Name _____

Embrace Your Uniqueness: A Guide to Boosting Self-Image and Self-Acceptance

Open-Ended Response Questions

1. How do you think comparing yourself to others can affect your self-image?

2. Can you share a personal experience where spending time with supportive people made you feel better about yourself?

3. Why do you think setting achievable goals is better than aiming for perfection?

4. How can you help a friend who is struggling with their body image and self-acceptance?

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