

# REFLECTION PAPER

Looking back in the topics in Understanding the Self that caught my attention is all about the different perspectives in the explanation of self. Like the psychological perspective, according to my understanding, the self is composed of two components like the ideal self and actual self. I realize that my journey towards self-awareness began with recognizing the gap between my ideal self and actual self.

During my early teen's, I found myself constantly striving to meet societal expectations, often feeling like I wasn't living up to my potential. This realization led me to engage in introspective exercises, such as mountaineering and meditation, because I want to like conquer my selves and break the boundaries, to align my actions with my ideals. Through this process, I gained insight into my strengths and areas for improvement, gradually closing the gap between my ideal and actual selves.

Although, this journey also revealed the importance of self-acceptance. I realized that my actual self was already worthy of love and respect, regardless of how closely it aligned with my ideals. This realization allowed me to cultivate a more compassionate relationship with myself, embracing both my strengths and weaknesses.

Reflecting on the self from various perspectives on our discussion reveals the complex and multifaceted nature of human identity. Through psychological and other perspectives I gain insight into how our understanding of ourselves evolves and is shaped by internal and external factors, and also the phrase that I hear and also I reflect on is about what Sir Rafael Duran says that " Maskin mahuman ug tackle or lecture ang Understanding the Self na subject, dli gyapon nato masabtan atong kaugalingon".

So that I encourage myself to engage in ongoing self-exploration, questioning my assumptions about who I am and how I/we fit into the world around us. By embracing this dynamic and ever-changing nature of self, I can cultivate greater empathy, openness to new experiences, and a deeper appreciation for the diversity of human experience. However, this exploration of the self from multiple angles encourages us to embrace the richness and complexity of human existence, recognizing that our identities are constantly evolving and influenced by a wide array of factors.