

Name _____

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

Open-Ended Response Answer Key

1. (Personal story response will vary.)
2. Dear [Friend's Name],

I understand that you're going through a challenging time, and I want to offer some guidance to help you when you don't like something about yourself.

Firstly, it's essential to acknowledge your feelings and know that it's okay to feel this way. Self-dissatisfaction is a common experience, and it's a sign of your desire for personal growth.

Practice self-compassion by treating yourself with kindness and understanding. Be your own best friend rather than your harshest critic. Remember that it's normal to have imperfections, and they are what make you unique.

Identify the source of your dissatisfaction. Is it something you can change or something inherent to your personality? If it's within your control, set realistic goals for self-improvement. Take small steps toward change and celebrate your progress along the way.

Don't hesitate to seek support from friends, family, or mentors. They can offer guidance, encouragement, and different perspectives that may help you navigate this journey.

Lastly, focus on your strengths and positive qualities. Shift your attention away from what you don't like about yourself and celebrate your achievements and talents. You are more than your perceived flaws.

You have the strength to address what you don't like about yourself and grow from this experience. Remember that you are a unique and valuable individual deserving of self-acceptance and love.

With support and encouragement,

[Your Name]

3. (Personal story response will vary.)
4. (Personal story response will vary.)

