DETAILED ANALYSIS ON WHY WE SHOULD KNOW YOURSELF

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ABSTRACT

Many of you are very much familiar with yourself. In our day to day life once in a while we always think that we are less than any other person but, this is not true. We face a new version of ourselves when it comes to any difficult situation. The motive of writing this article is to specify a few points which will help you to motivate yourself and will help in recognize yourself. This will help you to know about yourself and provide you a new way of thinking. This will provide you with the act of enjoying every situation good or bad.

This article will help the reader to enhance his/her critical thinking skills. Also, it is useful for developing the cognitive domain. The creative skills of a child are very much active than an adult. Human psychology helps to check the mental level and mental behavior of humans according to the needs and requirements of the learner. The psychology motivates the children to do more and helps to understand the mental problems as well.

This article is helpful for each and every individual to enhance critical and creative thinking skills because creativity comes when a person knows what to do how to do when he/she have the whole knowledge about themself.

INTRODUCTION

WHO YOU ARE?

What do you think about yourself? Do you think you are simple? Do you think you are complex? Do you think you are easy to understand? Do you think you are a slow learner? Do you think you are a moderate learner? Do you think you are emotionally strong? Do you think you are mentally disturbed? Do you think you are mentally unstable?

You all use to think about yourself in our leisure time. Do you think accurate about yourself? Do you really think so? No, you think only about what you had experienced in the past or whatever is the bent of our mind. You can not think about yourself until you are in a tough situation. No doubts you are very much clear about our perspective, your thought process, your viewpoint, etc.
In your daily life, you made a role model it can be any family person, any teacher, any worker, any colleague, etc. You try to be like your ideal person in this race you forget to think independently. You always try to compare yourself with your ideal while thinking or doing any work or any task. Is it justice to yourself? Is it? No, definitely not.

For example, A class topper student is getting 90% marks you will compare yourself to that topper student and try to get that many marks but in general, what happens You start chasing Mark's and your creativity and you are ownself get lost anywhere.

You need to think independently rather than comparing yourself with others there are plenty of ways which will help you to think individually rather than comparing yourself with others as:

1. **Think about yourself:** when you are thinking about any other person and try to compare yourself with others you lost the time and potential that you can utilize on yourself. If you want to grow a plant in your garden you have to take care of it according to your own ways. If you are looking and comparing your way to your neighbor's way you will not be able to focus on your method. So rather than comparing with others try to think, create, analyze your ways to solve a problem or to get a solution to the problem independently.

2. **Faith in yourself:** you are not able to change the things which are already happened. Never feel guilty for the past always took the positive things from your bad experiences and try to improve those experiences. If you will compare your experience with anyone other's experience you are insulting yourself. So never compare yourself with any other. Every human is unique in its own way.

3. **Always respect your past:** your past may not be smooth and excellent. Never feel ashamed of your past always took a lesson from your past and try not to repeat your mistakes rather than scolding yourself for the last time. whatever happens in life happens for a good reason try to take everything in a positive way.

4. **Stay away from social media:** social media is a bane as well as a boon. You saw so many people on social media dressing up well, having tours, etc these all things develop a thought in your mind we start comparing all those things in your daily life, as a result, you start demotivating yourself. So we must avoid this kind of social media pages etc.

5. **This is not an end:** on any point in life if u feel sad and demoralized by comparing yourself with other or individually just think that this is not the end of life you have any more time, area, and skills that you can utilize for a better life.
6. **Be obliged what u have:** be always thankful what you have never think about what you are not having. If you will think about what you do not have you will never end up having enough materials. The comparison makes u materialistic in nature which is not good for a person.

Whenever you find someone's stuff interesting just think about the stuff, the qualities you have. If you always saw any other person's qualities you will never be able to respect your qualities.

7. **Never be afraid to choose:** we always have a bent of mind what people will say before choosing anything. Stop thinking about anyone do what you find correct and justifiable to your aims. Don't choose anything under peer pressure or social pressure. Be free and forwarded to choose opportunities for the betterment of yourself.

8. **Never be satisfied:** satisfaction is the end of interest and creativity so never be satisfied with what you have. Always try to improve the ways of working, ways of thinking, etc. If someone tells you about your faults then accept it positively and say that yes I m imperfectly perfect in a positive way.

9. **Be your own supporter:** rather than looking for anybody to support you just support yourself if u want that someone will come and support you no this is wrong you have to support yourself. Good bad whatever the situation is always try to support yourself and try to find solutions to the problems individually.

10. **Took the comparison as inspiration:** took everything in a positive way never look out the negatives of any situation. If you are comparing yourself with someone then took this comparison as an inspiration. Rather than being jealous or disturbed use the comparison to motivate and encourage yourself.

11. **Try to climb the ladder:** rather than demotivating yourself by using the words like If I had this I will be this try to climb the ladder. Use your creativity and find out the solution to the problem rather than scolding yourself for the last time. Always try to frame the thing in such a way that you want to do those things and at any cost, you will get those things.

12. **Motivate yourself:** while comparing to others we got anxious, annoyed, depressed, etc. rather than feeling so try to motivate yourself by saying that if he/ she can do it than why I can't do so. Always motivate yourself intrinsically because comparison never leads you to choose a better way but your intrinsic motivation will lead you towards a better pathway.

When you compare yourself with another person you are wasting one second of your valuable time. Rather than comparing yourself with other users your own creativity and try to become unique. Every individual is different in their own way the only thing you required is to think critically and to analyze your capabilities for improvement of your behavior and attitudes.
When you compare yourself you feel paralyzed and feel very bad about yourself which is very wrong. By comparing yourself you lower down your dignity. If you respect yourself then only any other person will respect you. Otherwise, if you disrespect yourself by placing any other person on the upper hand than what is the need of another person to respect you.

**NEEDS TO KNOW YOURSELF**

Knowing about yourself doesn't mean to know about your favorite food, favorite song, favorite drink, favorite place, etc. To know about yourself means to critically analyze yourself and think deeply about yourself your own positives/ negatives.

Knowing about yourself means think deeply and thoroughly. In analyzing or knowing yourself you are the only person who is the judge you are free to accept your pros and cons. No other body is judging you you are free to judge or know yourself and free to decide what is wrong and what is right.

Does the question arouse that why you need to know about yourself? The only simple answers are if you have clarity of yourself than u will be very much confident to Express your viewpoints. You need to know yourself because:

1. **For self wellbeing**: knowing yourself is a great journey. It helps to develop many skills and thought processes in your mind. Knowing yourself means challenging yourself to perform well because if you are known to yourself u can grow personally and professionally with grace.

2. **To abolish the negative thoughts**: when you have no knowledge of yourself you will always think that you are way much lower than the other person but, if you have knowledge about yourself you can stand up and speak up clearly rather than scolding yourself by looking at other person's achievements. It helps to remove all the negative thoughts and demotivating things that continuously arise in mind.

3. **To face every problem confidently**: by knowing yourself you realize that you have the potential to face problems and you can find the solution to the problem. This will help to build up the confidence of the individual. Also, a person came to know about the strengths and weaknesses of its own.

4. **To develop critical and creative thinking skills**: if you know yourself you can think out of the box and you will be able to give rational judgments. It helps you to enhance your thought processes you must be able to reduce your thinking means you might be capable to judge yourself while you are wrong or right.
5. **To respect yourself:** if you are comparing yourself with any other person and feeling frustrated and scolding yourself for not like the other person than you will not be able to respect yourself but, if you know yourself, your strengths, your strong opinions, etc then only you will be able to respect yourself.

If a person knows themselves accurately then only they will be able to become confident, respectful, happy, full of positivity, ready to learn, etc. But if a person doesn't know about themselves they can never be respected for his/ her own opinions. He/ she will always compare their opinions with others. They can never trust their own decisions.

**ROLE OF FEELINGS AND EMOTIONS**

Feelings and emotions play a very important role in every individual's life. These feelings and emotions are always innate in a person they are not acquired in nature. The feelings and emotions play a very important role in building the mindset of a human.

For example: if a person is emotional and has feelings for every single thing then he/ she will be soft-hearted and can't be cruel for anybody. On the other hand, if a person is having no emotions and has no feelings for anybody then he/ she may be or may not be angry, rude or cruel towards everything.

Feelings can be controlled if you know how to control your feelings u will be able to handle the situation very politely and free from biases. But if u don't know how to control your emotion u can make a mistake while taking up any decision. Emotions are very much important in human being because these the feelings which make us realize that you are not machines. A person without emotional values is known to be a machine. So we should how to control your feelings and emotions to become a good decision-maker

For Example: In daily student life there are two teachers if one teacher is able to control his/ her emotion and the other is not able to control his/ her emotion then the teacher who is able to control emotions will be able to make rational judgments and another teacher will not be able to make rational and appropriate judgments.

Similarly, if at home there is any miss happening and you have to take care of all your guests, relatives, etc but you are not emotionally stable than will you be able to take care of your family? No, because we have no emotional stability so will not be able to control the situation.

If on the job your boss scolded you for no reason or a small mistake of yours will you be angry with your boss? Or you will start fighting? No, you will try to calm the situation by apologizing to your boss if you have control over your emotions. If you don't have emotional control then u
will fight with the boss and the boss will fire you. This will happen at each and every job place. If you don't have emotional stability you will not be stable in your professional scenario.

The control of emotions and feelings is very much needed to become a bold and effective personality. A person with controlled emotions is always able to conduct himself/herself at a good professional as well as personal level and have more tendency to got successful in life. The emotional control over emotions gave you a confidence and allow you to think independently without any fear and biases.

CONCLUSION

Knowing yourself is very much an important task for every individual. No doubts everybody is unique in their own way the only thing which highlights you is your thought processes and your creativity to think separately. If a person knows himself/herself then the person will be able to think rationally and will be able to confident. Knowing yourself is a life long journey it helps an individual to know about himself/herself and to improve yourself. Knowing yourself means to know yourself deeply & critically and analyze your knowledge in day to day life. Emotions are very important in human life every human is having various emotions. If a human can control their emotions they can lead to a wonderful decision but if a human is not able to control their emotion he/she may have to face very much difficulties in life while choosing any path or doing something new i.e out of the box. The knowledge of yourself helps you to know about your mistakes and help you to challenge yourself to get improved and to become a better person. This knowledge is only up to you no other person is involved. You are the judge of yourself u guide yourself to move forward in a very positive way.

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