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11/30/15

HD 341

Research Paper: Self Esteem

As human beings, we strive to feel whole. This drive is rooted inside the biology of the brain, but equally shaped by our parents, peers, and society. Our sense of self-esteem affects the way we navigate through life and gain success. It can either enhance our physical and emotional well-being, or have a negative and lasting influence. The amount of conflict we experience, our decision making opportunities, and autonomy all factor into how we see ourselves. Living inside these ever-changing physical bodies, we try to make sense of the world around us. The people, situations, and institutions we encounter can sometimes feel overwhelming. Some of us seek escape and/or distraction or fall into chemical dependency, morbidity, and/or suicidal ideation. This is often established during childhood and adolescence, and can extend into one's adult life.

According to modern neuroscience, there are several neurotransmitters which play a central role in mood and belief. The brain perceives our reality and transforms it into a range of personal, ethical, and creative premises that we use to provide meaning, value, spirituality, and truth in our lives (Bear). As human beings, we construct beliefs about everything. We attempt to determine how we feel about our 'perceived' realities, and then proceed to build moral, political, and spiritual beliefs about the world around us. There are several studies which suggest that brain regions and neurotransmitters are responsible for deciding how we choose one idea over another (Panksepp 533). These beliefs allow us to affix meaning to the mysteries of life, and provide us with a unique sense of inspiration, and hope.

Certain beliefs take root during specific periods of brain development. In order to undo these beliefs, the brain must exercise plasticity. Doxastic Voluntarism explains that mentally healthy people can change their minds about their beliefs. As we get older, this plasticity is less active, but still exists. If we continue to think critically and strive for rationality, we can continue to make new neural connections and build stronger synaptic bonds (Audi 98). In a recent study at UCLA hospital, a man who was riddled with cancer, and about to die, was given injections of a placebo. Within a week all his tumors disappeared. But, upon reading a newspaper report about the ineffectiveness of what he thought he'd been given, his tumors returned. The doctor then convinced the patient that a "new and improved" medication was administered to him instead and once again his tumors disappeared (Etelson).

It's easy to get caught up in today's social media-centric society. It's complex nature resembles the makeup of the human brain. We're networked together, teaching one another how we'd like to be treated by the ways we treat others. Self worth can become closely intertwined with how we see ourselves in relation to others. There are many who suffer from

# Paper On Self Esteem

**Roman Wölfel**



## **Paper On Self Esteem:**

## Decoding **Paper On Self Esteem**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Paper On Self Esteem**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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