

“Digging Deep Within”: Too Scared to Look Inside?

By Dania Dbaiibo Darwish

Well, another academic semester has unfolded; and I can't but reflect on my students who enrolled for the introduction to psychology course. For the past four months, we have examined the thinking processes and the motivating roots for human behavior. I am wondering how many students are now more invested in self-discovery and regulation? I planted seeds beyond course material and nourished these from time to time. Many resisted and their reactions ranged from having flat expressions on their faces to openly being sarcastic about my daring “calls”. Things seemed just too airy-fairy for their understanding. Others were more welcoming and those really motivated me to keep trying. I can't know how many were responsive for sure, but I'm happy with just a few. Generally speaking, people differ in their willingness to “dig deep” and become more self-aware. And that is even more customary among the younger generation.

I must admit that it IS scary to look deep inside especially if the image is wishy-washy. But those who have the guts may alarm others as too freaky. That's why sometimes the stereotypical image of a psychologist is that of a creepy mind-reader. They're in their “mind-gym” all the time. The more we carve out understanding about ourselves, the more we find to deal with. UUUUUFFFFF, why open a can of worms? But HEY! The good news is that we need to rock the boat sometimes before moving forward. How do you think we'll know where to go if we weren't clear about where we stand? Undeniably, the most important date you may ever have in your life is that with your own self. Get to know it better. You'll find that your life is transformed when you can clearly discern your values, your strengths, and your weaknesses. Self-awareness equips you with confidence, with means to dissolve your fears and transcend your distress, and empowers you to create your own destiny; not be the subject to external maneuverings into haphazard directions. You don't have to do it all alone. It's more helpful and fun to affiliate with like-minded others. They are great company and can be a major source of validation. When you touch base and are crystal clear, keep

on polishing. Maintenance is usually easier than the kick off process. So, keep on digging; don't be scared to look deep inside. Eventually, the worms will all be out.

