

A Solution I've Been Working On. (Addressing Bullying, Rejection, Low Self Esteem And Relationship difficulties.)

Hello,

As the title reads; I am going to be addressing issues that are listed in the headline, and providing a solution for them. This essay will contain topics of the following:

- Existential Nihilism
- Stoicism

A few more disclosures:

- If you are not comfortable or bothered by the listed topics, then it is recommended that you do not proceed with reading this paper.
- If you are unaware about the content that the listed topics contain, then it is suggested that you at least grasp a basic definition of the topics.

Scrutinism:

As some may know; bullying, rejection, low self esteem and relationship problems are large issues in modern society that affect the lives of multiple people, and with all current well-known solutions proving to be insufficient, it is vital that these problems are resolved. This is what scrutinism attempts to accomplish; it attempts to provide multiple forms of guidance that can be applied to these problems and help conclude them.

On one hot and humid February afternoon, I was perched upon my bed trying to come up with solutions to these problems, but I had no luck. Though later that day my idea sparked. Bored and frustrated with the fact that I could not produce any helpful ideas, I suddenly thought to myself: "Well, if modern day solutions to these problems aren't proving their sufficiency, why not do the opposite of what is typically suggested?". This is how scrutinism was born.

Scrutinism asserts that all negative personal statements regarding one's self should not be disregarded, but instead considered with proper scrutiny and analysis.

"Sticks and stones may break my bones but words will never hurt me." This phrase is an ineffective way of handling negative personal statements. It asserts that we should be carefree of what others think about us, which is indeed a great mindset to live with, but the problem arises when you realize what else it asserts. It asserts that we should disregard negative personal statements. You may be thinking: "Well that sounds like a good thing." When in actuality it is not. You see, to have the most positive improvement and development of your personhood, you have to be open to all ideas and thoughts, that includes negative ones. I will present an analogy to put it in more simple terms.

Try seeing yourself as a book you have recently submitted to receive feedback on, and try seeing the negative personal statements as constructive criticism for your book. Now you need to consider the feedback to improve the quality of your book or your book will never improve. Sadly though, there are some people who will lie and criticize areas of your book that are completely adequate just to make you feel bad about yourself. That is why I have come up with a four step process to help deal with negative personal statements that can also help you decide whether it is worth considering the negative personal statement. I call it: "The Process of Decency".

Step 1: Determine the value of the negative personal statement's benefits if you change the specified attribute(s) and determine the amount of decency it will provide to you if you change the attribute(s) the negative personal statement has specified. (If you deem the change useless or too "inhumane" to be commenced, then stop proceeding with the process.)

Step 2: Determine if the attribute is changeable. (If the attribute(s) is not changeable then stop proceeding with the process.)

Step 3: Determine if the negative personal statement's claim about the specified attribute(s) is/are true. (If the claim(s) is/are false then stop proceeding with the process.)

Step 4: Work to improve the specified attribute(s).

Now you may be thinking: "Well yes this solves the problem of insults, but you still change according to people's words." It is not absurd to assume this, but I will now explain that this is not what Scrutinism proposes. You should be concerned about what people have to say to you, but not in the way you may think. You should be concerned about their opinions and negative personal statements regarding you because you want that information to improve yourself, not because you are actually bothered by whether they approve of you or not. Just like Stoic teachings; you should improve yourself for yourself, not for other people. That process is the core of this philosophy; it is used to consider the negative personal statement and helps you discover whether or not you should improve the attribute(s) that the negative personal statement has recognized. Now obviously that is not enough to stop the problems this philosophy attempts to address, so I have made concepts to locate the other issues.

People of Social Idealistic value:

People of social idealistic value are the people that one idolizes and perceives as flawless or perfect. It is noticeable that people of social idealistic value are practically an obsession, this view of someone seems to be most prominent amongst teenagers and children.

I will list signs that hint at the possibility of having a person of social idealistic value:

- You attempt to justify all of a certain person's decisions and actions.
- You are moderately to severely emotionally dependent on a certain person's liking of you.
- You constantly try to impress a certain person and make changes to their and for their liking.

As some may have already thought; it is not beneficial for your mental health to possess a person of social idealistic value. People of social idealistic value can have negative effects on your life in a multitude of ways, such as:

You make irrational decisions because you have convinced yourself to believe that all of a certain person's actions, decisions and statements are reasonable and rational.

You become moderately to severely emotionally affected by a certain person's liking of you which can lead to frequent misery.

You become easy to manipulate for a certain person because you constantly try to achieve their approval of you.

Aspects of yourself deteriorate or change unnecessarily in an attempt to please a certain person.

It is strongly suggested that you put in the effort to recognize their flaws and to realize that they are not perfect, and that they do contain their fair share of weaknesses, just like every other human being. Now you may be wondering how to execute this, and I have come up with a way to perpetrate it. The way to start viewing someone as an ordinary person is to realize that all the qualities that make you idolize them are non-factual, silly social constructs that don't matter in the end. All the things like: being beautiful, being popular, being athletic, all those things are not significant, it does not justify the state you are perceiving them in. For all of it are non-objective pieces of evidence that do not make it rational for why you put them on a godly pedestal, It does not make them better than others, it does not objectively justify why you put them on a godly pedestal and it does not objectively prove that you are worthless or a failure. In the end, we only live once, and it's not the place of social constructs to determine your worth, you are responsible for determining your own worth as a person. Realizing how objectively, each of us are equally insignificant in the grand scheme of things, and knowing we should be there to comfort each other through this blessing and curse we call life also gives us a reason to love each other.

It is very beneficial to deprive yourself of caring about the approval of others, for it allows you to come to terms with who you are, it also allows you to be relieved of stress, and to be in control of your own personal docket.

Now contrary to people of social idealistic value; I will be discussing people of social companionship value and people worthy of your social companionship value. (I would like to mention that people of social companionship value can also be people of social idealistic value.)

People of Social companionship Value and People Worthy of Your Social Companionship Value:

As you may have guessed; people of social companionship value are the people you consider to be your family, friends and lovers. Having people of social companionship value is a crucial asset that helps you thrive in life. For they provide you with motivation, comfort, security and happiness. It is extremely challenging to live a productive and ecstatic life with no people of social companionship value, and since life should be about enjoying yourself; it is proposed that you attempt to develop positive relationships with other people. For many though, it is not a simple task to reach diplomacy and to create bonds with others, for man is doubtful of himself, and constantly dwells through manipulative paths; like a mouse with a trap mailed with cheese. Since we are so fragile and frail; it is important that we intertwine with suitable people, because we are like food, some of us don't compliment each other very well, therefore it is important to bond with people that positively impact our lives, so it is recommended that your people of social companionship value meet these requirements:

- You feel safe/secure around them.
- They allow you to sanely express yourself.
- You enjoy spending time with them.
- They do not get angered or stop associating themselves with you for invalid or mild reasons.
- They associate themselves with you because of your core characteristics.
- They promote changes that benefit you and/or keep and improve the decency of your personhood.

In the list above, I mentioned core characteristics, and you may be pondering about what they are, so I will explain. Core characteristics are the primary traits/qualities that define our

personhood, they are the properties that make you yourself, they cannot be changed easily and sometimes cannot be changed at all.

We also contain secondary characteristics, and as you may have assumed; they are traits and qualities that we do have, but they are not the traits that constitute our personhood. Brown eyes, blonde hair and long arms are all secondary characteristics. Everyone has their own arsenal of characteristics that are exclusive to them, this helps us gain interest in other people, since it allows us to explore a set of characteristics different from our own, this mildly adds on to our interest of sharing unique facts about ourselves and excites us when we cross paths with a person of similar attractions and credences as us.

The four step process may benefit you in this area as well, for example:

Suppose you begin to improve the quality of your life, which involves you ending your addiction with drugs and you no longer continue to deal them, which lowers your popularity. As you stop doing and dealing drugs; some of your colleagues, friends etc. may stop associating themselves with you and stop spending time with you and some may continue to associate themselves with you and continue to spend time with you, which may help you conclude who are worthy and who are not worthy of your social companionship value.

On relatively the same topic; I will be discussing rejection and how to deal with it. Rejection is something many cannot cope with. It causes major setbacks and negative events such as depression, suicide, low self esteem and embarrassment. Those events/setbacks are so severe that they could permanently damage your life and personhood, or even go so far as to terminate it. As you may have thought, this is a serious problem that requires immediate disclosure and solving. The key to not being consumed by rejection is to realize that it's not because you are below them, but it's because you just don't match. There is no such thing as being "lower" or "under" someone else. They are not more valuable than you and vice versa. Realizing this can truly save you from wasting away and other events of similar relation. I will now list reasons why you should not be bothered by rejection.

Reasons Why You Should Not Be Bothered By Rejection:

Reason 1: The reason for rejection is invalid/mild and they were never worthy of your Social Companionship value in the first place.

Reason 2: The reason for rejection is not because they deem you unsuitable for the position you have proposed for; but it is due to an inconvenience that does not currently allow the other person to accept your proposal. There is no need to be too bothered because the rejection is not because you are deemed unsuitable, and you may just have to wait until the inconvenience is dealt with.

Reason 3: The reason for rejection is due to an inconvenience that will never allow the other person to accept your proposal, but they did not reject you because they deem you unsuitable. You should not be too bothered because the reason for rejection is not due to the other person deeming you unsuitable, and at least you no longer have to waste your precious time on trying to make your proposed relationship status work.

Reason 4: The reason for rejection is valid and rational. You should not be too bothered because at least you will no longer have to waste anymore of your time on attempting to establish that specific relationship with that person, and at least the anxiety-inducing question of: "Do they like me enough to say yes?" will no longer consume your thoughts.

If you truly find it difficult to navigate through rejection, let us reminisce:

It is completely normal to feel upset, disappointed and frustrated when you have been rejected, you should not conceal your feelings from the world, but instead preach them. Speak from the very depths of your soul, let your feelings taste publicity, do not feel shame, for shame only holds us back and hides our true selves from the world, and for shame is the very foundation of fake friendships, deceit, lies and destruction. Being shame-free is truly succeeding in life, and for this philosophy to truly help you reach such succession; I must identify the final piece of such a problematic puzzle we all meet, the source of all this mental chaos; the craving of social approval.

The Craving of Social Approval:

Now you may have been wondering: "Why do we humans experience these issues? What is the cause of it?" I believe that I have an answer to that question. Throughout our evolution as a species; our ancestors needed to evolve in a certain way to avoid extinction and to thrive. That required evolution was to evolve to be social creatures, which we so did become. With our evolution, another need came to exist; the craving of social approval. Once again, as you may have guessed; the title explains the definition. The craving of social approval is a desire possessed by all humans, it urges us to create relationships and gain social stature. It is one of the primary forces of our lives. It is the reason of shame, for it birthed shame so we could not ruin our relationships or public identity, for it's not us who decides to conceal our secrets, shame does, along with the assistance of the craving of social approval. Shame and the craving of social approval are toxic poisons; we must learn to discard them, and I have found a way to do so. To realize the danger and negativity that arises from shame and the craving of social approval; we must become carefree about the thoughts of others. If they no longer find us worthy or delightful; so be it. We will not rot away our days with them, instead we will enjoy fertility and ripeness with others who do deem us enticing. Now of course it is easier said than done, so to put this alteration into action we must isolate ourselves from society and delve into hobbies that allow us to express ourselves and allow self-improvement during their occurrence. Doing this will help us deprive the craving of social approval and shame by being detached from such damaging social norms. The craving of social approval is destructive, but should not be completely vanquished; for it is the force that drives us to form bonds in the first place, but it should be moderated to the point where we should still want to make friends, but not be too bothered by rejection and carefree about others' social opinions regarding us.

Being carefree is true freedom, it allows us to have full control over our decisions and allows us to sculpt our personalities with our own hands of art. I truly hope that this paper opened doors that allow you to do just that, goodbye, dear reader.

