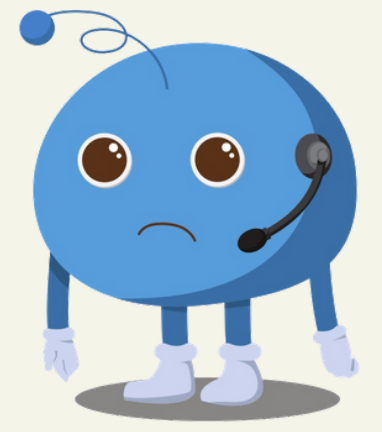


FEEL GOOD ABOUT YOURSELF

When we feel good about ourselves, we are happy and confident. It also makes us feel loved, capable and unique.

However, there might be times when you don't feel good about yourself. Like when you did not accomplish something you wanted to do, or something did not go the way you wished/expected.



These negative feelings you have about yourself are part and parcel of growing up and can happen to anyone else.

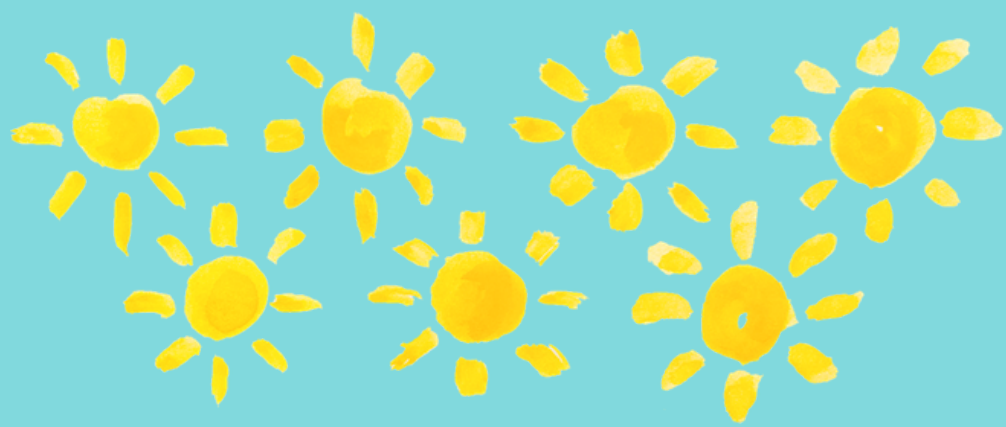
However, it is important that you do not let these negative feelings discourage you and make you feel bad about yourself!

Imagine this...

You are riding in a car, which is a few years old and still in a very good condition. Halfway through the journey, one of the car tyres went flat and the car is unable to move. Would you (a) immediately conclude that the car is now a piece of junk and cannot be used anymore or (b) think that the car is still fine, and that it only has a flat tyre?

Most people would realize that the car is still in a good shape, and it only has one flat tyre that needs to be fixed!

HOW CAN WE FEEL GOOD ABOUT OURSELVES?



When you do fail at something, don't get discouraged. Think about what you can **learn from the experience**, and how you can do better next time.

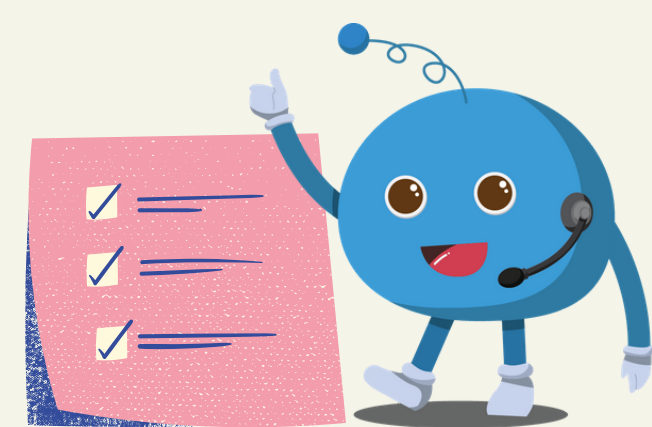


Learn to **praise yourself**, especially when you have improved in doing something. E.g. "I can write better this semester than in the last semester".



Stop negative self-talk.

E.g. "I'm terrible in my studies... So I'm not good at anything else". Phrases like this not only bring you down, it may also take away any good feelings you have about yourself.



Try and think of **all the things you like about yourself**. Write them down and make a list. When you are feeling down, take the list out and read it. E.g. "I can draw well, I'm good at remembering things, I make friends easily, I am happy!"