

# INSECURITIES IN OUR UNIVERSE

Maybe not everyone but most of us are insecure of ourselves and depressed about it. But why? Never think it's just you, everybody has bad times and thoughts like they are not enough and this will keep going forever. We have to understand why we usually think in that way before we try to change it. Because you know, the reason comes before the solution.

Let's see then; mental issues are the reason of personality? Things we can't do? Our lives? Maybe of all none of them is unalterable.

We have a big social pressure on ourselves, have a family above all. However they We notice or don't, they are the reason Nobody can choose their family so we they have great expectations from you, ate. And for our own goodness we

The most popular insecurity: every second and people And having those unrea- only those minions' atten- which can be destroyed any you but people's taste. This term.

Just close your eyes and think, beautiful in your childhood but not about it because we had no idea about we were children. And imagine, you have and they are nothing more than their perso- suddenly you start to see them. Every single one Would you define someone as ugly? Well actually have to open our eyes more and see the things

What else? We don't like our character traits? personality yet so don't even worry about it. We you really are. We have got the whole life time to and along with this you will get to know yourself, that indirectly eliminates the worries about your happy and if you are trying to gain it, it's not that yourself that is a plus and if you didn't, not a sour.

others. What do we feel bad about, how we look? Our every single one of them and even more? Well, first

this affects us more than we guess. We are, we are the people they have raised. of our personalities' biggest part. have to accept what we have got. If this may cause you to feel inadequ- can't make them pleased all the time.

the beauty standards which change follow it similar to (//like) minions. listic standards could bring you to tion and following a fake confidence minute because it depends on not can't make you happy in the long

who did you think was now? Well, gotta think beauty standards when never seen anybody's look nality until now, and then would be so interesting right? today is not any different. We just right in front of us.

Maybe that's because we don't have a are creating it right now. Try to find who figure out ourselves, this happens in time what you want, what you like and don't, and future because you know what makes you hard to guess what is next. If you already found

Another, not that different subject, do we feel unsuccessful? Are we really trying our best? Maybe I have to ask another question: Are we sure we want to be successful at anything we have been trying? This actually brings us to the previous topic. Give yourself a little time and relax, make sure you really want and really you but nobody else wants it and then believe in yourself, this is you! And then not me, the universe guarantees you there is no other way you can't do it. Everyone has their own universes and they are in our minds. And also, we don't have to be talented at everything. Yazar: Yaren

