

## **Human Adjustment Processes**

### **Assignment- 1**

1. How does prioritization of things that matters to you serve the purpose of adjustment?
2. Citing suitable example, explain the communality and mismatch among the medical, behavioural and social interpretation of any given situation.
3. Write a short note on the dimensions of subjective adjustment.
4. How does understanding of the range of human reactions help in better adjustment?
5. Explain task oriented reaction patterns citing suitable examples.