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For Self-love, Self-discovery + A Spot Of Self-coaching

How Can You Add More Love To The World? What Are Your Ego's Fearful Beliefs? How Do Those Beliefs Hold You Back? What Experiences Trigger Fear For You? How Does Fear Feel In Your Body? What's The Negative Story You've Created About Yourself/ Your Life/ A Particular Situation? How Does Stress Emerge In Your Life? What Are The Triggers? Apr 3th, 2024

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Individual Self, Relational Self, Collective Self ...

Conformity And Belief Polarization (Asch 1951; Myers And Lamm 1976). In Addition, Persons Are Motivated To Elevate And Protect A Positive Group Image, As They

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(Bandura, 1997), While Self-regulation (or Self-regulated Learning) Refers To Self-generated Thoughts, Feelings, And Actions That Are Systematically Designed To Affect One's Learning Of Knowledge And Skills (Zimmerman, 2000, 2001). Modeling—an Important Variable I Feb 3th, 2024

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