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“Mental confinement”

Freedom is one of those words that has a different definition depending on who you ask. No two people will give you the same answer because their idea of freedom is different from one another. For example freedom to me is being able to pursue what interest me and do what I want when I want. In today's society we can't just do whatever we want because of laws and societal norms and most often we take into consideration what other people will think about our actions. Many choose to do so regardless of the consequences.

Everyone in this world is confined by something or someone. There's always an idea or goal that you want to reach but for various reasons it is often delayed due to our own negligence, or for the simple fact that sometimes in life we hit an obstacle that needs to be conquered. It is how we get past those obstacles that define us. In my personal experience the biggest challenges we face are often with ourselves. The older we get the more we learn about both the world and ourselves, and how to navigate through this crazy, chaotic world we live in. The most powerful entity that we all face is often our own minds.

Very recently I discovered that our minds can work adversely if we let it. Your thought process can very well determine what kind of life you will live. In order for you to

achieve your goals you must first truly believe in yourself and your ability to accomplish whatever it is that you want to achieve. For many people it is their brain that confines them to a life that is less than satisfactory. They follow the same unproductive patterns and never question why their lives are the way it is. Everything is truly mind over matter. That is why no matter my situation I always try to maintain a positive mindset, even if the odds are stacked greatly against me.

The first and most crucial step to escape this mental confinement that so many of us are bound to is to think critically, and criticize ourselves and our actions. As humans we tend to hold a bias towards ourselves and many just can't see past this imaginary wall we put up. Unfortunately many refuse to do this or just can't see the bigger picture and are stuck due to their narrow minded ideas or mindset, and refusal to look at themselves from someone else's perspective. Perspective is key. As people we should always take into consideration the opposing argument or idea in order to better rationalize and gain greater insight. Most ignorant people have one major thing in common. They absolutely refuse to see things in another light.

The second step in escaping our mental confinement is something that we all want but will most will never grasp. You need to want to do better and find some source of motivation. Whether it be a pay raise, new car, home, whatever it may be, you need to focus on that and constantly keep your eyes on the prize. Instead of thinking that someday you will change or have what you want. You need to set forth a plan and stick to it. As Dr.Phil one said "Someday ain't a day of the week, look at you calender someday is not on there."

Throughout my entire life I always enjoyed school and loved to learn about history and science, but absolutely despised math. I didn't understand it and never cared to put any effort forward into learning it. At some point I honestly believed I was never gonna learn math. I always cheated when I could and somehow managed to get by and pass my exams with the lowest possible passing grade. Upon arriving at college I realized that the major I wanted to pursue was heavily math oriented. In order to achieve my goal of acquiring a college degree I needed to learn this subject I so deeply hated.

My first semester I was placed in a remedial course as I did horrible on the math placement test. Upon starting the class I put in as little effort as possible into learning this subject and my grades suffered as a result. As the semester flew by I failed the class and subsequently learned that I would be kicked out of college if I didn't pass the class on my second attempt. Faced with expulsion I knew that drastic changes were needed. My greatest fear is upsetting my parents, what would my family think of me if I flunked out of college? I kept this in the back of my mind as my source of motivation to do better.

Faced with this reality I managed to fix my study habits. Every single week I would sit down in the library for hours at a time and work on practice sheets that my professor provided. I would solve a problem and then switch a few numbers and do it again and again until I remembered the formulas. This continued right up until finals where amazingly I was finally able to answer every single question without error. I was able to triumph over my greatest enemy and felt a sense of satisfaction that I never

experienced before. I then realized if I put my mind to it I could achieve anything as long as I worked hard and maintained a positive mindset. I was finally freed from this mental confinement I put myself in.

Works Cited

Joe Rogan Experience #1254- Dr. Phil

<https://www.youtube.com/watch?v=65epASHLblo>