

# Journalism club is expressing your viewpoint

## Identity - The Importance of Acceptance

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We always try to fit in, to have a sense of belonging or to feel as if we are a part of something. Of course, it's always normal to try something new, however when we try to change ourselves just to feel validated amongst others, it could start to turn into an endless cycle of feeling drained.

Sadly, it may be hard to realise while in the cycle as we might be focused on finding ways to seek approval rather than thinking about our own feelings. We shouldn't be hard on ourselves for feeling as if we don't belong, since it will always take time to adjust to different situations as well as different people.

We should recognise that it is normal to have these feelings and that we should make sure that we are comfortable with ourselves. In all honesty, fitting in can be a positive experience. You may discover something new about yourself or begin to see your life as the way you want it.

Fundamentally, it is important to know yourself and embrace your identity. Be the person that makes you the happiest and comes most naturally to you. Of course, being influenced by people is natural and you're gonna come across influential people in your life that'll inspire you to try new things which could be good for you! Despite that, don't change who you are, but also don't deny those learning experiences; they are amazing life changers.

