



What do you see in the picture above?


Some black spots? Why not a piece of white paper with some tiny spots? Why are we easily attracted by those black spots but ignore the large portion of white space?

We all encounter difficulties, obstacles or make mistakes, and it seems to leave our life with some stains.


We may feel sad and blame ourselves. If we choose to dwell on the stains, we may start to think bad about ourselves and would lose self-confidence.

How to stop being too critical of yourself

❖ **See the positives as well as the negatives** 

There are always two sides to every story. Be aware of your thoughts, words and actions, are they too negative? Although we can improve ourselves by reviewing past mistakes, but we cannot just focus on failures. We also need to pay attention to our good things. Give  Like to yourself! Think about how we can do better next time.

❖ **Don't draw conclusions based on feelings and emotions alone**

When we are sad, we may feel worthless. However it does not reflect the truth. Learn to balance your feelings with rational thoughts. Remind yourself of the good experience you had in the past. 

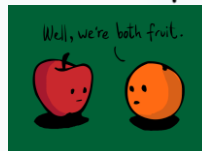
❖ Have reasonable expectations on yourself

Avoid to be a perfectionist! Having ambition is good but if the goals are set too high, we may feel disappointed and frustrated, and lose the energy to continue to pursue our dreams. Many small steps can lead us to the destination!



❖ Stop comparing yourself with others

Life is not a competition and everyone has a unique life journey. Don't focus too much on meeting the expectation of others, nor to compare with other people. Learn to enjoy every moment in your life.



❖ Beware of our negative thoughts

One mistake does not mean 'I cannot do it right forever' or 'I am useless'. Learn not to make conclusion too early or overgeneralize the situation. Try to think positively: "I am not good enough this time, I can do it better next time"

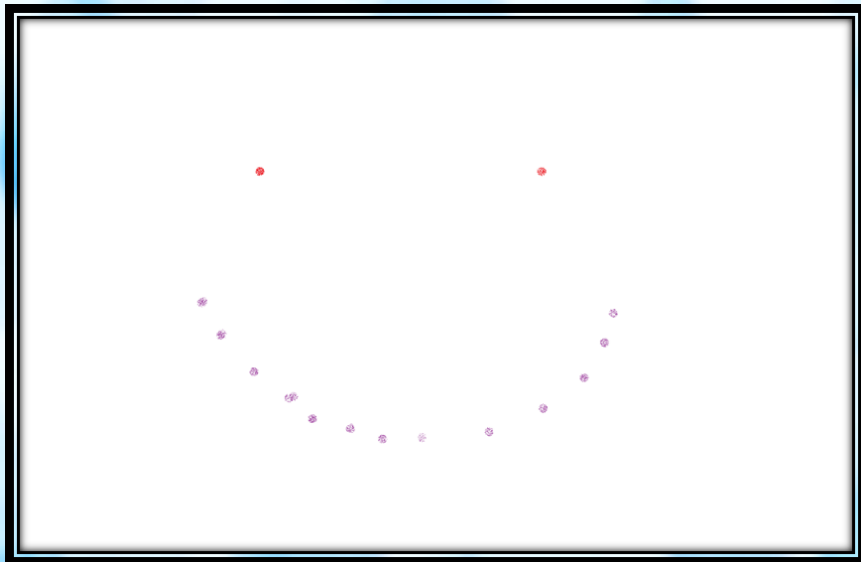


❖ Love yourself as a whole person

Learn to love yourself, including your good and bad sides, and accept your imperfections. Even we may meet some obstacles in life, we are deserved to be happy.

We are not perfect, we are just trying to be ourselves.

Look again, what do you see in the picture below?



Counselling Service
A-1/F-07 2948 6245
saocs@eduhk.hk

We Care We Support