What is the questions I ask myself when applying the “align-self: “ style attribute?

What’s the special text that aligns my one content the way I want on the axis?

Note : The effect of “align-self: “ style attribute is reverse, If the content is placed in the horizontal axis (flex-direction: row), And “align-self: flex-end” is applied, Then our content will be aligned at the end of the VERTICAL axis and vice versa.