Psychology of addictive behaviors pdf

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it is unpleasant. Also, make sure to encourage commitment to dissent among your core team. Cultural numbness. No matter how principled you may be, you must recognize that over time the bearings of your moral compass will shift towards the culture of your organization or team. From my work with the police and military units infiltrating criminal groups, I have seen examples of cultural numbness forcing leaders to cross borders. Usually it starts subtly. Officers need to learn and penetrate the new culture. They need to fit in by speaking the language, acting according to the code, and dressing to fit in. But by doing so, they risk going too far - mimicking the culture of the gang members they have to stop and get into the value system The same moral takeover takes place in companies not overnight, but gradually. You make a compromise between establishing in culture and staying true to what you value. First, cultural numbness can take the form of ironic distance or frustrated resignation when there is a mismatch between them, or between the mind needs resolution. So over time, you will stop noticing when offensive language becomes the norm, or you begin to behave in a way that you would never expect to be part of your repertoire. Cultural numbness is where I have seen the most serious failures in ethical leadership because it is so hard to detect. Leaders who have crossed the line never describe it as a clear choice along the way, but as wandering along a muddy road where they lost count of what was right and wrong. They describe a process in which they are numb at the language and behavior of objectivity. In fact, their warning bells just stopped ringing. So, start looking for signs of moral capture: those brief moments when you don't recognize yourself and any other signs that you're exposing your personal agency to the deviant norms of the collective. Another regular gut check you can use involves asking whether you will be comfortable telling a journalist or judge about what's going on. At the same time, you can't always trust yourself in such situations. As with omnipotence, it can help to get the perspective of an outsider by contacting a trusted friend or family member who may be able to see. Also, be sure to regularly extract yourself from your organization to compare and contrast your culture with others and remind yourself that the rest of the world can't work the same way. Justifiable neglect. The human mind skillfully justifies minor intrusions when the risk is low. On the production line of a pharmaceutical company, for example, a hurried lab technician forgets to take off all her makeup. A speck of mascara accidentally falls into a batch of drugs large enough to serve the middle country for a year. For a short time, the minuscule impurity draws a thin, yellowish color trail, but then it is gone, impossible to detect. The drug saves lives and is very valuable, with only a hint of makeup, which is probably harmless. Do you report the incident? If you were a manager who was quietly asked what to do, would you destroy the party? Would you report the incident? Will your ballooning production budget and your company's weak financial position factor in Solution? you'd push the problem up to your superiors, knowing that those with interested in the result can turn a blind eye to the incident? Many leaders faced the choice of getting rewarded or doing the right thing. The slippery slope starts right when you start to rationalize actions and say to yourself and others: It's an exceptional situation, or we have to bend the rules a bit to do things here, or we're here to make money rather than do charity. These initial slips cascade into more that turn into habits you know are bad, but which begin to feel forgivable and even acceptable given the circumstances, and eventually become part of your moral fabric. It's hard to pinpoint exactly when an important line is crossed, but it's much easier, of course, right at the very beginning of a slippery slope than when you slide at full speed from what's right. Remember that power corrodes more than corrupts, often as a result of clever excuses of ethical neglect. You can fight this psychological dynamic by creating formal and social contracts that oblige you and your colleagues to do the right thing; Rewarding ethical conduct; and the definition and sharing of your boundaries. The latter can be as simple as making a list of things you won't do for profit or pleasure, keeping it in a convenient place to read regularly and sometimes show it to your team as a reminder. The reality is that for many leaders there is no true direct and narrow path. You beat the way as you go. Thus, ethical leadership largely depends on your personal judgments. Because of this, the moral or ethical dilemmas you experience can feel lonely or taboo - a struggle you don't want your peers to know about. But you have to recognize that this is part of working life and must be addressed in a direct and open way. While most companies have some cultural and structural checks and balances, including value statements, CSR guidelines, and even whistleblower functions, leaders must also be mindful of the psychological conditions that push people - including themselves - to cross ethical lines. Understanding the dangers of omnipotence, cultural numbness and justifiable neglect is like setting the first few warning signs on the long journey of your career. You will inevitably hit some punches, but the more you are willing to handle them, the likelier you have to keep your integrity intact. 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