**Be better than perfect**

Like most people you’ve heard the saying “perfection doesn’t exist” but yet we still chase it, some of us do it consciously while most of us do it unconsciously. When people deal with situations most of the time they unconsciously change into a version of themselves, a version that they think is perfect for the situation there in. We put on so many masks throughout the day whether its consciously choosing to do a fake laugh at your bosses jokes or pretending to have the same interests as a girl you like so she likes you back for example.

But by doing this so often we end up using a mask unconsciously without choosing or wanting to do so, like instantly feeling sad for the death of a famous person who you vaguely knew existed because that’s the unconscious reaction society has thought our bodies to have for anything related to death. Or when we fake a smile to avoid confrontation because when that’s what we trained our bodies to do when we get into situations we want to avoid. The biggest problem with this constant mask switching is that it leads us closer to losing the biggest gift we have as human beings which is the gift of being whole.

Carl Jung has a theory called “The Shadow Theory” which suggests that human beings are at their best when they incorporate every aspect of their personality the good the bad and especially the ugly. The idea of the shadow theory aims for the individual to simply incorporate all aspects of their personality into one instead of dividing it into different parts of the psyche and favouring one over the other.

You see all the masks that we use are built on external values from our society and the constant switching of personalities we do on a daily basis leads to us to not having a strong individual personality which is vital for us to be successful in any aspect of life. But if we choose to continue with the constant mask switching ultimately it leads to us being average in all aspects of our life by default. Because even though on the surface were all wearing different masks in realty there all the same because they all come from the same external factors and there’s only so many times you can remix it until it before it all starts to look the same.

The irony of this is that people use macks so other look on them more favourably, but things that are original always have a value attached to them due to their rarity that can’t be faked the same goes for your personality, you see your value lies in the fact that there’s only one of you and regardless of what you do in life the rarity of your individuality will always be your main advantage and it is your duty to explore it and use it to its fullest capabilities.

So how do we fix this problem of constant mask switching, well that’s simple we have to become one with the imperfect side of that we keep pushing away. You see when the reason that perfection doesn’t exist is because it is in direct contrast with who we are meant to be, because the process of perfection often involves you hiding or getting rid of aspect of the personality you were born with. So with that being said the first step is to do a self-assessment and ask yourself “what do I not like about myself?”, and if you can answer that question honestly you’ll be well on your way to becoming whole.

One way to look at it is that there is no bad aspect to anybody’s personalities the only negative aspect is the way you choose to use it. For example anger is seen as a bad thing in an individual but in realty if used correctly it can motivate us to do great things and it can also teach us about ourselves because if something makes you anger and you just push that anger down you’ll always be controlled by it but if you explore it and try to understand it better you will be able to grow with it and not live in fear of it.

There is no one size fits all answer to this problem of completely removing the mask but another way to go about it would be to find what your true interests are, use trial and error because this often takes longer than you think since most people live life on autopilot by letting all the external factors dictate how they live their lives.

Allow yourself to be emersed in the process of finding these interests and through this process find out more about yourself, but the hardest part about this method is to lean into the new interests and not let external factors scare you from into not exploring them to the extent that you might want to.

I would also recommend you read the book called “Owning Your Own Shadow: Understanding the Dark Side of the Psyche” by Robert A. Johnson because it will give you a better understanding on this theory and the other benefits that weren’t covered in this post.

All and all I hope you enjoyed this post, we post every week so stay tuned to read our new ones if you’re interested.