



**At the end of the lesson, the student will be able to:**

- \* know ones strengths and weaknesses
- \* turn any negative behavior into positive traits by fully accepting ones limitations



**Read the article:**

It can be interesting as well as useful to think about the way we define ourselves as individuals. We tend to focus on particular facets: size, gender, **vocation**, **material possessions**, family name, where we were educated or grew up, things like that. Some of us **perceive** and define ourselves **solely** in negative terms: our incapability, unworthiness, faults, past behavior, comparing ourselves unfavorably to other people or against "unrealistic ideals". If we define ourselves in such limited or **deprecatory** terms, we are very far indeed from true self-acceptance. In my own case, I try to recognize and acknowledge the whole me. That includes the sum of all my experiences, good and bad. It concerns my present reality: not the me I want to be or hope to be, nor the me I think others see, and certainly not the "former me" who no longer exists. By taking a hard, cool **appraisal** of myself, I'm able to make **sound decisions** about my life and where I need to go.



### Let's Talk:

1. In what ways do some people define themselves negatively?
2. What is the result of negative definition of oneself?
3. What does the following mean: “unrealistic ideals “and “the former me”?



### Express yourself:

1. Why is it important to know yourself?
2. Define yourself. Who are you? What are you? Apply as many criteria as you can.
3. We all know it's important to know oneself. But some will argue that it is more important to know how others think of us. Do you agree? Why or why not?
4. Are the following things important when we define others: appearance, educational background, gender, lifestyle, religion, profession, hobby , money, place of origin