Having an all time low in life can always make one insecure. Seeing your peers excel at things that are far beyond your reach can have you get thinking of ways and means to condemn yourself. And as far as it goes, one may even succeed having done so.

This is where the part what I want to stress on kicks in. everybody thinks that they have amazing attributes, great qualities etc , until someone says the other way. As soon as someone puts off, you begin to believe they are right. Confused? Let me give you an example.

Say there’s this classmate of yours, who is amazing at studies and always aces his exams. You have this sort of respect and also a bit of jealousy towards him, coz you aren’t really getting there. ( yeah, its true, it happens to everyone)

And then suddenly one day, someone says,“ He cheats, that’s why he scores so well”. Doesn’t your entire perception change? You begin to reassure yourself that he’s a cheater, which is why he does the way he does.

Similarly, say you want to stand for the position of Student Union Head at your institution, and you’ve worked real hard getting there, preparing for your speech and are confident of winning. Say this teacher walks in, has a look at your speech and goes “No one will vote for you, you’re not convincing enough” Don’t shivers go down your spine? Don’t you feel like taking one last look at correcting your speech before actually giving it?

This is what I meant. The mind automatically believes without thinking, the parts that are wrong, that are bad, that are not really true about you or anyone else. When people begin to put you down, you begin to believe it. I don’t really know why this happens, but it does.

And this is where our heart needs to take stage. Tell yourself that you aren’t that bad. Even if you begin believing it, try not to be hard on yourself, you deserve better.