

Name \_\_\_\_\_

## Embrace Your Inner Unicorn: The Magic of Self-Acceptance

### Open-Ended Response Questions

1. Share a personal story about a time when you struggled with self-acceptance. What steps did you take to overcome this challenge, and how did it change your perspective on self-acceptance? How has this impacted your life since then?
2. Imagine you have a friend who often compares themselves to others and struggles with self-acceptance. Write a letter to your friend, offering advice and encouragement on how to embrace self-acceptance and stop comparing themselves to others. Provide specific strategies and examples to support your advice.
3. Reflect on a situation where practicing self-compassion played a crucial role in your self-acceptance journey. How did treating yourself with kindness and understanding in that situation affect your self-esteem and self-acceptance?
4. Discuss a time when you celebrated and embraced your imperfections. How did this experience impact your self-acceptance and overall well-being? Share the steps you took to celebrate your uniqueness.

