



Undergraduate assignment feedback form
(to be completed by marker)

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<i>Module Code: SIC4009</i>	<i>Student number: 2405659</i>
<i>Module title: The Four Books 四書</i>	
<i>For completion by marker:</i> <i>Comments:</i>	
<i>Marker's signature:</i>	<i>Date:</i>
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AI Acknowledgement

☐ I have not used AI in my assignment

I confirm that I have not used any AI tools in the research and creation of this assignment. I confirm that I have not presented any AI generated materials as my own work. I confirm I have copies of my drafts, notes, and other resources I used, which I may be asked to provide in evidence.

☒ I have used AI in my assignment

I acknowledge the use of DeepSeek on January 9th to regarding the general meaning of the topic explanation. I used the prompt(s):

1. Will we reflecting on oneself necessarily lead to feeling remorse? And how can one not feel remorse? (反求諸己就一定懊悔嗎? 如何不懊悔?)
2. The sentences in The Lunyu about reflecting on oneself. (論語裏關於反求諸己的句子)

I confirm that I have not presented any AI generated text as my own work. I confirm I have copies of my drafts, notes, and other resources I used before, and after the use of AI tools which I may be asked to provide in evidence.



Analysis of the Practice of "Reflecting On Oneself" "反求諸己" in the Four Books

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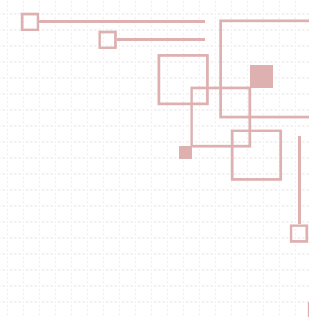
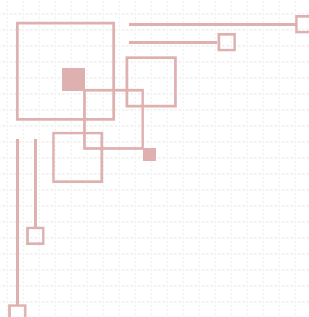
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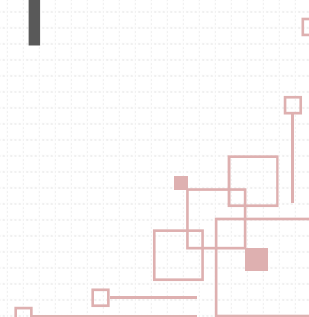
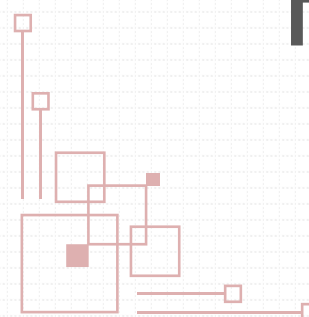
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we reflecting on ourselves?



01

What is Reflecting On Oneself (反求諸己) ?



01 What is reflecting on oneself?

◆ 愛人不親，反其仁；

◆ 治人不治，反其智；

◆ 禮人不答，反其敬；

◆ 行有不得者，皆反求諸己。

◆ If others do not requite your love with love, examine your own benevolence.

◆ If your rule over the people is unsuccessful, examine your own wisdom.

◆ If others do not repay your courtesy, examine your own reverence.

◆ Whenever you fail to achieve the desired result, seek the cause in yourself.

01 What is reflecting on oneself?

01 >> The archer is like the noble man.

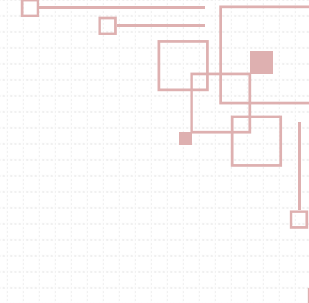
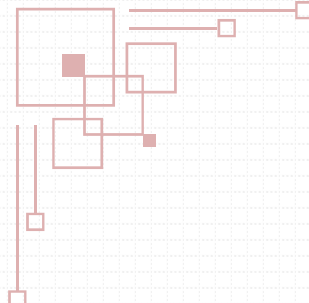
>> 子曰：
射有似乎君子，失諸正鹄，反求諸其身。

02 >> If he fails to hit the target, he turns and places the blame on himself.

03 >> We should first reflect on ourselves.

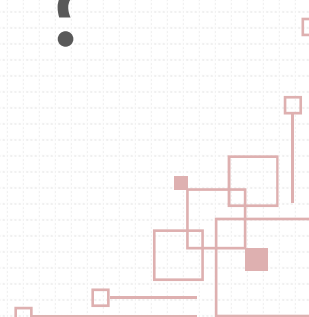
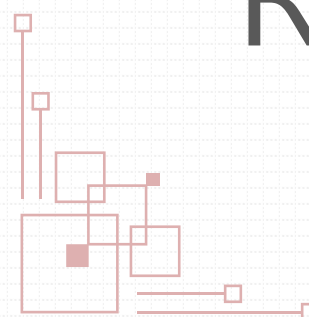
04 >> Instead of blaming others or the surrounding environment.





02

Why Reflecting On Oneself?



Wang Haidong pointed out that "reflecting on oneself" means "not blaming Heaven, not blaming others", self-examination, and constantly improving oneself in the process of long-term self-cultivation, thereby formation a perfect personality.

By reflecting on oneself, one can get closer to success and perfection, and this is also helpful for their study, work, and even life and family.

The Master replied, "I do not complain about heaven. I do not blame other people. I study what is below in order to reach upward. Is heaven the only one that knows me?"

子曰：不怨天，不尤人，下學而上達。
知我者其天乎！

The Master also said: "The demands that a gentleman makes are upon himself; those that a small man makes are upon others."

君子求諸己，小人求諸人。

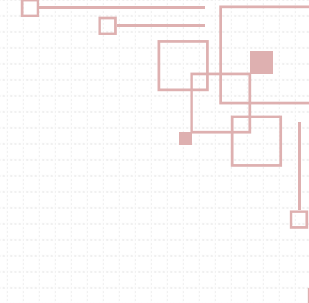
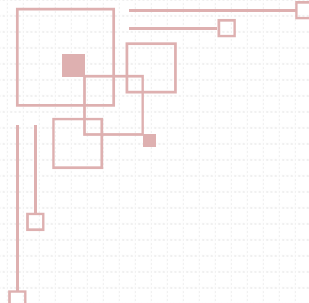
This reflects the responsibility and wisdom of the exemplary persons

This is also the core idea of Confucianism.



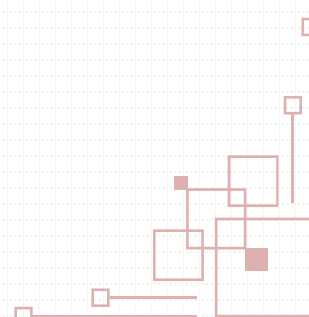
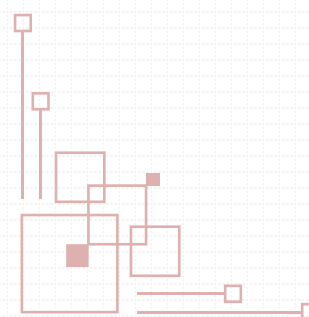
We want to reach the height of being a exemplary persons and achieving "humaneness".

When facing problems, we will blame others less, be more tolerant, and do more self-reflection.



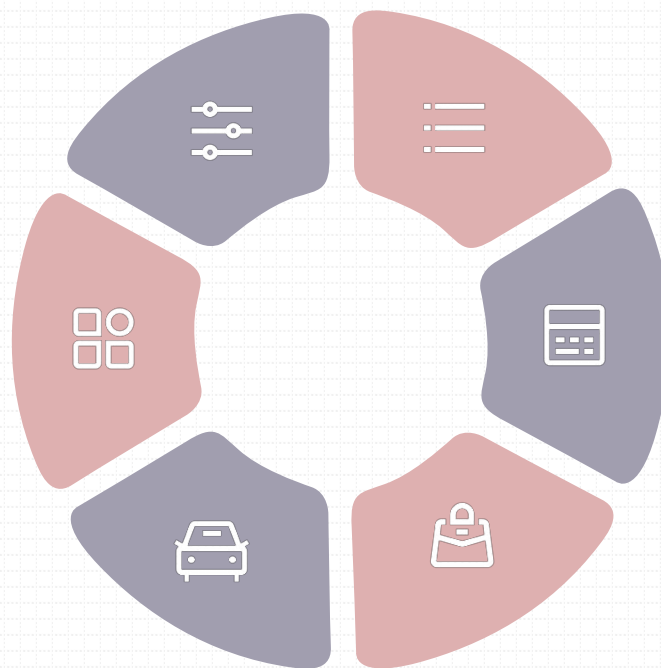
03

How to Reflect On Oneslef?



If others do not requite your love with love, examine your own benevolence.

If your rule over the people is unsuccessful, examine your own wisdom.

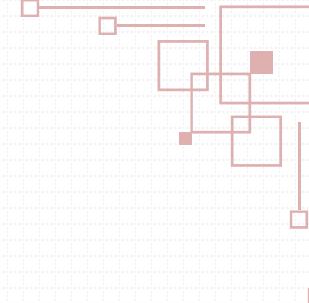
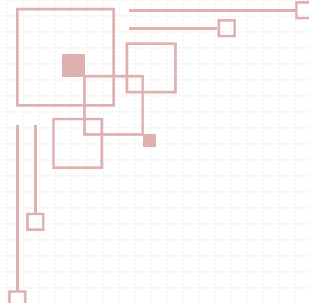


If others do not repay your courtesy, examine your own reverence.

The Master said
"In the presence of a good man, think all the time how you may learn to equal him. In the presence of a bad man, turn your gaze within!"

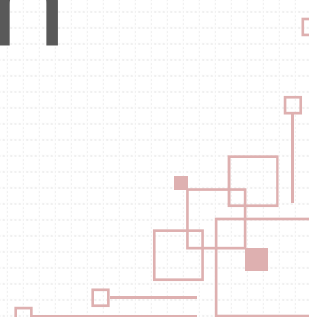
見賢思齊焉，見不賢而內自省也。

Cao Tao said that he has been striving to think whether he is not attentive or not diligent enough, whether he has not reached the standard that should be achieved for humaneness, reflecting on whether his study is diligent, reflecting on whether he is devout in respecting the etiquette system, reflecting on whether the degree of caring for people around him is sufficient, and so on.



04

Will we feel remorse
when we reflecting on
ourselves?





- ◆ Does reflecting on oneself necessarily lead to remorse?
- ◆ How can one not feel remorseful?



- ◆ The Master said, "To fail to cultivate excellence (*de* 德), to fail to practice what I learn, on coming to understand what is appropriate (*yi* 義) in the circumstances to fail to attend to it, and to be unable to reform conduct that is not productive—these things I worry over."
- ◆ 子曰：德之不修，學之不講，聞義不能徙，不善不能改，是吾憂也。

Confucius replied, "There was one named Yan Hui, who was fond of learning. He would never misdirect his anger and would not make the same mistake twice.

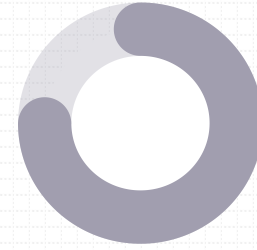
孔子對曰：有顏回者好學，不遷怒，不貳過。

The Master said, "When you have faults, do not be afraid of correcting yourself."

子曰：“過則勿憚改。”

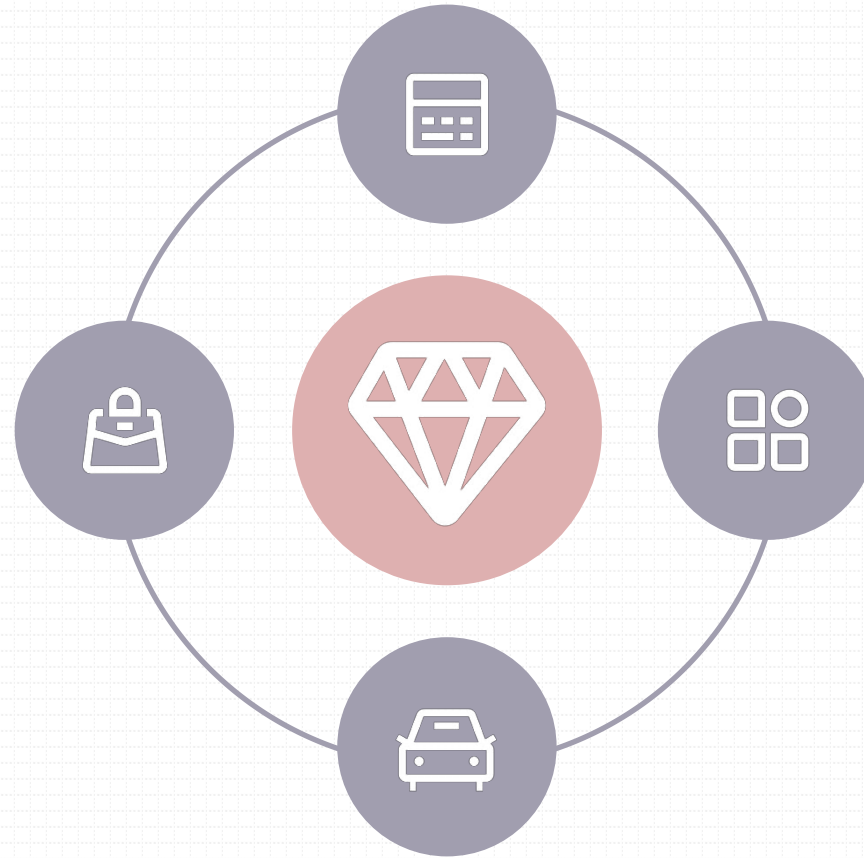


Confucianism views faults as resources for self-correction, just like polishing jade. Every correction and reflection is an opportunity for our growth.



Liu Zhonghua said that simply "seeking self-reflection" is not enough; it also requires a peaceful mindset and attitude determines everything.

Reflecting on oneself
requires us to
transform all
unfavorable
experiences into
nourishment.



We will not feel
remorseful; instead,
we will become more
having wisdom and
perseverance.



THANK YOU VERY
MUCH FOR LISTENING

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