



Knowing Myself

Understanding oneself is crucial to know about one's own personality and temperament, our strengths, limitations and areas for development. The process of knowing oneself is continuous and we need to review our strengths and limitations from time to time, which will help us to change. We need to constantly grow in our capacities in order to ensure that we are able to facilitate the process of development and empowerment at the community level too. However before we attempt to empower the community we need to know whether we are empowered ourselves.

Remember we were created by nature with a unique body, soul and mind. All human beings have different characteristics and personalities. The external environment influences our personality. As women, directly or indirectly, we are told that ours is a subordinate role. We usually do not question this kind of attitude towards us. In fact, we are not trained to question the daily inequality that we face. We accept the social norms without any questioning. A woman who questions them, is viewed as "out of control."

Let us understand how this attitude affects our personality. In our Indian society a woman is identified by her relationship with others, like that of a daughter, mother, wife, etc. Being brought up in a patriarchal society, a woman internalises these norms, which makes her devalue herself. She does not think of herself as worthwhile and neglects all her needs. All this affects her self-esteem and overall personality.