

Self - Consciousness

Acknowledge

Accepting that you feel self-conscious is the first step to managing it.

Identify

What situations make you feel self-conscious? Identifying your triggers can help you avoid them or prepare you for situations.

Challenge

Why do you feel self-conscious? Are your beliefs about the situation accurate?

Practice

Learning how to relax can help reduce stress and anxiety in general, which can also help reduce self-consciousness. Try deep breathing, progressive muscle relaxation, or meditation.

Sense of Self

The ability to feel compassion for others, to have empathy for their pain, is a key component of developing a sense of self.

Know Yourself

In order for us to be truly connected with other people, we need to first know ourselves intimately.

Find Your Strength

Finding strength within yourself will help you realize what needs work and what needs improvement in your life and relationships.

Positive Self-Consciousness

Recognizing our strengths and weaknesses without letting anyone else's views cloud our vision.



The Self In Selfconscious

SJ Ball



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