

Name _____

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

Open-Ended Response Answer Key

1. Comparing oneself to others can negatively affect self-image because it often leads to feelings of inadequacy and insecurity. It can make individuals feel like they are not good enough or that they need to change to be like someone else, which can harm their self-esteem.
2. (Answer will vary based on the individual's personal experience.)
3. Setting achievable goals is better than aiming for perfection because perfection is often an unrealistic and unattainable standard. When we set achievable goals, we can track our progress, experience a sense of accomplishment, and build self-esteem. Perfectionism can lead to anxiety and self-criticism, which are not healthy for our mental well-being.
4. You can help a friend by offering support and understanding. Listen to their feelings without judgment, encourage positive self-talk, and remind them of their unique qualities and strengths. Encourage them to seek professional help if needed and avoid making negative comments about their appearance. Your support can make a significant difference in their journey toward improved self-image and self-acceptance.

