**SELF-DISCOVERY EXERCISE by Coach Rima Desai** <www.rimadesai.org>

1. Do you take better care of other people than yourself?
2. Do you worry or obsess about other people a lot e.g. by checking their news feed, checking on how they are doing, feeling anxious or happy for them when things go right or wrong in their lives?
3. Do you know the thoughts, feelings, likes and dislikes of other people more than your own?
4. Do you feel responsible for other people’s choices and its consequences?
5. Do you change yourself or your behavior or choices hoping that other people will realize or change or benefit from it?
6. Do you feel stuck and victimized?
7. Do you try to fix, control or change people, places, things and situations?
8. Do you have difficulty keeping up with boundaries sometimes or often times *e.g. stop calling someone, letting go, saying NO, being over possessive, being too protective, being emotionally dependent, binge eating, over sleeping, addictions, etc.?*
9. Do you find it difficult to say ‘NO’ to others without feeling guilty about it?
10. Do you feel controlled or manipulated by others? Do you feel that even after knowing, you can’t stop others from doing that to you?
11. Do you find yourself avoiding situations, people or conversations so that you don’t have to deal with the difficulty or a problem?
12. Do you deny reality to cope with a situation?
13. Do you lie or cover up (take the blame) for the mistakes made by others?
14. Do you doubt your feelings or decisions often? (Valuing logical reasoning over intuition)
15. Do you find yourself two-minded, wavering or confused often when having to decide? (Indecisiveness)
16. Do you do what others expect of your or please others to avoid confrontation, conflict or to avoid being rejected?
17. Do you seek approval from others to feel better about yourself? (seeking validation from outside)
18. Do you know what is right for others much more easily than making a decision about yourself or your life?
19. Do you find it hard to ‘LET GO’ of a person, thing, situation or memory?
20. Do you find yourself being overly dependent on something or someone *e.g. sugar, gambling, smoking, drinking, sex, shopping, T.V., your children, your partner, best friend, etc.*

**SCORE**: Count your number of YES answers and email it or send the score from [here](https://rimadesai.org/contact)