



WHY IS IT SO HARD TO TALK ABOUT OURSELVES?

What



Got Me Thinking... I was asked by my publisher to write a biography for my upcoming book release and it took me some time to fully figure out just exactly what it was that I wanted to say, because in that moment I wasn't entirely sure who I was and what makes me, well me!

My life so far has been full of endless experiences some wonderful and unfortunately some not so, some of which have most definitely been the catalyst leading me to where I am in my life right now. I put my pondering to one side, more than a few hours to be precise, and after dinner with a friend and a long chat about life, business, relationships, and the rest, I finally asked her how she would describe me, I asked her who she thought I was.

The

Revelation... Within seconds she responded with a list of many attributes, qualities, and achievements that make up most of who I am. I felt relieved to hear probably a lot of what I already knew deep down, but hearing it from someone else gave me clarity and confirmation.



Why

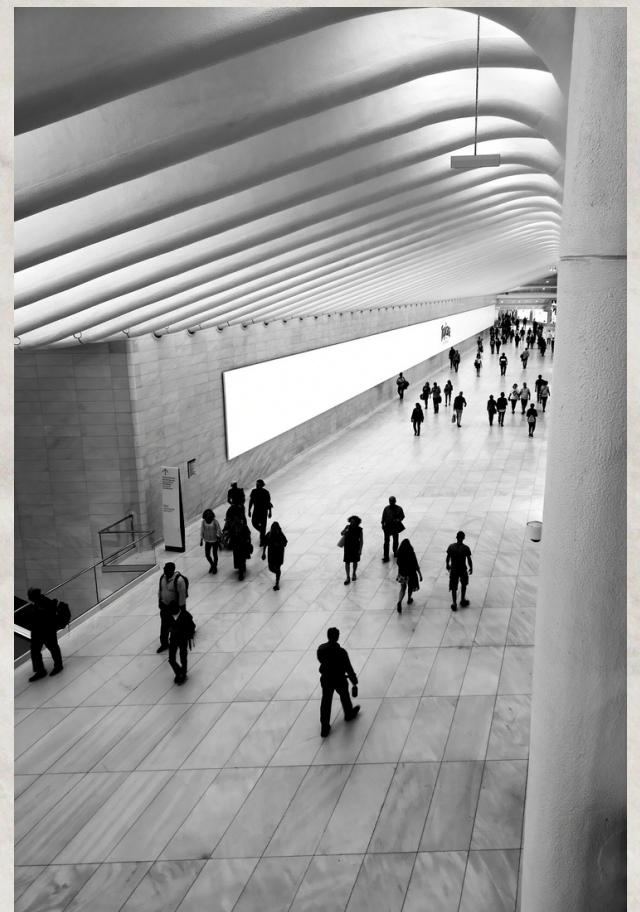
I ask though.. Why is it so hard to talk about ourselves when asked?

Yet someone on the outside looking in can sum us up so easily! Why do we find it easier to talk about other people? Is it because we're afraid of being vulnerable? Or is it because we're afraid of being judged?

Who

Contributes To This?

Do society and the way we are brought up by our parents, teachers, and educators play an important role in why we struggle to define ourselves out loud? Speaking about our achievements should be a positive and welcomed topic yet for some reason, we have this strange belief that talking about ourselves is bragging or boasting. But it's not! It's simply sharing something with others that's interesting or important to you.



If we looked at ourselves differently and we thought about who we are by asking questions like:

→ **What do I want in life? (Self-awareness)** Knowing exactly what you want in life be it in relationships, in your career, or in your future, is not anything to feel guilty about. Instead, it can be a wonderful trait to have a certain knowledge and understanding of just exactly all of your needs and wants.

→ **How can I help others get what they want? (Empathy)** Most people's true purpose in life is in helping others, be it through caring, healing, motivating, or supporting people and most of us do this every day without even realising. Having a job or career in which the rewards come from empathising and helping others can be very satisfying and is something to feel proud of.

How can I make this world a better place? (Altruism) There is a lot to be said about those who can put the needs of others before their own in the most selfless and genuine way. Where they do not ask for anything in return. So many of us get caught up in our own problems that need solving and we can end up forgetting about how everyone else is feeling. Taking time aside to reflect on what is truly important can actually help to put things into perspective.



What do I need in order to be happy and fulfilled? (Self-actualisation) It's easy to talk about other people. We know what they do, where they've been and how they got there. But when it comes to ourselves, all of a sudden we're tongue tied. When you talk about yourself - your passions, interests, accomplishments and failures - the person listening might have something valuable to add. That's why it's called conversation!

Final Note



Who we are and what makes us, is the single most important thing and I vow to have the confidence and courage to speak aloud all of my experiences, qualities, and achievements because I am proud to be me.

I hope you enjoyed reading this.

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Much Love
Katie x

