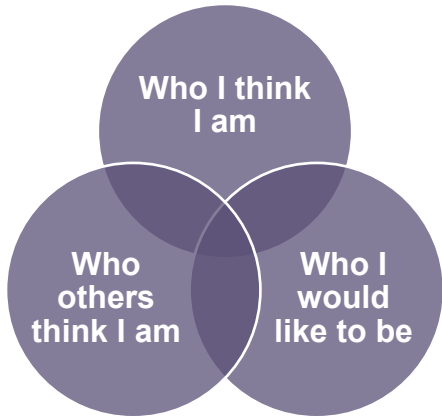


LEARNING ABOUT ME



When we are feeling comfortable with ourselves, usually these three circles (components) are complimenting each other.

GETTING TO KNOW YOU: Please respond to the following questions.

WHO I THINK I AM: _____

WHO OTHERS THINK I AM: _____

WHO I WOULD LIKE TO BE: _____

WHAT INFLUENCES YOUR VIEW OF YOU: _____

Positive Qualities Record

Make a list of the positive aspects of yourself, including all your good characteristics, strengths, talents, and achievements. To help you make a list of your positive qualities, ask yourself the following questions:

- What do I like about who I am?
- What characteristics do I have that are positive? What are some of my achievements?
- What are some challenges I have overcome?
- What are some skills and talents that I have?
- What do others say they like about me?
- What are some attributes I like in others that I also have in common with them?
- If someone shares by identical characteristics, what would I admire in them?
- How might someone who cared about me describe me?
- What do I think are bad qualities? What bad qualities do I not have?

Remember to include everything, no matter how small, insignificant, modest, or unimportant you think they are.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____

Challenging Unhelpful Thinking Styles

While using the "10 unhelpful thinking styles" handout as a guide, work through this exercise to help you challenge your common negative thoughts.

Thought	What is my negative thought? _____
Unhelpful thinking style	Which unhelpful thinking style(s) am I using? _____
Feeling(s)	Describe and rate 1-10 where 1 = no distress and 10 = extreme distress when you see this thought. _____
Ask yourself the following questions about your negative thought:	<ol style="list-style-type: none"> 1. Is your thought exaggerated? Question your thought! _____ 2. Find a way to word this thought in a more positive light, or just differently. Get rid of extreme words like <i>never, always, nothing, etc.</i> _____ 3. Think of someone you admire. If you were to say this thought to this person, what would they think about it or how would they respond? _____ 4. Is this thought helpful for you? If not, how can you word the thought so it is more helpful for you? _____ 5. Do you have enough evidence to prove that this thought is 100% true? How so or how not? _____
Balancing thoughts	Phrase a "neutral or balanced" statement to replace the original thought. _____ Next, rate how much you believe the new statement 0-100%. _____
Rate feeling(s) again	Describe and rate 1-10 where 1 – no distress and 10 = extreme distress when you see your new balanced thought. _____

Self-Management Plan

What are the early warning signs in my thinking that tell me that I might be heading for a setback and need to do something about it for myself? *E.g. I am more depressed or anxious OR I am more critical of myself OR I am expecting the worst more often OR I am avoiding or withdrawing from things.*

If I do experience a setback, what will I do about it?

What are my future support options? *E.g. Friends, family, GP, other, etc.*

What strategies/techniques have I found most helpful and need to continue to practice?
