

Being True to Yourself

When I say to someone “I need to be true to myself” could I really be saying:

“I want you to perceive me as I intend to be perceived without me going to the trouble of understanding things from your perspective”.

In other words. If our behaviors are being perceived by others in a way we don't intend – is that really being true to ourselves? Perhaps striving to understand how another sees us and modifying our behaviors based on that understanding is being even more true to ourselves.

Musing Fool