

SELF-EXAMINATION

Meaning: Self-examination is the introspective process of reflecting on one's thoughts, feelings, and behaviors to foster personal growth and emotional understanding.

1. Self-examination is crucial for personal growth and understanding one's emotions.
2. Many therapists encourage self-examination as a way to improve mental health and well-being.
3. Through self-examination, individuals can identify their strengths and weaknesses more clearly.
4. The process of self-examination can lead to valuable insights about one's values and beliefs.
5. Engaging in regular self-examination can help foster a greater sense of self-awareness and authenticity.

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