

SELF-VIEW

Meaning: Self-view is the perception or understanding of oneself, shaped by personal insights and external feedback.

1. Self-view is often influenced by the feedback we receive from others.
2. The artist's self-view played a crucial role in how she portrayed herself in her work.
3. In therapy, exploring one's self-view can lead to significant personal growth.
4. A positive self-view can enhance motivation and resilience in challenging situations.
5. It's important to cultivate a balanced self-view to maintain mental well-being.

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