

Title:

Quiz - Are You Compassionate To Yourself?

Word Count:

272

Summary:

We talk of physical abuse. We also talk of emotional abuse. Let us now talk about self-abuse.

Keywords:

Article Body:

We talk of physical abuse. We also talk of emotional abuse. Let us now talk about self-abuse.

Why do we do this - Some of this has to do with childhood and some with our failures in or adulthood.

What should be done - To stop self-abuse, one has to act slowly. One may also need outside support.

We all are very precious. We are most precious for ourselves. Like a precious possession with

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