

Methods of My Shadow Self

Samuel Christian Harver

Liberty University

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Within this work I have created, I was initially inspired by the idea of the inner conflict within people regarding their feelings. Regularly, people have suppressed their emotions because other members of society do not welcome the emotions they feel. These feelings include the resentment a person has for another, the lustful desire one might feel towards someone attractive, and the primal instinct to act impulsively regardless of the consequences. Though actions done upon these feelings often lead to destruction if managed poorly, the over-suppression of these feelings can cause these actions to become inevitable and result in destructive behavior that one could stop beforehand. Hence, the creation of my Program Oral Interpretation *My Shadow Self*. This piece was created using examples of suppression to display the characters at hand correctly and added psychological facts to support my message.

Ideology

When forging my original cutting for this piece at hand, I held the mindset of displaying characters who struggle with the demons they carry for the audience to understand what it means to suppress powerful emotions. One of these characters is Dr. Jekyll from Robert Louis Stevenson's *The Strange Case of Dr. Jekyll and Mr. Hyde*. Within the story, Dr. Jekyll struggles with his desire to act upon evil impulses, so he creates a potion to transform himself into the notorious Mr. Hyde. Unsurprisingly, Dr. Jekyll's regular life gets intertwined with his sinful life as Mr. Hyde and results in the good doctor's death due to his lack of self-control. When observing Jekyll's story, I saw him as the perfect example of a man with too much suppression of his feelings and desperately needing self-reflection. As such, I used his display of over-suppression and lack of self-control as an example for the audience of what not to do. Although in addition to the story of Dr. Jekyll, I also used an article by Yasmeen El Gerbi titled *How I Met*

My Shadow Self, and How You Can Meet Yours. Within this article, Gerbi talks about how she struggles with her anxiety, her journey to deal with it, and her attempts to help anyone else who struggles with anxiety. In the article, she talks about how she learned to deal with anxiety by coming to terms with the fact that she has anxiety and learns to accept herself and how she feels. This article, known as *How I Met My Shadow Self*, is a story highly similar to Dr. Jekyll's regarding suppressing feelings but differs in that she recognizes these feelings and attempts to deal with them. For this reason, the article is a beautiful example of what the audience should do when dealing with their suppressing feelings and teaches people to become more self-reflective when presented in the Program Oral Interpretation.

Psychology

However, while Dr. Jekyll and the article both serve as the primary displays of the main idea of suppression, there remains the need for relevant facts for the audience to take the message seriously. As such, I took it upon myself to create a third character to present these facts. For the main sources, I used two articles from the website *Verywell Mind*. Each of them is titled *Id, Ego, and SuperEgo: Freud's Elements of Personality* by Kendra Cherry and *What is Withdraw* by Buddy T. Additionally, I also used a journal article called *The Social Costs of Emotional Suppression: A Perspective Study on the Transition to College* from *The National Library of Medicine*. These sources remain in the piece due to the valuable information they present regarding the psychological processes of people and the effects suppression can have on a person. Also, within this piece, the one who shows these facts takes the form of an old professor due to the academic nature of these facts.

Ending Thoughts

Overall, this piece was created using examples of suppression found in stories and psychological facts that provide evidence of the effects of suppression. The examples stem from the stories of *Dr. Jekyll and Mr. Hyde* and *My Shadow Self* and serve as negative and positive examples of how to deal with emotional suppression. Additionally, I used psychological facts from *Verywell Mind* and *The National Library of Medicine* to emphasize my points further. With these facts in my piece, I will successfully have the ability to inform others about the effects of emotional suppression and how one can acknowledge them without giving in to temptation.