

Name _____

Embrace Your Uniqueness: What to Do When You Don't Like Something About Yourself

Multiple Choice Questions

1. What is the first step in dealing with something you don't like about yourself?
 - a) Changing it immediately
 - b) Ignoring your feelings
 - c) Acknowledging your feelings
 - d) Comparing yourself to others

2. What is the importance of self-compassion in this context?
 - a) It encourages harsh self-criticism
 - b) It provides support and encouragement
 - c) It promotes perfectionism
 - d) It leads to self-doubt

3. Why is it essential to differentiate between self-improvement and self-acceptance?
 - a) Self-improvement is the only way to address concerns
 - b) Self-acceptance means ignoring your flaws
 - c) Striving for growth while accepting oneself is crucial
 - d) Self-improvement leads to self-doubt

4. What should you focus on to shift your perspective when you don't like something about yourself?
 - a) Only your flaws and imperfections
 - b) Your strengths and positive qualities
 - c) Comparisons with others
 - d) Ignoring your unique traits

5. What is a key aspect of addressing an issue you don't like about yourself that may be within your control?
 - a) Seeking support from others
 - b) Accepting it without any effort to change
 - c) Setting realistic goals for improvement
 - d) Ignoring the issue completely

