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**SUBJECT: OB**

**DEP: BS(SE) 6TH**

 **INDIVIDUAL EXERCISE**

***Changing Others’ Perceptions of You***

**How do other people perceive you? Identify one element of how others perceive you that you are interested in changing. It could be a positive perception (maybe they think you are more helpful than you really are) or a negative perception (maybe they think you don’t take your studies seriously).**

ANS: Other people perceive me as a HONEST person. One element how others perceive me is “honesty “and I don’t want to change myself . it would be positive perception.

1. What are the reason why they formed this perception? Think about the underlying reasons.

ANS: The reason to formed this perception is maybe they think i am too honest and I have a moral character and im to real with myself and others.

1. What have you done to contribute to the development of this perception?

ANS: I didn’t done anything to contribute to the development of this perception because it s my nature and I don’t think that I could change my nature.

1. Do you think there are perceptual errors that contribute to this perception? Are they stereotyping? Are they engaging in selective perception?

ANS: I don’t think if there perceptual errors that contributes this perception. And I don’t think that people are being stereotype regarding me. I think its common perceptual to be honest person and there’s nothing wrong with it.

1. Are you sure that your perception is the accurate one? What information do you have that makes your perceptions more valid than theirs?

ANS: yes, my perception is accurate because just like me being honest, people feel my face to be more similar to their own.

And people know me for my honesty. That is some information I have to make my perception more valid than theirs.

1. Create an action plan about how you can change this perception.

ANs: If I want to change

1. Give people long and detailed answers to their problems
2. Need to take care of people and emotions and behaviors.
3. Minding some words that can offend people.
4. Add some extra respect and softness to giving or speaking to their answers.
5. Explain each and every part of their problems to them and give them explanation about right and wrong .