

Choosing My Personality

Personality refers to the enduring characteristics and behavior that comprise a person's unique adjustment to life, including major traits, interests, drives, values, self-concept, abilities, and emotional patterns.

Personality, a characteristic way of [thinking](#), feeling, and behaving. Personality embraces moods, attitudes, and opinions and is most clearly expressed in interactions with other people. It includes behavioral characteristics, both [inherent](#) and acquired, that distinguish one person from another and that can be observed in people's relations to the [environment](#) and to the [social group](#).

We all have several personalities that we smoothly slip into as the occasion requires. Parent, employee, teacher, student, party guest, customer, friend. These and many more have their own personality. The one single person, as many personalities as is needed to help keep us comfortable and safe.

Fine, but can't we make this intentionally useful?

There are several circumstances where I am not satisfied with the personality that steps in at those times.

I would like to be able to decide which personality, and its particulars, I would use in a given situation.

Too much of the time my personality is such that I am motivated or subdued by wanting the approval of people, or to avoid conflict. I lack confidence too often, and usually feel like what I have said was insufficient, foolish, or shallow for the people I talk with.

When I am all to myself I am strong. I have confidence and clarity. I have purpose and satisfaction. I am not arrogant, I do not feel the need for approval.

I would like to put on that personality, or some of its characteristics and eliminate others in a given circumstance.

It might seem a better solution to simply change the characteristics I am dissatisfied with one personality at a time.

I am not talking about being more adaptive or empathic, I am talking about being more authentic, more the self I am.

My bad memories are felt today through the younger, lesser person I was at that time. I need to adjust my thinking to see those things through my mature mind's eyes.
