

Name \_\_\_\_\_

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

### Open-Ended Response Questions

1. Share a personal experience where you didn't like something about yourself. Describe how you acknowledged your feelings and took steps to address or accept the issue. Reflect on the impact of this experience on your self-esteem and self-acceptance.
2. Imagine you have a friend who is struggling with self-dissatisfaction. Write a letter offering advice and support, outlining the steps they can take to address what they don't like about themselves. Provide specific strategies and examples to guide them on their journey.
3. Reflect on a time when you set realistic goals to improve an aspect of yourself that you weren't satisfied with. Describe the goals you set, the actions you took, and the progress you made. Share the challenges you faced and how you overcame them.
4. Discuss the concept of celebrating progress as an essential part of addressing self-dissatisfaction. Share a personal example of a time when you celebrated a small victory or positive change in your life. Explain how this celebration motivated you to continue working on self-improvement.

