

# Humans' alienation from their own selves

## Thesis Statement:

The process of distancing oneself from one's own feelings intensifies self alienation.

It has roots in one's culture, race and education system. It can cause personal and public issues. With the help of awareness and treatment, this predicament can be fathomed.

## I. Introduction

## II. Understanding the difference between Alienation and self-alienation

## III. Humans' alienation from their own selves - the causes:

A. Parents can induce self alienation

B. Peer pressure may cause self alienation

C. Society's role can trigger self alienation

D. Outmoded education system may give rise to self alienation

E. Lack of security and freedom can create self alienation

F. Mental retardation causes self alienation



## VI. Humans' alienation from their own selves - the impacts:

- A. Self-alienation at individual level leads to personal issues
- B. Self-alienation at group level triggers social problems
- C. Self-alienation at national level causes global challenges

## V. Humans' alienation from their own selves - the implications:

- A. Lack of self-trust
- B. Anxiety and fear
- C. Physical and psychological pains

## VI. Humans' alienation from their own selves - the Solutions:

- A. Need to create awareness in society
- B. Need to update education system
- C. The role of psychologists to overcome self-alienation

## VII. Conclusion