

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Circle or highlight the statements that feel TRUE for you. If a statement feels FALSE for you, do nothing.

1. I do not feel overly responsible for others feelings and/or behaviors.
2. I have little/no difficulty in identifying my own feelings (“I am mad... sad... happy... afraid...”)
3. I have little/no difficulty in expressing my own feelings (“I am mad... sad... happy... afraid...”)
4. I do not tend to worry about how others may respond to my feelings.
5. I am highly capable of forming and maintaining healthy close relationships.
6. I am not afraid of being hurt or rejected by others.
7. I recognize that things are not perfect and that it is unrealistic to expect myself or others to be perfect.
8. I have little/no difficulty making decisions.
9. I am able to fully own and honor the way I feel. I do not tend to minimize, deny, or avoid.
10. Other people’s actions, attitudes, and potential responses do not tend to determine the decisions I make.
11. I am confident in my personal values and I do not push them down for the sake of connecting with other people.
12. I value my own opinions just as much as those of other people.
13. My self esteem is not dictated by what others say/think about/to me.
14. I am able to acknowledge and believe good things about myself (including compliments).
15. I am able to access serenity, mental attention, and self-love even when other people are acting in a way that fights against those things.
16. I judge myself based on my own standards, not those of someone else.
17. I am good enough, no matter what anyone else says or thinks about me.
18. I believe asking for help is both OK and normal.

19. Talking about family problems outside of the family is OK. If it is troublesome, its ok to ask for help. These things don't have to be secrets.
20. Feelings are neither right or wrong... they just are.
21. I do not excessively put other people's wants/needs before my own.
22. Self care is a priority to me.
23. I am loyal, but not when it is unjustified or harmful to myself.
24. I appreciate feeling needed, but I don't rely on that to know that I am valuable.
25. I believe I have a right to have boundaries.
26. I am fine exactly as I am.
27. I deserve good things and I deserve to be happy.
28. I can (learn to) trust myself and my judgement.
29. I am strong.
30. I surround myself with people who allow me to be myself.
31. I do not engage in relationships that force me to push my feelings/opinions down.
32. I have a right to walk away from relationships that do not serve me in a positive way.
33. I am ok.