



# Journaling Prompts

**for humans who have ever had  
any of the following thoughts:**

**I hate myself.**

I have low-self esteem.

I don't like what I see when I look in the mirror.

@drea.inspires



# I hate myself.

What feelings of **regret** or **embarrassment** are you experiencing surrounding aspects of your past, present, or identity?

Is your definition of **love** (opposite of hate) rooted in **perfectionism**?

# I have low self-esteem.

What aspects of your **identity** or **past/current circumstances** have you learned to dislike?

Do you define yourself by your **worst** moments?

**I don't like what I see  
when I look in the mirror.**

How has societal beauty standards influenced  
your **definition of beauty**?

What parts of yourself (*internal and external*), **that you  
wish to keep hidden from others**, feel exposed?

# Reflection Time



Don't forget to save it for later!



Share with your friends.



Tell me what you think! Questions?  
Compliments? Comment here!



Like this post.