



I need to be liked

TASNIM ODRIKA

To some extent, don't we all? Behind all the "I don't care what people think about me" posts are people who deeply care what society thinks of them. And that is absolutely okay. We all want to be liked and appreciated. But, when this need crosses a certain point and starts affecting your personality, that's when you know you've got a serious problem.

Look, I'm a reasonable person and I understand that not everyone is going to like everyone. I understand this idea like the way I understand Maxwell's equations. I understand the concept but I will never be able to apply it to a real life situation. So, whenever I meet someone new, my default brain setting is "They hate me". Hence, I go out of my way to seem like a pleasant and agreeable human being. For example, if my new friend accidentally drops their stationary during class, I will immediately pick it up for them without them even asking me. I will say yes to every favour they ask of me even if it is regarding something I do not want to do.

But, once it has been firmly established that the other person likes me, I immediately transition from being agreeable and friendly to being a bit stand-offish. So, no more picking up pens for them and

"I want people to be afraid of how much they love me"



no more heart emojis with every text. Don't get me wrong, it's not that I get tired of them. I just feel more comfortable with a person when I can be openly cold and mean with them.

The problem that arises from this is that I am left with two contradicting personalities and sometimes even I confuse myself as to who I am as a person. And my brain goes into complete haywire mode when I'm introducing an old friend to a new one. One of my biggest fears is that one day of my close friends will witness me interacting with a new person and then stop liking me.

So, in conclusion, please like me.

Minimalism: A Beginner's Guide

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Although minimalism has become commonly associated with aesthetics, minimalism goes far beyond style and décor— it is the idea that our lives can be simplified by living minimally which can help anyone who's looking to de-clutter their lives- be it a relationship or a wardrobe.

There are no specific guidelines on the minimalist approach. It's very subjective since the aim is to simplify in a way that brings efficiency and happiness to the individual. Although, there are some ways to initiate and facilitate the process.

CHOOSING A THEME

Going back to the point on aesthetics, many people do prefer picking a theme to stick to when approaching minimalism. This is in no way mandatory. Picking a theme can help the process since it makes it easy to understand what to keep and what to discard or redistribute. A theme may also be more aesthetically pleasing for some. However, there are other ways in which the simplification can be approached. If you do decide to go with a theme, pick something that you enjoy.

FOCUSING ON A SPECIFIC AREA

Instead of purging your whole space altogether, focus on individual areas at a time. Have a cluttered desk? Take all items off it and individually assess what you will keep and what you won't. Do the same with other areas like shelves,

drawers and closets. Focusing on one area at a time will allow you to invest more headspace into the process so you can make better decisions and be more mindful of your possessions. This also helps you get rid of more things at a time and prevents accidentally getting rid of important things.

PICKING WHAT STAYS AND WHAT GOES

Setting up a system to analyse will always streamline your process. With clothing, for example, choosing to discard items you have not worn in the span of a year is a good indicator. Relationships that

bring negativity and frustration instead of motivation and happiness should be let go. Fixing indicators for the various items will help you understand what you truly need with more clarity. Only keep the things you need or see yourself needing in the near future — the rest should go.

PURCHASE BETTER

The best thing to do when taking a minimalist approach is to decide on purchasing less and using current possessions more. However, when you do have to shop focus on versatility and quality over quantity. The easiest way to prevent clutter is to stop introducing unnecessary items that hog the space.

FOLLOW UP PERIODICALLY

Assign a periodical follow up for each general category and repeat the process to ensure you remain clutter-free. For example, you can sort out your clothing every four months or so. Reassess and reflect on your environment from time to time to maximise the utility of your physical and mental space.

Becoming a minimalist can be therapeutic for many, especially those who are looking to turn over a new leaf. It's a continuous process and sometimes requires confronting and breaking habits that do not serve. It requires time and patience but is often immediately beneficial.

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LESS IS MORE