Mental Health Of International Students

Judd E. Hollander

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get when you did something wrong or
perceived you did something wrong
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is wrong and it may not be related to a
specific behavior or event when you
feel guilty about the wrong thing you
did you can take steps to make up for it
and put it behind you

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humble and give us humility and it can teach us about boundaries without healthy shame we would have no way to understand how our behavior affects others and manage it

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