



JAMES MARTIN, SJ

BECOMING WHO YOU ARE

*"Much of [my] journey involved my letting go of the need to be somebody else."
(Ch 4, p.29)*

Here are some questions from Martin's book that you can ask yourself:



1. Martin describes the many ways in which he would compare himself to others. This, he says, leads to a kind of despair. We end up denigrating ourselves as well as creating illusionary perfect versions of other people. This itself is unfair because now, those around us are tempted to keep up pretenses and so it goes on.

2. How do you think practicing gratitude is an antidote to the despair that comes from making comparisons? (Note: this is not the chirpy put-on-a-happy-face type of response. Rather, it's a rich thankfulness that comes from deep within.

3. Thomas Merton and Henri Nouwen are described as "always being honest about their daily lives." (Ch 5, p.50).



As you think about this temptation to compare, how would you describe being your true self versus being your false self? What words come to mind under each?

Are you candid about your joys and struggles? Do you tend to minimize one over the other? If you do, why do you think you do this? If you don't, what or who has helped you to achieve this balance?