Is True Freedom a Freedom from Yourself or Freedom of Yourself?

[](https://pixabay.com/photos/woman-girl-freedom-happy-sun-591576/)

**Image Title:** Freedom

**Image Description:** A woman enjoying a sunset

**Alt Image Text:** A woman enjoying a sunset at the sea

We believe that freedom is when we are allowed to go wherever we want and do whatever we want. As a general perception, freedom encompasses freedom of speech, freedom of will, freedom of choice, freedom of vote, so on and so forth. In reality, true freedom is not something that can be granted or taken away. You have the highest degree of authority and control over yourself.

# The Intangible Factors

Have you experienced a feeling of emptiness and being incomplete despite having everything you wanted? Like a dream job, a dream car, a dream lifestyle, a partner of your dreams? Sometimes, certain intangible factors are missing that make you feel this way. These intangible factors, like love and freedom, are easily overlooked. A lack of these factors leaves us feeling unsatisfied and sometimes unhappy.

# Slaves to the Feeling of Being Appreciated

We have conditioned ourselves to act in a way society would accept us. We yearn for the appreciation of others. We think that we have done a great job when someone else tells us so. We feel happy when we are permitted to take a day off from work. We are over the moon when we are allowed to go on an adventure we have been planning for a long time. One thing that should have grabbed your attention by now is that there is always “someone” involved when it comes to our happiness.

We have let go of ourselves completely for other people’s appreciation and recognition. We have inflicted upon ourselves this major bondage. We are slaves to the desire of being appreciated. How can one be truly free?

# True Freedom

Two possibilities of freedom are; freedom from yourself and freedom of yourself. Now, which one of these brings about true freedom?

## Loss of Originality

Most of us are not how we show ourselves to be. We have changed according to societal norms. Let’s say you love laughing out loud but your colleagues think that it is highly unprofessional, immature, and unethical. What do you do? You start controlling your laughter.

Let’s look at another situation. You love wearing baggy t-shirts and jeans on your casual days but your friends love wearing trendy clothes every time you all go out. You start feeling you won’t be able to gel in with your friends and you change your style. What happens at the end of the day? You end up being someone you were not originally. We have lost our originality.

## Freedom from Yourself

True freedom is, therefore, freedom from your own carefully constructed persona. When you free yourself from what you have become, you set out on a journey of self-recognition and self-awareness. Self-awareness is essential for attaining true freedom. As long as you don’t know who you really are, what you want, what you are capable of, and what your strengths and weaknesses are, you would not know how to be truly free.

## Freedom of Yourself

To be truly free, you need to free yourself. True freedom is freedom of you. You will be truly free when you let yourself loose. Allow yourself to be who you really are without worrying about being judged, meeting others’ expectations of you, and being a social outclass. Freedom of yourself is letting your guard drop and allowing yourself to be a free bird.

## Courage to Fail

True freedom is having the courage to fail. Our society does nothing but discourages us. If you do something that you really want to do and fail at it, what happens? Everyone starts telling you how you shouldn’t have done it. If you think that what you are doing is the right thing to do and something that will bring about satisfaction in your life, there should be no stopping you. When you are not scared of failing because you are doing what you want to do with your life, you experience true freedom. It is you, your efforts, and your happiness at stake. Why give anyone the authority to dictate otherwise?

## Self-Acceptance

True freedom is self-acceptance. As long as you do not accept your true self, you will not be truly free. As long as you do not approve of yourself, true freedom cannot be attained. No matter where you go, what company you keep, or what you do, always remember that your happiness is in your hands. The day you stop expecting others to bring happiness to your life and start relying on yourself, you will be happy and free in the truest sense.

You no longer need to wonder whether true freedom lies in freedom from yourself or freedom of yourself. Freedom of yourself will make you feel liberated and free.