

The deadly sin of Self abuse - Week One

Self Respect



Notes from Video on Self Abuse:

What is self abuse in the context of this self discovery course?

'Begin to guard your energy and time more fiercely'

Reflections:

In what ways am I abusing my own needs and desires?

What situations and people am I allowing to make me feel small, unworthy or stressed?

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Self Respect



What does self respect really mean?

*Become
more aware
of what and
who is
really
worth your
time, energy
and
attention'*