

SELF-PROTECTION

Protecting yourself is your primary responsibility. Self-protection refers to protecting your life, mind and body from any possible harm by being proactive. You should learn the necessary skills to protect yourself.

The key characteristics of people with self-protection:

- Learn and use self-defence technique to protect self-dignity
- Knows perceived self value and integrity
- Motivated to protect perceived self-worth and integrity
- Uses strong self affirmation
- Develop and do effective self-talk
- Maintain a healthy mind and body
- Able to identify all types of threats to individual self – body and mind
- Create an effective self protection system in every functional area
- Use cognitive dissonance to protect from emotional damage
- Create well functioning coping mechanisms
- Develop resilience when dealing with difficulties
- Use positive affirmation messages
- Able to defend any unacceptable behaviour from others
- Able to identify and assess vulnerability and strengthen it appropriately
- Knows when to be available emotionally and blend logic effectively
- Develop ownership and take the driver's seat of their life
- Have a practical approach in everything they do
- Have trust in their instincts
- Understand the benefit and damage of their as well as others' actions
- Stay away from substances or people that are damaging to self
- Understand the effect, affect and aftereffect of words and actions
- Build strong boundaries and maintain protective interpersonal space
- Practice target denial as a way of self protection



KEY WORDS EXPLAINED:

Self-Protection: It is the act of protecting yourself and your life.

Cognitive Dissonance: It is the perception of contradictory information when a situation or action goes against what you expected or wanted.

Self-Talk: is the internal dialogue a person hears when performing a task.

Target Denial: is the denying of your body and mind as a target of abuse or harm by avoiding a person or event that causes it.

Self-Protection makes a person confident and strong in the functioning areas of life such as physical, psychological, biological, emotional, financial, social, familial, career, and spiritual.



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