

# What is the essence of me

Philosophy



P. Don Lee ELI 403 What is the essence of me When one considers the nature of their personality a number of things are factored into the thought process. One of the things that I consider is that I have changed a lot over my lifetime. While I once acted without much forethought I am now much more cautious in the way I act. Another thing is that I have greatly changed my understanding of the world and my surroundings. In these regards, I am less naïve than I used to be and am now a more mature person. Still, I recognize that there are things that can perhaps be considered as being examples of my essence. Even as it's difficult to narrow these things down to one thing that says who I am, I recognize that the thing that best describes my essence is forgiveness.

There are a number of reasons that forgiveness is the essence of me. One of the largest reasons is because forgiveness is a character trait that I have considered to be a strong value in my life. I believe that in life people find success and make progress through trial and error and experiencing hardship. I also think that many times the mistakes people make have to do with other people. I recognize that oftentimes people have made mistakes with me, and I have done the same with them. It follows that I think it is necessary to cultivate a personality of forgiveness. When people are unwilling to forgive it signals that they are giving up on another person, when in reality this is precisely the time that they should be coming closer to the person. When we are willing to forgive people then we allow our relationships with them to grow and develop through trial and error.

Another reason that forgiveness is the essence of me is because I believe that holding grudges or seeking revenge is unproductive for a healthy and

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happy existence. While I am not a psychologist or know much about psychological theory, I have had enough life experience to understand that oftentimes the way we think affects the way we feel. I believe that in holding grudges and refusing to forgive people then we go through life with negative thoughts and emotions. In my own life, people have wronged me. Although it has oftentimes been difficult for me to forgive them I have always managed to do so. After forgiving the person, I have always felt better. In these regards, I have gradually made forgiveness one of the central parts of my personality.

In conclusion, this essay has examined what is the essence of me. In these regards, my essence is forgiveness. The reasons for this are because I feel life is about making mistakes and as such it's necessary to forgive people. I also believe it makes people happier if they are able to forgive others. Ultimately, these reasons have become prominent considerations in my life and as such forgiveness has become my central characteristic.