



Self Value

What do I like or value about myself?

What do I do to take care of my physical self?

How do I take care of myself emotionally?

What do I do to reward myself, and when and how do I do it?

When and how do I devalue myself or cut myself down?

What are my hopes and dreams?

What are my realistic expectations for myself?

What are my unrealistic expectations for myself?

When and how do I show love and affection?

Where do I find hope?

Under what circumstances am I open and honest about my feelings?

Do I help others feel good about themselves even when I feel bad about myself?