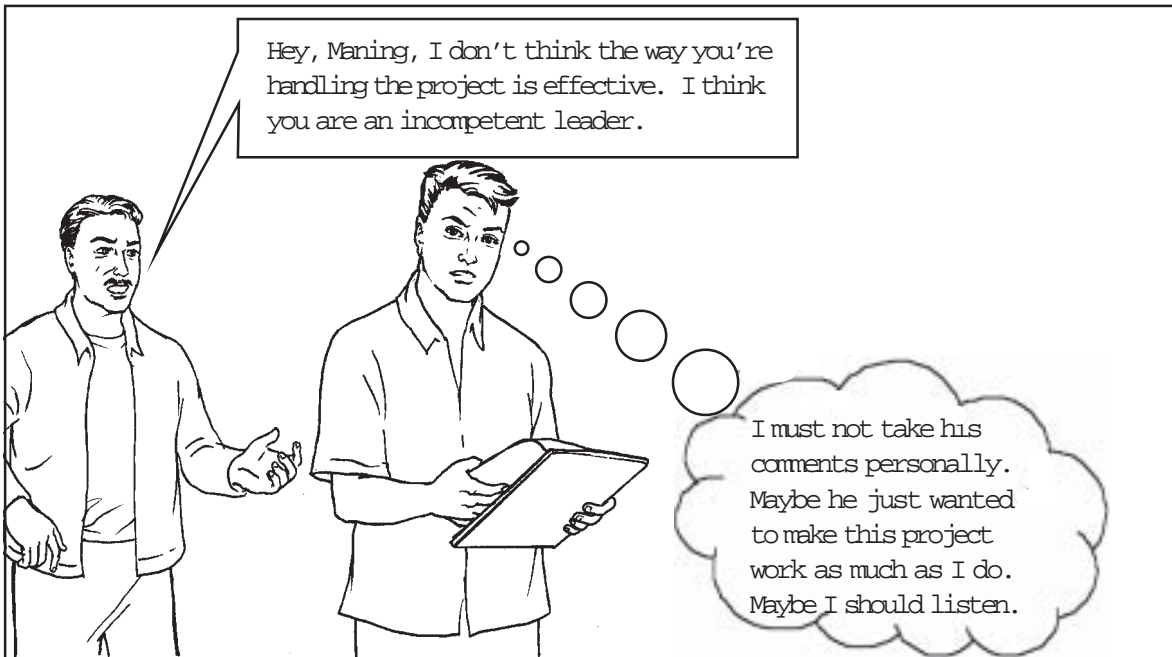
If you have, you can prevent this from happening again by slowing down and thinking about what you intend to say before you say it. Don't say the first thing that comes to your mind. This means that it is important to think first before saying anything. At the same time, listen carefully to what the other person is saying and take your time before answering.





## Let's Try This

Read the situation below and answer the questions that follow.



If you were Maning, would you be defensive? Why or why not?

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How would you handle your emotions in this situation?

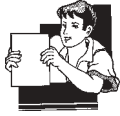
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Compare your answers with this:

If you're in a heated discussion and you are criticized, it's natural to get defensive, but it would be better not to fight back. Instead, listen to the other person and be open to his criticism or comments. Maybe he has something to say that could help you improve yourself.

Continue reading our discussion.



## Let's Learn

**Using Humor.** Humor, even if silly, can give you a more balanced perspective. Anger is a serious emotion, but it's often accompanied by ideas that, if examined, can make you laugh. Have you tried imagining your face when you are angry? If you haven't done it yet, try doing so. Look at the mirror and pretend that you are angry. For sure you'll laugh at what you'll see. Try to remember your face whenever you feel that you are beginning to get angry.



## Let's See What You Have Learned

How should you react or respond to the following situations? What would you do to control your emotions? Write your answers in the blanks provided.

1. One of your close friends has a religion different from yours. He begins saying sarcastic and offensive remarks about your religion.

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2. You are already late for work. In the jeepney terminal, you see a long line of passengers waiting for their turn to ride. While waiting impatiently at the end of the line, you see a man, who is a few persons away from the first person in the line, offering his friend to "sneak in" or "cut in" behind him.

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3. There are two barangays that are always competing with each other over almost everything. You belong to Barangay A and you are a basketball player for your barangay team. During one of the games, your opponent who belongs to Barangay B elbowed you while you were dribbling the ball.

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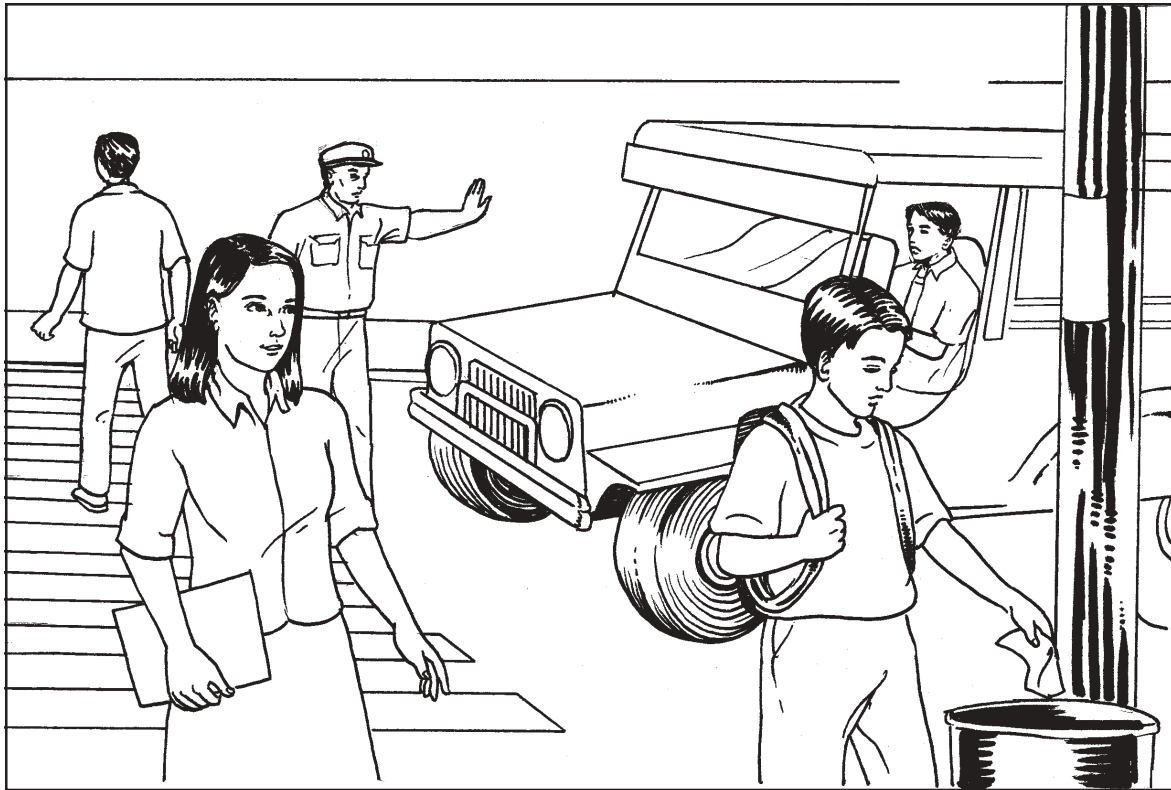
After you finish answering the test, compare your answers with those in the *Answer Key* on pages 34–35.



## Let's Remember

- ◆ It is important for us to control our temper to avoid any disagreements, conflicts and misunderstandings with the people around us.
- ◆ Learning to control your temper or your emotions can help preserve good relationships with others.
- ◆ Among the many ways of managing our emotions and anger are: relaxing, changing the way we think, being careful when communicating with others, and using humor.

## How Can We Attain Peace in Our Society?



In Lesson 1, you learned the importance of controlling your temper and the different ways by which you can do this. You learned how to be at peace with yourself and how to manage your emotions when needed.

You are already familiar with how to prevent conflict from happening by controlling yourself. In this lesson, you will learn how you can contribute to preserving peace in your family, community and country. Peace should start within yourself. Once there is peace within you, it is then possible to bring peace to your family, community and country.

This lesson will discuss the importance of one's responsibility as a member of the society. It will also discuss the importance of discipline among citizens in nation building and in maintaining peace in our society.

After you finish studying this lesson you should be able to explain how peace in our society can be attained.



## Let's Think About This

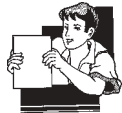
Before you proceed with the rest of the lesson, try answering this activity first. Encircle the letter that corresponds to your possible response to the situations below. Be honest with your answers.

1. You saw your younger sister wearing the dress you will wear tomorrow without your permission. What will you tell her?
  - a. "Take off my dress!"
  - b. "Please take off my dress. I am planning to wear it tomorrow."
2. Your son went out with his friends and he arrived very late at night. You got very worried because he did not inform you. What would you tell him?
  - a. "Hey, young man, where have you been? Do you know what time it is already? From now on, you're grounded!"
  - b. "How was your night, son? Your mom and I were very worried. I thought something bad had happened to you. If you're going out again and will come home this late, please inform us so that we will not be worried."
3. A mother and her daughter went to a mall. The daughter saw a dress that she really liked. If you were the daughter what would you tell your mom?
  - a. "I want that dress. Mom, you must buy it for me."
  - b. "Mom, could you please buy that dress for me? I think it is really pretty and I'd be very happy if I can have it."
4. If you were the mother in Number 3 and you are saving your money to buy a new set of plates, what would you tell your daughter?
  - a. "We do not have any money to buy that dress. We did not come here to buy a dress!"
  - b. "I'm very sorry. I'm saving the money I have for a new set of plates that we need badly. I know it is a lovely dress; maybe we can come back some other time to buy it."
5. You're a foreman in a construction site where you are trying to meet a deadline so everything is being rushed. But one of the painters accidentally used the wrong color for a wall. What would you tell him/her?
  - a. "Stupid! What on earth have you done? You must repaint the wall, and be sure to finish the work before dawn!"
  - b. "I know that what had happened is an accident. But we are really rushing now. We must meet our deadline. I hope you won't mind if I ask you to repaint the wall tonight and finish it by dawn."

Have you finished answering the test? If so, compare your answers with those in the *Answer Key* on page 35.

If you got all the items right, very good! It means that you have good interpersonal skills and you don't always want to do things your own way. You are sensitive to other people's feelings.

If you did not get all the answers right, don't worry, it's not yet too late to change. Maybe you can start changing your attitude now.



## Let's Learn

Study the questions in the table below. Afterwards, ask yourself which column describes your actions when talking with people. The comparisons will help you evaluate whether your children, siblings, relatives and friends listen to you out of respect or if they just follow what you say out of fear.

| <b>Reasoning</b>                       | <b>Commar</b> |
|--|---------------|
| Are you teaching a principle?          | Are y         |
| Are you reasoning sensibly and calmly? | Are you t     |
| Are you listening?                     | Are you       |

Well, which column better describes your actions?

It is important to remember that giving reasons for an order or an action is better than commanding someone so that he/she will follow. A command tends to threaten someone to follow out of fear rather than respect. By doing this, you may hurt the feelings of the one you are talking to. But when you explain to the other person why that order was made, that person might be willing to improve his/her work and follow orders.



## Let's Read

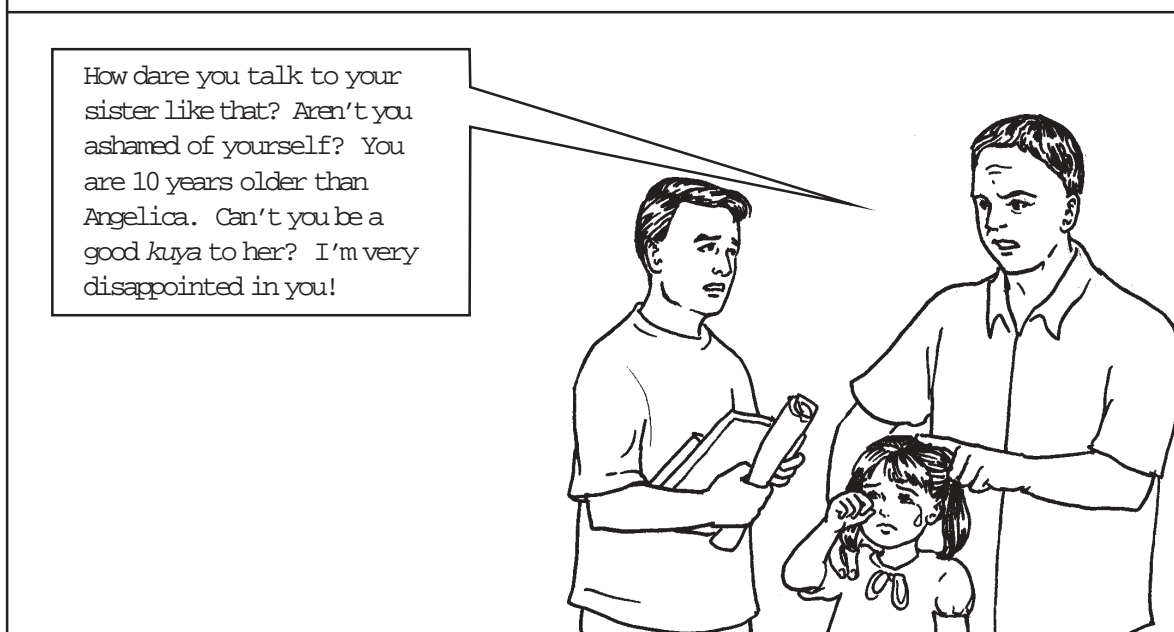
There are many ways by which you can contribute to bringing peace to your community. In Lesson 1, you learned the importance of good communication in preventing and resolving a conflict or problem. How we deal with other people reflects what kind of a person we are—if we are peace-loving or violent.

Read the story below about why it is important to have peace within the family. The story also shows why it is important to respect each member of the family.

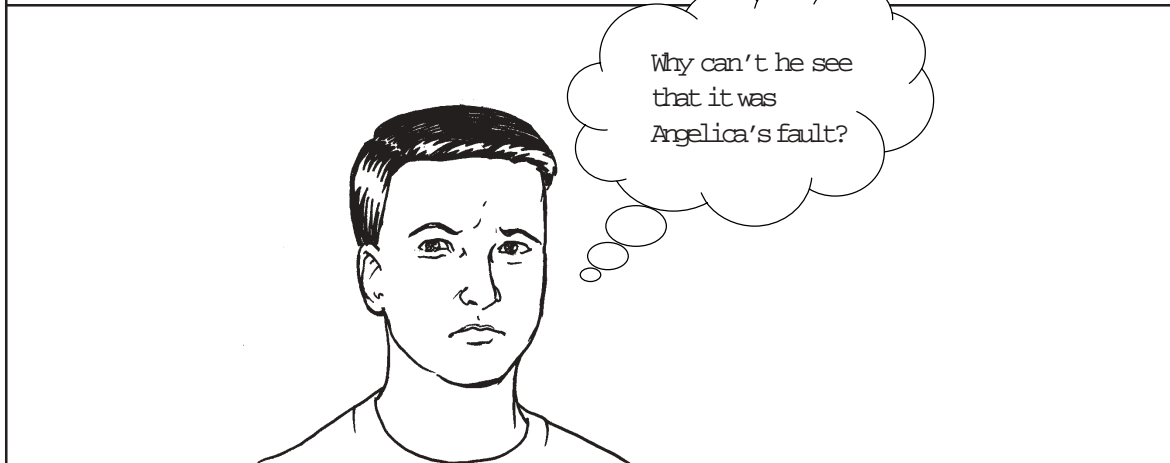
When Mang Roger arrived home from work, he saw his 15 year-old-son, Dino, saying harsh words to his younger daughter, Angelica..



Mang Roger got mad at what he saw and called his son for a little talk.



Dino got hurt badly by his father's words. He got really mad at his father because he felt unloved.



To forget his hurt feelings, he went out that night with his friends.



Meanwhile, Mang Roger realized that the way he talked to his son was rude. When Dino arrived late that night, Mang Roger, instead of being harsh with his son again because he was drunk, called Dino calmly...

Anak, I'm very sorry if I hurt your feelings. I was just surprised to hear those words coming from you. I know that you did not really want to shout at your sister. However, you must learn how to control yourself just as I should control myself. By doing so, I can be a good example to you, and you can be a good example to Angelica.







## Let's Try This

Answer the following questions:

1. Why did Mang Roger react harshly to Dino at first?

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2. Why did Dino feel unloved?

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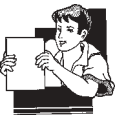
3. Do you think Dino would still change his feelings toward his father and sister if Mang Roger did not apologize and explain why he reacted the way he did?

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After you finish answering the questions, compare your answers with those in the *Answer Key* on pages 35–36.



## Let's Learn

Elders play an important role in bringing peace in our society. They serve as models for the youth, who look up to them and seek their wisdom. They are also examples to be followed. Therefore, it is important for the elders to teach by example.

In our culture, we regard our parents and older relatives (*ate, kuya*, aunts, uncles and grandparents) as our teachers. They provide us with the proper guidance.

It is important to remember that society is composed of families, organizations, groups, etc. If the members of a unit of the society disagree or fight with each other, the group to which they belong becomes weak and unstable. In our family, if the elders use violence to discipline the children, then the young ones most probably will become violent. They may even use violence to get what they want and solve problems. If this is the case, what kind of society do you think we will have?

If only we can settle things peacefully and talk to each other calmly then we will have a peaceful society. We must remember that violence will not solve any problem. Violence begets violence, just as peace begets peace.



## Let's Think About This

Read carefully the news excerpt below and answer the questions that follow.

### **Malabon traffic aide shoots jeepney driver**

When driver Emmanuel Fajon stopped his jeepney to let a traffic enforcer come on board in Malabon, he did not know it would cost him his life.

Malabon Public Order and Safety Office traffic enforcer Nilo Oliverio shot Fajon dead after the traffic aide remembered an old grudge he had been harboring against the driver.

Oliverio and Fajon had earlier quarreled over Fajon's alleged traffic violations. Oliverio's wounded feelings apparently had not healed and he was agitated when he realized Fajon was driving the jeep he had boarded.

*Source: Philippine Daily Inquirer, 24 January 2001*

1. What is the article about?

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2. How could the incident have been avoided?

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Have you finished answering the questions? If so, compare your answers with the ones below:

1. The article is about a traffic aide who failed to control his anger. As a result, he killed the jeepney driver with whom he had an earlier disagreement. The article clearly illustrates how violence can easily happen in our society if people do not know how to control themselves.

2. The violent incident could have been avoided if only the traffic aide was able to manage his emotions properly. Instead, he let his anger control his actions. The incident proves that having control over one's emotions could prevent violence.



## Let's Try This

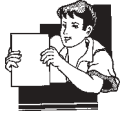
List all the ways that you can think of to maintain peace in the community and country. Write your answers inside the box. If the space is not enough, you can use a separate sheet of paper.

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Have you finished writing down your answers?. You may compare your answers with the ones below.

- ◆ Dumping your garbage in the proper place.
- ◆ Asking permission from your parents before leaving the house.
- ◆ Listening to both sides of the story when a problem is encountered.
- ◆ Giving comments and suggestions politely and properly during meetings or group discussions.
- ◆ Apologizing when you have done something wrong.
- ◆ Asking permission before you use any thing that is not yours.
- ◆ Driving carefully and following traffic rules.

You may have answers that are not included in this list. Discuss your answers with your Instructional Manager for additional feedback.



## Let's Learn

Simple things can make a big difference. Knowing how to control yourself in every situation would surely help reduce violence and maintain peace and order in our country.

Here is a comparison chart that will help you understand the difference between a peaceful person and a violent one. It might help you become a better parent, spouse, sibling, friend, citizen or leader.

| <b>A peaceful person displays/uses ... in dealing with others.</b>   | <b>A violent person displays/uses ... with others</b>   |
|--|---|
| <p><b>... love and compassion ...</b><br/>Charity, caring for other's welfare despite any wrongdoing</p>   | <p><b>... physical force ...</b><br/>Being hostile<br/>Using strength to get one's way</p>                |
| <p><b>... acceptance ...</b><br/>Judging with compassion<br/>Forgiving rather than condemning</p>  | <p><b>... blame ...</b><br/>Condemning others</p>   |
| <p><b>... integrity ...</b><br/>Being honest, fair and righteous</p>   | <p><b>... accusations ...</b><br/>Provoking guilt<br/>Reminding people of their faults and injustices</p> |
| <p><b>... persuasion ...</b><br/>Teaching with compassion or kindness<br/>Making others understand a situation by pointing out kindly its advantages and disadvantages</p>     | <p><b>... intimidation ...</b><br/>Ruling by fear<br/>Using one's authority to get one's way</p>          |
| <p><b>... gentleness ...</b><br/>Treating others kindly and courteously<br/>Being polite</p>   | <p><b>... threats ...</b><br/>Expressing anger<br/>Using force to get one's way</p>                       |
| <p><b>... trust ...</b><br/>Lovingly allowing others to exercise their freedom to make choices, to choose right or wrong, and to respect the consequences of their choices</p> | <p><b>... distrust ...</b><br/>Being suspicious<br/>Always casting doubt on others' intentions</p>        |



## Let's See What You Have Learned

Answer the following questions. As you do, bear in mind what you have studied in the previous sections.

1. If you were a leader in a group, how would you encourage your members to participate in the projects you are planning to undertake?

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2. If you were a parent, how would you raise your children to help them become peace-loving and responsible citizens?

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3. How does cooperating in barangay and government projects contribute in preserving peace in your community and country?

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Have you finished answering the test? If so, compare your answers with those in the *Answer Key* on pages 36–37.

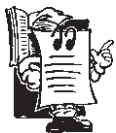


## Let's Remember

Peace in our society can be attained by:

- ◆ Giving due respect to our elders and to the people in authority. Our elders include our parents, grandparents, and older relatives. People in authority include police officers, government officials, teachers, etc.
- ◆ Respecting other people's opinions, beliefs, culture, properties, etc. Always remember that no two persons are exactly alike. You must know how to live with people whose beliefs and culture are different from yours.
- ◆ Following rules and regulations that are implemented to ensure peace and order. From the basic unit of our society (which is the family) up to a bigger unit (which is the country), different rules, laws, policies and/or regulations are implemented to see to it that peace and order is always maintained. Whoever violates these laws will be penalized.
- ◆ Having discipline. There's a big difference between knowing and doing what is right and proper. Knowing the difference between right and wrong is not enough. You should do the right thing at all times.

Congratulations! This is almost the end of the module. Did you like what you have read so far? Did you learn a lot from this module? If there are some points that are not very clear to you, go back and study them again. A summary of the main points is also provided below to help you remember the important points discussed in this module.



## Let's Sum Up

- ◆ There are a number of ways by which you could help reduce violence and promote peace in our country. First of all, you must remember that peace should start with yourself.
- ◆ Conflicts and disagreements can be avoided in our everyday lives if we stay cool. We must learn how to control our temper and emotions.
- ◆ We can help maintain peace in our society by being respectful of others, following rules and regulations, having discipline, and being civil and polite when dealing with others.



## What Have You Learned?

A. Read and analyze the situations in the boxes below. How would you prevent conflict from occurring in each situation? Write your answers in the blanks provided.

1. In your workplace, two of your coworkers are arguing and debating with each other on different subjects and issues almost every day. Every time they argue, you get really irritated and distracted from your work. You feel that what they are doing is wrong. Your other coworkers are also unhappy about their frequent quarrels with each other.

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2. You are a manager of a clothing company. Due to the economic crisis, the prices of raw materials that are used in the production of clothes have increased alarmingly. You then have no choice but to cut down on your expenses. One of your options is to “down-size” or lay off some of your employees. How will you implement your plan in such a way that it will not cause much violent reactions from your employees?

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B. Write a paragraph on how you could help attain peace in our society. Write your paragraph in the spaces provided below.

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After you finish answering the test, compare your answers with those in the *Answer Key* on pages 37–38.

If your answers are similar to the ones given, you may proceed to the next module. If your answers are very different, review the parts of the module that you didn't understand very well.



## Answer Key

### A. Let's See What You Already Know (*pages 2–3*)

1. **Disturbance.** Jumping to conclusions and being judgmental without analyzing what really took place during an event could lead to disturbance or conflict because your conclusions might be wrong. Thus, your actions might be inappropriate or wrong too. For example, if two of your friends had a fight and you only heard one side of the story. You might favor him/her and conclude that the other one should be blamed. Because of this, instead of helping them to reconcile, you worsen their misunderstanding.
2. **Disturbance.** Confronting a person whom you had a disagreement with while you are still highly emotional will not lead to a peaceful resolution of the argument. You might act or speak violently towards the person. Such behavior would result in a more serious disagreement and conflict.
3. **Disturbance.** Shouting and cursing the drivers on the road because you are irritated with the traffic will not solve your problem. You might just get into a fight with the other drivers. This will only make the situation worse.
4. **Peace.** By listening to both of your friends who have a disagreement, you will be able to understand the root of their argument objectively without favoring any of them. In the end, you can help them settle their disagreement peacefully.
5. **Disturbance.** Giving aggressive and stubborn suggestions during meetings, even when you know that you are correct, could lead to a misunderstanding between you and your coworkers. Your arrogance might offend them, so they might not listen to your suggestions. They might even criticize them even if they are good. If you give suggestions nicely, however, you will receive positive responses in return.
6. **Peace.** Expressing your opinions calmly and clearly helps other people respect your views.
7. **Disturbance.** Getting angry when you are losing in a discussion or debate is not a healthy and positive attitude. Such attitude would lead to disagreements with the persons or groups you are having a debate with. They might have an impression that you are short-tempered, hot-headed and a close-minded person who does not know how to accept new ideas and face defeat. Because of this, they might avoid having a discussion with you again.



8. **Disturbance.** Taking offense at criticisms or comments about your work is not a healthy attitude. It would only make you feel bad about yourself and your coworkers which could then result in disturbances or misunderstandings. You must learn how to accept criticism positively because it helps you improve yourself so you can be a better person.
9. **Disturbance.** Laughing at a person who commits mistake is bad behavior. It could lead to a fight or quarrel. If you see a person making a mistake, help that person correct himself/herself rather than laugh at him/her. By doing so, you will not only feel good about yourself but you can win a friend as well.
10. **Peace.** Asking forgiveness when you have done something wrong is a good attitude. It will prevent any further conflict and misunderstanding because you already admitted your mistakes. This just shows that you are willing to correct yourself and you have no intention of having a fight with anyone.
11. **Disturbance.** Booing or insulting other persons or groups when they lose is bad behavior. It is the same as laughing at a person who commits mistakes. You will make the other persons or groups feel inferior. You might make them feel that way, but the person you're embarrassing most is yourself. Your behavior shows what kind of a person you are.
12. **Disturbance.** Forcing other people to believe in your opinion even if you are wrong would only result to disagreements and misunderstandings. You must learn to accept that you are not always correct.
13. **Disturbance.** Claiming that you are innocent even if you are guilty would not do you any good. It would not solve the problem, it could even escalate it especially when the blame is passed to someone else.
14. **Disturbance.** Spreading rumors about someone to destroy his/her reputation and credibility will only create conflict or disturbance. It could even lead to a fight because you would not know what the other person might do to you just to get even with you.
15. **Disturbance.** Taking revenge would only make matters worse. You would not be able to resolve your disagreement with someone by always trying to get even. A cycle of confrontations is most likely to happen if you and the one you had a disagreement with continue getting even with each other.

## B. Lesson 1

*Let's Think About This (page 11)*

| <b>Feelings/Emotions</b>   | <b>R</b>   |
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| 2. Diane was worried about the deadline of the project. Because of this she worked so hard to meet the deadline. Thus, when the deadline came, she was very stressed. However, the project was still incomplete so she became nervous, irritable, impatient and hotheaded. | Diane and her emotions controlled. She should have been able to meet the deadline. On the other hand, she should have let her emotions control her and clearly her project on time relationship should have been better. |
| 3. Marcos was a selfish man. He was not contented with what he had. He is greedy, mean, heartless, and disrespectful of Poldo's feelings and property.   | Marcos should have been more understanding. If Poldo had been more understanding, Marcos should have been more understanding. Marcos should not force his will on Poldo out of fear and intimidation.                    |

*Let's Try This (page 14)*

1. Abdul was able to overcome his anger by focusing on his mother-in-law's good points. He just thought that she was behaving that way because she was concerned for him and his wife. In other words, he tried to be understanding and respectful of his mother-in-law.
2. By saying "never" and "always" Lilia's mind was already fixed on something. At first, Lilia's mind was closed. She judged Ramon for his being late and his thoughtlessness. However, while thinking of Ramon's negative traits, she realized that it wasn't really as bad as she imagined it to be. By giving herself some time to think and relax, she was able to ease the pain she felt. In the end, she admitted that she had judged Ramon too harshly and that she was willing to change her attitude towards her husband to make their relationship stronger.

*Let's See What You Have Learned (page 18)*

Your answers may vary depending on your attitudes and experiences. The ones given below are only sample answers to guide you in formulating your own answers.

1. I would not let my friend's criticisms about my religion ruin our friendship. I would try my best to stay cool and not let my emotions control me. I would also tell him calmly that he should respect my religion the way I respect his.

2. For sure I will feel irritated about that and I would want to tell the person that sneaking in the line just to get a seat was improper because all of us should wait for our turn. However, I will try my best to confront him/her as calmly as I can. I would not let my negative emotions control me because I might ruin my day instead. What I would do is close my eyes and try to calm down. When I have successfully done that, I will tell the man that what he did was wrong, especially because there are other people in the line who were waiting patiently for their turn to ride. I would tell him that he and his friend should do the same so that the other people would not get mad at them.
3. I would let the incident pass for a while because we were playing the game. After the game, I would rest for a while and relax before I confront the player who elbowed me. I would not prejudge him by thinking that he intentionally elbowed me. I would listen to his explanation and give him the benefit of the doubt so as to prevent any violence or rift between the two of us and our respective barangays.

### **C. Lesson 2**

*Let's Think About This (pages 21–22)*

The answers below are the suggested responses to the situations given. The interpretation of the scores is provided after the exercise.

All the suggested answers for each number is letter **(b)**.

*Let's Try This (page 25)*

1. Mang Roger reacted harshly to Dino because he was surprised at the behavior of his elder son towards his younger daughter. He reacted that way to make Dino realize that what he did was wrong. However, he could have done so by reasoning out to Dino rather than condemning his actions. As a result, Dino felt bad towards his father.
2. Dino felt unloved because he thought his father was mad at him and was favoring his younger sister.
3. Yes. Dino may still change his feelings toward his father and sister even if his father did not apologize. However, this will only happen if Dino thinks positively. If he always pities himself, he will continue feeling bad about his father and sister. He should relax, calm down and think hard about why his father spoke to him that way. Only then would he realize that his father loves him so much and was only trying to correct him.

No. I don't think Dino would change his feeling towards his father and sister if his father did not apologize. Because of his father's apology, his father was able to explain why he spoke to him harshly. As a result, Dino was able to understand his father well.

*Let's See What You Have Learned (page 29)*

Answers may vary depending on your experiences and perceptions. The ones given below are sample answers.

1. If I were a leader of a group I would be approachable and accommodating.
  - ◆ By being approachable and accommodating, I could encourage my members to participate in the activities and projects of the organization.
  - ◆ I would try to avoid giving orders. Instead, I would implement regular consultations with them so that they could participate in the decision-making of the organization.
  - ◆ I would listen to them so that I would know what they think about my suggestions, what they want and how they feel. By doing so, I would not be the only one who will draft plans for the organization. The entire group would participate in drafting the plans.
  - ◆ I would lead by example. For instance, if I want them to attend meetings regularly, I would see to it that I am always present and punctual. If I want them to work harder, I would exert more effort so as to make them see that all of us have an equal share or responsibility in the organization and that I'm doing my best to fulfill my responsibility.

2. If I were a parent...
  - ◆ I would try my very best to discipline my children properly. I will teach them by example.
  - ◆ I would teach them how to be a peaceful person by being a peaceful person myself.
  - ◆ If I want them to do something, I will not force them to obey, instead I will explain to them why it is important for them to follow my instructions.
  - ◆ I would let them participate in family decisions, so they learn how to make their own decisions when they are older. I would teach them to think things over first before deciding.

For example, if they have to decide whether to marry or not, I will encourage them to think about the consequences of both sides, and from there make the the right decisions.

- ◆ I would try my very best to control my emotions so that if a similar situation happens to them, they already know how to control whatever negative emotions they may have.
3. Cooperating in barangay and government projects may contribute in preserving peace and order in your community and country because:
- ◆ It would make the members of the community work and live together in harmony.
  - ◆ Projects will be completed.
  - ◆ Nobody will blame each other because all of them would have participated in the projects. That way, if something wrong happens, all of them would take responsibility.

**D. What Have You Learned?** (*page 31*)

- A. 1. It would be difficult to talk to them about their behavior because they might get offended. However, it is very important to tell them that their behavior is affecting our performance as employees. Before I talk to them, I would really think hard about what I am going to tell them. If I do that I can tell them how I feel as clearly and calmly as possible. Although I would be really irritated with their behavior, I would try to stay cool and calm.
2. To avoid any disagreement with my employees, I would arrange a dialog with them so that they will know the reason why I need to reduce the company's expenses. Then I would explain to them that some of them might be laid off, not because they were inefficient but because I have to cut down on the company's expenses. However, I would assure them that once the business recovers, those that would be laid off would be hired again.
- B. Sample Essay:

At the beginning of Lesson 1 it is stated that "Peace comes to those who have control over their own minds." The statement simply means that peace should come from within us. We cannot attain peace unless we start working for peace with ourselves. If we always think negatively, we behave negatively as well. If we change the way we think, everything else follows.

I can contribute to attaining peace in our society by starting with myself. How? I will always try to keep my temper from controlling my actions, so as to avoid violence or misunderstandings. I will be careful with the words that come out from my mouth so as not to offend any body. I will also try to master the ways of managing anger and emotions so that if an unexpected event happens that may cause me to lose my temper, I will know what to do.

I know that attaining lasting peace in our community and the world will take a lot of time and effort from all of us. We need not think of big solutions. We can start working for peace in our little ways. Besides, peace is in our hands, right?



## Glossary

**Ambitions** Aims; goals; interests

**Beget** To result in

**Cognitive Restructuring** Changing the way you think; thinking positively

**Conflict** Disagreement; misunderstanding; fight; argument

**Disturbance** Disorder; quarrel; conflict

**Frustration** Failure; feeling of strong disappointment

**Humor** Fun; entertainment

**Relaxation** Rest; leisure

**Sibling** A brother or sister

**Stress** Tension; tiredness; weariness

**Temper** Mood; disposition; nature

**Worries** Fears; sorrows; grief; sadness



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