I described myself as being laid back. I haven’t always been this way. People who know me from when I was younger know that I used to have a bad temper. I realized, through feedback, that my temper was actually embarrassing me and not helping me make new and better relationships with friends and family. In thinking of this, I’m using a little bit of the **behavioral** perspective **which says** that people can be “trained” through consequences to pick up new behaviors. Also, **humanism** was at play, **because** in order for me to feel accepted and to form friendships I had to stop being such a high strung person.