

This is an exercise to help you notice how you have grown morally over time. First, state an ethical principle that you generally follow. Here are some examples of principles. Pick the truth. Play fair. Keep your hands off others' property. It is likely that your favorite principle has been in your life for a while. Try to remember why you first followed this principle. Where you rewarded if you did and punished if you didn't? Did you feel coerced or intimidated into following it?

Try to identify the next stage of moral growth. Describe the circumstances under which you needed to uphold the principle and circumstances when you tended not to uphold the principle. Last of all, explain why you follow the principle today. You will probably find yourself discussing how following that principle promotes the aggregate good or meets the needs of everyone directly involved.

Variation: If you have trouble tracing your growth from your current level of moral sophistication back to its source, try it from the other direction. Find a principle that you were expected to uphold as a child. Plot the course of your reasons for adhering to it and see where you today. Or, try this exercise with some professional value. It may be easier to see the line of development if you think about why you followed some professional principle initially as compared to why you adhere now to it as someone more comfortable in your field.

Tell the truth: I was raised in Indian family.
I was taught at very young age to tell the truth, and when in case of death I should tell the truth. Being raised in a conservative household so my way of going on always expected to do as you are told and what. In our culture, people usually visit in person. That lady came and knock on the door and asked for my aunt. I told her to go away that she wasn't there. I went as she went but I gave the truth. I got severely punished for telling the truth. The lady is that she had the key for my mom. I remember how angry I was. I was for 8 years but happened I still remember. I realized sometimes the

Something for the Toolkit: Use the sensitivity you have developed working through this book to notice ethical issues and do what you can to make the world a better place. As Aldous Huxley taught us, "The more you know, the more you see."

people are love the most will sometimes stand in the way of our code of ethics.