

## Self-hatred

### The problems with self-hatred?

- Stops you from reaching your potential.
- Lowers your self-confidence.
- Influences your relationships.

### What influences your opinion of yourself? (i.e., environment, dislikes, thoughts.)

- 1.
- 2.
- 3.

### Self-acceptance - Accepting who you are to help you to stop hating yourself.

What do you value/what are your morals?

- 1.
- 2.
- 3.

### Things you can try to fight self-hatred:

- Reflect - practice self-compassion, journal, challenge your inner critic.
- Talk - talk about your problems and feelings with someone.
- Relationships - spend time with positive people.
- Self-care - look after your mental and physical health.
- Habits - create positive habits and practice having positive thoughts.

### Self-hatred vs. High-self esteem

High self-esteem -

- Know your strengths and accept weaknesses.
- Positive relationships with yourself and others.
- Challenges don't stop you from doing things.