

mi propio iceberg

autoconocimiento
y
autoestima



mi propio iceberg

me cuesta
decir no

sin ganas de
quedar con
mis amigos

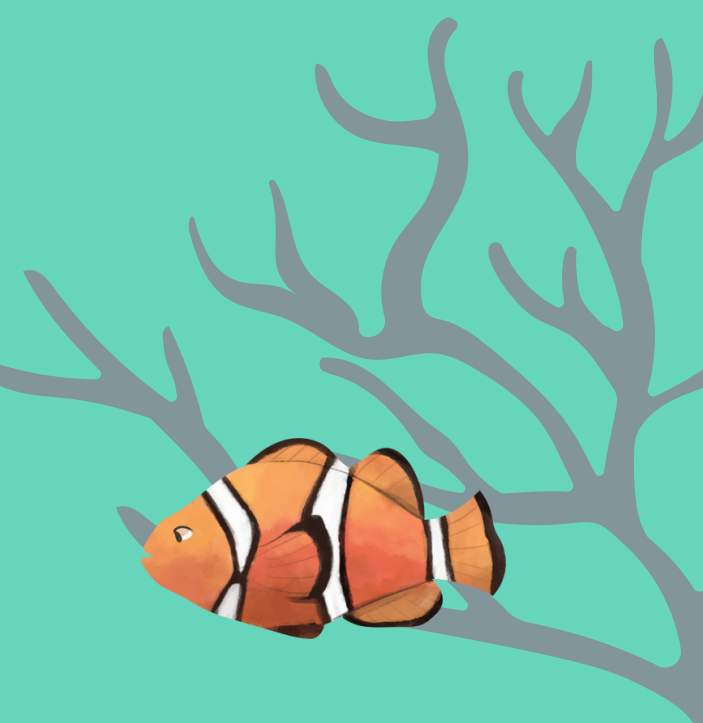
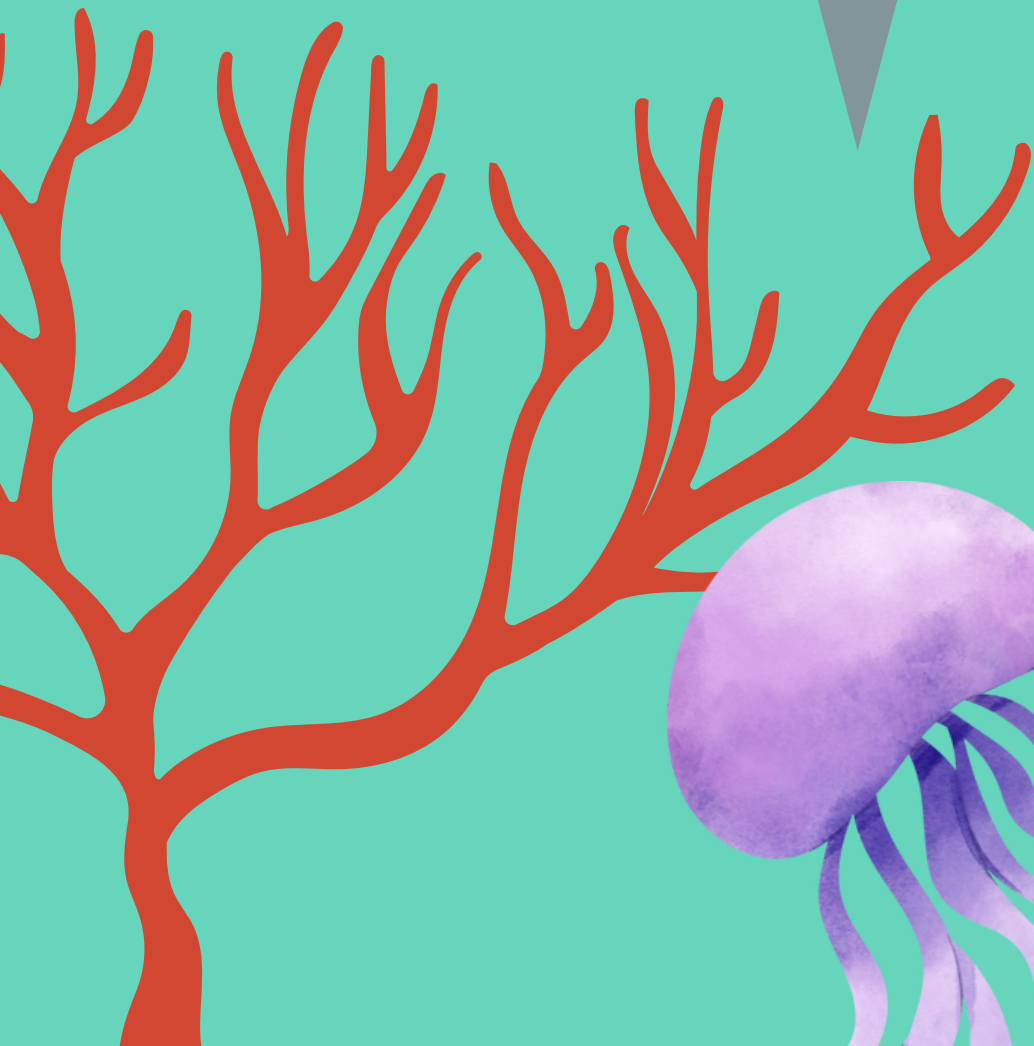
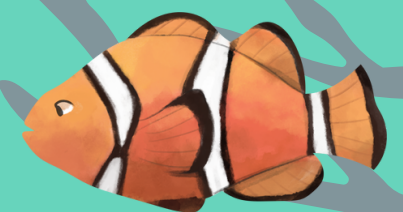
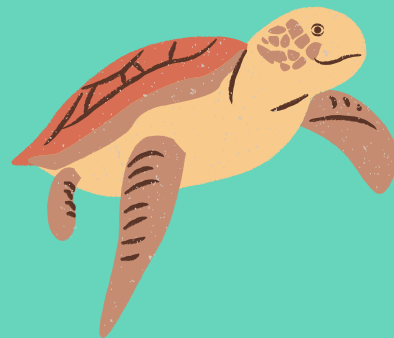
una
montaña
rusa de
emociones

enfadado

miedo

baja autoestima.

diálogo interno negativo



mi propio iceberg

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