

# On Learning to Be One's Own Best Friend



## Ok, Not OK, Still Ok!: On Learning To Be One's Own Best Friend by Kei Sasuga

★★★★★ 5 out of 5

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Learning to be one's own best friend is a lifelong journey. It is a journey of self-discovery, self-acceptance, and self-love. It is a journey that is worth taking, because it leads to a life that is more fulfilling, more meaningful, and more joyful.

When we are our own best friends, we are able to:

- Be honest with ourselves about who we are and what we want
- Accept ourselves for who we are, both the good and the bad
- Love ourselves unconditionally
- Forgive ourselves for our mistakes
- Be there for ourselves when we need it most
- Celebrate our successes

- Learn from our failures
- Grow and change as we need to
- Live a life that is true to ourselves

Learning to be our own best friend is not always easy. It can be hard to be honest with ourselves, to accept ourselves for who we are, and to love ourselves unconditionally. But it is a journey that is worth taking. When we learn to be our own best friend, we find that we are more resilient, more confident, and more able to handle whatever life throws our way.

## **How to Learn to Be Your Own Best Friend**

There is no one-size-fits-all answer to this question. The journey to becoming your own best friend is unique for everyone. However, there are some general tips that can help you get started:

- **\*\*Spend time getting to know yourself.\*\*** What are your interests? What are your values? What are your strengths and weaknesses? The more you know about yourself, the better you will be able to be your own best friend.
- **\*\*Be honest with yourself about who you are and what you want.\*\*** Don't try to be someone you're not. Be true to yourself and your own values.
- **\*\*Accept yourself for who you are, both the good and the bad.\*\*** Everyone has flaws. The key is to accept yourself for who you are, flaws and all.
- **\*\*Love yourself unconditionally.\*\*** This means loving yourself for who you are, not for what you have or what you do.

- **\*\*Forgive yourself for your mistakes.\*\*** Everyone makes mistakes. The key is to learn from your mistakes and move on.
- **\*\*Be there for yourself when you need it most.\*\*** When you're going through a tough time, be there for yourself. Offer yourself the same compassion and support that you would offer a friend.
- **\*\*Celebrate your successes.\*\*** When you achieve something, take the time to celebrate your success. You deserve it!
- **\*\*Learn from your failures.\*\*** When you fail, don't give up. Learn from your mistakes and try again.
- **\*\*Grow and change as you need to.\*\*** Life is constantly changing. Be willing to grow and change as you need to.
- **\*\*Live a life that is true to yourself.\*\*** Don't let anyone else tell you how to live your life. Live a life that is true to yourself and your own values.

Learning to be your own best friend is a lifelong journey. It is a journey that is worth taking. When you learn to be your own best friend, you will find that you are more resilient, more confident, and more able to handle whatever life throws your way.



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