

"We have to learn to be our own best friends because we fall too easily into the trap of being our own worst enemies"

Outline:-

1 Introduction

The self confidence, self-reliance and self-respect are the key characteristics for ^{successful} living both at individual and national level.

2 Why one needs to learn to be his own friend and how easily he falls easily into the trap of being its own enemy

3 How being one's own friend open avenues of new world

a) To find sweetness within your heart (Mulana Rumi)

b) Glass looking theory by C.H. Cooley

c) Allama Iqbal and self

d) Nelson Mandela

4 Knowing self-worth helpful at National level

a) leadership and independence

(Quaid-e-Azam)

b) Mao Deng Xiaoping economic model

5 Self-concept and perspective narrative defines one's worth

a) The Secret (law of attraction)

b) Mind is everything, what you think, you become.

Gautham Budha.

6 Self-ignorance and deteriorating impacts

a) The doll house (Henrik Ibsen)

b) Hamlet by William Shakespeare.

c) Theory of suicide by Emile Durkheim

d) Misinterpretation and exploitation (Theory of religion by Emile Durkheim)

- c) Social comparison Theory (Leon Festinger)
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7 Coping Mechanism to deal with anti-self

- a) Stoicism philosophy
- b) Stop comparison

Conclusion



The self-confidence, self reliance and self-respect are the key characteristics for successful life both at individual and national level. Allah will not change the condition of people unless they change what is in themselves. (Al-Quran).

Similarly, a person who does not change itself or its perception about one's self, can achieve nothing. However, for being successful in life a person needs

to independent in every aspect of life whether it be emotional, financial and social sphere. In short person needs to befriend himself, oneself. To be one's own friend one can find sweetness within heart and in others as well, it improve one's own perception regarding one's-self. Similarly, great leaders like Allama Iqbal

Nelson Mandela, Quaid-e-Azam and Mica Deng Xiaoping made history through self-believe. One's own perception and thoughts attracts the opportunities towards one's-self. In contrast if one ignores one's self and rely on others leads to self destruction. Therefore, history is filled with many incidents where ignorant of one's self bears the consequence of self-harm as explained by Emile Durkheim. Moreover, such

people are also being exploited through the misinterpretation of religion, social comparison and social labels. Hence, one adopt stoicism philosophy, and accept it flows and stopped. comparison can lead a healthy and fruitful life.

Independence, self-reliance and self-confidence are not limited to only individual level but rather it is universal. if one identifies its potential, self honour and be friend with one's self can become prosperous and successful. In contrast if one fails to identify its potential and self-worth becomes slaves of the others it can be anything. Insufficiency leads to slavery.

A person who does not know its own potential became the slave of money, desire, lust for

power of any other humans.

According to **Karl Marx** after industrialization there were two classes bourgeois and proletariat. Former owns the means of production and later is the labour class. However, bourgeois controls the proletariat and exploits this class for increasing their own wealth. However, here bourgeois are the one's to find out their potential and self worth before other class and rules the means of production

To find the sweetness in the world one needs to find the sweetness within one's own heart (**Mulana Rumi**)
To make the world better place a person need to find the light within one's own hearth.
If a person is not humble to itself, it can not make the

world better place for others. However, one has to kind and forgiving to one's own self so it make the world a peaceful place for others. Hence, light within one's own heart can brighten the world.

According to CH

Cooley Glass looking self theory,

you are not what you think you are, you are not what others think

you are, you are, what you think that what others think you are.

A man own perception about one's own self reflect its worth.

The hallucination accepted becomes reality. However it is often

said that think higher about yourself if you can believe in

a thing. you can achieve it through self-believe and

self confidence.

خود بینی کو لبرکت بنا لینا
 لبرکت سے اپنے ذاتی سہارا کو
 بنا کر خود بینی سے لبرکت بنا لینا۔
 (Allama Iqbal)

According to Allama Muhammad Iqbal through self identification one can attain Godly attributes that he can write his own faith fate or his fate can be written according to its own desires. Despite many hardship Allama Iqbal attained success in his life and became listed among the world's best poets. He wrote many poems and books. The main subjects of his writings were self and faith. These are the mile stones if one can achieve or ~~overcome~~ ^{conquer} these mile stone can reach to any ladder of success.

The Nelson Mandela first black South African president. He was imprisoned twenty seven years in jail fighting for the right of black people. He first believe in his qualities and remained firm in his belief. After many year of struggle he finally achieved the success and became the president of South Africa. He did not let anyone to define him what he should believe or achieve. Therefore, ~~id~~ independently he not only ~~achieved~~^{won} his own rights but also recognized as freedom fighter. Hence, with self believe and self confidence he achieved what others can not.

Quaid-e-Azam Muhammad

Ali Jannah the founding father of Pakistan was a well renowned lawyer, known as self-confident and self-reliant leader. Due to his leadership qualities he helped people to get the separate land for Muslims.

According to Max Weber

leader is the one who can bridge the gap between leader oneself and leads. A defined

quality of a leader: is clear about one's self and gives direction

to the people to achieve a collective goal. A self-awareness

is not only fruitful for one's own-self but help masses to

achieve bigger goals.

The Chinese leader

Mao Dang Xiaping in 1949

presented the Chinese economic

model to convert the agricultural

society to the industrial society in order to strengthen the economic condition of Chinese economy. He came to rescue China when it was facing economic downturn. He introduced special economic zones to attract the foreign direct investment, shifted communism to capitalism and also introduced the responsible system by incentivize the production by allowing the profit on economic activity. ^{However} Hence, he took all these hugmangous steps to improve the economic growth. Therefore, his self-believe, self-confidence and self reliance has changed the china's overall economic condition.

The self-believe and forgiveness is what a human needs to achieve the defined goals in his life. In a book The secret

by Rhonda Bryne she explained the law of attraction. How one's thought becomes into the reality. If one believe to be a billionair he or she become billionair. Similary, if a person doubt one's self he or she ~~become~~ also has to face failure just because of one's perspection. However, to take it till you make is the rule. If a human becomes one's own friend. he does not need anyother person in the world. Human is social animal he can not survive without other humans. Hence, to some extent being socialization is good but overelion is harmful. According to Functionalist perspective by Foucault Society is the ^{set of} organ and organs which depends on one other for

functioning. However, ~~her~~ knowing one's own self is very essential before being the part of social setup.

The Mind is everything, what you think you become (Gautham Budha). He was a prince and he had the quest for the hidden realities of the world. In order to ^{quench} his thirst he ~~was~~ (found the) meditated for years and found the realities of this human nature. He explained that everything which human has also has the negative consequences of it. If someone is happy he or she surely has to face the miseries. Every blessing has its own curse. However, humans need to be satisfied with whatever they have. In order to become content ~~with~~ one needs to change its thinking process,

Humans are mere reflection of their own thoughts. One owns personal perception creates realities for one's own self either good or bad. Hence, one needs to be friend with one's own self.

Similarly, if one ignores one's self and ~~for~~ try to find happiness in other become slave of other. **A doll house written by Henrik Ibsen** where a main character Nora ignored herself just to serve her husband and children. However, in the end she became miserable no matter how much she tried she could not satisfy her family. This world is full of such miserable stories where ignoring one's own happiness leads to deteriorating result. **And hence** in order to please other

people lost their own identity

In similar manners,
when one ignores ^{one's self} ~~others~~ and
take the path to take revenge
on others end up losing everything.

In a play Hamlet by Shakespeare

where Hamlet on the false
notion destroyed his self by
negative thoughts. Instead of living
his own life he made strategies
to avenge his father death
and started hating his mother.

In the end, he lost everything
even his loved ones and his
own life. However, when someone

does not nourish his-self
and rely on the false notion
ended up to gain nothing but
loses everything he or she has.

When negative thoughts
prevails one logical reasoning
stopped working. one can not
differentiate between right and wrong

and end up taking one's own life. In pursuit of happiness one forget the importance of one's self. **The Theory of Suicide by Emile Durkheim** explains that due to ~~low~~^{high} integration human commits altruistic suicide. Humans lost too much in the society or in associated group. Such people considered themselves burden on the society and end up taking one's own life. ~~with~~ However, if someone is well aware of one's potential they do not considered themselves burden rather they contentment also open the avenues for others. Hence, too much integration causes harms to the individual that why one needs to be friend with themselves.

Similarly, person facing miseries of life try to find solace in divine words of gods. If a person

unable to find the realities of one's own-self' falls easily in the trap of others who misinterpret

the religion. According to theory of religion by Emile Durkheim

he stated that everything in the religion is sacred depending on the what meaning society attach to it. In a recent attack

in Karachi university where a baloch separatist killed chinese teachers was a product of misinterpretation by religion. She ended up killing one's self along with other. However, if she was aware of one's own worth she won't end up killing others.

When self-esteem and self efficacy are low humans tend to do comparison to other.

Every human is unique and important in its own ways.

According to comparison theory

by Leon Festinger humans have the urge to compare themselves with others in order to evaluate their worth. However, these external validation mechanisms tends to kills one's own capabilities. In order to maintain the competition humans tend to ignore one's self and harm one's abilities to be successful. Therefore, they fail to set their goals and end up miserable. However, human becomes one's own enemy.

The Comparison with others makes human to take others' opinion to define their own self worth. Similarly, **Labeling theory** by **Howard Becker** that society labels the human and they tends to act according. They act according to the defined labels of the society. Similarly, **Durkheim on Deviance**

and crime that society tend to respond when there is anomaly in the society. However, relying on the mercy of society kills individuality. Hence, humans needs to be one's own best friend for prosperous living.

Hence all above mentioned theory bears to the consequences that no can save a person better than ones own self.

The philosophical theory stoicism

explains that one can dance or sulk in the rain then still.

it will be rain therefore. However, no matter how worse the situation is human needs to learn that

it can be even be more worse strategy. Even if one can not change ones situation or circumstances

but one can surely change ones perspective. However, one needs to believe in ones self.

The magic is believing in yourself the moment you start believing in yourself. Your subconscious mind also shift the and started acting in order to pursuing your goals. To start, this one need to ends comparing with one's self with other. **The secret by Rhonda Byrne** explained that world helps to achieve your goals if you started firm in achieving that goals. However, for success most important element is believing in your-self and stoppeed comparison with other.

Hence the Book

Limitless: upgrade your ~~mind~~ brain learn anything faster and unlock your exceptional life by **Kim Kwik** explains that in order to achieve something exceptional in life one need.

to change the underlying beliefs. It also explains that one can unlock unexceptional powers by just changing one's own belief about anything.

However, in order to cater and achieve the (Aristocratic Aristocratic) defined goals one need to believe in one's self. If one become the best friend for one's self it means that person accept his self with all flaws and abilities.

By accepting yourself one become more forgiving to one self and to the world. Hence, there is always a ray of hope even in the darkest of the tunnel when a person start believing and accepting one's self.