ASSESS YOURSELF

by:

Jessica P. Tolentino
Saysain Elementary School

Been having a conversation with my colleague as she is having palpitation almost every day. She has visited different doctors and had some tests and there was no serious health problem. The doctors told her that actually it’s psychological and I couldn’t agree more with what the doctors said.

So, I advised her to assess herself. I am not an expert with that kind of thing but I had experienced that, too. I told her to have “Me Time” but it’s not like spending time watching movies alone but to meditate and think thoroughly alone; without distraction. Go travel that will help. Do something that flatters her.

We all go through times that we are confused and clueless about what to do and think. There are so many things in our mind that we can think straight. We don’t even know how to start. We are stuck with something that we don’t know about. It feels like we have a problem but we can’t figure out what the problem is. Is it hard right? When you, yourself don’t even know what is actually troubling you.

How about list some questions and give those with all your honest answers. Might not be the best answers but the sincerest ones. The trouble sometimes is we also lie to ourselves. Maybe not lie but we do think and do what can comfort us, what can satisfy our feeling, our being.

I have listed some questions. These might help you to assess yourself. These might lead you to what you really want and what you really feel about yourself, your work, your career, love life and your life.
1. Am I happy with what I am now? my work? my life?

2. What makes me happy? sad? angry? What worries me?

3. Am I content with my life? or Am I still aiming for something?

4. Do I consider myself a failure or a success?

5. What do I really want to do? What is in my heart?

6. Do I love what I am doing? Am I just too comfortable doing it? Or am I just afraid to try something new?

7. Is this the kind of life I want to spend the rest of my well-being with? or Do I have a big dream that I want to achieve?

While writing these questions, I began to ask myself, too and made me think. What are my honest answers to all of these, without hesitation and reservations? Sometimes we do cover ourselves to ourselves. We pretend. We can’t even be true to ourselves. But why? Is it because we are afraid to know what and who we really are? Can’t accept the fact that it is not the real us, we are portraying in front of other people?

If you can’t be 100% honest to others at least be to yourself. Assess yourself and be happy whatever the result is.

References:

https://www.psychologytoday.com/us/articles/200405/assessing-yourself-honestly

http://www.assess-yourself.org/

https://www.careerzone.ny.gov/views/careerzone/guesttool/qa.jsf