

BEING YOURSELF!

Be yourself; everyone else is already taken...Oscar Wilde

WHAT TO KNOW!

- ❖ Our true self is our core sense of identity; who we are without group affiliations, self-judgments, and self-criticisms
- ❖ Being yourself can be very rewarding but also very difficult especially in times of pressure to conform or to belong to some group
- ❖ Knowing who you truly are allows you to maintain your values, withstand criticism from others, and be able to set and reach your goals
- ❖ Knowing oneself means being aware of your positive and negative traits and being able to accept or improve on them
- ❖ Knowledge of yourself is dynamic and will evolve over time based on what you learn, your experiences, your age, your failures, and your successes
- ❖ Being yourself is a continuous developmental process of growing, knowing, experiencing, learning, and standing up for oneself when challenged
- ❖ As you evolve and strive to become a better version of yourself, expect that you may outgrow others who will continue to relate to you as they did in the past
- ❖ Being yourself means being confident and trusting in yourself even when you are disagreeing with others

WHAT TO DO!

- ❖ Treat yourself as well as you would treat your best friend
- ❖ Do not give in to societal pressure to conform to what is trendy or to some popular group
- ❖ Do not imitate others as this will prevent you from knowing your true self
- ❖ Learn to accept both your positive and negative emotions and behaviors rather than deny them; try to improve the negatives
- ❖ Surround yourself with caring and supportive people who contribute to your self-growth
- ❖ Avoid ruminating about past behaviors and mistakes
- ❖ Avoid comparing yourself to others as you will always find some quality where you think the other person is better
- ❖ Pay attention to your negative thoughts and change them to positive ones
- ❖ Do not be a people pleaser as your focus will be on others and not yourself
- ❖ Express your individuality
- ❖ Set small and large goals and strive to achieve them
- ❖ Live up to your values and do what you say you will do
- ❖ Speak up for the causes you believe in
- ❖ Seek professional help if you are unable to overcome insecurities, cannot improve your self-esteem, or lack confidence in yourself

WE CAN HELP!

Call us at **954 755-2885** or email us at DrKimmel@KimmelPsychology.com

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