

# Example of the unexamined life is not worth living thesis

People



**ASSIGN  
BUSTER**

In my point of view, I am interested and I agree with Socrates' statement that "the unexamined life is not worthy living". This is because the principle behind the human existence was spiritual and personal growth. Unless people examine and reflect upon their life, it could be hard for them to grow as they understand the true nature. When people examines themselves, they undergo a pattern of behavior. As a result deeper reflection gives way for understanding intuitive programming, an essential element that runs peoples' lives.

In this case Socrates argues that people should be in a position to choose between examined life and death. Definitely, there is no one would chose to die in expense of being examined. However, most people avoid living an examined life. People who lead the examined lives , who put in mind where they have come from, where they have reached, and where they are heading to, lives more comfortable lives. They have developed self-awareness through repeated examining themselves in their lives. Therefore, those people that know where they fit in life have more capability to understand how the fundamentals in their lives integrate.

In conclusion, the difference between people who live the examined life and those who live unexamined life is like people with maps to guide their ways and those who do not. With the map, of course, one knows where they are, where they have come from and where they are heading. Therefore, Socrates' statement advices people to determine their position in life by accepting to be examined in order to gain self-actualization. By doing so, people in the community will be able to live more comfortable lives.

## **Work cited**

Rascal, and Gert Bogaerts. Socrates. San Francisco: Chronicle Books, 2002.

Print.