

Name _____

Embrace Your Inner Unicorn: The Magic of Self-Acceptance

Multiple Choice Questions

1. What is self-acceptance compared to in the passage?
 - a) A treasure chest
 - b) A unicorn's hug
 - c) A magic spell
 - d) A race to be perfect

2. Why is the comparison trap a challenge to self-acceptance?
 - a) It boosts self-esteem
 - b) It encourages self-worth
 - c) It leads to self-doubt and unhappiness
 - d) It helps you embrace imperfections

3. What are some benefits of self-acceptance mentioned in the passage?
 - a) It increases stress and anxiety
 - b) It strengthens relationships
 - c) It promotes perfection
 - d) It discourages self-compassion

4. How can self-acceptance help in building resilience?
 - a) By making you fragile
 - b) By discouraging learning from mistakes
 - c) By seeing failures as opportunities for growth
 - d) By avoiding challenges altogether

5. What is the importance of positive self-talk in the journey of self-acceptance?
 - a) It reinforces negative self-talk
 - b) It has no impact on self-acceptance
 - c) It replaces negative self-talk with kindness
 - d) It encourages perfectionism

