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"My Philosophy of the Self"

The "self" is not a finished product, but a story I'm always writing. In short, I'm the author of my own story. It's a mix of memories, what I’ve experienced, and what I hope to achieve. My self is the sum of everything I’ve done, what I think right now, and what I want to become. It’s the quiet voice that guides my choices and the person others see. It exists both inside my head and as part of my social world, shaped by my interactions with others.

The two philosophical perspective that match my own view are John Locke and David Hume's idea. John Locke's view of the self is that it’s based on a continuous chain of “The self is conscious". My sense of who I am is directly linked to my ability to remember past events and know they happened to me. For instance, remembering how I learned to ride a bike connects me to the person I was as a child. Without those memories, the "I" today wouldn’t feel connected to the "me" from the past. David Hume's view, while more doubtful, adds to Locke’s. Hume famously said that "There is no self". Self is just a bundle of perceptions, a collection of feelings, thoughts, and sensations that are always in motion. He didn’t believe there was a single, unchanging "I" at the core of it all. I get this because my sense of self often changes depending on my mood and what’s happening around me. When I’m sad, I feel like a different person than when I’m happy. My self isn't a solid object, it’s a flowing stream of experiences, just as Hume describe.

My own life shows how true this dynamic view of the self is. As a student, my identity is largely tied to my academic performance and social groups. The changes I experience now aren't a complete loss of my old self, but an evolution, the addition of new layers to my existing story. For example, a challenging class changes who I am by adding new interests and skills. My culture also shapes me. Since I come from a society where family and community are very important, my identity is tied to my loved ones. My actions are seen as a reflection on my family, so part of my self includes a sense of responsibility to them. This is very different from a purely individualistic view of the self and highlights how much society and culture influence who we are.

My personal philosophy of the self is a blend of Locke's idea of continuity and Hume's idea of constant change. It sees the self not as an unchanging soul, but as a living, breathing story that is both remembered from the past and created in the present. This view respects the memories that make me "me" while also embracing the constant change that allows me to grow and adapt. It captures the truth that I am both who I have been and who I am becoming.