

Being who I am

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I found this quote on another blog.

"Most women set out to try to change a man,
and when they have changed him they do not like him".

Marlene Dietrich

Not only do I like Marlene Dietrich, I like the meaning of the comment.

I would even take out the gender distinction and then it becomes my quote!!!!

Most people set out to try and change others,
and when they have changed them they do not like them.



Do I like myself?

From what I have seen of life it is so true.

The best thing that a psychotherapist can ever hear from a client is the statement:

"I am comfortable being who I am".

This is not a person who has it altogether and has discarded all neuroses.

This is the person who has accepted who they are. The good bits and the other bits that others don't like. (Such as one's neuroses.)

This is where the second part of the quote comes in (thanks to my fellow blogger - Nikita).

From what I have seen if you can resist the pressure to be something other than what you are, then you become more 'complete' or just comfortable with self.

Then you usually become more appealing to others.

That is - the more people will like you if you stop changing to the wants of other people.

If that makes sense.

But

Not an easy thing to do.