



Coming back to your *unique self*

Have you ever wondered if you belong?

Loved and accepted – just as you are?

How you answer those questions can shift from day to day. Stress, relationships, work and life changes all have a way of shaping how we see ourselves. Over time, many of us start viewing ourselves through other people's expectations, comparisons or unspoken "shoulds," instead of our own truth.

At the core, belonging doesn't come from fitting in or measuring up. It comes from accepting your own uniqueness, treating yourself with compassion and honoring your boundaries –especially when comparison or self-doubt shows up.

How you feel about yourself influences your well-being, your relationships and the choices you make. When you have a steadier sense of self-worth, you're more likely to:

- Feel lovable and "enough," even on hard days
- Trust yourself and your inner voice
- Set and respect boundaries that protect your energy
- Meet challenges with more kindness and clarity

This doesn't mean you always feel confident or happy. It means you're willing to support yourself, even when things feel uncertain.

Take a moment to check in with yourself.



How do you experience yourself?

There are no right or wrong answers. This is about awareness – not judgment. Answer honestly based on how things feel right now. Using a scale from 1 (strongly disagree) to 5 (strongly agree), rate each statement.

1. I feel worthy of love and belonging, just as I am.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 2. I respect my own boundaries and needs.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 3. I trust my abilities, even when I'm still learning.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 4. I allow myself to be different, without comparing myself to others.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 5. I listen to my inner voice when making decisions.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 6. I treat myself with kindness when I make mistakes.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 7. I believe I can handle challenges as they come.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 8. I feel connected to others without losing myself.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 9. I feel mostly at peace with who I am today.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 10. I feel hopeful about becoming more fully myself.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Reflect

Reflect and explore your answers, especially for statements you rated 1 or 2.

Choose one or 2 statements to explore more deeply.

Step 1: Notice your first thought

Write down your immediate reaction – without editing or judging it.

Example: *I rated 'I allow myself to be different' as a 2 because I constantly compare myself to others and feel behind.*

Step 2: Think about where this idea came from and why.

Consider experiences, relationships or patterns that may be influencing how you feel.

Example: *I grew up feeling compared to others, and social media makes that feeling stronger lately.*

[illegible]

Step 3: Consider a wider truth

Without forcing positivity, ask yourself:

- Are there moments that show another side?
- What feels more balanced or compassionate?

Example: *There are people who appreciate me for who I am. And I've taken steps that matter to me, even if they look different from others' paths.*

Step 4: Choose one supportive shift

This isn't about fixing yourself. It's about supporting yourself. Ask:

- What boundary might help here?
- What would kindness look like in this moment?

Examples:

- *Limiting comparison triggers (like social media)*
- *Reminding myself that different doesn't mean wrong*
- *Giving myself permission to say no or slow down*

Write one small action or reminder you can return to. Belonging isn't something you earn by doing more or being different. It begins when you welcome yourself as you are today – strengths, struggles and all. You're allowed to:

- Take up space
- Be a work in progress
- Set boundaries that protect your time and energy
- Let go of comparison and be kinder to yourself

You can return to this exercise anytime you need a reminder that you are enough, just as you are.

Sources

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