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## My Just Life

The term “justice” is a difficult word to define. It changes depending on the context, person, and ramifications of the unjust actions. My personal definition, so that readers may understand my line of thinking, is that justice is fluid. All that matters is that people affected by the injustice feel content with the punishment given to the soul who caused harm to them. In my mind, to live a just life means to treat others the way you want to be treated. However, that statement is easier said than done. It is almost impossible to be kind to everyone, and honestly, there are many people out there who do not deserve unconditional kindness. Now, would I say that I live a “just life?” that is the question I will discuss throughout this paper.

I would love to say, “yes, I live my life justly!” and honestly mean it, but I am not perfect; I buy some clothes that were made through slave labor, I don’t drive an electric or hybrid car, and I am not always kind to the people around me. That does not make me a bad person, though just a person, a human that makes mistakes and takes the easy way of things because my desires are immediate, and the world nowadays can give people what they want almost immediately. I am a victim of the society I live in, so if a person with much less than I answers the question for me, they would probably say no, that I am not living justly. But, ask a fellow classmate, friend, or stranger on the street if they believe I live a just life, and they may say yes instinctively.

I believe that my motives are good and just. For example, I hope to use my degree in psychology to help children and adolescents who have gone through sexual abuse. To allow them to obtain the justice they deserve and teach them that they are not alone, they can learn the tools to not let the trauma of their abuse take over their lives. Even though I may lose my temper, I can also say that I will almost always apologize once I have cooled down and realized I may have overreacted. I try to be as self-aware as humanly possible so that I can understand the motives behind my actions, emotions, and behaviors.

There are many ways I can improve, though. Within the past year, I started to see a therapist and was diagnosed with depression and anxiety, which explained a lot of behaviors I didn’t want to accept within myself. I believe trying to understand yourself, your traumas, and grow from everything that has tried to tear you down is a powerful way of obtaining justice within yourself. Now, would I say I treat myself justly? I think that I am learning to and that I have been just to myself in recent months. That I have been kinder, and began moving my body because it needs to be energized, and the chemicals in my brain that have been off-balance for the majority of my life are beginning to even out.

Answering the question, “are you living a just life?” is not a simple yes or no answer, and I think that anyone who claims they do without seeing potential faults in their way of being has most likely hurt and been the cause of injustice in more peoples lives than they realize. The people who believe they are without a doubt entering the heavenly gates of God when they die but scrutinize other people's lives are not living as just as they think. It is unfortunate, though, that they live and breathe for their God and memorize his words, but it seems that many people don't truly understand it. I don't know if anyone can, but I am getting off-topic...

Justice is fluid, and so are people's actions. You must be able to see the yin and yang within yourself to give a truthful answer. Mine is on a scale, and today I believe the justness of my life is a 7 out of 10.