

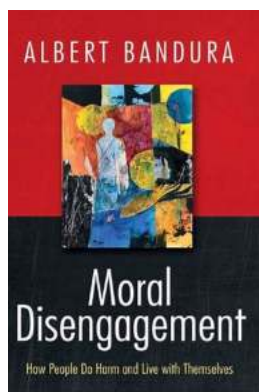
How People Do Harm And Live With Themselves: The Dark Side of Humanity

Throughout history, human beings have perpetrated countless acts of harm and wrongdoing towards others. From minor selfish acts to heinous crimes, the capacity for humans to inflict pain and suffering upon their fellow beings is both shocking and disheartening. This article delves into the psychology and reasoning behind how people engage in harmful behaviors and the repercussions they face in their own lives.

The Desire for Power and Control

One aspect that enables people to do harm is the innate desire for power and control. Human beings have a natural inclination to assert dominance and authority over others, often leading them to exploit or manipulate people for their own gain. Whether it is in personal relationships or in professional settings, some individuals resort to harmful behaviors to fulfill their thirst for power.

The alt attribute for the image below should be: "Person asserting dominance and power over others"



Moral Disengagement: How Good People Can Do Harm and Feel Good About Themselves: How People Do Harm and Live with Themselves

by Albert Bandura (1st Edition, Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English

File size : 12644 KB

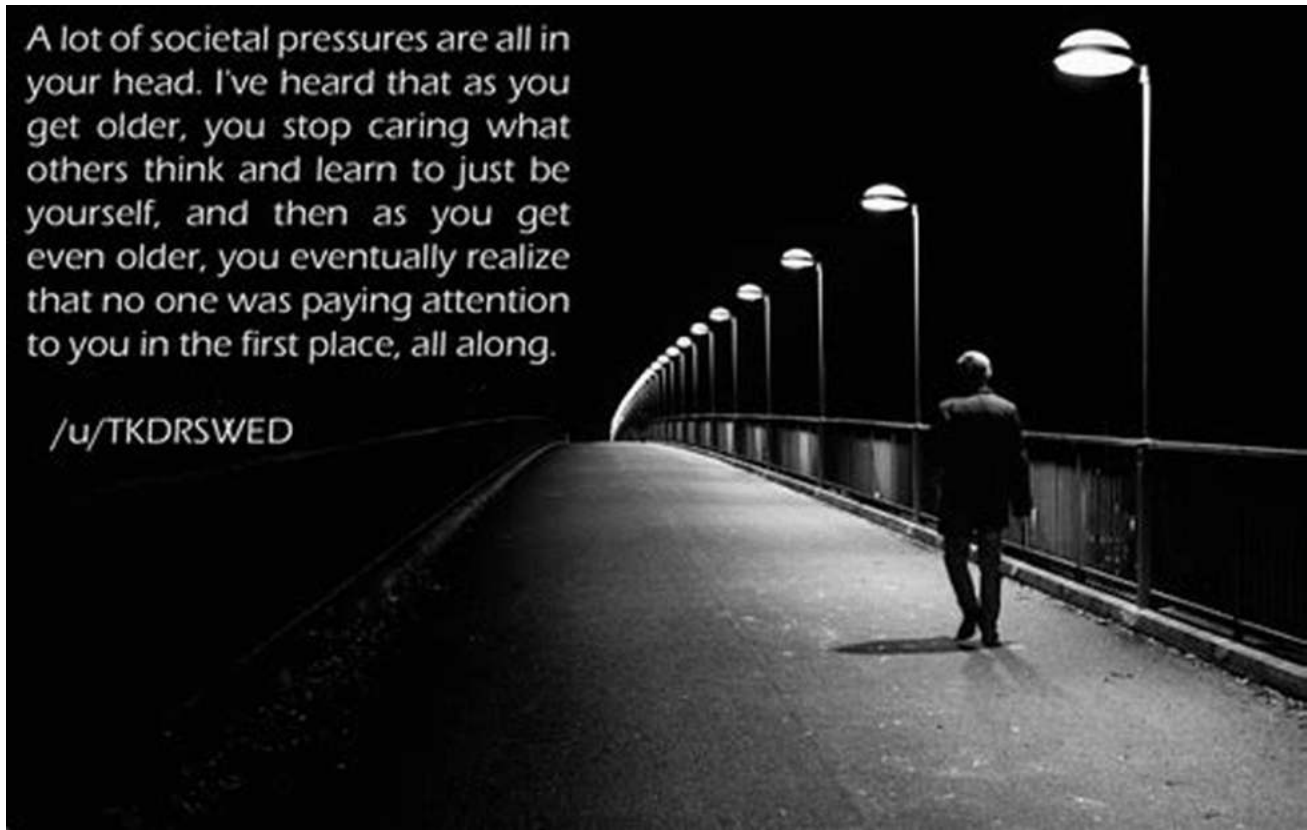
Print length : 544 pages



The Influence of Societal Factors

Society plays a significant role in shaping individuals' behaviors and moral compasses. Societal factors like cultural norms, peer pressure, and upbringing can greatly influence how people justify and live with their harmful actions. The desire to fit in or gain acceptance within a particular group can lead people to engage in harmful behaviors that they may not have otherwise considered.

The alt attribute for the image below should be: "Person influenced by societal pressure engaging in harmful behavior"



The Mask of Justification

When individuals engage in harmful actions, they often employ various mechanisms of self-justification to live with themselves. By convincing themselves that their behavior is necessary, justified, or even for the greater good, individuals create a mental mask that shields them from guilt or remorse. Some individuals may even go as far as blaming the victims or distorting reality to alleviate their own culpability.

The alt attribute for the image below should be: "Person wearing a mask of justification"



The Psychological Toll

Living with the knowledge of causing harm can have profound psychological consequences for individuals. While some may suppress their guilt and continue with their harmful behaviors, others may experience constant turmoil and inner conflict. The weight of guilt and remorse can lead to depression, anxiety, and even self-destructive behaviors.

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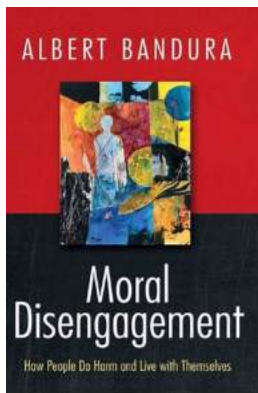
The Path to Redemption

Although some people may engage in harmful actions and live with themselves, there is also a chance for redemption and change. Recognizing the consequences of their actions, seeking forgiveness, and actively working towards making amends can help individuals rebuild their lives and find inner peace. Rehabilitation and therapy play crucial roles in helping individuals break free from harmful patterns of behavior.

: The Imperfect Nature of Humanity

As imperfect beings, humans are susceptible to both acts of kindness and harm. The capacity for individuals to do harm and live with themselves highlights the complexity of the human psyche. By understanding the underlying motivations and psychological factors that contribute to harmful behavior, society can work

towards creating an environment that encourages empathy, compassion, and personal growth.



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How do otherwise considerate human beings do cruel things and still live in peace with themselves? Drawing on his agentic theory, Dr. Bandura provides a definitive exposition of the psychosocial mechanism by which people selectively disengage their moral self-sanctions from their harmful conduct. They do so by sanctifying their harmful behavior as serving worthy causes; they absolve themselves of blame for the harm they cause by displacement and diffusion of responsibility; they minimize or deny the harmful effects of their actions; and they dehumanize those they maltreat and blame them for bringing the suffering on themselves. Dr. Bandura's theory of moral disengagement is uniquely broad in scope. Theories of morality focus almost exclusively at the individual level. He insightfully extends the disengagement of morality to the social-system level through which wide-spread inhumanities are perpetrated. In so doing, he offers enlightening new perspectives on some of the most provocative issues of our time, addressing:

Moral disengagement in all aspects of the death penalty—from public policy debates, to jury decisions, to the processes of execution

The social and moral justifications of major industries—including gun manufacturers, the entertainment industry, tobacco companies, and the world of "too big to fail" finance

Moral disengagement in terrorism, and how terrorists rationalize the use of violence as a means of social change

Climate change denial, and the strenuous efforts by some to dispute the overwhelming scientific consensus affirming the impact of human behavior on the environment

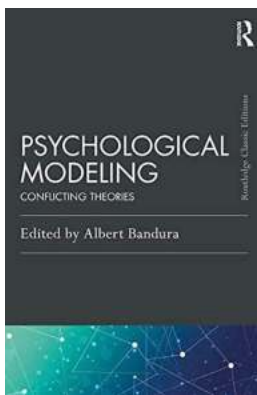
"Al Bandura is the most cited individual in the history of psychology for the depth, breadth and originality of his ideas and writings. Now with his ground-breaking new contribution, Moral Disengagement, his reach extends not only to teachers and students but also to the general public --making them aware of everyday evils in many spheres of daily life that must be counteracted by mindful moral engagement."

----Phil Zimbardo, Ph.D. Author, The Lucifer Effect; President, The Heroic Imagination Project

"The authoritative statement by the world's most-cited living psychologist, laying out his influential theory. Plunge into these fascinating historical and modern case studies of moral disengagement—morality tales for all time, illuminated by the psychology of how people do harm to themselves and others."-- Susan T. Fiske, Psychology and Public Affairs, Princeton University

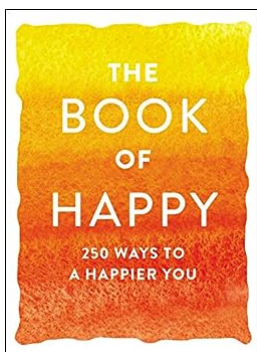
'If you have wondered why good people do bad things, and even terrible and horrible things, then this is the only book you ever will have to read.' ----Robert J. Sternberg, Professor of Human Development, Cornell University

"Dr. Albert Bandura is one of the great behavioral scientists of our time. His superb contributions include a deep analysis of human morality, its fundamental importance and the complexity of its development." ----David A. Hamburg, MD, Visiting Scholar, American Association for the Advancement of Science; DeWitt Wallace Distinguished Scholar, Weill Cornell Medical College; President Emeritus, Carnegie Corporation of New York



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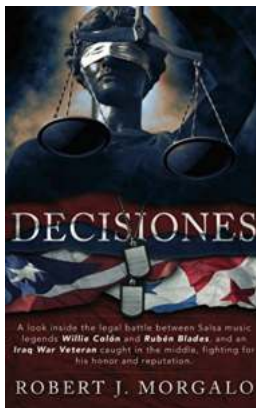
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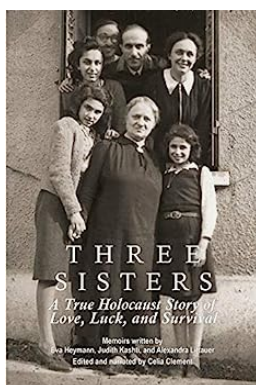
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