

Majiblond uttra



























9018 Ash Blonde



911 Lightest True Ash Blande









Majirel Colour Blonde Shade Guide

Anuschka Rees

Majirel Colour Blonde Shade Guide:

Color Keys: A Professional Hair Colors Guide for Hairdressers serkan karayılan, 2024-12-23 Are You Ready to Discover the Secret of Colors Color Keys is a comprehensive guide prepared for hairdressers who want to specialize in the art of hair coloring Filled with inspiring information from professional techniques this book offers both experienced hairdressers and beginners the opportunity to master the world of color What's in the Book Color Theory and Color Wheel Learn the basics of understanding colors Neutralization Techniques Expertly remove unwanted understanding Structure of Hair Melanin types pigment distribution and its effect on natural colors White Hair Processes Get perfect results in challenging situations Product Selection and Applications Correct methods of using professional hair coloring products Who is it for Professionals who want to specialize in their hairdressing career Those who want to improve their knowledge and techniques in hair coloring Creative hairdressers who want to make a difference in hair color design Why This Book Practical and Detailed Information Techniques that you can immediately apply to your daily work Professional Approach Content that brings together color science and art Comprehensive Content Covers all processes from color theory to application Reflect your imagination in colors and take steps to offer your customers the best results Take a step forward in the art of hair coloring with Color Keys Order Now and Color Your Art S/Nvg Level 2 Hairdressing with Barbering Candidate Leah Palmer, 2005 This candidate handbook covers all the relevant knowledge and skills to pass the S NVQ level 2 in Hairdressing It contains details on all types of hair case studies and activities and other key points L'OREAL Guide to Professional Hair Leslie Blanchard's Foolproof Guide to Beautiful Hair Color Leslie Coloring and Hair Care JAMES W. VIERA, 1979 Hair Coloring Techniques Manjusha Chadha, 2025-01-03 The illustrations in this book Blanchard, Maureen Lynch, 1987 are created by Team Educohack Hair Coloring Techniques From Basics to Trends unlocks the world of vibrant hues and radiant hair We empower you to achieve stunning hair color while safeguarding its health From understanding color theory to mastering application techniques this comprehensive guide provides all the knowledge you need Learn how to choose the perfect shade by exploring the science behind hair color including depth tone and selecting flattering colors for your skin tone Navigate the world of hair coloring products by demystifying permanent demi permanent temporary and organic dyes to find the best fit for your hair type and desired results Master essential coloring techniques including on scalp and off scalp methods highlighting and trendy styles like balayage and ombre Maintain the health of your colored hair with essential post coloring care routines to keep your hair vibrant nourished and protected from damage Packed with valuable insights practical advice and helpful exercises this book is perfect for both professional hairstylists and aspiring at home colorists Hair Coloring Techniques From Basics to Trends is your one stop resource for achieving healthy beautiful colored hair

Manic Panic Living in Color Tish Bellomo, 2019-10-15 Reveal your inner Aurora Borealis with Manic Panic Living in Color the audacious beauty and lifestyle handbook from punk rock pioneers Tish and Snooky Bellomo founders of the iconic hair

color and make up brand With a colorful foreword by RuPaul a customer fan friend and dye hard for decades Manic Panic Living in Color is both the rollicking origin story of the sister's punk rock roots combined with a fearless guide to finding your color in the rainbow This guide provides unique and fail proof methods to achieve the perfect shade or combinations of colors that express the inner you as well as maintenance effects tips products remedies and attitude With hundreds of inspiring photographs Tish and Snooky will inspire you to show off your unique sense of style whether you are Red Passion Bad Boy Blue Electric Banana or all three The Hair Colour Book Peter Regan, 2018-06-06 The Hair Colouring Book is a practical quide to the theory of colouring hair It is specifically written for young hairdressers in training There are 17 chapters and the topics covered include The Consultation Levels and Tones The Colour Wheel The Numbering System Racial Differences in Hair Controlling Warmth Adding Tone Grey Coverage and lots more There's a Quick reference guide with page references to get you quickly to the information and a Glossary to explain some of the Terms used in the book The book can easily fit into the pocket of a tinting apron so it will always be to hand when you need it Apprentices and students of hair colouring will find this book invaluable as it will help to increase job prospects due to improved knowledge Stylists will be able to better explain theory and techniques to customers leading to improved confidence and client retention Salon owners will see younger staff learn faster reducing time that they are unprofitable and hairdressing teachers will see that it helps students meet learning World of Hair Colour Daniel Galvin, 2016-01-06 targets more easily Blonde Antoinette Kleinhans, 2025-04-16 Understanding Hair Bleaching Understanding hair bleaching is essential for anyone looking to transition from dark blond to a lighter shade The process involves using chemicals to lighten the natural pigment in the hair allowing for a fresh and vibrant look Hair bleaching works by breaking down the melanin in your hair which is the pigment responsible for its color The stronger the bleach the more effective it is at lightening the hair but it s crucial to understand the balance between achieving the desired shade and maintaining hair health Manic Panic Living in Color Tish Bellomo, 2019 Reveal your inner Aurora Borealis with Manic Panic Living in Color the audacious beauty and lifestyle handbook from punk rock pioneers Tish and Snooky Bellomo founders of the iconic hair color and make up brand available worldwide Tish and Snooky Bellomo have never been afraid to stand out Since their early start in punk bands including Blondie in the late 1970s to blazing the trail as hair and makeup entrepreneurs the Bronx sisters have always lived a colorful life Manic Panic Living in Color is both the rollicking origin story of the sister's punk rock roots combined with a fearless guide to finding your color in the rainbow This guide provides unique and fail proof methods to achieve the perfect shade or combinations of colors that express the inner you as well as maintenance effects tips products remedies and attitude Perfect for all ages this vibrant handbook features the most creative techniques possible from unicorn hair to ombre to rainbow using the brand s most popular colors including Cotton Candy Violet Night Atomic Turquoise and Electric Tiger Lily some of which glow under black light While everyone from tweens to seniors are experimenting with wild color now Living in Color features the pop culture icons such as Cyndi

Lauper and Kurt Cobain who originally made these colors a household name Inspire's Salon Client Guide to Hair Color Ultimate Alternative Hair Color Guide Carrie Ann Maxwell, 2012 The Ultimate Alternative Hair Guide is .1995 intended to help people who are advanced or at least somewhat experienced with dying or bleaching their hair It is full of tips and tricks that are meant to get you the crazy color you want while keeping your hair in the best possible condition whether it is long short straight curly young or old INCLUDES photos of bleaching dyed hair and more Hailey, 2018-12-30 COLOR HAIR Complete Guide on How to Dye Hair like a Professional Sitting in the salon for hours and spending heaps of cash can be exhausting and costly To spare yourself the cost coloring your hair at home is the ideal arrangement Investing energy making sense of the correct coloring looking for hair color instruments and chasing for a prevalent yet economical brand is enjoyable At first it might appear to be upsetting be that as it may in the end you will start to like it This book will teach you everything you need to known in order to color your hair like a professional it will also tell you what you need to do before you start coloring your hair It provide step on how you can highlight your hair it provides instruction on how you can color your hair to the style suitable for you such as blonde and silver Get Yours Now **The Art Of Hair Color** Emily M Mahan, 2024-08-31 The purpose for creating this guide was to simplify the basic principles of Hair Color specifically for visual learners who constitute the majority among artistic beauty professionals This colorful and easy to follow guide is designed to help you excel in creating stunning colors for your clients and enhance your ability to tackle any color related issues with confidence and efficiency The Golden Gene Zahid Ameer, 2025-04-12 Discover the fascinating science genetics and evolution of blonde hair in The Golden Gene Unlocking the Science and Secrets Behind Blonde Hair This captivating book dives deep into the biology of hair pigmentation melanin types and the genetic variations such as IRF4 MC1R and TYRP1 that determine blonde hair color in both European and Melanesian populations Learn why blonde hair is rare how it evolved as an adaptation to sunlight and Vitamin D needs and why many blonde children darken with age Packed with curious facts evolutionary insights and cultural history this well researched guide explores everything from the shades of blonde to the global genetics of hair color Perfect for readers interested in human biology evolutionary anthropology genetics hair science or simply the mystery of natural blonde hair Uncover the golden truth behind one of humanity s most iconic traits Coloring a New Life After Hair Color Pasquale De Marco, 2025-05-09 Tired of the same old hair color routine Ready to embrace a bold new look Look no further Coloring a New Life After Hair Color is the ultimate guide to hair color providing you with all the knowledge and inspiration you need to transform your hair and boost your confidence Written by Pasquale De Marco a leading hair color expert with years of experience Coloring a New Life After Hair Color covers everything you need to know about hair color from the basics to the latest trends Whether you re a hair color novice or a seasoned pro this book has something for you In Coloring a New Life After Hair Color you ll learn about The different types of hair color and how to choose the right one for you How to color your hair at home or in a salon The latest

hair color trends and techniques How to care for your colored hair to keep it looking vibrant and healthy The psychology of hair color and how it can affect your mood and self confidence With its comprehensive coverage and approachable style Coloring a New Life After Hair Color is the only hair color guide you ll ever need So what are you waiting for Dive in and discover the world of hair color with Pasquale De Marco If you like this book write a review on google books Hair Peter Waters, 1984 Color Me a Season Bernice Kentner, 1978 The Colour Book Tracey Lloyd, Christine McMillan-Bodell, 2005 The Colour Book and its interactive learning CD ROM is the first ever learner focused resource for hair colour This long awaited guide offers comprehensive coverage of all Level 2 and 3 colour theory techniques and applications as well as key health and safety and consultation information Packed full of examples and full colour illustrations The Colour Book is not only a fascinating read but takes the fear out of hair colouring to equip students and aspiring colourists with the confidence and know how to achieve great looking colour results Readers will enjoy Tracey Lloyd's friendly writing style and find The Colour Book an easy to follow and indispensable practical handbook CD ROMThomson Learning has teamed up with L Or al Professionnel the world's number one in hair colour to produce the first ever interactive learning hairdressing CD ROM and textbook package Allowing you to step into a virtual salon and expand your colour skills key features of the CD ROM include Video clips to provide further instruction for key step by step sequences from the book Animated anatomy and physiology diagrams and activities to help bring the study of hair and skin to life Interactive colour correction exercises aid understanding of the scientific elements of colour correctionquestion and answer screens and other activities to self test Virtual storeroom product library My Portfolio function to store work for future reference or to count against your students final assessment Personal Colour Anuschka Rees, 2025-07-29 In Personal Colour Anushka Rees has created a comprehensive guide to identifying your unique colour palette to elevate your personal style using the timeless principles of colour theory and colour analysis Personal Colour teaches readers how to identify undertone depth and contrast guiding them through spring summer autumn and winter colour seasons and empowering them to create a fashionable wardrobe tailored to their innate beauty Readers will find answers to common questions like How do you determine your colour season spring summer autumn or winter and subtype clear true light soft or deep Should you change your whole wardrobe to fit your new colour season Spoiler alert no How do you accurately assess photos and colour descriptions when shopping online Can you use your colour season to choose makeup products How do you wear colours you love that are not in your season Featuring step by step instructions to identify your unique colour palette as well as over 200 images of colour swatches and models of all races genders and ages Personal Colour is full of exercises charts cheat sheets and glossaries From Instagram to TikTok to YouTube everyone is talking about colour theory and seasons and this book will provide a one stop definitive quide that readers will find themselves reaching for again and again

Thank you definitely much for downloading **Majirel Colour Blonde Shade Guide**. Maybe you have knowledge that, people have see numerous times for their favorite books past this Majirel Colour Blonde Shade Guide, but stop stirring in harmful downloads.

Rather than enjoying a fine book taking into consideration a mug of coffee in the afternoon, instead they juggled when some harmful virus inside their computer. **Majirel Colour Blonde Shade Guide** is nearby in our digital library an online entrance to it is set as public appropriately you can download it instantly. Our digital library saves in multiple countries, allowing you to get the most less latency period to download any of our books following this one. Merely said, the Majirel Colour Blonde Shade Guide is universally compatible taking into consideration any devices to read.

http://www.armchairempire.com/results/book-search/HomePages/holt%20mcdougal%20literature%20answer%20key%20grade%201.pdf

Table of Contents Majirel Colour Blonde Shade Guide

- 1. Understanding the eBook Majirel Colour Blonde Shade Guide
 - The Rise of Digital Reading Majirel Colour Blonde Shade Guide
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Majirel Colour Blonde Shade Guide
 - Exploring Different Genres
 - o Considering Fiction vs. Non-Fiction
 - $\circ \ \ Determining \ Your \ Reading \ Goals$
- 3. Choosing the Right eBook Platform
 - $\circ \ \ Popular \ eBook \ Platforms$
 - Features to Look for in an Majirel Colour Blonde Shade Guide
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Majirel Colour Blonde Shade Guide
 - Personalized Recommendations

- Majirel Colour Blonde Shade Guide User Reviews and Ratings
- Majirel Colour Blonde Shade Guide and Bestseller Lists
- 5. Accessing Majirel Colour Blonde Shade Guide Free and Paid eBooks
 - Majirel Colour Blonde Shade Guide Public Domain eBooks
 - Majirel Colour Blonde Shade Guide eBook Subscription Services
 - Majirel Colour Blonde Shade Guide Budget-Friendly Options
- 6. Navigating Majirel Colour Blonde Shade Guide eBook Formats
 - o ePub, PDF, MOBI, and More
 - Majirel Colour Blonde Shade Guide Compatibility with Devices
 - Majirel Colour Blonde Shade Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Majirel Colour Blonde Shade Guide
 - Highlighting and Note-Taking Majirel Colour Blonde Shade Guide
 - Interactive Elements Majirel Colour Blonde Shade Guide
- 8. Staying Engaged with Majirel Colour Blonde Shade Guide
 - o Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Majirel Colour Blonde Shade Guide
- 9. Balancing eBooks and Physical Books Majirel Colour Blonde Shade Guide
 - ∘ Benefits of a Digital Library
 - Creating a Diverse Reading Collection Majirel Colour Blonde Shade Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Majirel Colour Blonde Shade Guide
 - Setting Reading Goals Majirel Colour Blonde Shade Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Majirel Colour Blonde Shade Guide
 - Fact-Checking eBook Content of Majirel Colour Blonde Shade Guide

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

Majirel Colour Blonde Shade Guide Introduction

Majirel Colour Blonde Shade Guide Offers over 60,000 free eBooks, including many classics that are in the public domain. Open Library: Provides access to over 1 million free eBooks, including classic literature and contemporary works. Majirel Colour Blonde Shade Guide Offers a vast collection of books, some of which are available for free as PDF downloads, particularly older books in the public domain. Majirel Colour Blonde Shade Guide: This website hosts a vast collection of scientific articles, books, and textbooks. While it operates in a legal gray area due to copyright issues, its a popular resource for finding various publications. Internet Archive for Majirel Colour Blonde Shade Guide: Has an extensive collection of digital content, including books, articles, videos, and more. It has a massive library of free downloadable books. Free-eBooks Majirel Colour Blonde Shade Guide Offers a diverse range of free eBooks across various genres. Majirel Colour Blonde Shade Guide Focuses mainly on educational books, textbooks, and business books. It offers free PDF downloads for educational purposes. Majirel Colour Blonde Shade Guide Provides a large selection of free eBooks in different genres, which are available for download in various formats, including PDF. Finding specific Majirel Colour Blonde Shade Guide, especially related to Majirel Colour Blonde Shade Guide, might be challenging as theyre often artistic creations rather than practical blueprints. However, you can explore the following steps to search for or create your own Online Searches: Look for websites, forums, or blogs dedicated to Majirel Colour Blonde Shade Guide, Sometimes enthusiasts share their designs or concepts in PDF format. Books and Magazines Some Majirel Colour Blonde Shade Guide books or magazines might include. Look for these in online stores or libraries. Remember that while Majirel Colour Blonde Shade Guide, sharing copyrighted material without permission is not legal. Always ensure youre either creating your own or obtaining them from legitimate sources that allow sharing and downloading. Library Check if your local library offers eBook lending services. Many libraries have digital catalogs where you can borrow Majirel Colour Blonde Shade Guide eBooks for free, including popular titles. Online Retailers: Websites like Amazon, Google Books, or Apple Books often sell eBooks. Sometimes, authors or publishers offer promotions or free periods for certain books. Authors Website Occasionally, authors provide excerpts or short stories for free on their websites. While this might not be the Majirel Colour Blonde Shade Guide full book, it can give you a taste of the authors writing style. Subscription Services Platforms like Kindle Unlimited or Scribd offer subscription-based access to a wide range of Majirel Colour Blonde Shade Guide eBooks, including some popular titles.

FAQs About Majirel Colour Blonde Shade Guide Books

- 1. Where can I buy Majirel Colour Blonde Shade Guide books? Bookstores: Physical bookstores like Barnes & Noble, Waterstones, and independent local stores. Online Retailers: Amazon, Book Depository, and various online bookstores offer a wide range of books in physical and digital formats.
- 2. What are the different book formats available? Hardcover: Sturdy and durable, usually more expensive. Paperback: Cheaper, lighter, and more portable than hardcovers. E-books: Digital books available for e-readers like Kindle or software like Apple Books, Kindle, and Google Play Books.
- 3. How do I choose a Majirel Colour Blonde Shade Guide book to read? Genres: Consider the genre you enjoy (fiction, non-fiction, mystery, sci-fi, etc.). Recommendations: Ask friends, join book clubs, or explore online reviews and recommendations. Author: If you like a particular author, you might enjoy more of their work.
- 4. How do I take care of Majirel Colour Blonde Shade Guide books? Storage: Keep them away from direct sunlight and in a dry environment. Handling: Avoid folding pages, use bookmarks, and handle them with clean hands. Cleaning: Gently dust the covers and pages occasionally.
- 5. Can I borrow books without buying them? Public Libraries: Local libraries offer a wide range of books for borrowing. Book Swaps: Community book exchanges or online platforms where people exchange books.
- 6. How can I track my reading progress or manage my book collection? Book Tracking Apps: Goodreads, LibraryThing, and Book Catalogue are popular apps for tracking your reading progress and managing book collections. Spreadsheets: You can create your own spreadsheet to track books read, ratings, and other details.
- 7. What are Majirel Colour Blonde Shade Guide audiobooks, and where can I find them? Audiobooks: Audio recordings of books, perfect for listening while commuting or multitasking. Platforms: Audible, LibriVox, and Google Play Books offer a wide selection of audiobooks.
- 8. How do I support authors or the book industry? Buy Books: Purchase books from authors or independent bookstores. Reviews: Leave reviews on platforms like Goodreads or Amazon. Promotion: Share your favorite books on social media or recommend them to friends.

- 9. Are there book clubs or reading communities I can join? Local Clubs: Check for local book clubs in libraries or community centers. Online Communities: Platforms like Goodreads have virtual book clubs and discussion groups.
- 10. Can I read Majirel Colour Blonde Shade Guide books for free? Public Domain Books: Many classic books are available for free as theyre in the public domain. Free E-books: Some websites offer free e-books legally, like Project Gutenberg or Open Library.

Find Majirel Colour Blonde Shade Guide:

holt mcdougal literature answer key grade 12

holt mcdougal american history study guide honda 1988 1989 nc650 motorcycle workshop repair service manual 10102 quality

holt california geometry workbook answer key

holy ghost sermons a living classic book

holy war the crusades and their impact on todays world

holy people holy lives law and gospel in bioethics

honda 125 manual

home sweet homme sacha black ebook

holt mcdougal study guide honors geometry

honda 125 200cc twins 1965 1978

honda 125 150 c92 cs92 cb92 c95 ca95 motorcycle workshop service repair manual 1959 1966

homo ludens a study of the play element in culture

holt mcdougal algebra 2 daily pacing guide

homework helpers basic math and pre algebra homework helpers career press

Majirel Colour Blonde Shade Guide:

 of Power - Rivendell School Jan 27, 2020 — To gain deeper understanding of power of words, we will study the life and works of William. Shakespeare, who captured the human condition so ... lesson 1: outlining "getting acquainted with shakespeare" 1610 - Stratford / New Place. When did Shakespeare retire and where did he go? When did he die? April 23 1616. What was the eventual ... Weston Walch. Publisher. Contents - Social Studies School Service Answers for each lesson are included in the. Answer Key. 8. When you ... Weston Walch, Publisher. 1. The Complete Guide to Shakespeare's Best Plays. Getting ... Free download Reteaching activity chapter [PDF] Mar 1, 2023 — answer key weston walch hamlet (2023) · 2004 suzuki gsxr 1000 service manual (Read Only) · human geography ethel wood answers .pdf. Shakespeare Made Easy: Hamlet:grades 7-9 Book details; Print length. 68 pages; Language. English; Publisher. J Weston Walch Pub; Publication date. 1 August 2003; Dimensions. 21.59 x 0.25 x 27.31 cm. Find the Errors! Each item in both tests exemplifies one or more major writing errors. Each writ- ing error has been correlated in the Answer Key with the exercises in Find the ... BYU Geometry 41 Therom List Flashcards Supplements of congruent angles are congruent (lesson 2 Speedback). THEOREM 2.8. Vertical angles are congruent (lesson 2 Speedback). THEOREM 3.1. Two lines ... Course Catalog Speed Reading. READ 041 | High School | 0.50 Credit Hours | \$199.00. Reading ... Geometry, Part 1 · New Course · UC Approved · UC-C · NCAA Approved · OSPI ... BYU WRIT041- Self Check 2.2 Flashcards Study with Quizlet and memorize flashcards containing terms like What is the auxiliary verb in the following sentences? I will call him tomorrow., ... Geometry, Part 1 This course is a study of segments and angles, mathematical reasoning, parallel lines, triangles, polygons, quadrilaterals, and similarity. AP Calculus AB, Part 2 Concepts that students have learned from algebra and geometry that may have been confusing will be made clear in this course. This is the second course in a ... Byu Algebra 1 Answers byu algebra 1 answers. BYU ALGEBRA part 2 question pls help 7. Algebra 1 Guided Practive Answers. TEACHERS EDITION. Byu algebra 2 answers | Math Formulas. Anyone have experience w/BYU online classes? Feb 20, 2014 — My daughter will take the chapter 6 speedback tomorrow. The test is multiple choice and we submit her answers online. It is graded instantly. BYU Independent Study.pdf Aug 1, 2021 — Definitions. 1,1 "Courses" means the BYU Independent Study HiSh. School Suite online courses listed in Schedule B, including. Geometry Archive: Questions from July 23, 2014 Jul 23, 2014 — Geometry archive containing a full list of geometry questions and answers from July 23 2014. Narrative Therapy Treatment Plan & Example Work with the client to define their goals for therapy. These goals should be specific, measurable, achievable, relevant, and time-bound (SMART). Develop ... Narrative Therapy Case Conceptualization: Treatment ... A narrative therapy treatment plan can treat depression and handle a crisis. In this case study template, you will discover an excellent narrative therapy case ... 19 Best Narrative Therapy Techniques & Worksheets [+PDF] In narrative therapy, the client aims to construct a storyline to their experiences that offers meaning, or gives them a positive and functional identity. This ... An Introduction to Narrative Therapy by L DeKruyf · 2008 · Cited by 7 — Treatment Goals The objective of narrative therapy is not to find a "solution." Rather, it is to help clients reclaim the authority to author

their own stories ... Narrative Therapy: Definition, Techniques & Interventions by OG Evans — Narrative therapy seeks to change a problematic narrative into a more productive or healthier one. This is often done by assigning the person ... Narrative Therapy Techniques (4 Examples) Oct 8, 2023 — Narrative therapy is an approach that aims to empower people. In this approach, patients tell their story as if they were the protagonist in a ... Narrative Therapy - Fisher Digital Publications by RH Rice \cdot 2015 \cdot Cited by 20 — Abstract. Narrative therapy (NT) is a strengths-based approach to psychotherapy that uses collaboration between the client or family and the therapist to ... Narrative Therapy Treatment - YouTube Case Conceptualization and Treatment Plan of Marvin ... Narrative theory hypothesizes that client distress arises from suffering causes by personal life stories or experiences that have caused a low sense of self.