3 Steps to Relabeling Kids

1. Make a list of negative messages

Writing down all of the negative labels you've been given externalizes their impact, allows reflection, empowers self-acceptance, and aids in challenging and redefining one's self-perception positively.

2. Write the opposite

Relabeling kids involves identifying positive attributes, shifting focus from negativity, empowering self-identity, and promoting self-compassion by embracing constructive affirmations.

3. Resolve everything else

Addressing the seeds of truths in labels allows for self-reflection, acceptance, and growth, transforming negative perceptions into opportunities for improvement and self-awareness.

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