

**FRIDAY IMOLUAMEN**

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**COURSE: Human Right 1: To Be Free and Equal**

**MAIN ASSIGNMENT QUESTION:**

**WHAT DO YOU THINK ABOUT UNLOCKING  
YOUR PERSONALITY?**

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## **Abstract**

This paper in the main focuses on the writer's personality and the extent to which he has been able to unlock his personality. The paper begins with an introduction. A number of personality questions are addressed in the short essay. However, the major theory question is: What do you think about unlocking your personality? What does this mean to you? The main body of the essay addresses freedom, uniqueness of individuals and the writer's thoughts on unlocking personality. The last segment of the essay is the conclusion which emphasizes the importance of each person's recognition of his/her uniqueness and the need for personality freedom.

## **Introduction**

Freedom is an individual's ability to do what he/she wants without constituting a problem to others' rights. Freedom is exemplified in an individual's unrestricted choices without coercion or undue influence from external forces. Freedom is a natural phenomenon. It is part of life. It is embedded in life. In essence, every individual personality should be free to decide the course of his life, what he /she wants to do and where to go. Personality and freedom have a systematic correlation (Kester, 2019). An individual without freedom is but a slave and is considered unequal. Equality of individuals then implies that all individuals have the right to freedom.

Most times, some people hide certain things about themselves especially if such things are considered of low esteem in comparison to what they think others may feel or say about them. This feeling may arise from poor self-perception. An individual who feels this way still needs to learn about self-orientation and the theory of individual uniqueness. Background information or history and cultural upbringing may be responsible for people's esteem and self-knowledge. However, education helps individuals to find out who they really are. It is one key that unlocks their capacity to reason and adapt. First, the need to understand personality is imperative since it help provide insight into individual differences.

## **What is Personality?**

Personality is about the totality of an individual's mental, biological and psychological composition. Personality is believed to refer to the set of characteristic traits and patterns of reasoning exhibited by every individual. An individual has in-built psychological traits that make them behave, think, feel and act consistently in specific ways different from those of other individuals (Plafaster, 2020). All of these cognitive and emotional reflections constitute what is known as personality. Consequently, no two individuals possess exactly the same personality. Personality is also about perception. Human beings perceive things, actions, events and situations differently. Psychologists have established four discernible classifications of individuals as sanguine, choleric, phlegmatic and melancholic (Rzeszutek, Szyszka & Czerworika, 2015). These are

unique psychological human classifications which typically define all individuals because each individual must fall into one classification in the least.

Personality is thus how each individual in comparison with another does things, reacts, perceives and conducts self in society. From the above, personality is who an individual is. The common cliché therefore is, personality is who you are. With this understanding are the questions: Does everybody understand his personality? Who are you? How can you open up your personality? To a large extent, several environmental factors somewhat condition an individual's personality development. Personality is typical behavior peculiar to each individual, making an individual different from others in the display of traits. Individual differences which viewed as the totality of a person's personality are in terms of perception, attitudes, intelligence, culture, gender, ability, background experience, sensitivity and response rate among others (Sinha, 2016). Each individual displays these differences at all times in different circumstances.

According to Doughty Aaron in the video link found in the reference section of this paper, an individual tends to unlock his personality by recognizing his person reality within the environment. Accordingly, it is the application of flexibility to one's person, understanding how to respond to other people, and how to conduct oneself in different places at different times. Significantly, having a state of balance in one's affairs, interactions and pursuit defines unlocking the personality. One of the major ways of unlocking one's personality is by demystifying the restrictions and limitations that tradition, value system, culture and family belief place on individual's curiosity and power to express their heart's desires and feelings. This can be done by experimenting with adventures according to one's interest.

### **Unlocking Personality**

In the first instance, belief in oneself and knowing one's weaknesses and strengths are indications of understanding one's personality and potential. As an individual, one needs to understand one's disposition, and not allow one to be unduly influenced in such a way that one's potential does not find expression. Indeed, attempts at addressing one's weakness should further be seen as unlocking one's personality. Embedded in human personality is a great deal of potential to achieve greatness. Unlocking my personality is identifying my limits, potential, values, mission in society and vision (Mroczek & Little, 2006). What this means is providing me with a reason for life and pursuit of self-actualization. I know my limits, personal disposition and strengths. To this extent, I know who I am. This is obvious from interaction with people such that I know where to switch codes, refrain and how to manage exchange, considering the emotional dispositions of others.

In unlocking one's personality, one must be mindful of the psychological state of others with whom one interacts. However, my inability or struggle to cope with certain

challenges tends to suggest that I still need to discover more information about myself. I am free when all my human and personal rights are legitimately exercised. As it stands, I can express myself anywhere in my country provided my expression does not constitute a libel or character defamation of others. I express my creativity and allow my major character disposition to express itself. To this extent, I view freedom as a state of being free to do, act or decide by personal choice. Furthermore, we unlock our personality by identifying how we react, our likes, dislikes, frequency of interaction with others or withdrawal from others, passion, drive, occupation with thoughts, analysis of situations and concern about other people's needs and problems. An individual who identifies his/her disposition towards these realities and is committed to them unhindered has obviously unlocked his/her personality.

### **Conclusion**

Unlocking one's personality is one of the keys to joy, peace, freedom of personal expression. Self-recognition of each individual's personality is critical to successful interaction and results-orientation in society. Unlocking one's personality is self-discovery, providing the liberty for self-fulfillment in life and society. A critical and potent tool that equally enables individuals to unlock their personality is education. However, such education must be self-involving. It must be research-driven education. It must be asserted again that learning from one's mistakes and problem-solving are potent enough to help an individual discover his personality and potential.

### **References**

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