

How to be yourself

It's a good idea to *be yourself*, not only because everybody else is taken, but because trying to be anything else doesn't usually get you very far.

But how do you do it?

First, you have to understand what you have *unlearned* about yourself. This process can be disheartening, as you remember past decisions where you had the chance to be yourself but instead chose to be something different.

Since trying to be anyone other than yourself is usually ineffective, why not begin by deciding to do only what is true to your own inner compass? If you did it for just one day, what would that day look like?

There are a few schools of thought that say you are incapable of making good decisions on your own; that you are inherently evil and must continuously struggle against your true nature. You are destined to lose without some kind of intervention.

But what if your true nature were good? Sure, you've screwed up with the best of them, but that doesn't mean you are destined to make bad decisions. Aren't you capable of being true to what you believe in? Aren't you capable of being a good self?

We all know at least one bitter, negative person. My theory is that most bitter people are not being true to themselves. My guess is that somewhere along the way, they took a wrong turn they've always regretted, and they take out their disappointment on others. You know how there's always ONE GUY who tells you you're stupid for not knowing how to do something? To be yourself, you have to be able to ignore him.

The last thing you want is to be bitter, but the second-last thing you want is regret. To avoid regret, you have to make active decisions. I think moving forward is better than remaining stationary. And I also think you have to show people you care about them—merely thinking nice things doesn't help anyone.

Being yourself is risky. Something could go wrong, and then whose fault would it be? (This is another reason why it can be easier to let other people make your decisions—then you can blame them when it doesn't work out.)

But in the long-run, you know you're capable of being a good self. You know you're capable of taking the risk. Even if some people don't understand, you can find a way to pursue the life and work you've always wanted. And you can be yourself, whoever you are, today.

January 13, 2011 – Chris Guillebeau - <http://chrisguillebeau.com/>

Be Bold

Be Unique

Be Original

Be Different

Be Weird

BE DORKY

BE CREATIVE

Be Nothing Less
than Yourself!

I- 1. Identify, in the text, four aspects (positive or negative) of "being yourself".

2 What do the underlined words refer to in the text?

a) it b) you c) my d) themselves e) him

3. Find evidence in the text. (15%)

- a) Most of the times imitating the others doesn't have good results for us.
- b) Analysing what we did in the past can be painful.
- c) Some Psychologists say that we can't succeed without someone's help.
- d) Some people are resentful because they made wrong decisions in the past.
- e) We should ignore those that insult us.
- f) Being yourself has its own risks.

4. Find the synonyms of the following words in the text. (5%)

- a) disappointing b) inefficacious c) bad
- d) disillusionment e) accuse

II- Complete the sentences with the right derivative word. Write only the letters and the new word

- a) Susan's ___ is very strong. (person)
- b) It was a ___ to me to see how badly he behaved. (disappoint)
- c) He apologized for his ___. (sensitive)
- d) John is a ___ driver. He has already had several accidents. (care)
- e) This kind of behavior is not socially ___ in some countries. (accept)
- f) To have some information about body language can be very ___ when you travel to other countries. (use)
- g) I don't understand these instructions. They are very ___. (confuse)
- h) You shouldn't be ___ to older people. (respect)
- i) She is a very ___ person. (interest)
- j) He is ___ for the security of this shop. (responsibility)

III- Your new schoolmate is very introverted and doesn't talk to anyone. You want to help, but don't know how. Write a letter to a magazine asking for some advice.

HELP !

