



I have a **friend** who is always **putting herself down**. How can I **help her feel better** about herself?

How you approach your friend's problem depends on its severity. For instance, she may be criticizing herself simply to appear humble or to get compliments or reassurances from others. If so, go ahead and reassure her but

also gently try to get her to focus less on herself and more on others. That's how she'll find greater satisfaction and self-worth, as well as true humility.

President Dieter F. Uchtdorf, Second Counselor in the First Presidency, has

said: "We don't discover humility by thinking less of ourselves; we discover humility by thinking less *about* ourselves" ("Pride and the Priesthood," *Ensign*, Nov. 2010, 58).

If the problem seems more severe—if you suspect she's suffering from

major depression—encourage her to talk to her parents, a school counselor, or her bishop. Or go to them yourself and explain the situation. They can make sure she gets the help she needs, including professional help if necessary. **NE**

How do I **show love** to **people who are unkind** to me?

The Savior taught, "Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you" (Matthew 5:44). This commandment isn't easy to follow, because it goes against our nature—that is, against the natural man (see Mosiah 3:19). So, where do we begin? Here are just a few ideas.

- Try to see all people as children of Heavenly Father. It's not just a nice idea; it's a reality. Let it sink deep into your heart, and your interactions may change.
- Recognize that the kind of love the Savior commands us to have is really a gift from God, so you must "pray unto the Father with all the energy of heart, that [you] may be filled with this love, which he hath bestowed upon all who are true followers of his Son, Jesus Christ" (Moroni 7:48).
- Find small ways to serve those who are unkind. You never know when it might help them change, but even if they don't, you'll be the better for having been kind.
- Share the gospel with them, even if it's just stating a straightforward and firm testimony of a simple truth—such as, "We're all God's children." **NE**