

Think back to how you stop yourself
from going for your dreams.





Japanese women like groups.
They do not like to act alone.

Why?

I think there are two sides to
this.



One is the part that has remained instinctive since ancient times. To keep the home safe while the man is out hunting, it is safer and more secure to act in a group than to be on your own.

The other part is that from an early age,
both parents and society tell us,

"Follow the rules! Don't ___!"

and have raised their children to do so.



Because of our 10,000 year ancient culture we have raised our children who are sometimes lacking in self-esteem, therefore, feel more secure when they are in a group.



The message young girls have received is...

Always fear being alone

Lack of self-confidence is desirable by men

Making decisions independently is seen as bully





Many people think that being alone is lonely and sad so much, and the word "Bocchi = alone" is used in Japan.

At school, many girls act together, going to the bathroom, moving a classroom, and always in groups.

Let me tell you my story.

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In my case, my 'Bocchi' **experience in JHS** was so traumatic that I **still put the brakes** on my behavior.

I think we all have troublesome experiences involving groups during teens.

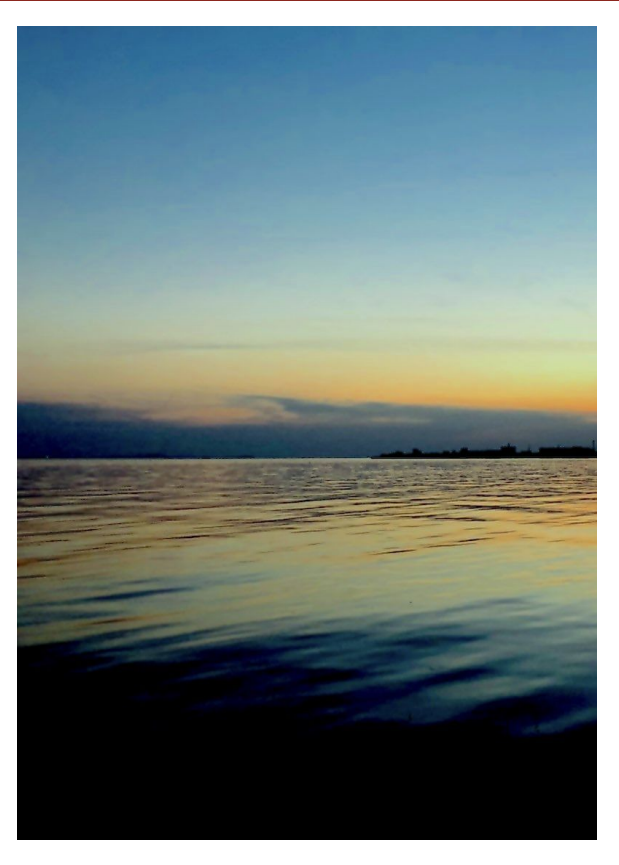


As an adult,

It's not that I want to "go along with everyone else." It seems that people act based on the idea that **it's not beneficial** for them if they are regarded as the only one **who is different from the others.**



What bitter past experiences hold you back?



Module 2

Embrace your emotions.

Forgive yourself.

Take care of yourself.

It's ok. It's ok. It's ok.



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