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Think Outside The Box

Published on *Explorable.com* (<https://explorable.com>)

Stay Connected

Forming close bonds is not only good for your general well-being but also provides another perspective to your self-criticism.

Choosing to spend time with people who make you feel good about yourself is an effective way to tackle self-criticism. It boosts your self-confidence and makes you believe in yourself as an individual.

The banner features the Explorable logo and the text "Quiz Time!" at the top. Below are three quiz thumbnails:

- Quiz: Psychology 101 Part 2
- Quiz: Psychology 101 Part 2
- Quiz: Flags in Europe

[See all quizzes =>](#)

Loved Ones Can Help

Friendships not only take your attention away from such self-depreciation but also highlight the good in you, thereby focusing on what is important.

Furthermore, friends do point out mistakes and failures, keeping you abreast of reality. This way you can have a check-in with reality, as to what really needs to be worked upon, versus something that only you find to be faulty.

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Links:

[1] <https://explorable.com/users/Liya%20Panayotova>, [2] <https://explorable.com/e/stay-connected>