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What is an Ethical Agreement? Personal vs. Professional Ethics Professional Ethics & Values Education What Are Ethics & Values? The Advantages and Disadvantages... Government Intervention & Regulation... Why Are Ethics Important in Accounting? What Is Business Law & Ethics? Define Compromise of Ethics Customer Service Ethics How to Understand Business Ethics Corporate Code of Conduct: Definition, ... Key Elements for Business Ethics Business and Ethical Considerations Differences and Similarities in... Business Ethics: Ethical Decision... Similarities Between Personal Ethics... It's not uncommon to hear morality and ethics referenced in the same sentence. That said, they are two different things. While they definitely have a lot of commonalities (not to mention very similar definitions!), there are some distinct differences. Below, we'll outline why they're different, why it matters, and how these two words play into daily life. Morality is a person or society's idea of what is right or wrong, especially in regard to a person's behavior. Maintaining this type of behavior allows people to live successfully in groups and society. That said, they require a personal adherence to the commitment of the greater good. Morals have changed over time and based on location. For example, different countries can have different standards of morality. That said, researchers have determined that seven morals seem to transcend across the globe and across time: Bravery: Bravery has historically helped people determine hierarchies. People who demonstrate the ability to be brave in tough situations have historically been seen as leaders. Fairness: Think of terms like "meet in the middle" and the concept of taking turns. Defer to authority: Deferring to authority is important because it signifies that people will adhere to rules that attend to the greater good. This is necessary for a functioning society. Helping the group: Traditions exist to help us feel closer to our group. This way, you feel more supported, and a general sense of altruism is promoted. Loving your family: This is a more focused version of helping your group. It's the idea that loving and supporting your family allows you to raise people who will continue to uphold moral norms. Returning favors: This goes for society as a whole and specifies that people may avoid behaviors that aren't generally altruistic. Respecting others' property: This goes back to settling disputes based on prior possession, which also ties in the idea of fairness. Many of these seven morals require deferring short-term interests for the sake of the larger group. People who act purely out of self-interest can often be regarded as immoral or selfish. Many scholars and researchers don't differentiate between morals and ethics, and that's because they're very similar. Many definitions even explain ethics as a set of moral principles. The big difference when it comes to ethics is that it refers to community values more than personal values. Dictionary.com defines the term as a system of values that are "moral" as determined by a community. In general, morals are considered guidelines that affect individuals, and ethics are considered guideposts for entire larger groups or communities. Ethics are also more culturally based than morals. For example, the seven morals listed earlier transcend cultures, but there are certain rules, especially those in predominantly religious nations, that are determined by cultures that are not recognized around the world. It's also common to hear the word ethics in medical communities or as the guideposts for other professions that impact larger groups. For example, the Hippocratic Oath in medicine is an example of a largely accepted ethical practice. The American Medical Association even outlines nine distinct principles that are specified in medical settings. These include putting the patient's care above all else and promoting good health within communities. Since morality and ethics can impact individuals and differ from community to community, research has aimed to integrate ethical principles into the practice of psychiatry. That said, many people grow up adhering to a certain moral or ethical code within their families or communities. When your morals change over time, you might feel a sense of guilt and shame. For example, many older people in the south still believe that living with a significant other before marriage is immoral. This belief is dated and mostly unrecognized by younger generations, who often see living together as an important and even necessary step in a relationship that helps them make decisions about the future. Additionally, in many cities, living costs are high and living costs are too high for some people to live alone. However, even if a younger person understands that it's not wrong to live with their partner before marriage they might still feel guilty for doing so, especially if they were taught that doing so was immoral. When dealing with guilt or shame, it's important to assess these feelings with a therapist or someone else that you trust. Morality is certainly relative since it is determined individually from person to person. In addition, morals can be heavily influenced by families and even religious beliefs, as well as past experiences. Ethics are relative to different communities and cultures. For example, the ethical guidelines for the medical community don't really have an impact on the people outside of that community. That said, these ethics are still important as they promote caring for the community as a whole. This is important for young adults trying to figure out what values they want to carry into their own lives and future families. This can also determine how well young people create and stick to boundaries in their personal relationships. Part of determining your individual moral code will involve overcoming feelings of guilt because it may differ from your upbringing. This doesn't mean that you're disrespecting your family, but rather that you're evolving. Working with a therapist can help you better understand the moral code you want to adhere to and how it ties in aspects of your past and present understanding of the world. It's OK if your moral and ethical codes don't directly align with the things you learned as a child. Part of growing up and finding autonomy in life involves learning to think for yourself. You determine what you will and will not allow in your life, and what boundaries are acceptable for you in your relationships. That said, don't feel bad if your ideas of right and wrong change over time. This is a good thing that shows that you are willing to learn and understand those with differing ideas and opinions. Working with a therapist could prove to be beneficial as you sort out what you do and find to be acceptable parts of your own personal moral code. Some believe that truth is generally black and white – either something is true or not. Others insist that truth has many gray areas. Folks disagree on whether it is always moral to tell the truth or whether there are higher morals than the truth. How can you collaborate with others to reflect on meanings and values from a reason-oriented perspective? Benefits of an Ethics Discussion Meeting I run a number of such meetings in my role as President of Intentional Insights, a nonprofit devoted to popularizing science-based strategies to reach our goals and succeed at life. You can set up your own ethics discussion, and participants gain a great deal from attending these events: On the feedback sheets passed around after one of our events, one participant wrote: "I gained greater insight into how other people navigate difficult discussions regarding truth and values, when not all parties agree." ♡ Scroll down to continue reading article ♡ ♡ Scroll down to continue reading article ♡ Another wrote that now they will "always question 'my truth'" and will engage in "thinking more about what I hold true." A third wrote that "building a sense of community is what I gained." Reflecting on purpose, meaning, values, and morals together with others in your community and social circle provides: ♡ Scroll down to continue reading article ♡ ♡ Scroll down to continue reading article ♡ • A venue for reflecting on deep life questions • A means of building and cultivating social and community connections • A way to help others, through assisting them in finding clearer answers to life's big questions Thus, participating in such discussion groups offers a trifecta of elements to help people gain a sense of meaning and purpose in life. During these discussions, it is especially beneficial to write down how the helpful thoughts expressed by others informed and changed your thinking. Research shows that writing these down helps you remember and understand them better, while also minimizing distracting and unhelpful thoughts about unfulfilled plans. Organizing a Meeting If you are interested in attending an ethics discussion meeting, you can often find local meetings online. Humanist Communities often hold such meetings as interfaith, reason-oriented venues for people to reflect in a community setting on life's meaning and purpose and on their values and ethics from an evidence-based perspective. ♡ Scroll down to continue reading article ♡ ♡ Scroll down to continue reading article ♡ But let's say you didn't find one around you and want to organize your own meeting. The first thing that you want to ensure is to create a safe and open-minded environment. Ensure that people listen actively and offer empathy to each other. To do that, it helps to open the meeting with social time for folks to get to know each other. We used a potluck, so that people eat together. This helps people get to know and become comfortable with each other. Having that comfort helps people trust each other and be vulnerable, which is vital when discussing ethics with each other. During the discussion, consider the needs of diverse participants, both extroverts and introverts. To ensure they can peacefully coexist, create a moderation structure that gets people to speak one at a time. Prevent cross-talk and back-and-forth in your moderation. Discourage advice-giving unless someone asks for it, and cut debates short. Talk about an expectation of privacy: whatever is said at the event stays at the event. ♡ Scroll down to continue reading article ♡ ♡ Scroll down to continue reading article ♡ Pick the topic in advance, and provide some readings for folks to get them into the spirit of things. Readings will help introverts get into the materials and prepare their thoughts before they speak. At the same time, readings will structure the discussion in a shared setting, providing a baseline for everyone to refer to in their comments. In our meetings, we had some great discussions on topics such as: celebrations, both traditional and self-created ones; life transitions, such as moving, becoming a parent, and retiring; friendship, including how to develop friendships, how to be a good friend, and how to deal with conflicts in friendships; responsibility, including responsibility to oneself, one's social circle, and one's society; meaning and purpose; and many others. Intentional Insights has put together some sample readings and topic plans to get you started. I hope you have a great experience at your meeting! ♡ Scroll down to continue reading article ♡ ♡ Scroll down to continue reading article ♡ Featured photo credit: Richard Foster-CCBYSA 2.0 License via flickr.com



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