



DESIGN: **FATIMA JAHAN ENA**

LIVING WITH SELF-HATRED

SABIL SADAT ZAHIR

Imagine being stuck in a prison where your cellmate is the person you despise most in the world, with no chance of release or escape. Now imagine that prison being your own body, and your cellmate being your own mind. That is what it is like when you have to go through life suffering from self-hatred.

Self-loathing is a condition which results from years' worth of trauma and negative experiences. Being abused by family members, facing constant comparisons to others, and getting bullied at school serve as catalysts for the development of self-hatred.

If a child is made to question their worth, that perception stays with them forever. In an attempt to rationalise the negativity, they start to identify with their aggressors and blame themselves for being treated poorly. This creates low self-esteem and internalised guilt, which in turn results in self-hatred.

Academic achievements, or lack of it, also plays a role in the development of self-hatred. In a competitive environment like ours, poor academic performances increase their hatred towards themselves and diminish their self-worth.

When someone is consumed by self-hatred, it gets difficult to enjoy life. They live life thinking something is always wrong with them, and end up despising everything they do. Minor mistakes seem like big offences. Negative self-criticism becomes stronger than external appreciation. They are unable to appreciate who they are, and always find themselves wishing they were someone else.

All these create an endless stream of anxiety accompanied by depression. It can lead to physical issues as well, such as eating disorders.

Self-hatred is like a constant state of self-contradictions. A person can realise that their hatred is unfounded, but still face difficulties in controlling it. One

might think that self-hatred can be used as fuel for self-improvement, but people often find themselves engaged in self-sabotage instead. Negative thoughts exhaust most of their emotional energy. In some serious cases, self-loathing leads to self-harm, and much worse.

Social anxiety caused by self-hatred has a huge impact on a person's social life. As people with self-hatred underestimate their worth, they try harder to please people. It becomes difficult to reach out to others or socialise. They worry excessively about disappointing their family and friends. In relationships, they may find themselves trying really hard to please a partner who is toxic or mistreats them, because this is what they think they deserve.

When someone suffers from self-hatred, it is not enough to just tell them they matter. They need to be told WHY they matter. This requires lots of patience and support from loved ones. Overcoming this issue is a continuous battle, and it's okay to reach out and seek help.

My insight is not of that of a professional, rather it's of someone who has been on the same boat. If you happen to suffer from this problem too, know that you are definitely good enough. A proper look into your own history will show that there is nothing bad about you. It's just that people have been bad TO you.

You are better than you think you are.

Sabil spends most of his time making memes and trying to stay as hopeful as possible. You can contact him at sabilsadat616@gmail.com

Why everyone should learn sign language

ZABIN TAZRIN NASHITA

Sign language has existed for a long time, yet it isn't as prevalent as it should be, which leads to the exclusion of many individuals with hearing impairments.

Over time, sign language has undergone many changes. Linguistic researchers believe this communication method via gestures and symbols has been around for as long as spoken language. Quotes from renowned philosophers like Socrates lead us to believe that a visual system of communication for people who were unable to speak existed centuries ago.

However, Aristotle's opinion of people with hearing impairment negatively impacted the adaptation of sign language, as he believed auditory senses were necessary for humans to learn.

Despite this idea being from the fifth century BC, it took until 17th century France for the first documented and widespread use of sign language in Western society.

There are many forms of sign languages in different parts of the world. British and French Sign Languages are the most commonly used ones in Europe. The American Sign Language (ASL), on the other hand, is more common in the United States and adjacent countries. However, there is no universal sign language, different regions use different versions of it.

There are Chinese, Australian, and Brazilian sign languages among many others. Bangla Sign Language is the one used for Bangla, although it is not as common as the ones mentioned earlier.

In Bangladesh, sign language is taught to individuals with severe or profound hearing loss and speech impediments. People with mild to moderate hearing loss, however, are rarely taught sign language as they're mostly encouraged to improve their hearing through hearing aids.

The same goes for individuals with slight speech impediments. They're encouraged to do speech therapy, but do not learn sign language alongside it.

Sign language shouldn't just be limited to people whose impairments call for it. For people with said impairments to communicate effectively using sign language, others must also put in the effort to learn it.

If nobody, aside from their immediate family members, ventures to learn the language, their communication opportunities become limited.

Sign language is also an excellent tool to communicate with the elderly who experience hearing loss. While learning the language needs a bit of effort at that age, it spares everyone from yelling at the top of their voices ineffectually.

Sign language also has uses outside of communicating with people who have limitations in terms of verbal conversations. The language comes in handy when relaying messages to others in a noisy environment or situations where speaking isn't an option. Sending hand signals comes in clutch in emergency situations too.

Learning sign language by oneself is difficult, which is why it should be incorporated on a bigger scale so it can be accessible to everyone. Signing is sometimes included during news segments on several channels, but it should be utilised in live telecasts and live programs too.

To draw a language is an edge of sign life easier for all and it can help ever to loved ones

conclusion, learning sign important skill. Knowledge language only makes parties involved, you get closer than in need.

Find Zabin Tazrin Nashita at fb.com/zabintazrin.nashita



PHOTO: **ORCHID CHAKMA**