

Why 'That's Just Who I Am' Is A Dangerous Myth | Character Development

1 MIN • YOUTUBE • [HTTPS://WWW.YOUTUBE.COM/WATCH?V=73PYXDHT_7G](https://www.youtube.com/watch?v=73PYXDHT_7G)

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SUMMARY

The speaker discusses how persistent thoughts and emotions can shape a child's identity, leading them to believe that these feelings are an inherent part of who they are. They argue against the notion of self-acceptance as a justification for negative feelings, emphasizing that these traits are often the result of conscious choices and reinforcement over time.

- *Repeated thoughts and emotions can become integral to a child's identity.*
- *The idea of self-acceptance can lead to complacency in negative feelings.*
- *Personal identity is shaped by choices and beliefs rather than being fixed.*
- *Cultural narratives often promote the idea of accepting oneself without questioning underlying issues.*
- *Character is formed through long-term reinforcement of thoughts and emotions.*
- *Individuals can change their identity by altering their thought patterns and beliefs.*

if a child keeps thinking in a certain way and feel emoting in a certain way and then also feeling in that way okay and then they also identify with those feelings eventually it just becomes a part of their character it just becomes who they are okay it becomes indistinguishable from their personality all right here's what I mean if I'm always feeling a certain way

okay it just eventually becomes that's just me and that's what culture today will tell you well that's just you you've got to accept who you are it's just who you just got to self- accept and self-love right Kum but no it's not just you it's what you've chosen to follow and reinforce and believe in and think again and again and again and again and stand behind and defend over many years and that's how it becomes your

character