

The Road Less Traveled by Peck

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In his book, "The Road Less Traveled," Peck addresses the importance of discipline and discusses four aspects that relate to discipline since "life is difficult" (Peck, p11). Compared with the previous readings, a lot of emphasis on Discipline is put in Peck's book. Therefore, I will consider discussing four elements described in the book to reinforce the Discipline as the subject matter.

From my preview, the following elements help to describe subject discipline in various actions. Just highlighting these elements includes Acceptance and responsibility- whereby the main agenda is accepting the responsibility for personal decisions. Secondly, balancing refers to the appropriate ways to handle different issues. Thirdly, delaying gratification involves sacrificing the present luxury for future gains. Lastly, dedication to the truth elements maintains honesty by word and action. Therefore, Peck discusses discipline as a skill that prioritizes personal behavior. I note that experience is undersigned to be an easy task. Therefore, life is inevitably a sequence of personal life difficulties that could be resolved by finding a solution or ignored.

From the reading, Balance is projected as one of the basic sets of tools necessary to resolve the so-called problems in the life process. I observe that discipline is a technique that enables pain problems to be solved in a very systematic way, reproducing some development. Ideally, people try to evade the pain of engaging with their problems and give ideas that make life meaningful by facing the pain of problem-solving. Like any other task, the Pain-related problem is a hectic issue that requires some systematic personal solutions. Therefore, the pain of problems has always made people take some ways of dealing with the issue, hence incorporating them into moral behaviors. This behavior determines or suggests the direction of the discipline. Therefore, the multiple decisions taken by the people tend to have different experiences and pain problem-solving processes. By evaluating every issue in a systematic nature, every concern is catered for appropriately, hence archiving life balance as an element.

To my understanding, delaying gratification entails the process in which the pain is preferred being practiced just prior to the desire. The best example in this case I find is to use a six-year-old child. For instance, at the age of six years, a kid would prefer eating a cake as a priority and frosting as the last. In another instance, the child would instead have to complete my homework and subsequently have time to play later on. The two examples portray a simple "gratification delay." However, some complications are found, for example, when a substantial number of adolescents appear to lack "delaying gratification" capability. Actually, this is witnessed mostly by students. The students are adequately organized by their instincts. Such kind of young stars indulge in drug abuse, are involved in fights, and hence find themselves confronted with authority; all these negative impacts are a result of mismanaging time for productive activity but instead use the opportunity for awkward behaviors, hence ruining some of their lives.

When it comes to acceptance and responsibility, the obvious thing is that problems can only be solved by taking responsibility and accepting the fact that the problem is incorporated into life. As Peck explains, character disorder and Neurosis people present two disorders that are opposite regarding responsibility. Neurotics are said to have too much assumption on liability, and they actually feel guilty about all that goes in the incorrect direction in their lifetime, while the charming disorder people always blame others and refute the accountability for their experienced problems. At some point in life, everybody is character disordered or neurotic, and the best way to balance is to avoid both extremes. Both extremes involve some negativity in ideology, hence generating inappropriate decisions that weaken someone's life. This indicates that life is a process, not an event. Specific measures need to be set to determine what kind of person one is, either neurotic or character disorder, regarding the perceptive one, takes on a problem arising matters. Hence, there are two ideals. "Neurotics tend to exploit themselves miserably while the ones with character disorders tend to make everyone else life to be more miserable" (Peck, p36).

Dedication to the truth tends to represent the individual capacity to improve oneself. Considering the case of a bitter childhood, the child assumes a false notion that the world is full of inhuman and hostile places. Nevertheless, for a continued exposure tends to incorporate more optimistic features on personal view. It matters if the fact that dedication to the truth shows that life is full of honest contemplation, which is a willingness to be individually defined by other people and which is genuine on a personal level. Reality or truth is avoided when it is regarded to be painful. I find that one can always revise one's map only when one acquires a particular discipline integrated to overcome that pain by accepting responsibility.

Nevertheless, to achieve discipline, the truth is an aspect that one must be dedicated to. Thus, at a personal level, an individual is supposed to hold truth as best as one can manage to be more vital, more essential to one's own interest than personal comfort/luxuries. Conversely, one must always reconsider personal discomforts that are relatively unimportant and even welcome them in an effort to search for truth. Mental health is an ongoing dedication process into reality at all costs (Peck, p49-50).

I observe dedication to the truth as a basic set tool that is required to solve life problems. Without transparency, nothing is considered to be genuine. Truth brings about honesty, and therefore, in case of a problem, discipline is archived by solving an uprising issue with facts. However, in the case of uncomfortable feelings that are often painful, a particular kind of physical pain, at some point, equaling every sort of physical pain. The pain is a result of the experienced conflicts or events engendering people, hence called problems; life is complicated and full of both joy and sadness. Therefore, truth would act like the man subject to help concur issues related to pains.

My opinion is that the process of problem-solving gives life meaning; problems are said to be the cutting edge that distinguishes between failure and success. The challenges call forth for personal courage and wisdom, which create bravery and personal knowledge. Issues help to grow both spiritually and mentally. On an initiative to encourage human spiritual growth, a challenge arises to

promote the human capacity in problem-solving just as in class whereby students meet set problems for them to solve, Peck states. Therefore, it is through confrontation and problem-resolution that one gets to learn. Ideally, from my experience, those things that hurt help me to reason wise and learn not to dread but to welcome the challenges and, most probably, the pain of problems.

In conclusion, discipline is a product of the created pain of problems whereby the experienced difficulties help to generate different life perspectives. Ideally, the pain of challenges helps one's life due to the approaches that are undertaken to solve the upcoming or existing pain of the problem. Thus, a particular discipline is displayed for a specific individual. The uncomfortable and physical pain generates different understandings and creates mixed emotions towards the specific event at a personal level; thereby, different outlooks are witnessed. Peck's work uses various integrated discipline techniques that are paramount in relating to conflicts and difficulties. Life requirements need to be dealt with in a balanced and successful way from an objective to disciplined perspective. Thus, any person would take responsibility for acceptance, balancing, gratification delaying, and truth dedication to promote the importance of discipline in the life of a human being. From my analyses, I conclude that problems depend on their nature and evoke personal frustration, guilt, regret or landlessness, anxiety, despair, grief, sadness, or anguish, thus structuring the discipline as behavior from an individual motive.

Work Cited

Peck, M. Scott. *The road less traveled: A new psychology of love, traditional values, and spiritual growth*. Simon and Schuster, 2002.