

BALANCE

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Belonging is such a risky topic to comment on. We don't know for sure what belongs to us, how long something will belong to us or what happens if we lose our belongings? Belonging is based on unknowns. That's why it is confusing when we start to talk about it. Additionally, there are many diverse aspects to scrutinize it. However, I would like to mention these two: the things that belong to us and the feeling of belonging.

Can we guarantee for anything that it belongs to us forever? What if we lose it, break it or someone steals it? Will that still belong to us? You may think like if something actually belongs to us, we will protect it no matter what. But it would be wrong because sometimes you can get in such a desperate situation that you could only watch all the belongings flipping away from your hands, dreams and hopes. The examples for this are so cruel like an earthquake hit Turkey on 06/02/2023 and just destroyed everything; the life, the humans, the buildings, the belongings and what could they do? Maybe a girl bought her favorite barbie that day which made her super thrilled, but she lost it the other day. In a different scenario, let's think of a family that spent thousands of liras on just a home which collapsed and disappeared forever. The more we feel like something belongs to us is the more we get close to losing it. We shouldn't take everything for granted because it leads to a more depressing ending.

For instance, think of a boy that has cancer and slowly dying, can he bring his belongings with him? No! He will leave everything here. His phone, his home, his favorite shoes. While we are super close to our belongings, the other day we can be that further away. The main reason is that we won't be able to take real objects which we call as belongings with us when we die and cannot protect them all the time. They actually belong to this world. So, they will stay here and even be a part of another person's life. That's why instead of basing our lives on some meaningless items we should work on ourselves. Because we will die alone with what we actually have inside.

Let's brainstorm. Our mind belongs to us. So first we shouldn't risk its health because then we will lose our actual belonging. The thing that proves our existence is our minds, thoughts, likes, dislikes. We make comments, express our feelings to indicate who we are and that's how we start to exist on a different person's mind. If we can find a space in there, then we slowly start to stand up for ourselves. We shouldn't forget that what belongs to us is the things that we create. For example, the idea of a favorite color is created by each person. We create a like by choosing a specific color to show our personalities which belongs to us. Let's think that my favorite color is green, and it is a thing that my friends know me with. It is the most basic specialty out of billion other things that I have and reminds other people of me which proves my existence.

Another example can be a skill that we are capable of doing. For example, I can bake delicious cookies and one of my closest friends always mentions this which makes me feel like that that skill is mine. She labeled me as a master cookie baker. It is my specialty. If I maintain baking cookies, then the trait will also maintain belonging to me. To sum up, I was trying to reach the conclusion that we shouldn't base our lives on objects, instead we should base - not completely - them on our specialties which we create and genuinely belong to us.

Humans always feel the need to communicate with each other. We are social creatures. It is a rule that we cannot change. Although sometimes, we deny it by saying: "I like being alone.", somewhere deep in our hearts we know that we just like the idea of being alone physically, not completely. We like the feeling of belonging to a friend, family, lover... It helps us to stay on track and cling onto our path. Because the feelings of unloved, insignificant, worthless are causing us to alienate from life. We think like if we don't belong to here, then we don't need to do anything. Study, work, read and even wake up. This may sound nonsense now, but when that feeling captures us, we lose our direction. That's why the feeling of belonging to someone motivates us emotionally and encourages us to improve ourselves.

Let's think of a son of a very prestigious family. While he is proud of carrying that important surname, he is sometimes crushed under the responsibilities that come with it. He is under so much pressure which causes him to panic out. However, he shouldn't let this happen. It is so crucial to let the feeling of belonging be a good thing. His family and surname should make him feel determined to continue his work, it shouldn't make him feel unsuccessful the first time he makes a mistake. So, my advice is to keep the balance between motivating and demotivating in terms of the feeling of belonging.

Having a balance in life can be super challenging. However, living without a balance is even more problematic especially for the topic belonging. We should avoid the pressure that comes with belonging as much as possible. For instance, think of a work that has passed over to you by your family which you are not intrigued by, a friend meeting or a date which you don't have time for. What will you do? First, you should remind yourself of individualization because you don't completely belong to another person. You belong to yourself that's why you should have time for yourself. You should at least try to put your needs and likes into priority to be self-sufficient. After you create your personal space and make it clear, they can only respect it if they actually care for you.