

Ebook free Unworthy how to stop hating yourself (PDF)

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key points self hatred is an understandable reaction to adverse experiences self hatred becomes a defense mechanism to protect a vulnerable person in an uncertain world one can dismantle

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7 ways to shut the door on self hatred indentify your triggers challenge the negatives know your worth reframe things socialize show yourself compassion ask for help it s hard to avoid

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to stop hating yourself try adopting strategies to become more positive in your outlook for example try to stop comparing yourself to others including those on tv in ads and on social media since this can make you feel inadequate

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grammy award winning artist shawn colvin talks about her experience with depression and the ensuing self loathing there are steps we can take to stop hating ourselves starting with

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i hate myself what does it feel like to hate ourselves this experience can be as diffuse as it is disturbing often it is just a gut reaction we don't necessarily know exactly why we

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start by finding one or two small things that you do like about yourself and spend more time thinking about those don't define yourself by your flaws or mistakes flaws are things you have mistakes are things you do they're not who you are practice positive self talk say positive things about yourself out loud just to yourself

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here are nine steps to hate yourself less and learn how to manage your self loathing better so that you don't turn into a manic depressive or even worse a religious nutcase who runs around with signs that say god hates fags on it 1 learn how to say no

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1 notice the critic to gain control over your inner critic you have to first be aware of it during every conscious moment we have an inner dialogue with ourselves much of our thinking is so

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