

# NO ONE CAN MAKE YOU FEEL INFERIOR WITHOUT YOUR CONSENT

## OUTLINE:

### 1. Introduction:

Thesis Statement: People make other feel inferior when they give their consent. Consent can be given in the form of sharing weaknesses or not drawing boundaries. Aversion of retaliation out of respect and courtesy reinforces inferiority complex. People should not allow anyone to humiliate and draw certain limitations irrespective of age.

### a. How people give consent to make them feel inferior.

- a<sub>1</sub> No demarcation of personal boundaries let others dictate your feeling.
- b<sub>1</sub> People share their weaknesses and past experiences to others.
- c<sub>1</sub> People do not retaliate out of respect, which permits others to make them feel inferior.
- d<sub>1</sub> lack of courage to work for self-progression allow others to discuss your matters.
- e<sub>1</sub> Comparison with others makes you always feel less worthy.

### 3. Why people give consent to make them feel inferior.

- a<sub>1</sub> Inferiority complex makes people less valued than others.

- b, Subjugation in front of elders is a social norm.
- c, Solutions based discussions assert people to lay their cards on table.
- d, Some people think social dejection can encourage them to bring some positive change in their individuality.

4. People should not give consent to others to make you feel inferior.

- a, No one has right to demoralize or degrade you.
- b, Everyone has right to respect and dignity.
- c, Distinction of personal boundaries irrespective of any relationship.
- d, Avoidance of discussing matters and issues with others.
- e, Aversion from comparison and feeling less valued.

5. Conclusion.

2. While playing bluff cards game, there are certain rules to follow. Players are allowed to stick to their given cards and play the best move with their available options. Everyone has right to bluff you, but if you do not let anyone doubt the move and play cleverly, the game is yours. Similarly, every human is given cards in his life, from which they either have to win or lose their worth. Anyone, who has short hight can have higher intelligence. The other being the best looking guy faced huge failures in his life. The choice to live dignitary life is to not let anyone bluff you. Most of people think that sharing their weaknesses to others make them light-hearted. Contrary, it gets backfired in worst possible outcomes, where they see no ray of light. Drawing high threshold for one's worth will never let others to make you feel inferior. The world is full of such people who never gave their push-button control of their feelings to others and stood against social rejection. Helen Keller despite of being blind and deaf was able to overturn any inferiority based on her disabilities. Muniba Mazeri was left paralyzed after her spinal cord injury

overpowered her voice and became the National Ambassador for UN Women Pakistan. Thus, the choice is given to the human himself, either he want to subjugate and allow other to dictate his fate or became best version of himself by taking control of his feelings.

The term consent is an abstract phenomena. It has variable forms, through which people let others allow of their feelings. No clear demarcation of personal boundaries often permit others to make them feel inferior. Social stratification in any society is mainly based on economic resources, occupation, prestige and power. People of high social class overshadows respectful limitations while interacting with low social group. The continuous surveillance and interference of the elite in personal life of the poor makes <sup>them</sup> to feel inferior. People give consent to make them feel vulnerable by not restricting others out of their personal boundaries.

The other form of giving consent is sharing weaknesses and bad experiences to others. According to Aristotle, Man is a social animal and he always needs other human being for social interaction. The exchange of ideas and personal weaknesses may sometimes backfire. The catastrophic feeling when someone finds that the person whom they trust and share flaws is manipulating against him<sup>and</sup> demonstrates appalling situation ever. Once the internal feelings and thoughts reciprocated into verbal behaviour and expressions, it gets epidemic potential. Thus, sharing one's faults and defects allows others to subordinate one's personality.

Moreover, people do not retaliate out of respect, which gives <sup>an</sup> open hand to others to make them feel inferior. The regular judgement and directions from elders and peer groups hold a reputable position in one's life, even if it is frivolous idea. This allows them to call out younger ones in public places and humiliate them. The social transition from conjugate family to nuclear family demonstrates that instead of retaliating

elders, people get away from close relationships and maintain respectable connections. This does not allow elders to make them feel less worthy. The prevention to fight back in the same way as others do permit others to subjugate their feelings.

Choosing not to react out of respect and also avoiding any self-growth fan the flames in making oneself worthless. Lack of courage to work for self-progression allow others to discuss one's matters. People who avoid to act in accordance to their improvement and growth becomes talk of town. The loathing against drug addicts or substance abusers is mainly due to their irresponsible attitude for their rehabilitation. People make them feel vulnerable of their weaknesses due to their lack of self-confidence. Inability to get away from destructive cycle gives consent to others for making one feel terrible.

In addition to this, determination of one's self-worth by comparison with others, who are superior to them allows other to dominate one's feelings. According to psychologist Leon Festinger, "Upward social

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Comparison" leads to feeling of low self-esteem, while "Downward social comparison" can boost one's morale. ~~Thus~~ Drawing any ~~analog~~ analogy between ostentatious life of others and one's own life always permit others to let down one feelings.

All forms of consent shows passive behaviours of man, which allows others to make someone feel inferior. These passive attitudes result from inferiority complex. Inferiority complex pushes man to give consent to others to have a control of their life. Everyone lives their own life according to their will. But if someone feels that they are less suitable to drive their own life, they give charge of their driving seat to others. Influencing from others skills and talent overshadows one's capabilities. This persuade them to prioritize others opinion in their important decisions. Thus, inferiority complex press people to give consent to others for their worth.

The other reason for giving consent to others for making oneself inferior is following social norms. Giving blank check to elders for any comments and social

acceptance of subjugation in front of elders pushes people to give consent. Many parents get overprotective regarding their children. This makes them intrude in their child's personal life and ignore boundaries, which can later hamper child's development, education, career choice selection, relationships and self-confidence. Many children end up selecting wrong career field due to push from their parents, which makes their life miserable and add in to their inferiority.

Following a social trajectory of subjugating in front of elders out of respect stimulate people to give consent to others.

Furthermore, many people believe that discussing their problems with others can bring easy way out and solutions. Due to which, they lay their cards on the table, allowing others to make them feel inferior. As the child gets gush of dopamine in teenagers, he delve into many strange situations and problems. In order to solve those mysteries, he often reach out to his friends, parents or peer groups, who show him light at the end of the tunnel. This regular cycle of getting help pushes people to discuss their matters with others. Thus, solution based discussions assert people to open up



their heart in front of others.

Seeking out to others for help not merely give solutions but also translates into boost up mechanism for some people. Many people believe that their self-confidence is a delusion and in order to bring them to the ground, they needs social dejection. This will give them encouragement and motivation to bring some positive change in their individuality. Famous sociologist Charles Horton Cooley introduced the concept of "Self- looking Glass". It suggests the process of imagining how others percieve them, forming self-identity based on these perceptions, and adjusting behaviours accordingly. The self perception of inferiority makes them to work on themselves and thus they give consent to others.

Despite of all these reasons, one should not give consent to others to overpower their personality. No one has right to demoralize or degrade anyone.

The universal declaration of Human Rights (UDHR), adopted by the United Nations General Assembly in 1948, includes principles related to dignity and respect. Article 1 states that

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"All human beings are born free and equal in dignity and rights." Therefore, no one is superior to make others feel inferior and less worthy.

Moreover, one should draw distinct personal boundaries irrespective of any relationship. In order to have control of one's own life and feelings, one should not assess his character based on parameters of others. The physical, emotional and intellectual boundaries give strength to individual to take stand for oneself and shun all humiliation. Anyone can make the other inferior once these boundaries are blurred and erased. Therefore, drawing personal boundaries should be prioritized if one do not want to give consent to others.

As discussed earlier, discussing matters with others is a form of giving consent. So, in order to restrict people to their own circle, one should avoid telling their problems to others. This will give sense of emotional sufficiency to the individual himself. As famous Persian poet Shaikh Saadi (R.A) said, "A wise man said nothing at all, or if he did, he said it in a few words." Hence, avoiding discussing

everything to others can deny the approval for making anyone feel subjugated.

In addition to this, one should also averse from comparison if he does not want to give consent to others and feel less valued. Comparing oneself with others in terms of money, social class, respect and intellect is a form of indulging in a loop of self-doubt. This will shatter one's confidence, leading to receive validation from social group. The upward social comparison will let others to showcase their abilities and muzzle their individuality. Thus, one should not initiate emotional duel with others by placing oneself inferior to others.

To cap it all off, the underlying message is that many people feel inferior because they give consent of their emotions. No one can overpower other's personality, if they draw clear boundaries and make others to respect their decisions. The emotional strings should be pulled by the person himself and not allow anyone in their life to make them feel less worthy. This will bring emotional

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and psychological stability in person, who will never destabilize against external forces. Instead he will face the harsh weather all by himself confidently.

No one can make them feel insecure of themselves unless they give control of their feelings to others.