

Tell someone you trust

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Keep a record of what's happening

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Surround yourself with people who make you feel good about yourself

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Surround yourself with people who make you feel good about yourself

Don't blame yourself it's not your fault

Don't blame yourself it's not your fault

Don't blame yourself it's not your fault

Don't blame yourself it's not your fault

Don't blame yourself it's not your fault

Be proud of who you are

Be proud of who you are

Be proud of who you are

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Be proud of who you are