

### Self-Critique

For this topic, I would say self evaluation, self education, self criticism can serve a purpose by increasing self awareness and ensuring personal growth. It can help by facilitating the process of learning from one's mistakes. It also proves to be useful when one attempts to overcome one's areas of weakness or unwanted behaviors.

The history of philosophy gives us many different accounts of a true self, connecting it to the essence of what a person is, the notion of conscience, and the ideal human being. Some proponent of the true self can also be found within psychology, but its existence is mostly rejected. Many psychology studies, however, have shown that people commonly believe in the existence of a true self. In my opinion, it is important that we have to rethink ourselves constantly, especially when we criticism from parents or teacher, we will become a mature person in this way.

I'd like to talk about Germany, the country I admire the most for its self-critique. Even if people today can not be blamed for what happened during the 30s and 40s, they feel the weight and try hard to argue for the worth of every individual. No matter country or individual, self criticism can allow you to acknowledge any mistakes you make and help you avoid them in the future.