

My steps for development!

Alex Garcia!

In "My steps for development" I want to guide person with disabilities - and perhaps even to guide person without disabilities on how to achieve development. As usual, in my thoughts I will tell you a truth "â€" my truth. I think there are many truths. Every human being has his truth.

"My steps" as you can see, may be similar or very different of other steps , my steps are of a deafblind person, in the belief that deafblindness is the condition that most "affects" the essence of society, because it implies the distance imposed by visual and hearing loss, as well as the impatience that generates communication difficulties . We do reference to Deafblindness as the most dreaded condition to human beings: the "staying alone" as synonymous of abandonment, is a very different situation from "Solitude" choice for enjoyment situation when we have no fear of ourselves.

In my life, I try to transmit and exercise "My steps for development". We must never interpret these steps as ready. The steps are in the daily motions of life.

Knowing yourself

The first step, to know yourself - needs and abilities - it takes time, so it does not fit at the time of the soap opera. All persons with disabilities, especially deafblind people must realize that nothing is static, so knowing yourself is a constant re-starting and it needs a lot of patience!

Controlling of emotions

Controlling emotions is the second step but you cannot reach it without passing through the first , i.e. , it is not possible to control our emotions without self-knowledge. You can only take a new step safety if the last step was solid. Controlling emotions plays an important role in our development. In everyday life I observe often the desperation and fear in persons with disabilities, as well as people who are deafblind, emotions are essentially limited knowledge of ourselves.

Planning actions

Here we have the third step. To plan actions we must know ourselves and control our emotion. It's a fact! Planning is the mainspring of development, but, a bad planning can knock you out in a short period of time. A bad planning will bring up the lack of emotional control and we are going to see it clearly I do not know myself deeply as I imagined. I thought to be able to do that but in fact I have other needs. It's pretty clear: if we know ourselves we will be able to control our emotions and as a consequence of that, we will be able to plan actions that can reach our abilities, not our needs.

Guiding means

Here we have the fourth step. When you know yourself, you control your emotions. When emotions are under control, it's possible to plan actions and then, finally, guiding the means is possible. Guiding the means is the apex because we live in a society and although we have many abilities, there isn't a perfect human being who doesn't need any kind of support. I must warn that guiding the mean can sometimes be very different from what we expect, it is, it is possible that when we try to guide a person to help us, this person isn't interested. If you face a person who isn't interested, honestly, do not try to change this person. Turn around because you will find another person there who is really interested for sure.

All the best and we keep in touch! Alex Garcia - Deafblind Person and Person with Hydrocephalus and Rare Disease – Brazil.