

ALIGNED

ISSUE 1

PREMIUM MAGAZINE

INDEPENDENCE
THE DEFINITON OF YOURSELF
WITH NO SOCIAL STANDARD

MAGAZINE
PREMIUM MAGAZINE

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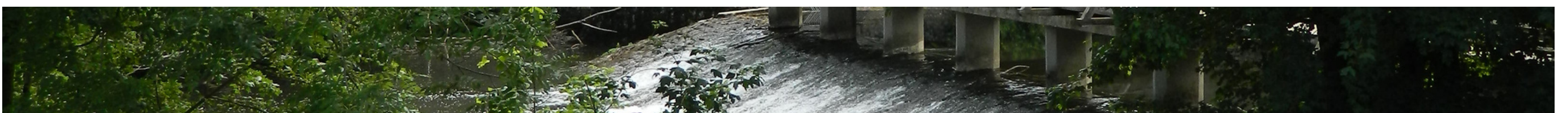
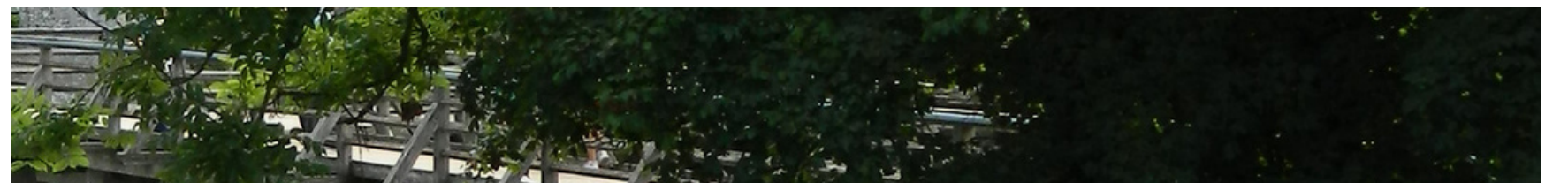
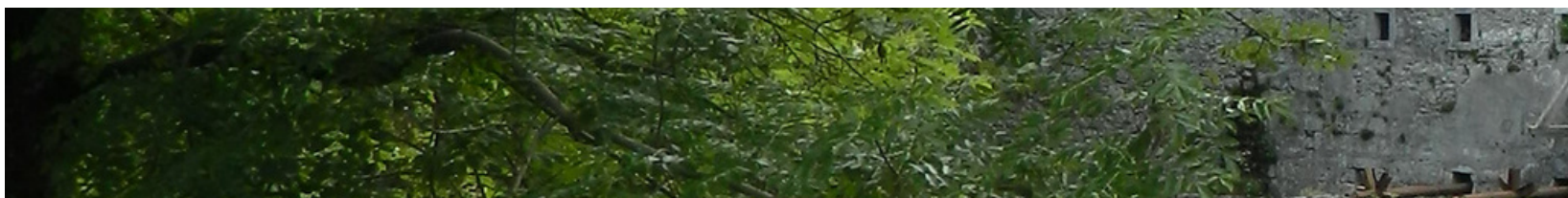
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The Freedom of Being Yourself

Being yourself is not very simple, it means choosing honesty over performance , it means also accepting the fact your different from other people .

You dont realize at first but being what other people want is a torture A group need to accept you for what you are and not for what is their standard.



being yourself is not easy especially for young people who are grown with internet, heavy trend and beauty standard they need to fit in.

Emotional indipendence

Emotional independence is the ability to stay concentrated even when other people around you don't . It's not coldness or distance; it is emotional stabilit. When you depend too much on someone emotionally, your mood becomes a reflection of their behavior like a mirror . Your happiness becomes fragile.

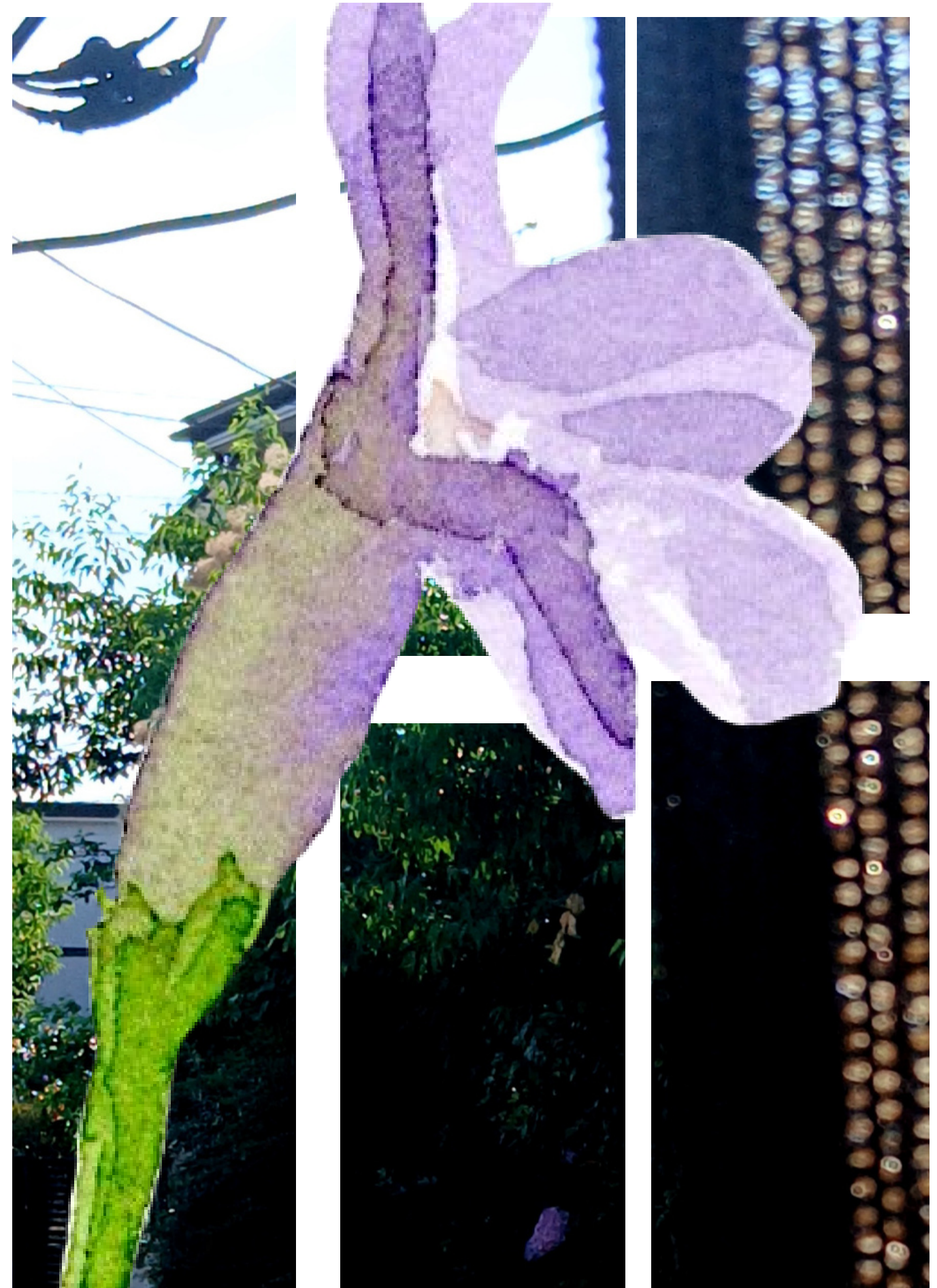


choosing emotionl
indipendece mean
choosing self care and
stability

Freedom from judgment

There are a lot of people
In the world who are
being
themselves but are being
heavily
judged for that .

The important thing you
need to learn is : not
judging others
for what they want to be,
life is yours , so be what
you want to be , no
matter what others
want.



Digital indipendence

Social media make you seem all perfect , "There are more people beautier than you , you need to adapt "

Being different is a negative thing ,what social make you think is that you need to adapt , sometimes sacrificing yourself.

creativity becomes honest. When you stop comparing yourself to other, you become stable. When you stop performing for an algorithm, you start discovering your true voice.

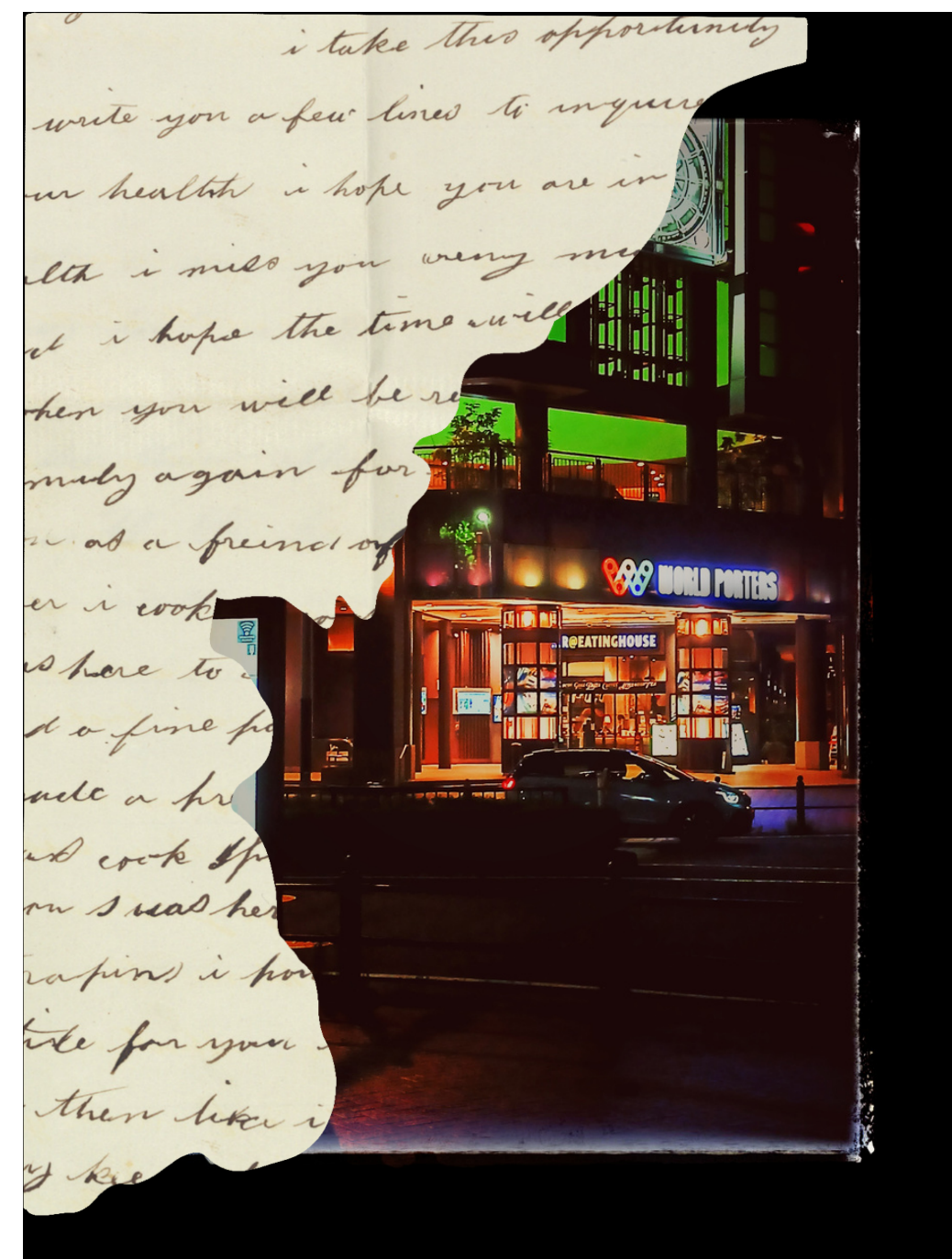


Practical guide to independence

Independence is not only emotional is also practical, you can get emotional independence but small daily action, what is matter is consistent not perfection, in life you need people who accept you not those that want you to change.

Thing you can do to begin:

- Have healthy relationship
- Limit use of social media
- self care
- Putting boundaries



You are a luxury bag ,
you don't need to low
your price(value)