

**Human Adjustment Processes**  
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**Module - 5**  
**Lecture - 1**  
**Facets of Human Adjustment**

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**Facets of human adjustment:**  
**Avoidance, Withdrawal and Compromise**

Braj Bhushan

Today we are going to begin our fifth module where we would be talking about the facets of human adjustment and basically are focused would be on abundance, withdrawal and compromise how these techniques are used for a better adjustment. If you remember while we were looking at the task oriented reaction patterns, there we did talk about different types of possibilities that we do have with us, which help us adjust and we had deliberately left out abundance, compromising, withdrawal, which said that we will talk about it at length.

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### Learning

- Learning to avoid injurious situations is essential component of life
- Anticipation & avoidance is one way of coping
- Avoidance and withdrawal behaviour as conditioned or cognitive learning based behaviour

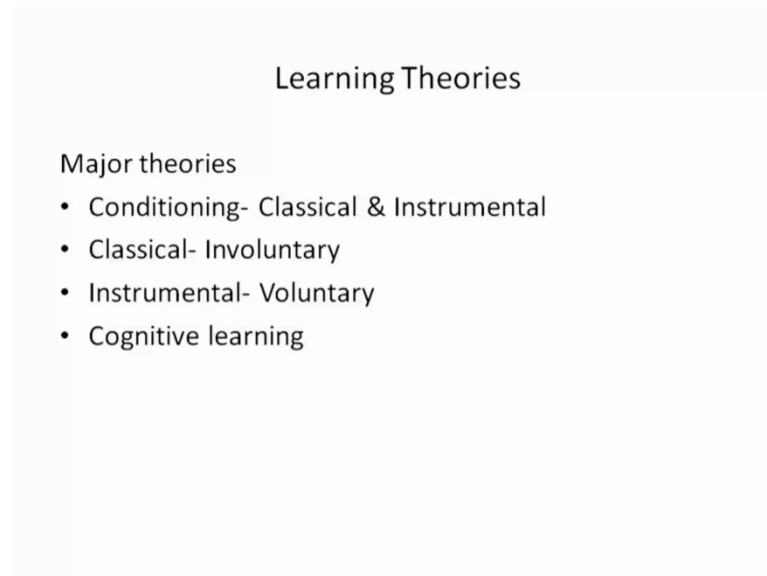
The reason behind this primarily is the fact that you avoid something, the fact that you have tendency to withdraw from certain type of situations or compromising certain type of situation they are all learning dependents these are all learnt behavior. And therefore, if you look at it from the view point of what has been learnt and how essential it is for the individuals to learn those skills, you realize that if one has learnt to a word the injurious situations this means one has developed competence for survival ok.

There is no point, repeatedly colliding with injurious situation in life and therefore, avoidance in that light is perfectly a normal reaction that human beings can come forward it. If you are able to anticipate certain thing and therefore, you have avoid beforehand this could be one way of coping, this could be one way of handling situation that you did not confront it directly, because you are very good at anticipation you predicted that this will certainly know follow the situation whatever is right now. And therefore, before it could occur you succeeded awarding it ok.

But largely the very fact that we avoid certain things it is not that we have award it only once, but you would here realize that there are certain type of individuals, there are certain type of situations that we tend to avoid. This means avoidance is primarily targeted towards specific individuals or specific circumstances. Similarly you tend to withdrawal, but withdrawal could be again with respect to or in front of certain type of individuals, in certain types of situations. This means that the fact that you have

experienced your life with all the possible outcomes that you saw, you have now learnt what should be avoided and where you should be withdrawn. And hence these are all learning dependent behavioral manifestations. How many of you have known undergone one five on the introductory psychology course? Very few, so it is a repetition for you all, but because many of you have not undergone this course.

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**Learning Theories**

Major theories

- Conditioning- Classical & Instrumental
- Classical- Involuntary
- Instrumental- Voluntary
- Cognitive learning

Therefore I would quickly you know come to the major theories of learning, because avoidance, compromising and withdrawal they have to do with the learning. In psychology the major theories they talk about learning are basically the conditioning theories and the cognitive theory. Now, conditioning theory is basically say that there are two formats of getting condition; one what is called as classical conditioning and the other is called instrumental conditioning. Classical conditioning basically is know process were you involuntarily get conditioned, whereas in instrumental conditioning there is a voluntary participation of the individuals. So, you voluntarily participate in the act and then gradually you get condition. As human beings learnt know both through classical as well as through instrumental conditioning.

The best example of classical conditioning would be that when as human being when we see pickles, we have watering of the mouth, you have experienced it? This is classical conditioning know. Unless and until the pickle should have touched your tongue, your mouth should not have started excreting extra amount of saliva that should not have

happen. But because the visual of the pickle itself can trigger the physiological mechanism attached to it therefore, the visual of pickle starts know making more and more saliva come to your mouth and hence you have the watering of the mouth.

Interestingly enough, I will just know go little into it not at the at length and hence and gets you are interested reading know on stuff conditioning theories or cognitive learning then you should read proper introductory psychology book. When parallel of the man who came forward with this theory of classical conditioning, when he was working know on in a lab set up under dog, what he realized was that mid powder used to be presented to the dog and at the same time a bell used to ring. And finally, the dog started initially the dog salivated for the mid powder not for the sound of the bell, but because these two were to contiguous know very close to each other therefore, the dog could involuntarily associate that the presentation of the mid powder has to do with a sound of the bell. So, there was an anticipatory response. So, the moment the bell used to ring the dog used to salivate.

Exactly in our case you see pickles in the jar and you have watering of the mouth, this is classical conditioning. Instrumental conditioning are know those set of reactions, where you are made it to participate in an act and because of your acty participation your behavior gets conditioning. The initial experimental proof of this was know given by again a lab study, where the cat was put into a box. The cat was in a box the cat had to know suppose to press a lever to come out of the cage and a fish happen to be lying outside the cage. So, the cat would know experienced the planks of hunger inside the cage will make a random movements, because of the fish lying outside the cage. And then it was realize that know during the random movement the cat would accidently press the lever, which makes the door open the cat used to come out have the fish. Experimental once again used to put the cat back to the cage with know certain repetitions the cat learnt. So, it will just sleep nicely in the cage whenever feels hungry would walk to the lever press it come out have the fish ok.

The best experimental demonstration of instrumental conditioning was a by B.F.Skinner, who basically had know a conditioned the pigeons and again the exercise was the same that you have box the pigeon was put into it and there was a small colored dice there, which had the electrode attached to it and the peak of the upper peak of the pigeon also had that electrode. So, the pigeon was suppose to pick and it was suppose to pick right at

the point then only the food palate used to come out. Now, this pigeon out of what are discussed in the cage no food to have it would peck keep pecky, pecky till it know pecks the right point and the moment the pigeon use to pick at the right point a food palate would come out and this was a reward that a pigeon was getting. In the initial case fish was rewarded at the cat was getting. Now, when you make the cat or the pigeon behave the way you want them to behave giving an award, this is a voluntary participation of the animal and the animal gets conditioned and this conditioning is instrumental condition.

There could be know this was of course, reward base type of training technique, there could be punishment based treatment techniques know, where you are supposed to follow a pattern and if you do not follow that you are punish for the activity. Similar type of experiments were conducted usually on rats and when certain pathways were made in the cage the rats were suppose to move on the pathways and the moment you deviate you would experience a mile electric shock, because of the mile electric shock the animal would always tend to remember, which grids in know had electric shock and therefore, start moving on the desired pathway that experimental accept. This is the experimental administration of instrumental condition ok.

These experiments were know conducted on human beings literal to prove that how human beings can also be conditioned. That was the first phase of it, later on it was even demonstrated that if you have been condition there is also possibility of reconditioning. So, you are made liberated out of your condition behavior both this things were demonstrated in the lab. What happens with the respective are tendency to avoid withdraw or compromising in certain situations in life depends on how we have been conditioned. Saturday we have taken that example; where you some were know try to punish yourself or try to know compensate for the unethical method at we have adopted for earning something. And hence you take a chunk out of it and you donate it. And every time you donate you realize that this time for this unethical thing that had performed a part of the earning out of that unethical practice has been devoted for better cause, a cause which is better according to you. So, our entire know tendency of avoidance, withdrawal and compromise would be guided by such type of condition reaction, what we have learn? Also there is something called cognitive learning ok.

Cognitive learning basically know represents a case, where you have your own ability to take into cognizance what you had earlier experience there, this is called met cognition.

Taking cognitions of your own cognatic performance is met cognition. So, we have our experiences and the capability to met cognize, this means; that one situation I had one experience, second similar type of situation I had one experience, in the third situation I would be able to look back and reflect at these two experiences and think of what could be the outcome in the third situation.

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## Learning Theories

### **Cognitive learning**

- We have our own experiences and the capability to metacognize these things
- Hence, the behavioural outcomes that we show are more dependent on how we fabricate our knowledge based on the past experiences.

And accordingly I would decide how to respond to it. So, many of our behavior that we manifest are guided by our past experiences of similar situations. And therefore, you realize that the behavior that we show in that type of situation we starts becoming constant, this is what we are talking in the beginning that we choose finally, in our life who are the people we should avoid, what are the situations we should avoid. And therefore, it becomes more of a generalized type of response for a set of individuals or a set of situations. Similarly, for withdrawal tendency, similarly for compromise situations.

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### S-R Bond

- Formation of S-R bond
- Varied life experiences
- In novel situation one looks for earlier experiences to judge appropriateness
- Visualization of outcome of manifested behaviour
- Avoidance, withdrawal and compromises are behavioural manifestations which are closely associated with the human learning processes

We had talk about the formation of the stimulus response bond know that in for a certain stimulus you will have certain type of response and you realize that this type of behavior is required in this type of a situation.

est examples you can take, remember your childhood days know, you go to your school and this is your first day in your school you do not know that when a teacher enters the class, you have to stand up and then in a very riming fashion you have to say good morning mam, you sit there you still do not know why people are carrying bags and why each bag has a lunch box and why even though I am carrying a lunch box, I cannot have it right now. When you have the know things of the orderly world is not known to a child who has come to this school for first day looks at the teacher entering the room and then no couple of children, who are older in the school, in the class they will stand up they will say know good morning mam, the mam will respond back. And the mam and teachers will look at you, oh you did not stand, you did not wish good morning to your mam and then you realize ok. So, whenever teacher enters the room this is how it has to be done.

And little later you realize after progressing in for few more classes, you realize that you do not have to sing you just have to say good morning sir, good morning mam. So, let riming presentation is gone and then comes a time when you realize that you do not even have to stand and then you have cultural differences know, culture like here where know

you are suppose to come take your seats and then stay here in the class for time for the full time here also you would have differences know many institutions were you have a dress code also. So, you have to put a particular uniform to come to the class and in more liberated institution like ours, you can even come in Bermuda in a short in a Hawaii chapel it is all your probagative know you choose, how bad to groom yourself or how good to groom yourself ok.

And then you could have know in few of the situations not in our country outside, where you one can take the liberty of smoking in the class room example, can come with a bottle of cock for example in the class, in our condition these would be considered to be violation of the code of conduct. And know just move to the eastern side little more on the eastern side when you realize you know that everybody know has their notebooks open or their books open, turn the page at the same time, go down at the same time,, so there is know whole lot of differences in terms of how you behave in the class. But then it has to do with how you have been minted, what type of experiences you have, the days when you did not stand in the class, the day you did not wish, the day when you wish in the class, the day when you stood in the class and accordingly we keep on keep on changing.

The same person, who used to stand and sing good morning mam, just after three four years, stands but says good morning. Now, you avoid one type of a behavior or one pattern in the same set of behavior. So, likewise you would find little little bit of do things of avoidance, withdrawal or compromise everywhere. You do not feel standing know in queues for long long time, many schools their morning assemblies are quite long, even the school where I was know fifty minute long assembly, and it is pain for many know, that you have to stand know you have to for fifty minutes. So, right from prayer to know news of the day, to news highlights of the day, thought for the day, Hindi recitation, English recitation, Sanskrit recitation, all you have a whole lot of things that has to be done every day regenusticaly and the assembly would ends with a national anthem, I do not know how many of you also had similar experience.

And there you would find a beautiful pattern, what I experience was that the more younger you are the more you enjoy assembly participation and the more older in the sense that more you are towards class eight nine tenth the more deviant you tend to become. So, the queue for class ninth and tenth know they will be standing in the queue



those in the front will be you know very irate, those at the back will take the liberty of singing something else while some other song is going on or know we will instead of closing the eyes will keep on looking here and there or know even laughing in between and then nobody says no who laugh and then whole class gets punishment all types of activities. You tend know to compromise with the situation, because you know that this is the way ninth and tenth students behave and therefore, even though I might not a proof of that set of behavior, I still become a part of it compromise in this situation.

But these are all intellectual know capability of yours, which makes you decide and find situation requires you to avoid, the situation requires you to withdrawal from it, the situation requires you to compromise in the same situation, because you want to still retain the level of adjustment that you have been able to. In normal situations in our life one would always look at the past experiences is the earlier experiences and then try to understand that what would be the appropriate response in this such of situation no and accordingly you judge. And the more and more know valid experience you have the better could be the judgment and the better the judgment is the more appropriate your behavior is, the more appropriate behavior you come forward with the more accepted you are, the more accepted you are the more adjustment you are ok.

Now, avoidance, withdrawal and compromise they are all behavior manifestation, which are all know very very closely link to a learning process, how you have been turned. Yesterday you remember when we are talking about undoing, we did say that it is the early childhood experience, which will make you realize that asking for an excuse asking for pardon, do you really value it or not. When you sorry to say somebody many people know take it as a saying sorry is an insult to me, many people will take pride known how know polite I am and how humble I am, that I do not hesitate in know begin sorry, because I was the one who committed this error. But I all that would depend on how you have been groomed remember yesterday we are talking with respect. Similarly, what to avoid, what to compromise know with, what to were to withdrawal from this would also be dependent on what you have learnt ok.

Tendency to avoid certain type of foods, the tendency to avoid certain type of people, the tendency to avoid certain type of locality, you have been know told what to eat and what not to and you developed a taste, which might be completely you know opposite to what somebody else in some other part of the world had developed. Say like, if you are given

raw fish to eat, you would consider that how a human treatment this is, because fish is a delicious item for those who are non-vegetarian, but then there is a way of cooking it known and unless and until you cook it, it is not eatable. Whereas, you go to the eastern part of the world, the more east from India and then you realized know that in the forest even the raw fishes are delicious. The whole set of sushi sassing in Japan for example know, you take a raw fish and you enjoy it, how very delicious, for us it is pain to have it, because we have not developed the taste in that way. Similarly know it is basically again the tendency to avoid the same food, which is not prepared in your way, you are condition to having food in particular ways; similarly know selection of spices for example, the raw material for the ingredient for cooking a stuff.

So, right from there to how you groom to what you speak selection of words, selection of friends, selection of enemies all those are based on our learning experience, how we have learn things and what all we have learn.

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### Avoidance, Withdrawal & Compromise

- Avoidance of dangerous situations
- Anticipation and avoidance also serves the purpose of coping
- Anticipation of ultimate negative outcomes is likely to lead to avoidance of the situation

Now, avoidance of dangerous situation is something that is supposed to be biologically wildings. We would not to going to the details of it, but if you read books on evolutionary psychology, you will find know that those there are sound arguments know, which will tell you that why human beings are always scared of certain type of animals. True basically speaking the reptiles, human race by default is very, very scared of reptiles.

And evolutionary psychologist they argue that for the survival of the species the mammals had a very tough time in the reptiles, recollect those earlier days of the dinosaurs and all those big birds those hepatic nature, which were carnivorous men have also happen to struggle with them for that survival. So, the toughest struggle that human beings is had with reptiles that phase is over, human being got superiority over the reptiles in the process of revolution, but the whole fact that know we had very close and tough battle with the reptiles still remains in our mind and therefore, the biological brain always makes you respond with a fearful know type of an outcome, when you encount the reptiles. But irrespective of reptile, which is supposed to be biologically wired know for rest of the things you realize that it is gradually your own past experience that tells you, whether you should avoid situation or not and largely it is the situation where you protect that there is a danger to your survival.

Now, if you are able to anticipate when you avoid the situation, but here avoidance is used more like a coping module, you have to cope with situation and you have use avoidance as a coping technique. Anticipation of ultimate negative outcome is likely to lead to avoidance of the situation. So, if you are able to anticipate that final outcome is going to be negatively loaded in this situation, we all are know, concerned about your own ego structure and therefore, we would not want negative outcomes to reach us. So, if you are able to predict the negativity in this outcome of this situation then you decided it find it is better quite right now, I would avoid this situation.

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### Avoidance, Withdrawal & Compromise

- Overt vs Covert behaviour
- The moment you perceive threat you might exhibit the tendency to overtly avoid it.
- It might lead to withdrawal from dangerous situations.
- There is a bomb blast and you run away from the spot. This is overt withdrawal.

Again if you look at the behavior pattern psychology we talk about two types of behavior broadly speaking the overt and the covert behavior. Now, overt behavior are basically those manifested behavior, which you show; behavior outcome that is visible to others is called overt behavior. I am standing right now, I am talking to you, I am adopting certain gestures and poseurs all these are overt points of you. Then comes the other type of behavior, what is called as the covert behavior, the covert behavior basically the latent behavior, which is not visible to us. Say for example, what I think right now, what I feel right now, if it is not shown to others, if others are not able to judge it, this would again we considered as behavior in psychology, but they are considered as covert behavior.

Withdrawal and compromise you would realize that it can be either overt or it can be know even covert. If you know perceive in moment that there is a threat the over tendency is to avoid. So, there is a threat situation and you overtly tend to avoid it. So, say for example, no somebody suddenly tells you that know just we were there was a big anaconda in this room something that, and the moment you here of this news you perceive a threat and therefore, you decided it is better to avoid. If you are hearing the class, you see for opportunity that can be go out of it those who would be outside and about to enter would decide not to enter. This is an overt response in a treatable situation the moment you perceive threat it is better to avoid it.

So, say for example, it could be a very small nature, which you usually do not comprehend that way like say there could be three routes of reaching your hall and one route has intense traffic jam, you decide to overtly avoid that route and follow the other route, which will lead you conveniently reach your hall, you avoided one route this is an overt avoidance. But if you realize that know there is a dangerous situation then there could be a tendency to withdrawal from it now, you remember threat in a given situation would be that there is an immediate threat, danger in the situation it might happen it might not happen. Examples like, when we used to have repeated bomb blasts in this country, just before certain festival seasons know in certain market places, many many places in India had such type of bomb blast, serial bomb blast would take place know. And you know that at this is a one day or two day before the festival and therefore, large number of people will go to the market to procure certain things for the celebration of the festival and deliberate in market, which identity of individuals there would be some

exposures. I know of people in certain cities know who would deliberately avoid going to the market on those days, basically withdraw, I do not want to go there ok.

If there is a option of online booking for a stuff, I will do that I will prefer to retain inside my house, because withdrawal is the best indices, there is a danger, there is a danger, but then whether I would be a pray or not I do not know, whether it would happen this time or not do not know, whether this will happen in my market or not I do not know. So, the danger means would be situations where there is imbedded danger in the perception, but then most of it remains undefined whereas, in the case of the threat there is defined threat. And hence in the first case you realize that there is a tendency to avoid it and in the other case you would realize that there could be a tendency to withdraw from the situation. Sometime back I was know, in an area, where mostly the regional movies would be screened you know, the language that I did not know and there was only one theater where the Hindi movies would be screened and there used to be several times there happen to be know bomb blast either in the parking area or ticket booking area inside the theater. So, when I was there I never ever for those many years never ever went to the theater to watch a movie, today when I am talking to you I realize this also withdraw ok. There is a danger and there is know ambiguity in the occurrence of the phenomenon, but you perceive the danger and therefore you decide that it is better to remain withdrawn do not actively participate in this type of environment.

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### Avoidance, Withdrawal & Compromise

- Some other subtle means of coping might include
- symptoms such as amnesia or other neurotic or psychotic symptoms
- certain degree of forgetfulness towards the situation
- amnesiac for quite a long duration
- regression or fantasies
  
- The core element here is withdrawal and avoidance

Now, some other subtle means of coping also might include you know avoidance. In fact, little later will come to stress coping and resilience and then we would be talking about coping at length and you would realize that there is a something called avoidance coping, where the tendency to avoid something could be used as strategy of for coping in a given situation, but that is a unlike withdrawal and compromise. Withdrawal and compromises are not used as coping technique, rather they would be strategy is to encounter the adversity that you are experience in right now.

But there could be certain situations like you can have symptoms such as amnesia, amnesia is forgetfulness or some other format of neurotic or psychotic symptoms. In certain type of neurotic or psychotic disorders you have tendency to forget certain things. Now, certain degree of forgetfulness towards the situation or you become amnesiac for a longer duration, you remain without memory for a longer duration or you could reward to regressions or you could know reward to fantasy, where you gratify the unfulfilled things imaginary forms ok.

Now, there is something called motivated forgetting, motivated forgetting is like situation, where you show desperate tendency to deliberately erase something out of your conscious awareness. Say for example, you had very inastic academic carrier, minus one cores were you failed once, you got f and you had to redo it.

Now when you recollect your academic performance, you remember everything except the f, I just say there was a course I did not do well, but I think its ten from fifteen twenty years old so I do not remember the grade. The truth is that know that is a painful memory for you and therefore, you are you show desperate tendency to deliberately erase it that is motivated forgetting. Amnesia would be that know the experience itself is know too too too traumatic to be recollected and hence till you realize that you are capable of you are desensitize of recollect it, you should at you say that you show certain degree of numbers you state that there something there I do not clearly remember it now.

Example that we discussed know that during the Cargill war when after winning a particular position, one of the brave commanders know lost his head he was behaved at out of the bum shell and the affulogenuse there know he did always show all if not able to recollect it for some time it was after certain period when he could know restate what actually happened there what sawed there. But what you realize in this thing, either it is

know, means of coping whether it is some form of a neurotic behavior, some form of psychotic symptom, whether it is know, certain degree of forgetfulness, whether it is a amnesiac, whether it is a regression, whether it is a fantasies, means; you are coming to the borderline area, but now still the core in all these format is withdrawal and avoidance ok.

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### Avoidance, Withdrawal & Compromise

- Fear or anger inducing stimuli tend to illicit movement towards or away from them
- Moving away in such circumstances might be guided by simple overt withdrawal or avoidance
- Directionality of emotion- approach vs avoidance
- Valence of emotion- positive vs negative
- Sadness and anger both have negative valences
- In case of sadness one tends to withdraw but in case of anger one tends to approach

Now, fear or anger inducing situation they tend to illicit movement either towards or away from them, this means that, if you are hungry, you tend usually to fight, this is the usual tendency, but you could be intelligent in enough to realize that I am still active person in front of the source of anger and hence I cannot go britaliant. And therefore, you might decide it to move away from your source of anger.

Now, moving away in such type of situation is usually guided by the simple overt withdrawal or avoidance tendency that you know that if you are if you do not withdraw this situation then you are going to be experiencing more heat of the situation, something that you do not want to experience. Now, in terms of our internal experience is the emotional experience you always talk of say things in emotion reaction, we talk about two of them. One is the directionality in the emotion and the second is the valence in emotion, valence of the emotion would mean that positive emotion, negative emotion this is valence of the emotion. For example, happiness is positive emotion, sadness on the other hand is the negative emotion, surprise is a positive emotion, discussed is the

negative emotion, anger is the negative emotion. So, one way of looking at your emotional experience is that you have either positive emotion or you have a negative emotion.

But the other interesting thing in terms of emotional reaction is that directionality component and directional means either your emotional experience makes you move towards the source of emotion or it makes you repel the source of emotion. Say for example, happiness, valence wise it is a positive emotion, directionality wise it is an approach emotion. So, approach emotion means that I am very happy, because you did something and I certainly would like to get in touch with you and to express my gratitude at how happy I am that you have done this favor to me. So, this valiancy makes you approach the individuals, you are extremely disgusted that this has happened to you and you say that I do not even want to see the face of this man, there is a great degree of repulsion ahead.

In terms of directionality you are trying to avoid, avoidance once again comes there in the form of behavior, but now it is colored with emotions. Usually it is the anger, which always makes you approach compared to other emotion negative emotion will help you largely know repel yourself away from the scenario, but then there could be interesting compromise that human being show. I might not like the situation, but I have no other way, but to do it, remember I was sharing an experience with you that when we are walking with n g o workers were working in the field after the tsunami in certain part of India, many of them showed certain degree of dissociations do not feel your attachment towards the whole whatever has happened in whole event, because it is emotionally painful to you, but then what else you can do, I am jobless I have been given a job in n g o and I am told that you have to do this and you go for an intelligent compromise, because you do not have an option.



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### Avoidance, Withdrawal & Compromise

- Rajiv Gandhi's assassination: Fight vs flight
- 26/11 Mumbai attack: Fear vs anger
- When an individual's dominant pattern of behaviour is anger against the threat then they are considered to be an aggressive human being
- The person whose movements are predominantly away from threat is timid or withdrawn

We will take some examples, some of the major events in the Indian history and we will know try to look at it from. Now, we are not looking at individual response we are looking at variants in the response pattern. First we take know the Sriperumputhur episodes, when Rajiv Gandhi was assassinated he was the prime minister know, and it was later on realize that somebody one of the police authority who was on the duty there the moment this blast took place the camera could catch that one ambassador car left the site, means; officer concern ran away from this place. And know the tape was on video showed know there several stills there, which showed there were people know who immediately after the blast rushed at this part.

Now, imagine the difference between the two set of police officer, the one who pursued the threat in the situation the danger and then decided to take away his official vehicle and leave the place, the second who did not know retching that one blast is taken place other successive blast can also happen, but in turn he approaches that spot, this is the variation in the response. Although you realize that know we talk about fight and flight in psychology know that either you have a tendency to fight or all your behavior can be defined only in terms of these two formats that either you tend to fight with situation or you try to fly over, but then in same situation you realize that somebody show the situation to fight and somebody show the tendency to fly away ok.

Personality psychology defines you know that what type of people usually show this type of tendency, what type of people show other type of tendency, we are right now not even going to the details of it. A second interesting example know that twenty six eleven Mumbai attack, where you had a mixed feeling, people who are on the site, who all invariably demonstrated nothing but fear and there were few others who was sitting in studios facing camera of different news channels participating in panel discussions about whatever has happened and whatever is going on and none of them showed fear all of them showed anger.

Situation is the same, once set of individuals were actually involved in there, the level of involvement is such that anytime they can also become victim of it. You show fear; second set of people who realize that I am in very comfortable course environment there is no threat to me, now that my survival is not under threat why should I afraid. So, there is no fear in turn I show anger, this happened once, this happened twice, this is happened now, train bomb blast, x bomb, y bomb blast and you keep on keep on know linking interfere information of the past to prove that how incapable the whole system has been, you show your anger. So, similar situation can know invoke different types of responses, I am both in terms of the fight flight reaction also in terms of the emotion that it induces.

Now, when the individual is know, dominant pattern of behavior in the case of anger. So, if the individual know always in the terrible situation tends to be angry, when you are considered as a aggressive humor. But if the person knows shows moment, which is predominantly away from the threat situation, you might be considered to be tumid or withdrawn.

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### Avoidance, Withdrawal & Compromise

- Withdrawal is often a defense mechanism
- When punishment or threat of punishment becomes excessive, isolation may develop as an escape & a tension-reducing device
- Simple overt avoidance is the most obvious & available means of handling threats & conflicts

Now, withdrawal can often be used as the different mechanisms that I am trying to withdraw from it simply, because this is the best defense I have, if I participate I would not be able to control myself and if I do not control myself something wrong might happen. So, when punishment or threat of punishment becomes excessive, you decide the escape is the best defense. And how would you escape, you turn in work you become withdrawal. And this box very well, because it helps you reduce the tension that was generated out of knowing the actual punishment or perceiving threat of punishment that you are thinking off. Now, simple overt avoidance is the most obvious and available means of handling threats and conflicts. So, you tend to avoid you tend to withdraw.

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### Avoidance, Withdrawal & Compromise

- Withdrawal may be either an appropriate response to realistically appraised danger or an overgeneralized reaction to people or situation in which the individual feels inadequate
- Defensive withdrawal, is excessive, may become maladaptive

Now, there could be a possibility, where we show withdrawal tendency, which is very realistic, means; the situation realistically wants you to withdraw, because if you do not withdraw then there is a big danger to your survival.

This type of a withdrawal would be considered to be an appropriate response, but if you over generalize it, over generalize means; if you tend to withdraw in most of the situations, wherever you find little bit of danger also. It might not be withdrawal in the form of adjustment rather it is a withdrawal tendency that you are reflecting, which basically shows that you feel as if you are inadequate to handle this situation. Take examples; just to I think yesterday or day before there was a stampede at one of the railway stations here many of thirty six people died on in this whole process.

Now, imagine yourself in that situation that you are on a platform, where train arrives and you have thousands and thousands of people to board the train, you know that the train will stop only for limited period of time and you have to make yourself enter the train and occupy a space for yourself, large number of us even though, so died in that process were very sure that we will go, we will succeed boarding the train certainly reach our destination. That is know that you see that there is a threat of not getting a seat, not being able to board the train or you also perceive a danger of stampede and things like that, but you decide that know nothing will happen I will manage. The other could be that you just see a very, very massive crowd pouring in and then you have freezing

experience, I cannot board the train you shake, you shiver, you perspire, you freeze I cannot.

And if you are know in dangerous situation where you perceive danger, if you start showing this type of withdrawal tendency, this withdrawal is no more withdrawal, which was facilitating your adjustment, rather it is a withdrawal, which is a reflection of in competence inadequacy. So, till now, before this we are referring to withdrawal as a mechanism of know maintaining your level of adjustment. Now, we have go to the side where know your withdrawal is no more helping you adjust rather it is making you inadequate incapable. And if you use defensive withdrawal, in accession then it is certainly a maladaptive format is not at all an analyst.

Defensive withdrawal would be that you are asked by your wing mate that fine we are all going for a night out, I will go to this restaurant and will enjoy like anything know this is the menu, we will explore many more if you want, so join us. And you have a defensive withdrawal you would think, I do not know how Raju will interpret me, how Sharad will interpret me, how x, how y, do not mistake me yeah, I have some stomach upset, because you realize that, if you say that I have something to do, you might not be excused, but if you talk of element might be excused, this is the defensive withdrawal. You did not actual experience it, but you are using it. Now, if I want to deliberately avoid somebody in the group, who I do not like, this could be one of my way of handling the situation that is comfort, the emotional unrest, but if I am predominantly started if I am started using it, it is an indicator of my social anxiety, it is no more an indicator of adjustment and therefore, this is the reflection of maladjustment, will continue with this tomorrow.