

INDIVIDUATE

Meaning: Individuate (verb): to develop or distinguish one's individual identity or self, particularly in the context of personal growth and self-awareness.

1. The process of individuation is crucial for personal development and self-awareness.
2. In psychology, individuation refers to the journey of becoming one's true self.
3. Artists often seek to individuate their work from mainstream trends to express their unique vision.
4. The therapist encouraged her clients to individuate their identities apart from societal expectations.
5. Through travel and new experiences, he hoped to individuate his understanding of the world.
6. The process of individuation is crucial for personal growth and self-discovery.
7. In psychology, to individuate means to develop a distinct personality and identity.
8. As children mature, they begin to individuate from their parents, seeking autonomy.
9. Art can serve as a powerful medium through which individuals can individuate their experiences.
10. Therapeutic practices often aim to help clients individuate, fostering a sense of self apart from societal expectations.

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