

Humans' alienation from their own selves

Outline

I. Introduction:

Self-alienation is the process of distancing oneself from one's own feelings. It has roots in one's culture, race and education system. It can cause individual, social and global issues that lead to emotional, psychological and physical pain. However, through awareness, medical treatment and meditation this predicament can be solved.

II. Understanding the difference between Alienation and self-alienation

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

- A. The role of parents to induce self-alienation
- B. Peer pressure causes self-alienation
- C. Society's role to trigger self-alienation
- D. Educational institutions give rise to self-alienation
- E. Lack of security and freedom create self-alienation
- F. Mental or psychological condition of a man causes self-alienation

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

- A. Self-alienation leads to individuals' issues
- B. Self-alienation triggers social problems
- C. Self-alienation be the cause of global affairs

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

- A. Lack of self-trust
- B. Anxiety and fear
- C. Emotional, psychological and physical pain

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

- A. Need to create awareness among parents and individuals
- B. The role of psychologists to overcome self-alienation
- C. The role of meditation to gain self-awareness

VII. Conclusion:

The process of distancing oneself from one's own feelings intensifies self-alienation. This can cause personal and public issues. With the help of awareness and medical treatment, this psychological problem can be fathomed.