

Despise Self

Question from Client: "How does one live with themselves the rest of their life when they absolutely despise them self?"

ScottCounseling Response:

I believe the reason that you emailed me is because you want to believe and learn to appreciate yourself. That's a great start. You want to care about yourself!

Couple of questions for you:

- 1) What are your life experiences? Good and bad? Share a little more...
- 2) I want to help you gain a purpose in life that is bigger than yourself. Developing a purpose in life will not only give you a positive reason to exist, it makes you feel good about yourself! What is your purpose? ...or, what do you want your purpose to be? Right now, your purpose might be just wanting to feel better about yourself... not a bad start! Give yourself credit... but, there are many more positive things for you and your life!!!
- 3) Who do you trust? We all need to trust someone. Who supports you? Share more...

Get back to me soon!

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IF YOU KNOW OF SOMEONE EXPERIENCING SUICIDAL THOUGHTS OR THOUGHTS OF HURTING SELF OR OTHERS, CONTACT A MEDICAL DOCTOR FOR HELP TODAY!