

Understanding Sense of Self

*The human reproduction process is a random in context process aptly described as
"let's try this and see what happens".*

*We are each unique with different wherewithal, that is, inherent physical and intellectual capabilities and
circumstantially acquired knowledge, skills and sense of self.*

One can believe, choose and do to their body and life what they will. These are natural rights.

The more we learn, the more we learn there is more to learn. History suggests that we exist to evolve.

Evolution is predicated upon one striving to be the best that they can be.

One can choose to be the best that they can be or not. If not, they incur limiting consequences.

*One, though, cannot be more than what their inherent physical and intellectual capabilities
enable them to be.*

Around 2-3 years of age, a child experience self-recognition after which they begin acquiring a sense of self. The first several years of a child's life are their formative years in which the foundation of their sense of self is laid.

One's sense of self evolves over their lifetime as they learn more about themselves and their capabilities. Some seek out opportunities to learn. Some are constrained by circumstances, some by their responsibilities or sense of responsibility. Some are self constrained by choice. If one does not strive to be the best that they can be, they make choices the consequences of which deny them future opportunities.

Newborns begin learning upon birth. We are born with conscious and subconscious memory. Subconscious memory is populated by everything one senses, that is, sees, hears, smells, tastes, touches, and feels. Conscious memory is populated by one's rational processing of what is held in their memory. We are born with the ability to think deeply, to reason inductively and to have feelings. Intuition, insightfulness and creativity are a consequence of deep thinking, inductive reasoning and feelings. Predilections are a consequence of one's more strongly felt feelings. A newborn quickly learns about differences and causality.

There are those who explore, those who are quick to adopt, that is, to pioneer, and those who seek the security of sameness, that is, to settle. Change is inevitable. The more we learn, the more we learn that there is more to learn. We uncover new ways for doing things and for doing better things that we are currently doing.

For some, today is like yesterday and tomorrow will be like today.

You can't change yesterday but you can learn from it.

Today is today.

The question is, what are you going to do tomorrow?

What does a newborn, toddler and young child acquire during their formative years?

From the outside looking in:

- * They associate feelings with experiences. They enjoy somethings more than others and some, not at all.
- * They identify with gender characteristics observed in their interactions with their parents and older siblings and observations of them and others interacting. They are influenced by the toys they are given, how they are dressed and with how they play.
- * They learn about their relative position to others.
- * They learn about living a life style, namely, that of their family.
- * They are influenced by family dynamics and culture including religious rituals.

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Some parents help their children learn how to learn. They instill in them intellectual curiosity. Some guide them to be all that they can be and to be creative. Some provide their children opportunities to broaden their experiences and observations. Some guide them to observe and seek to understand the causality of events, pondering the consequences of the results if certain things were different. Some don't do any of these letting their child learn what they will from their nominal experiences.

One's sense of self defines who and what they are. It encompasses their gender identification, their perception of what they're capable, their position relative to others, their self worth, what is important to them, and their nature, that is, as an explorer, pioneer or settler. One's sense of self is the basis for their attitude about all things associated with living life. It evolves over one's lifetime with each new experience that provides them the opportunity to do something different from what they had done before or to do something in a different way with different people. In general, in pursuing life, one is constrained by the expectations of others with whom they closely associate. Measures of sense of self include self-confidence, self-esteem, self-worth and self-image.

For those who have demonstrated that they have sufficient wherewithal, what is it that motivates one to be all that they can be? What enables one to accept being less than they can be? Some seek opportunities to improve their situation. Others accept their situation. Why?

Why would a woman marry a man whose wherewithal was noticeably less than her father's? Why would a man marry a woman whose wherewithal was noticeably less than his mother's?

In living life, some form unrealistic expectations for themselves and of others. Expectations are driven by one's sense of self, of what they sense they are capable of doing or not and what they observe of others and of the society in which they live. Unrealistic expectation are built upon assumptions about the actions of others. One has no control over what another does.

Technology is enabling women to be all that they can be. Only woman creates new life. Conception creates a zygote which contains the genetic information of the man and woman. A woman's body takes the zygote, any zygote, and creates an embryo from which her body creates a newborn. It is a wondrous thing. Their responsibility to their children restrict their ability to seek out experiences that would uncover their full capabilities. Women, innately, do well in nurturing roles. Technologies, namely the Web, artificial intelligence and personal computers, enable women to pursue opportunities while being readily available to their children during their formative and early teenage years. In the near future, public education will be provided via the World Wide Web. There will be a greater need for teaching assistants to interact with students individually over the Web. Retrieval Augmented Generative, RAG, AI chatbots will be common applications in most households. They require periodic purging and fine tuning. There will be an ever increasing need for practitioners to provide such services. While AI driven applications will increase and address many administrative corporate tasks, AI is limited. It constructs. It does not create. There will always be a need for creative people. Once their youngest child has acquired sufficient maturity, a woman has greater latitude in pursuing experiences to uncover her capabilities.

By design, man and woman are created physically different. There is nothing to support the assertion that they are created intellectually different. Men, because of their physical differences including their inability to bear children are given more and broader opportunities to uncover their capabilities than women. Technology is a game changer.