Introduction:

The problem analyzed in this case study refers to the adverse effects of negative self-perception and other people's negative perception of you. This case study elaborates on the factors resulting from possession of negative thoughts for yourself as a result of negatively interpreting yourself and how the world views you, along with a feasible solution to overcome such thoughts. The purpose of the author of the case study is inform the audience about the catastrophic impact of negative self-thinking and to assist the similar future complications one faces while public speaking.

Background:

Summary:

This writing portrays an imaginary instance where self-perception and other's perception of an individual has an obvious, destructive impact on the person. The concerned girl thinks about having to speak in front of a judgmental audience that possess a pitiful image of her. This thinking then leads her to conclude that she can not handle the situation, resulting in shattering of her self-confidence and causing her to take a run for it, whilst feeling like a coward.

Literature References:

According to Ming (2018), the misinterpretation of other people's negative perception of you causes you to restate your own self-worth as well. Their analysis and remarks tend to integrate themselves within the concerned individual, in the form of self-esteem. For example, negative gossip advocated at the work place, with reference to someone would cause him to slowly start accepting it himself. Moreover, negative perception causes psychological pressure to arise within the concerned person. As a result of which, he may become subjected to depression and anxiety. Furthermore, the feeling of being lesser in worth as compared to others leads to lack of productivity. For a working man, the thought of others judging him in a pitiful manner diminishes his job output and makes him less satisfied of his work in general.

According to Elizabeth (2020), an individual's negative self-perception inevitably becomes the cause of his own destruction. These individuals develop a standard for perfection and strive for it regardless of the sacrifices. They are no longer satisfied with merely doing good, and are encapsulated by the thought that if they performed exceptionally, only then they would be considered worthy and as a result, they never really get to that stage. In addition, these individuals are subjected to mental instability. They are led into a dark path that inevitably takes them towards exacerbation. Furthermore, they face various challenges while developing and maintaining healthy relationships. Their insecurity and lack of self-confidence soon becomes obvious to those in their surroundings causing other people to avoid socializing with them.

Alternatives:

There are various solutions that may be devised to counter this phenomenon. **Firstly**, an individual may choose to ignore the shattering thoughts arising in his head. Although ignoring the feeling of worthlessness that has accumulated within a person over years of negative self-thinking may not be achievable. **Secondly**, one might try physically calming himself down so that their lack of self-confident seems less evident. But this approach would

also lead to failure since what someone feels internally always ends up appearing externally one way or another. **Thirdly**, a person could choose to stop fighting and completely give in to his negative thoughts. This way the war within that person may be over, but he would have lost himself. Rather than peace, his internal self would be completely destroyed, leading him to give up of life itself, if he is not saved. Therefore, the only feasible solution to the concerned problem would be for him to learn to love and respect himself.

Proposed Solution:

The best solution to the current problem is for an individual to slowly but gradually develop self-love and self-worth within himself. Firstly, this action would cause mental growth and development for the concerned person. He would genuinely feel good about himself and would undoubtfully emit a positive aura. Secondly, he would become physically healthy and stable. A person who possesses thoughts that build him up, rather than breaking him down is bound to become pleasant and physically fit as well. Lastly, positive self-thinking causes confidence to develop within people (Morgan, 2019). It aids them in public speaking and also in effortlessly socializing with others. Henceforth, development of self-love is a vital solution if one is to overcome this problem

Recommendations:

There are various mechanisms that could be devised to successfully implement the proposed solution. We should work at spreading awareness about the problem at hand and how something so peculiar has the potential to destroy happy people. For this, health organizations like WHO should take the required action. Furthermore, psychological training of individuals, especially the youth, should be executed within all communities of the world. Appropriate institutions and programs should be devised where psychology-experts educate people and help in gradual development of self-love within them. Moreover, the families, which make-up the most effective unit of a society, must be educated upon propagations of positive thoughts and complements among each other. This is required because what we hear daily eventually ends up conquering us, whether it is admiration or insult.

Conclusion:

Consequently, the impact of self-thoughts on a person is greater than what we presume it to be. This case study analyzed the harmful effects of negative self-perception and devised the solution of gradual development of positive perception, a feeling of love for yourself, within yourself. It also gave certain factors that would facilitate in solving this problem at an individual as well as collective level.