



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

- * discuss the various issues that make them feel insecure
- * define the unique attributes they have to be able to embrace their real self



Read the article:

A real person is one who manages to be himself. This sounds elementary and perhaps even naive, but don't be fooled. Being yourself is a challenging task because first you need to know yourself. And few people do.

What are you really like? Would you be offended if I were to suggest that you are two people? (Well, after all, everyone is.)

First, you are the self with many unattractive qualities: the secret desires, the large and small fears, the **nagging insecurities**, the **twinges** of envy, of **cowardice**, of **avarice**.

Second is the self you proudly present to the world: courageous, confident, mature, **selfless**. This is the self each of us wants the world to see.

It is impossible to be 100 percent real. The society we live in, whatever society that may be, requires us to pretend to behave in a certain prescribed manner, even though it may be contrary to Our own desire. But the better adjusted we are, the more genuine we become.

So, a genuine person has a consistency that runs through every phrase of his interpersonal relationships. Manners are not relative. He doesn't shower someone with attention one day and ignore him the next. He doesn't smile sweetly to his dinner partner and then, within seconds back orders to the waiter. He operates at high ethical level and within a predictable framework. His responses to trying situations are disciplined and civilized. He doesn't switch positions, **abandon** his principles, or change his personality to fit his mood, the company, the weather, or the state of his digestion.

A 'real' person uses simple conversational alphabet . There is no capital 'I' and no small 'u'. He is not driven to **exaggerate** his **virtues** or his achievements. He doesn't pretend to be wealthier, wiser, better or worse than he really is. He doesn't try to **overwhelm** others by name-dropping or place-dropping. The man who **brags** about his family tree reveals himself as the **sap**. And we all know people who select their church, politics, and clubs solely on the basis of what the affiliation might do for them socially or financially.



Let's Talk:

1. Who are the two people in ourselves?
2. What does "consistency" mean in terms of a real person?
3. By what criteria would a real person choose a church, political party, or club to belong to? How do most people decide?



Express Yourself:

1. What are some of the manners society prescribes for us? Be specific.
2. Do you think the traditionally prescribed manners are always the right ones? Why or why not?
3. Are there any prescribed manners that are contrary to your own desires?
4. By what criteria do you choose your friends?
5. By what criteria do you choose your religion?
6. By what criteria would you choose your job?