

Name \_\_\_\_\_

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

### Short Answer

1. Explain why acknowledging your feelings is an essential first step when you don't like something about yourself.
2. How does practicing self-compassion differ from self-criticism, and why is it crucial in addressing self-dissatisfaction?
3. Discuss the significance of setting realistic goals for self-improvement when you don't like something about yourself. Provide an example of a situation where setting such goals can be effective.
4. Why is it important to seek support from friends, family, or mentors when addressing an aspect of yourself that you don't like? Share the potential benefits of seeking support in this context.
5. How can shifting your focus from what you don't like about yourself to your strengths and positive qualities contribute to personal growth and self-acceptance?

