

A HEALTHY SENSE OF SELF



The Self-Relationship

The relationship you have with yourself is perhaps the most important relationship in your life. The self-relationship is the foundation of everything else – including relationships with others. Knowing yourself and being confident in who you are isn't always as simple as it may sound. Discovering who you are, what you value, and what is important to you is a lifelong project that changes as we grow and encounter life experiences. It can be challenging to accomplish this when we are faced with constant messages about who we *should* be and what we *should* do.

A good relationship with oneself also involves a healthy sense of self, which helps you accept your whole self – both the qualities you are proud of and those you'd like to improve. A strong sense of self is also beneficial in helping us make choices in life. Lacking a clearly defined self can make it difficult to know exactly what you want. If you feel uncertain or indecisive, you will struggle to make important choices and are more likely to be influenced by others. A well-developed sense of self allows us to live authentically, which means we are happier and more fulfilled.

Checking In with Your Sense of Self

Wondering how strong your sense of self is? Ask yourself the following questions to gain some insight into how well you know yourself and how authentically you are living.



Do I say yes to make others happy?

While it's ok to accommodate others some of the time, always agreeing to what others want likely means you aren't living for yourself.

What are my strengths?

Being able to recognize your strengths and leverage them in your day-to-day life is personal awareness! You should also believe in your ability to use these strengths to achieve your goals.

What makes me happy?

Everyone has a few activities and people that they enjoy and that make life meaningful. Knowing what brings you happiness tells you a lot about yourself.

Do I live according to my values?

Values describe the traits to prioritize in yourself and others. Awareness of your personal values can help you ensure you're living life in a way you feel good about.

Do my choices reflect my own interests?

Your life choices should be based on what matters to you: interests, goals, values. If decisions are often influenced by what others want, you're not living for yourself.

“ ONE OF THE GREATEST TRAGEDIES IN LIFE IS TO LOSE YOUR OWN SENSE OF SELF AND ACCEPT THE VERSION THAT IS EXPECTED BY EVERYONE ELSE. ”

- K.L.Toth

Sources www.healthline.com/health/sense-of-self#factors | www.psychologytoday.com/ca/blog/your-emotional-meter/201908/how-build-strong-sense-self
 Images from Freepik.com