

SELF-CONCERN

Meaning: Self-concern refers to a preoccupation with one's own needs and feelings, often at the expense of understanding or empathizing with others.

1. Self-concern can often lead to a lack of empathy for others in difficult situations.
2. In times of crisis, excessive self-concern may prevent us from seeing the bigger picture.
3. Her self-concern was evident as she continuously checked her reflection in the mirror.
4. Finding a balance between self-concern and caring for others is essential for healthy relationships.
5. The therapist encouraged him to shift his focus from self-concern to self-compassion.

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