

Is attractiveness a trait of being a better person?

Attractiveness of a person has mainly an impact on two fronts: the perception other people have on the individual in question and the self-worth that individual assigns to their own appearance as a response of that exterior judgement. Let's remember that attractiveness in most people is highly linked with self-esteem in our formative years. Let's assume that since we want to see how it may affect the worth and goodness of an individual based on their attractiveness, the perception of others will simply either reinforce a belief that is currently held (ergo I am ugly or beautiful, as proven by others) or subvert it to showcase a difference between the perception of the individual and the perception of others (ergo I might be wrong to think I am ugly or beautiful, as indicated by others). Since the individual can only then face approval or a subversive rejection, *what determines if a person is good has little to do with their state in appearance but in how they react to the social indication of their appearance VS how they perceive theirs.*

It's how the individual reacts to social indications based on their own perceptions.

Let's consider all 4 permutations that are relevant here:

1. I think of myself as beautiful and others think the same
2. I think of myself as beautiful and other **don't** think the same
3. I think of myself as ugly and others think the same; and finally
4. I think of myself as ugly and others **don't** think the same.

(Before I continue, I need to clarify that I am still strictly talking about appearance and not yet of worth as a person: that point will follow shortly. I will now elaborate the negative implications of each scenario and how none of them offer a perfect outcome.)

In the first scenario, I would include people that thrives when complimented often and have a self-worth that only ever originated from the approval of others: rarely do they value their own appearance by themselves when alone without constant exterior confirmation. Hence, they almost never face a clear deficit of approval or exterior support, which is only a ticking time bomb to realizing they give great importance to the opinion of others and haven't necessarily developed their own identity and world views.

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In the second scenario, this is a clear case of narcissist behaviour: I matter the most, I am good and great and wonderful! This is the internal dialogue that drives this kind of person, where they uphold self-value not through others like in the previous example, but entirely through their own beliefs, which quickly turn to delusions of grandeur, while staying closed in their own version of the world, like a big bubble around them that could easily burst if the self-perpetuating lie doesn't last.

In the third scenario, there isn't as much lacking coming from the individual, as the constant confirmation of low self-worth only plunges them deeper in self-pity and sometimes hatred, as if they were cursed by their genetic/physical lottery. If they keep being shunned without seeking approval elsewhere in life, whether it be in entertainment or other social hierarchies, they will eventually withdraw from social interactions, as they only see themselves failing in a social setting due to the perpetual negative reinforcement.

In the fourth scenario, the rarest as far as I know, it is a mix of the first and third scenario that in effectively a perverted amalgamation of both issues: while thriving on exterior support and confirmation, they react to it by lowering their own worth so low that it will force a positive reaction once again from others. It feeds a vicious cycle of social dependency that the individual paradoxically denies as soon as it is taken away in a desperate attempt to gain it back. In this case only, there is a lack of self-worth from our own view that is never addressed individually, preventing any further improvement.

Now that I have described every overarching personality in these situations, what determines their worth as a person? Simply put, it is how they overcome their specific imbalance of self-worth and social perception to start living a meaningful life. When you lack confirmation, whether it be from yourself or from others on the front of attractiveness, it is rarely a solution to try to “become beautiful” to your own eyes and to the eyes of others, as the real problem of finding a stable ground for self-worth isn't solved, as the first scenario indicates. It is a universal issue everyone must face in their lives. Since being seen as attractive isn't a solution, then what can be done to feel loved and appreciated if it isn't on the simple facade of appearances? As far as I can tell, the answer lies in the effort and constant struggle to become confident in your own value and to find those that appreciate you the same way you do.

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Therefore, it is to be attractive through your personal identity instead of uniquely your looks, which will forever be superficial. In these two efforts, one is able to create the environment that will help them not only thrive in their lives personally, but also socially in a way that everyone will benefit from in the long run.

That being said, it is crucial to mention that the individual in either of the four scenarios needs to learn to see people not only through their attractiveness, but also through the lenses of the person behind the mask (as it could be argued everyone wears a mask, holding up a persona in a social setting to avoid as much scrutiny as possible.) Therefore, a worthy person not only enacts what I mentioned above, but also sees that their own self-improvement journey can help many others kick-start their own, irrelevant of how they are categorized through compassion, understanding and most importantly humanity with each other at all times. To answer the question then, attractiveness isn't an important factor compared to, well, being plain and simple good to others: that is the beauty of the heart and to me the only one that matters in this world.

TLDR ; Your attractiveness doesn't indicate your worth as a person, but your reaction to the perception of others does. What matters is to be kind to each other!