

SELF-WRONG

Meaning: Self-wrong refers to the internal process of unjustly criticizing or devaluing oneself, often leading to feelings of inadequacy or low self-esteem.

1. She realized that her feelings of inadequacy were often a result of self-wrong rather than external criticism.
2. In therapy, he learned to identify and confront his tendency toward self-wrong when evaluating his achievements.
3. The concept of self-wrong highlights how individuals can be their own harshest critics, undermining their self-esteem.
4. To overcome self-wrong, she practiced self-compassion and learned to celebrate her successes, no matter how small.
5. His journey toward self-acceptance began when he acknowledged the patterns of self-wrong that had held him back for years.

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