Reaction Paper 4

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The video discusses the topic of understanding oneself and others, which I find to be a fascinating topic because it can assist an individual in better understanding himself or herself. In terms of myself and my own ideals, I believe that self-realization or self-awareness assists a person in becoming more mature and open-minded. For example, the moment I became aware of my own life, I became aware of the responsibilities I was carrying.

My upbringing and experiences shaped how I see myself now. I make every effort to maintain my primary role as a son and a student. As I watch the video presentation, my self-awareness has grown more open to my knowledge. It talks about the things I go through as a person who has different personalities depending on who I am with. In the presentation, different conceptions of the self are thoroughly discussed: public or open area is our self that can be seen by anyone, blind area is how people view us without our knowledge, private area is our self that is not known by anyone unless they are a loved one, and unknown area is the space of our self that we have yet to discover. The "I" and "Me" are two other self-concepts. "Me" refers to our conformist self, which does what others expect us to do, whereas "I" refers to the things we do to defy others’ expectations. Knowing myself helped me understand my responsibilities as a student and a son. As a student and a son, I should prioritize my studies and consider how I can assist my family. My personal experience has taught me to always consider how I can assist my family, even if it is in the smallest way possible. Now, in terms of comprehending others, I believe that behavioral patterns assist us in clearly understanding one's thoughts. By being sociable we can know how to act in a way showing who we truly are to other people.

Understanding the self and others, as a conclusion of this reflection paper, will benefit most people by assisting them in realizing their own character and realizing how other people's thoughts work. It also stated that everyone has blind spots, an open personality, a hidden personality, and an undiscovered personality. It's an intriguing topic for me, especially because it's about how we see others and ourselves.