

True Self vs. False Self

Therapy nurtures the client's True Self, helping them reconnect with their authentic identity while managing societal expectations.



True Self

Embrace authenticity
and emotional freedom



False Self

Maintain defensive
facade shaped by
external demands

True Self False Self

Lingjun Ying



True Self False Self:

Delve into the emotional tapestry woven by Emotional Journey with in Dive into the Emotion of **True Self False Self** . This ebook, available for download in a PDF format (Download in PDF: *), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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