

Importance Of Self Acceptance

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Self acceptance. A goal we all want to achieve in our lives. Something very important for any human. When you find your own self acceptance, there would be less conflicts within ourselves, if you really think about it. Everyone always outweighs the negative over the positive things about themselves. It's a human trait everyone portrays, no one can help it and happens as a natural response in anything we get ourselves into. When we are put in a situation that's stressful/frustrating, we tend to do things we regret/ hate doing. There is always gonna be something we don't like about ourselves and that's normal because that's what makes us human. If you don't accept yourself for who you really are.

Some of these problems can be internal and could affect you personally. Lots of people fall into not accepting who they are and try to become someone else. All of us tend to copy some people without noticing sometimes, then we just grow into it. It doesn't mean that you're not confident, it's just a natural instinct for all humans. Self acceptance means you understand who you are, plus your strengths and weaknesses. You're comfortable with your place in the world and you're honest to yourself about who you are. When you accept yourself, you value yourself as well. "Until you value yourself, you won't value your time. Until you value your time. You will not do anything about it." - [M. Scott Peck] You begin to tell others that they should respect you for who you are. "Once you embrace your value, talents and strength, it neutralizes when others think less of you." - [Rob Liano]

Everyone should realize everything they don't like about themselves. Research says self acceptance leads to better satisfaction with your life. It's not a habit that a lot of people practice.

You could always try asking close friends and family what they think your strengths and weaknesses are. That way you can get some insight into what others see from you, or their opinion of you. Self acceptance is more than just loving yourself. It's about finally being more comfortable with who you are. "You are enough just as you are." - [Meghan Markle]

Research states that when you build yourself up instead of putting yourself down, it leads to better life choices. When you love yourself, it makes you more open minded and optimistic. People who place their self worth with their own values are more likely to be less stressed and are able to work better academically. When you have that self compassion for yourself, it reduces the stress that causes us to procrastinate. You can try self affirmation, which can be shown to increase problem solving skills. And by problem solving skills, it's meant that you can solve problems better on your own since you know what you're capable of.

Self meditation can help you calm down, which promotes that self compassion in your heart. Self acceptance can be defined as the individual acceptance of all attributes, negative or positive. This means that you can accept all parts of yourself, good and bad. You get less needy and find that inner stability to hold yourself up no matter what when negativity comes your way, threatening to put you down. Including body acceptance, which you protect yourself from all the negativity in the world and you believe in yourself. Some people need more attention and validation from others to know that they matter. It is okay to feel this way. Everyone feels this way for some time in their life for whatever reason it may be. Others simply just don't care because they've already achieved that part in themselves. It may take a while, but everyone can get to that point in time.

Don't rush it. "Why should we worry about what others think of us, do we have more confidence in their opinions than we do our own?" - [Brigham Young]

Some people like to boost their self esteem by wanting to accomplish greater things in their lives to keep themselves validated. Not by others, but for themselves. They want to feel proud and to keep that motivation to stay on top of things that feel important to them. The increase in self love and esteem makes you feel like you do deserve all the good things in life that come your way. So you'll go after what you want and stop sabotaging yourself because you know what feels right and you're more focused. "Love yourself first and everything falls into line. You really have to love yourself to get anything done in this world." - [Lucille Ball]

Achievement is just a substitute or intimacy. These types of people believe that just "taking it" while going through that suffering is the solution and that's it. They believe that's the worth of their value. "Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of your life, but define yourself." - [Harvey Fierstein] When they see that someone genuinely cares for them, they don't believe it. They can't believe it because they think they're not capable of feeling loved or even cared for. And when it decides to come into their lives, they don't see anything genuine. They lost hope in themselves. Without that self acceptance, your internal self is suffering in silence. You're afraid of saying it aloud.

Being mindful of yourself can help to reduce stress and allows you to become more open with yourself. When you cannot accept yourself, it becomes harder to love who you are. Not just on

the outside, but on the inside as well. Having that bad mentality can intervene in that emotional control you possess by disrupting the brain's main focus on reducing stress levels, but instead increases them. Having self acceptance not only improves your inner self and feelings, but also towards everything around you. If you don't fully accept yourself, you'll just keep looking at everyone around you judging yourself because you think that's the right way to treat yourself. "A man cannot be comfortable enough without his own approval." - [Mark Twain]

Three ways to increase your self acceptance: first off is having self regulation. With self regulation, you reduce the negative emotions and try to focus on the positive things and retract yourself from the negative ones. If you are able to take some negative criticism, it could help you better yourself and look at the bigger picture. "When you adopt the viewpoint that there is nothing that exists that is not part of you, that there is no one who exists that is not part of you, that any judgement you make is self judgement, that any criticism you level is self criticism, you will widely extend to yourself an unconditional love that will be the light of the world." - [Harry Palmer]

Self control. To have that self control within is to accept who you are and to forgive yourself.

The last thing is being self transcendent. This means you are only dependent on the outside things to define who you are. The goal to retain this is to seek something that you feel touches your heart. Transcendancy could send signals to the brain to jumpstart that acceptance.

Transcendental meditation is also a thing and can reduce stress. There are two types of meditation: mindfulness and loving kindness meditation. Mindful attention involves not being

judgemental about yourself but realizing your emotions when they arrive. When this happens, your brain responds to less anxiety and distress. Loving kindness meditation can help you achieve more self compassion for yourself by changing the activity going on in your brain that processes the emotions you're feeling. You could find methods that would work for you. Everyone is different in coping with themselves in their own unique ways, which also are in a healthy way as well.

Self acceptance is the key to a more stable and healthy life. “To accept ourselves as we are means to value our imperfections as much as our perfections.” - [Sandra Bierig] Find something that will relieve your stress in hopes to find the solutions that can work for you. You can use anything like music, dancing, writing poems that could create some peacefulness to help you stay calm. When you're calm, you can think about things more clearly.

You need to learn how to love who you are no matter the circumstances and try to become one with yourself. Becoming one with yourself means you complete you, who you are. You've learned to accept all the flaws and beauty of yourself because you feel complete. When you hear words of negativity, you feel like a failure. You don't feel that you love yourself enough and believe that the people truly happy with themselves have a smile on their face and that it never falters, because they finally found that peace and self actualization within themselves. “Loving yourself isn't vanity. It's sanity.” - [Katrina Mayer] Self actualization is when you realize what you're capable of and the talents you hold.

People who love themselves don't have to worry about getting angry or annoyed with themselves when they find themselves in a certain situation because they're considered to be in a perfect state. Exercise daily, sing, play a musical instrument etc. These are ways you could distract yourself so you won't beat yourself up as much, or anything you love to do. You feel as though you are ashamed as yourself because you believe you aren't capable of love. You either love or hate yourself, there's no in between, You could be loving yourself everyday but you just don't notice.

A lot of people think that criticizing themselves plays a big part in the process to heal. Putting yourself through that personal shame is NOT the way to work through emotional pain. It actually is the act of having that self hatred somewhere inside of you. You can decide that you don't want to go on that path or if you want to keep walking on it before that self hatred fills up in your heart. "The real difficulty is to overcome how you think about yourself." - [Maya Angelou]

Therapy can really help to lead you to feeling really great about yourself and keeping all those pent up feelings inside.

Loving yourself does not mean that you will be living in total bliss. Living with 'no problems' is not a real thing that happens in life and does not really occur to anyone. It is totally impossible for anyone. Life will always be moving forward whether you like it or not, even when you don't want it to. That's just how it works in a world like this. The whole aspect of loving yourself is important. It builds your confidence so you can reach your goals and go through anything that comes your way. Feelings like agitation, sadness and hopelessness will find their way back in

your heart and try to take control of your emotions, making you feel like you're failing. I believe self love and gratitude is the root of happiness. “You yourself, as much as anybody in the entire universe, deserve your love and affection.” - [Buddha] It doesn't mean it would be forever, but it would definitely change your life.

Self love should be something needed in order to live your best life. If you are searching for a certain change to happen in your life, it might be to start with self love. You will begin to see how amazing you are and what great things you can do, looking at it as nothing could stand in your way. You would feel so free that you'd wish you started the whole process sooner. “If you don't love yourself, no one will. Not only that, you want to be good at loving someone else. Loving starts with the self.” - [Wayne Oyer]

Something that comes along with loving yourself is taking care of your body. When you start to love yourself, you begin to take care of your body and you stay cautious while doing it. Your body works the hardest to keep you moving while eliminating anything bad, no matter how bad or good you treat it. It works hard to let you live the way you want and to keep you alive. That means you should do the same for your body and care for it as well. You should make self care a priority because it's important that you stay healthy mentally and physically. In this case, you're being respectful to yourself as well. We accept the love we think we deserve. Your tolerance for the people who don't respect you is low. When you start to respect yourself, everyone around you will do the same in return. “The deepest principle in human nature is the craving to be appreciated.” - [William James]

Confidence. Confidence plays a big part in self love. Having self love boosts your confidence because you love who you are and you aren't ashamed of it either. "Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit home and think about it. Go out and get busy." - [Dale Carnegie] You feel amazing, beautiful and powerful. You will hold your head high and you carry that feeling that no one can break you. No one can control you or tell you who you are. You are your own person and no one else could ever be you, that's impractical. You have your own style only meant for you. Even if someone else comes around and tries to steal it to make it theirs, it's out of the question because you and that person know it's yours to keep. You begin to learn new things you like and you build that aesthetic for yourself. You figure out what you like, which makes you YOU. You start to feel comfortable with yourself and lose that fear of showing it to the world, not caring what people would think of you.

When you have self love, it changes your perspective on the relationships you have with friends and family. Rather than always saying 'yes' to what others expect you to do, you should give yourself that privilege to say 'no.' You're not being selfish about this, you just don't feel comfortable knowing that the people you automatically give yourself to know you'd agree to anything they'd want you to do. You figure this out a while later because you value who you are and in peace with your own energy. Meaning you 'go with the flow' at your own pace. You'll feel tranquil with yourself and won't let yourself suffer because of others. Figuring out that piece of yourself will make it easier to forgive the people that hurt you. You realize that holding that

negative resentment in your heart is just hurting YOU. So achieving that love for yourself, you learn to let go of that negativity. “Owning our story and loving ourselves through that process is the bravest thing that we’ll ever do.” - [Brene Brown]

Happiness. Self love will make you happier and more positive. For example, when you love someone, of course you want them to be happy. So when is it time to start loving yourself the same way to make yourself happy? “Don’t rely on someone else for your happiness and self-worth. Only you can be responsible for that. If you can’t love and respect yourself - no one else would be able to make that happen. Accept who you are - completely; the good and the bad - and make changes as YOU see fit - not because you think someone else wants you to be different.” - [Stacy Charter]

If you love the skin you’re born in and realize how beautiful your soul actually is, you will live your best life. You will also be more motivated to accomplish the things you want in life. Because you know your own self worth, you know you have the potential to have your own value in the world. You can accomplish anything if you just put your mind to it and give yourself the mentality that you won’t give up even if it gets hard. You won’t go for anything more that you can’t handle because you’ve learned what you’re capable of. You won’t care about what others might think of you or say about you without you knowing. You will only gain positivity in yourself and keep the people who love you and won’t bring you down in your life. Anything outside of that mindset doesn’t matter to you, because you’re focused on what you want: the goal you set for yourself.

Failures. When you fail something, you won't be as hard on yourself like you usually are and you forgive yourself because you became kinder to yourself. The benefits of loving yourself is that not everything that happens is always bad, it can be good. Instead of beating yourself up every time you make a mistake, just accept it and think of ways to prevent it. Just like you'd accept that someone you know made a mistake unintentionally, why are you any different? Because you matter too. "When you make a mistake, respond to yourself in a loving way rather than a self shaming way." - [Ellie Holcomb] You won't need to feel that insecure about yourself more than you usually do. You also won't feel the need to compare yourself to others and because you found the way to love yourself the way you are, you can love others too.

Life doesn't have to be a competition with everyone you meet. Be supportive of others rather than jealous and wishing you could have what they possess. Later, you'll understand that everyone is unique in their own way and no one can be like them, just like you've learned. You lift up the spirits of the people around you and you support them. You are finally confident in who you are and you're humble because you don't need to act like you're better than others. You feel more free. You feel as though no one and nothing can hold you back. What can hold you back when you are your own best friend, genuinely loving and supporting yourself. You are free to be extraordinary and phenomenal. You are free to be who you are, to not worry about what anyone thinks of you because you are your own person with your own flaws and beauties. "Today you are you! This is truer than true! There is no one else youer than you! Shout loud, 'I am lucky to be what I am!...'” - [Dr. Suess]

The power of self love is greater than any relationship you'll ever be in. You don't need to be scared of getting your heart broken or being disappointed, just staying focused on yourself. You're there for YOU no matter what. Loving yourself in Islam is a very important topic that should be discussed with everyone. Maintaining your physical appearance and mental self does not put down anyone's generosity. If you are not able to see what potential you have, you will lack to give benefit to others. Being respectful and taking care of your body is a form of worship towards Allah (SWT). It's an act of respect to Him as well. Letting your body rest and becoming one with your inner peace is not selfish whatsoever. "Self care is never a selfish act - it is simply good stewardship of the only gift I have, the gift I was put on Earth to offer to others." - [Parker Palmer]

Caring for yourself represents what Islam is all about. You need to protect your body for the sake of Allah because He gave it to us as an Amanah. A favor from Allah is for us not to ignore our hearts and intentions but we choose to ignore Him. Abu Hurayrah (RA) relates to the Prophet Muhammad (SAW) said, "whoever removes one of the hardships of a believing soul, Allah will remove from him one of distresses on the Hereafter. Whoever solves someone else's problems, Allah will make things easy for him in this world and the Hereafter... Allah is ever assisting His servant as long as that servant is helping his brother." [Sahih Muslim]

How can we satisfy the rights of others if we can't even satisfy the rights of ourselves? It is your duty to help others in the deen of Islam. So if you want to be kind and think of others as well as yourself, how could you help others? Allah and Prophet Muhammad (SAW) decreed that we be

kind to ourselves as because we are also beautiful creations of Allah (SWT). “Love for your brothers, what you love for yourself.” Love for yourself is just as important when it comes to your faith as well. ‘How kind is Allah? All that He asks of us is only for our own success. As well as, the prosperity of the Ummah. We have a responsibility towards mankind and it begins with you.’

Aisha (RA) announced to the Prophet (SAW) sent for Uthman ibn Mazh’un and said “O Uthman, do you not desire my practice?” Uthman proceeds to say, “O Messenger of Allah, no by Allah (SWT). I seek your practice.” The Prophet (SAW) goes ahead and says, “Verily, I sleep and pray, I fast and break my fast, and I marry women. Fear Allah, O Uthman, for your family has rights over you and your guest has rights over you. Verily, your own self has rights over you. So fast and break your fast, pray and sleep.” [Sunan Abu Dawud 1369] To sum up what the Prophet (SAW) was trying to tell Uthman is that not only do some people have rights over him from time to time, but so does he. So, your body needs to come first as well and you need to take care of yourself too. Treat it nicely for the sake of Allah (SWT).

One characteristic of a Muslim should be to love and follow the sunnah of the Prophet (SAW). The best of mankind has told us to be mindful of our minds. “Loving yourself is also loving Allah.” Appreciating the body and mind you have is very important. You should make sure not to put anything harmful into your body and instead should exercise and give it the rest it needs. The mind is something else that is also a task in itself and needs to remain essential. Both the

body and mind are connected and both must stay taken care of in order to remain stable and working well.

Making the time to be comfortable with yourself and enjoy the company of being with yourself can make great results towards whatever goal you're trying to accomplish. "The worst loneliness is to not be comfortable with yourself." [Mark Twain] Having solitude is something leaning towards self reflection and really getting to know who you are. Doing this does not make you selfish. What's selfish is that you can take the time getting to know someone else rather than yourself. You should be able to sit down and figure out every aspect about yourself. Doing the things that fill your heart with joy like dancing, singing, and painting would be very therapeutic. "Whenever you recover or discover something that nourishes your soul and brings joy, care enough about yourself to make room for it in your life." - [Jean Shinoda Bolen] The everyday life can be hard to keep up with, especially when you have no time to yourself. It can also be really stressful for the soul. So, of course, sometimes you wanna do things for yourself that make you happy, even in the little bit of time you find in your day.

Devoting some time to rest is beneficial for the heart, mind, body and soul in order to keep your focus on worshipping Allah (SWT). Also, sometimes you need to be secluded from others to think and learn how to be okay with who you are. Everyone knows that one day, our souls will be removed from our body and we'll enter the grave, waiting for what's destined from Allah for us in the Hereafter. But your body is still an Amanah from Allah. It is up to us to achieve the true purpose of attaining the pleasure of Allah (SWT).

If you start to forget about your mental health, there might be a chance you will stop praying to Allah and seeking for Him to send anything good that can help you. Praying to Him may still linger around in your thoughts, but not as much as before, maybe even barely. There will start to be self doubt in your life and you'll begin to lose thought in everything, why He placed you on this Earth. You'll question whether you're destined to be in this world or not. We are more than capable of doing anything on our own, as a choice of our own. If we agree with the fact that our beliefs have no value, then where would attention be? As a fact, you will not be paying attention to yourself, you'll think about anything but yourself. We don't have the mental courage to face our physical selves, noticing we're either getting weaker or stronger. Some people would say that even in the state of hopelessness and sickness, that you'd still have faith in yourself.

How can we be damaging our own spiritual selves? It's one thing to become sick naturally out of your own control, but to become sick due to our own sadness or hurt is a whole different story. Why do we choose to destroy ourselves at our own will? The endurance and strength you possess now, you will not have once you reach old age. You won't be able to bend down for rukkooh or stand long for tahajjud. The Prophet (SAW) said, "There are two gifts which many men are unmindful about, good health and leisure." (Bukhari)

You should not be too much into your ego in Islam, neither in self neglecting or loathing the way Allah created you. Try and think of it this way. You are a piece of thread in the tapestry that Allah created. If that one piece of thread (you) were to be pulled out, part of the tapestry would fall apart. Allah chose YOU to be a part of this world, making you worthy. Your body is one of

the most amazing vessels, made with human emotions and memories kept in the back of your mind. Loving your body for the sake of Allah is essential when it comes to Islam. You are absolutely the most important person in YOUR world. You need to open up your mind more and think of it that way. “To fall in love with yourself is the first secret to happiness.” - [Robert Morley] Only YOU are looking at the world through your eyes. How you interact with everything around you, people, your words, etc.

You might think of yourself as any other person in this world, but when you begin to understand your own reality, you'll be the only one that matters. You believe that putting others before you is always the right thing to do. It is in some cases, but not all the time. If it happens all the time, that means you just think of yourself as less of a person than others and that's not a healthy mindset. You and your reality depend on how you will love yourself. Having your own personal relationship with yourself is the most important relationship you need to establish first than anything else to move forward. It is the most defining way to shape the way you live.

Now, I would like to move on to a topic related to loving yourself, but about BEING yourself. There is a band named BTS and they are known for helping people about how to love themselves. The leader of the group to which I've discovered, is named Kim Namjoon and was speaker for the UN "Youth 2030" for UNICEF in NY on Monday at noon. His speech was mostly about the hardships in his life and how he struggled mentally with himself before he fully grasped the concept of loving himself. Because of a lot of people's judgements and expectations

of him, he had chosen to ignore his voice and dreams. He said, “no one called out my name, and neither did I.”

He and the other members of the group had felt that they lost the meaning of their names and who they truly were as people. At this point, it had sounded like he had given up on himself but then he decided to say that music has helped him to ‘open his eyes and wake up’. I guess this meant that him finding music and feelings the lyrics that best described him made him open his eyes and see who he truly was, that he didn’t lose himself. He admitted that it took him a while and forced him to listen to himself. He said that he accepted who he is and all of his mistakes and flaws made him the person he is today. He said, “I might be a tiny bit wiser, but that’s me, too.” He learned to accept all his faults and learned to love who he is, no matter anyone that tried to put him down or judged him for doing what he loves. How loving yourself can be tough, but worth it in the end.

Kim Namjoon encouraged everyone, especially the youth to *speak for themselves*. He starts to ask the following: “What is your name? What excites you and makes your heart beat?” He was being enthusiastic and open to the youth about being connected to themselves and to listen to your heart. Encouraging them to speak their minds. He believes that every human is equal, no matter the gender/skin color. He wishes he could hear everyone's voice, to hear their stories. He wants people to be able to use their voices for the world to hear them. At the end of his speech he says, What is your name? "*Speak Yourself!*" The passion and the emotion in his voice showed

how much he wants everyone to be heard and to be familiar with themselves. He doesn't want anyone to be afraid of speaking up for what they believe in.

I believe that his speech showed people to have hope with themselves and that he understands our struggles. In the speech, he kept using words such as 'speak yourself' and 'find your voice.' In order for everyone to achieve their dreams, they need to speak up about what they want with nothing holding them back. They need to be able to have faith in themselves and to be able to stand up for themselves and others. The message that he was trying to convey are questions that people of all ages can self reflect on. What this band is trying to do is help the youth to have something to be proud of, to be proud of themselves.

Next is self-esteem. Having good self esteem plays a big role in how we feel about ourselves. Self esteem refers to the positive feelings for high self esteem when we believe we're worthy and people see us in a positive way. Then we start to feel the negative feelings of low self esteem when we start to believe that we aren't as important and worthy like others. Anyones self esteem can be determined by how we see ourselves appearance wise and how we act in a relationship with others (Taforodi & Swann 1995).

Self esteem can stay stable during some time, but can also vary day by day or even minutes. When we feel like we've succeeded in something that seems important to us, our self esteem boosts up. But if we noticed that we failed or humiliated ourselves, the negativity starts rushing

in and our self esteem levels get lower. “To establish true self esteem we must concentrate on our successes and forget about the failures and the negatives in our lives.” - [Denis Waitly]

Self esteem can be measured in many ways, which could let people see themselves in a more positive manner. A common chart used for this would be the Rosenberg Self Esteem Scale.

Studies have shown that people have used this scale to check their self esteem levels. It has been found that it's mostly been used in the West. Heine and Lehman (1999) reported data that less than 7% of the people that participated had scores below the midpoint.

People that are usually in a more introverted asset have high self esteem, but others feel the need to say they have higher self esteem so they can feel better about themselves (Held 2002). A problem with some measuring charts like the Rosenberg Scale is that people just want to show their positivity. Some of the scores may be made up so they can make it seem like they have high self esteem to make themselves seem less negative, to make them feel more better about themselves. Again, Heine and Lehman (1999) said that Japanese people who have participated showed average levels of self esteem. Other studies showed that people in the East have lower self esteem than people in the West (Campbell of al. 1996).

An interesting change in the diversity of men and women is that women may have lower self esteem than men (Spreecher, Brooks & Avogo, 2013). Although this was just a small difference, gender equality in law is higher in some areas (Kling, Hyde, Showers & Buswell, 1999). Self esteem relates to something others see that is the most important thing in this world, (to stay

having high esteem). For example, like lots of women have had the opportunity to have actual careers, so have men's self esteem decreased.

Now that we know how self esteem really works, let's talk about how it relates to self love.

When we are happy, we have positive energy and will try to stay happy for the sake of positivity.

But when we start to feel overwhelmed or depressed, we just see one way and make choices that are one sided, to keep ourselves protected from everything outside our reach. We start having trouble seeing the good things happening right in front of us and make unhealthy decisions for ourselves. "Low self esteem is like driving through your life with your hand - break on." -

[Maxwell Maltz]

As we all know, self love is the key to being truly happy. Some ways to build that self love is through again, positivity and GOOD self esteem. Self esteem can either help you to achieve your goals or choose to give up on them. No one should ever give up on what they believe in or what they dream of being. You should think of those two things as what could motivate you to move forward in the tough situations. "A healthy self love means we have no compulsion to justify to ourselves why we take vacations, why we sleep late, why we buy new shoes, why we spoil ourselves from time to time. We feel comfortable doing things which add quality and beauty to life." - [Andrew Matthews] In a way, it's like self reflection to realize some things to know your worth and to have faith in yourself, even while making mistakes.

Adults, especially who have good self esteem take responsibility for their actions. They have the motivation and are proud of themselves in their achievements. They respect others and forgive themselves, with time. This means that they can love themselves for who they are. Having good self esteem doesn't mean you're perfect, but being accepting of yourself. "Our self respect tracks our choices. Every time we act in harmony with our authentic self and our heart, we earn our respect. It is that simple. Every choice matters." - [Dan Coppersmith]

Our self esteem doesn't stay the same and can change, a reminder from earlier. A study was found that our self esteem can only stay the same/high until the age of nine. Then can get lower once we reach the stage of adolescence, can go up, can when we're adults, then can go down once we reach old age.

In our own experiences, we feel more good about ourselves when things go well, but that can change when you have family/health problems, or any kind of problems, internally or externally. If you have trouble feeling good about yourself, there are things you could do to achieve that self love you've been longing for. Find out your strengths and the unique qualities you know you possess. When you know how good at some things, you are most likely going to have less problems that could damage the feeling of your self worth. "People may flatter themselves just as much by thinking that their faults are always present to other people's minds, as if they believe that the world is always contemplating their individual charms and virtues," - [Elizabeth Gaskell]

Write down all the qualities that you notice/know about yourself, the negative and positive. Try and incorporate the good things into your daily lifestyle and you will feel more better about yourself. Try not to compare yourself to others. You are precious and unique from everyone else. Trust your gut and follow your heart because I promise that it is ALWAYS the right thing to do. You are perfect and the only YOU that you'll ever be. The power of self love is greater than any other relationship and after all, you're there for you through thick and thin, no matter what. But it's not always easy. It takes practice, sympathy, patience and lots of learning along with growth. You realize that all your life what you've been missing is that self love. "The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity and an understanding of life that fills them with compassions, gentleness, and a deep loving concern. Beautiful people do not just happen." - [Elizabeth Kubler-Ross]

"I realized how important self love is while working on my Ph.D. Up to that, I'd been unknowingly basing my self love on achievement. As I hit roadblocks in my challenging graduate program, I noticed my self love wavering and waning. I'd get frustrated with myself, I felt the need to prove myself to others, I placed my joy and value in external things. I knew deep down that this wasn't healthy. I visited a therapist to get to the bottom of it and that was one of the best decisions I ever made." - Nicole F, 34 years old, Louisiana, US "After I realized that no one is going to make me happy, it's up to me to make myself happy. It starts within." - Valeria P. 30 years old, Illinois, US

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