



Technological University of the Philippines
Ayala Blvd, Ermita, Manila, 1000 Metro Manila



UNDERSTANDING THE SELF

Salanatin, Nathaly Pearl F.

Prof. Madelle Iliaguiz

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Instruction: List down 3 of your most favorite topics that we've discussed from lesson 1 to lesson 7 and explain why it's your favorite.

LESSON 3: Self – awareness Theory

Self-awareness is the ability to see yourself clearly and objectively through reflection and introspection. Self-awareness theory is based on the idea that you are not your thoughts, but the entity observing your thoughts; you are the thinker, separate and apart from your thoughts.

Every day, I've always asked myself Am I what I thought? Am I what I'm feeling? Am I in my own body, or even bodily sensations? I've always felt different now and then and It's making me sick. I felt that I can barely know who I am. A never-ending internal conversation full of questions and uncertainties—the not knowing driving me insane and the desperation is increasing every day.

We, as human beings, we always have these thoughts that we ought to do because society tells us so. We are tempted to be perfect at all times without knowing they are a pathological response to your underlying ongoing illness. Society is full of ill person. Your thoughts are not real. They do not define who you are.

The Self – awareness theory made me recognize my own weaknesses and strengths. I've realize that the more I recognize my own individual, the better I can adapt the life changes without feeling pressure about it. I can enjoy and live my life to the fullest as I can be. Because after all, I am my own person, and I can achieve things without the validation and approval for other people.

Knowing and understanding that you are not what your thoughts are vital to living a peaceful, and stress-free life. Accept who you are.



LESSON 5: Effects of Poor Body Image

- Body Dissatisfaction
- Low self-esteem
- Depression
- Eating Disorder (Bulimia NervosaAnorexia Nervosa)
- Forms of Body Modification (like tattooing, Permanent make-up, body piercing, Cosmetic surgery)

A person with a negative mindset regarding his or her body image might feel self-conscious about themselves. And it can be painful. They suffer from low self-esteem and try to change their physical appearance trying to look attractive.

Body image has become an enormous problem in today's society. It is mostly affecting teenagers who are going through puberty. And I'm one of them. I suffered. To be able to fulfil the needs of the society, of how society sees an individual, people are going through depression especially with the body-shaming.

With this lesson, as someone who's also suffering, I can change my way of thinking little by little. I can now feel good about myself because A person should always appreciate everything that their body can do. Every person deserves to feel comfortable in their own skin and their own body.



LESSON 5: The Physical Self: Culture and perception of Beauty

- Cultural traditions can either be a positive or negative influence on body image and on self-esteem.
- Ideal standards of body sizes are culturally specific.
- American have emphasized thinness.
- Filipinos emphasize dieting and body appearance.
- People experience body dissatisfaction due to cultural standards.

Nowadays, society promotes unrealistic body ideals, and I was one of the many with an addiction of how I look like, and it was not easy. I was anxious and told myself I couldn't cope unless I look like someone from the magazines. I'd developed an obsession with wanting to become—become pretty; become a more interesting person; become sexy; become the best; become who I am not. It was my desperation to change that led me to depression for 4 years. The intense 4 years suffering of everyday life.

Many people are anxious and overwhelmed by the specific beauty standard without realizing they are ruining themselves to look perfect in front of society.

Acknowledging that you are beautiful can create a positive and healthy thinking. It will make it easier for you to manage your negative thoughts and flashbacks the next time your insecurities occur. You will be able to handle them appropriately and avoid any effects on you and your mental health.

I had learned that regardless of what I look like, it doesn't matter. Accept and acknowledge yourself without trying to change. because when we have a superior understanding of us as a whole, we can encounter ourselves as unique individuals. We can recognize the areas where we might want to make improvements.

Self-acceptance is all that matter.