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Melvin University
and Me

Who do you think you are?

Looking at people's faces and expressions these days, there seems to be a lot of negative trends. At the same time, I think there are many cases where people think negatively and make negative monologues. (negative self-talk). As a result, as everything becomes negative, the personality becomes like that, and it seems to be expressed more and more in that way in interpersonal relationships as well. I think that maybe they can accumulate bad experiences from the past and lament it while looking at themselves.

It is said that there are several factors in the identity of the present me. My identity, which is what determines me, that is "who I am" and "what do they think who I am?" That's the question.:

1) First of all, [I'm what I'm about] is that I still suffer for myself due to the past or the past environment. This will be an experience for everyone. They might confess, "I couldn't study well because my family was poor." "Whether it's because I was born with a bad head," or "if I didn't inherit anything from his parents," or "if I had a bad score on the IQ test when I was young," so on, then they would keep thinking negatively and monologue (negative self-talk). "Why am I like this?" "Is this all my life?" and so on. That's why they don't become future-oriented and keep clinging to the past. Those things hold us back, and we're stuck, but in fact that is past and that doesn't exist anymore. We're just hanging on to it ourselves.

(2) The second is [the way others talk and see about me]. People who know our bad past keep reminding us and bothering us continually. Therefore,

rather than becoming future-oriented, we fall into the current pit and bury it. However, the truth is that this is also their idea, and it is only their view. Our life doesn't have to be like this or that by a third people. When we look at successful people, they are almost "the people who decided totally their lives."

(3) The third is that [people decide about me in advance], such as "you've been smart since you were young, and you'll succeed in the future." This is often the case among relatives. But in a good way, this may be a compliment to the passion, but in another case, it may not be true, and it may be an illusion. Parents' fantasies sometimes make their children hard, and even as an adult, they often still bother themselves. We're grateful and glad if it goes well like our parents' expectations, but if it doesn't, we often think that my parents' expectations have made it difficult for me. What's more serious is that when things don't work out, it often makes a fool of ourselves. They say often, "he was great when he was young, but why is he like that?" But in the end, this is also a third people's expectation, not ours. Maybe "it's already trapped in that frame." The reality is that there are surprisingly many cases like this.

(4) Finally, [our future is our own.] It is that we must build our future ourselves. Should we be defined by [the past] or [others] who we are today? It is not at all. When we look at very successful people, they don't become slaves by the past or others, but they choose themselves.

If we think about it a little bit, our life is ours, so we have to take full responsibility and take care of it, so we don't need to fight with others, but we shouldn't have to keep in mind forever with their telling and those thoughts. Who is responsible for our own lives? It is 100 percent our own responsibility. I have seen an article that positive and pleasurable people were more successful. To do this, we have to be future-oriented, taking our advantage definitely out of the above negative effects.