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Lead

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Leadership Reflection

The video talked about the moral roots of liberals and conservatives and what moral roots make up our thought process. There are five moral roots psychologist Jonathan Haidt talked about while lecturing people on his discoveries/opinions through the platform of TED-Ed. The five moral roots are harm/care, fairness/reciprocity, ingroup/loyalty, authority/respect, and purity/sanctity. The first harm/care underlies about seventy percent of moral statements psychologist Haidt has heard; this moral helps us bond with others, care for them, and connect with them. It also gives us strong feelings towards those who are caused and are affected by harm. The second moral root fairness/reciprocity resembles the concept of the golden rule, something Karen Armstrong also lectured about on TED-ED. The concept is the common saying to treat others how you want to be treated. Hadit said this foundation represented the other thirty percent of moral statements he has heard. The third root ingroup/loyalty is commonly showcased when people come together and unite to fight another group for example- war, sports fans. The fourth authority/respect isn’t always based on power and brutality; it is normally more voluntary and has elements based on love. The last element purity/sanctity is the ideology that you can attain any virtue by controlling what you do with your body by controlling what you put into your body. Haidt states he believes these five moral roots are the first draft of the mortal mind and we should come ready to learn all of these concepts to better our understanding of ideology and political beliefs.

Moral Humility helps people become more tolerant and open-minded. This trait is challenged when someone says they would never do cruel to another person yet they end up doing just that in a sense of power. After reflecting on this Ted talk I realized I can personally connect to this when it comes to relationships. I have been hurt so many times when it comes to my recent relationship and I always wonder why someone would do that and treat people like that. However, when I felt a little bit of power over him through a certain sense of independence I found myself doing something similar as a way of payback when that is completely wrong and against my moral goals.

I’ve always hated talking about political parties and religion because it always felt like there was one right answer. I am a republican and a christian; those are the parties/groups I was born into. I am not an extremist and my views aren’t always following those groups but I tend to lead politically or culturally that way. I will never tell anyone my religion or political party because I feel like I get grouped into a single story. A single stereotype that I am a not accepting, rude, stuck-up person which is not true at all. I always feel terrible and judged when I talk about it and the other person/s opinions start to change a little when I explain myself but sometimes it gets tiring and I don’t wanna explain myself all the time.

It is important to know who you are and your moral psychology so that we can connect to other people, show empathy, and practice inclusive leadership. Knowing ones moral psychology helps them better understand their moral principles and how these principles affect their opinions. Understanding different experiences, how one grows up, and moral principles can affect people’s opinions and will help everyone when it comes to debates and differences of opinions. This concept gives a more mature approach to politics and religions.