Humans' alienation from their own selves
a Self-alication of individual level leads to
Thesis Statement:
The process of distancing one self from
one's own feelings intersifies self alienation.
It has mosts in one's culture, race and
education system. It can cause personal and public
issues. With the help of awareness and treatment
this predicament can be fathomed.
A. Lock of self-linst
I. Introduction med how when A
II. Understanding the difference between Alienation
and self-alienation
y. Humani olignelise from other son severe but such in it
III. Humans alienation from their own selves the causes:
A. Pavents can induce self-alienation book
B. Peer pressure may cause self alienation
C. Society's role can trigger self alienation D. Outmoded education system may give rise to
self alienation Be certain
E. Lack of security and Treedom comportations word
self alienation "can"
F. Mental retardation causes self alienation

VI. Humans' alienation from their own so	elver - the impacts:
A. Self-alienation at individual level	leads to
personal issues	astalli desil
B. Self alienation at group level	
social problems	one's rough
C. Self alienation at mational level	
global schallenges	education ep
the help of exercise and dreatment	
V. Humans' alination from their own selve	
A. Lack of self-trust	
B. Anxiety and fear	a butwalating the
C. Physical and psychological pains	U. Waler Land
The marine and the second seco	that him salf
VI. Humans' alienation from their own selve	es- the Solutions;
. A. Need to execute awareness in societ	
B. Need to update education syste	A Duenty m
c. The mole of psychologists to over	
role an longger self atienshin	
411. Conclusion Keep writing	
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