

## **Who Are You Really - Getting In Touch With the Real You**

Some people display different personas in different setups such as the workplace, social gatherings, at home and with friends. Others are consistent with their character in any given scenario regardless if they are addressing their superior, a stranger, a child or a close friend. How authentic you are is really all about just how in touch you are with your true self and you should feel at liberty to project that all the time.

### **How to Get In Touch With the Real You**

To live an accomplished life that fulfills you entirely requires you to master your true identity. This is a skill that demands a high level of dedication to yourself but in the end, it equips you with the tools to seek anything you would need in life.

With a definite knowledge of self, you can set your priorities straight and do the things that need to get done promptly without seeking permissions and validation from others. This means much less frustration in life because you are always investing yourself and energy to things that are worthwhile to you. Your personality will be more confident and assertive as well.

### **Seeking Moments of Silence**

Many people with an identity crisis are afraid of solitude and will not take time to themselves for self-reflection. Others believe that silence and solitude only bring out the worst in them in regard to all their flaws and shortcomings in life.

There is however no better way for self-evaluation than taking time to yourself and facing the good and the bad realities of your existence and making peace with yourself first.

### **Knowing Your Passions in Life**

It is important to map out all the things that make you tick in life and activities you would readily indulge yourself in whenever you get the chance. These are the things that put you at your best state in life and it is easy to understand your true nature this way. Things you are passionate about make you willing to give your best effort and in so doing, consistent effort generates tremendous success.



## Why Do I Do This?

Understanding why you make the choices you do can only happen when you develop better self-awareness and spend time looking within yourself. Becoming more self-aware can help you figure out what is motivating your choices, how to alter your behavior, and how to break the cycle of bad decisions that keep landing in the same place.

Self-awareness is your ability to be mindful of your own experiences, abilities, and thoughts. We are all self-aware to some extent, but you can harness your self-awareness to help first understand and then change your behaviors to improve your life.

## How Can Being More Self-Aware Help Me?

When you become more self-aware, you create a more accurate picture of yourself. You examine your habits, routines, motivations, and thoughts carefully. This can allow you to adapt your behavior to your own abilities, to the situation, or to break cycles of negative behavior.

When you are more self-aware, you are better able to avoid risky or harmful behaviors, you better know your limitations, and you make the best choices based on your capabilities. Becoming self-aware involves learning to be more reflective, insightful, and mindful. When you practice these regularly, you become a more accepting person, as well.



## How Do I Become More Self-Aware?

Learning to be more self-aware involves honing the skills of reflection, insight, and mindfulness. When you practice these daily, you will notice that you are more aware of your emotions and thoughts and are better able to consider your choices and motivations. There are some simple, daily activities that will help increase your self-awareness, which to do in your 2 Worksheet.

## **Accepting Who You Are in the Moment**

People have all kinds of perceptions of what they intend to be in the future and try as much as possible to dwell in that image. There is a clear distinction between where you are in life and where you would want to be. Mastering your true identity in the present gives you insight on what needs to be done to achieve your ambitions in the future by taking advantage of the gifts you currently have.

Self-acceptance is very essential when shedding off all the fake personas to embrace who you really are. It is easier said than done as you risk losing some acquaintances that are not willing to accept the real you. However, it is all worth it in the long-run as life becomes less complicated and the remaining relationships turn into a great support system you can wholesomely rely on.

### **The principles of self-acceptance include:**

- Willingness to make errors in life and be accountable
- Saying no or yes when it suits you and not being apologetic about it
- Getting over the desperate need to be likable by others
- People are responsible for how they feel, you do not have to bear their burden
- Self-acceptance also demands we make peace and move on from things that are not a result of our own doing.

## **Review Your Relationships**

Your relationships say a lot about you as they show personalities you readily identify to. The value of your relationships largely depends on how well you know yourself. People with an internal locus of identity define their character from within while those with an external locus of identity depend on external influences to define their persona.

If you are struggling with your identity you can use these relationships to get honest feedback of what your social circle and family think about you in regards to your strengths and weaknesses. Practicing these on a day to day basis and treating yourself with affection introduces you to your real identity and life from this point is simply fascinating.



## Learning To Master Self-Acceptance

Most people have some amount of resistance to self-acceptance.

Why is this?

More often than not it's because people falsely equate self-acceptance with complacency.

The logic is that if you accept where and who you are, that means you'll have no motivation to grow or change. The subtext here is the belief that motivation is purely driven by feelings of inadequacy. However, the research does not support this belief.

You can *absolutely* accept where you are, yet still have the desire and motivation to improve. Humans innately have the desire to learn and grow given the right conditions as Ed Deci and Richard Ryan, the founders of Self Determination Theory (SDT), point out:

*“If people did not experience satisfaction from learning for its own sake (but instead needed to be prompted by external reinforcements) they would be less likely to engage the domain-specific skills and capacities they inherited, to develop new potentialities for adaptive employment, or both ... for instance, by aiding in the discovery of alternative food sources, mapping the complexities of game migrations, or taking interest in skills, rituals, and social rules transmitted by other group members.”*

Therefore, being honest and accepting of your current reality is not at odds with successful change. In fact, self-acceptance is actually a prerequisite for change as shown by the research of Deci and Ryan.

After all, how can you get directions if you don't know where you are on the map?



## **What Is Self-Acceptance?**

According to Psychology Today, “Self-acceptance is here-and-now oriented--not future oriented” “It's not that we ignore or deny our faults or frailties, just that we view them as irrelevant to our basic acceptability.”.

Self-acceptance is simply saying that your worth as a human being is not dependent on your performance, your job, your bank account, your weight, your nationality, your attractiveness, or any other arbitrary measure of worth.

Now, I know some people would say, “But that’s good! We shouldn’t accept ourselves until we’re acceptable! Otherwise we’ll just have a society of lazy, entitled people who don’t do anything, and society will crumble. And while we’re on the topic, get off my lawn!”.

Those people have an incorrect understanding of psychology.

Furthermore, researcher Courtney Ackerman states, “Accepting reality for what it is, does not necessarily mean you like that reality. In the same way, accepting yourself for who you are and acknowledging what you have done does not mean you must like, appreciate, or celebrate every aspect of yourself.”



## **Why Self-Acceptance Is Important**

SDT seeks to explain “Why we do what we do” and makes a strong case for how important self-acceptance is for intrinsic motivation. SDT claims that intrinsic motivation flourishes when the following conditions are met: a sense of autonomy, competence, and belonging.

Now, let’s examine how each aspect relates to self-acceptance so we can establish a link between self-acceptance and motivation.

## Autonomy

“*Autonomy* refers to an experience of volition and integrity, the sense that one’s behavior is authentic and self-organized rather than internally conflicted and pressured or externally coerced” (The Emerging Neuroscience of Intrinsic Motivation: A New Frontier in Self-Determination Research, Stefano I. Di Domenico et al).

Surely, being “authentic and self-organized” are impossible without self-acceptance.

## Competence

Being hyper self-critical is being dishonest with yourself because it puts a magnifying glass on the negative while ignoring the positive. And positive reinforcement is much more effective for motivation and skill development because it gives you more effective feedback and instills a sense of competency. It shows you which of your efforts are leading to progress.

This means that if you’re hyper critical of yourself, you’re not going to feel competent even if you’re highly skilled at something. That’s just the nature of the thing.

## Belonging

If you don’t feel worthy, you’ll struggle to form the deep connections which are the foundation of belonging. You feel you don’t actually deserve to be loved or to form these bonds. Consequently, you’ll have a hard time feeling like you belong.



## How To Master Self-Acceptance

First, you have to actually embrace the concept of self-acceptance. Stop viewing self-acceptance as weakness or something that will hold you back.

This can be scary. Especially if your whole view of yourself is that the only way to keep you afloat is through shame and self-flagellation.

I assure you though. It's going to be alright. Better than alright!

Once you let go of the notion that self-acceptance is a bad thing, you'll find yourself more motivated, happier, and acting more like the best version of yourself.

Then, you have to become aware.

What parts of yourself do you not accept? How do you feel and what do you say to yourself when you think about these parts of yourself?

When you notice these kinds of negative, self-rejecting thoughts, try reframing them.

For example, instead of, "I'm a failure" reframe it as, "I failed in this instance, that doesn't mean I'm a failure as a person". Here are another few examples from Courtney Ackerman:

- "I am not stupid for acting stupidly. Rather, I am a non-stupid person who sometimes produces stupid behavior."
- "I can reprimand my behavior without reprimanding myself."
- "I can praise my behavior without praising myself."

The idea is make it about the action or the event, rather than about the self. This way you don't take everything so personally. You don't take everything as a reflection of your worthiness.

Commit yourself to this practice. Slowly and progressively, you'll find yourself more and more convinced of what you say to yourself in these reframes, which will lead to genuine self-acceptance.

