

Overcoming Self-Comparison in the Age of Social Media

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Recommended Technique to Build Self-Confidence and Self-Esteem

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In today's digital era, where social media platforms are at our fingertips, it's easy to fall into the trap of self-comparison. We often find ourselves scrolling through our news feeds, bombarded with perfectly edited photos and carefully curated lives of others. As AckySHINE, a self-confidence and self-esteem expert, I'm here to provide you with some valuable advice on how to overcome self-comparison in the age of social media. ?

Remember, overcoming self-comparison is a journey that requires patience and self-compassion. As AckySHINE, I believe in your ability to build a strong sense of self-esteem and confidence, free from the shackles of comparison. Stay true to yourself, embrace your uniqueness, and remember that your worth should never be measured by likes or followers. ?

What are your thoughts on overcoming self-comparison in the age of social media? Have you tried any of these techniques, and if so, how did they work for you? Share your experiences and insights below! ?