



#1 WHEN I RESENTED: **MYSELF (FOR MY SELF CRITICAL VOICE)**

#2 *FOR: **I AM SEVERELY SELF-CRITICAL, AND I REFUSE TO SEE MY OWN STRENGTHS OR SUPPORT MY EMOTIONAL NEEDS**

#3 When this event happened how did it hurt, threaten, or interfere with my: (1 thru 7)

1. SELF ESTEEM: What is my <u>deep belief</u> about who I am ? Fill this in with over the top descriptions	I AM: An outstanding person who is loveable, I am generous and compassionate and deserve to be treated with value and empathy	What is my FEAR: That I am not seen as the person beyond my character defects
2. My Pride: This is how I want people watching to see, me being treated as:	Others should see <u>ME</u> treating myself as: a precious gift from god that has a life that others would admire and want to mirror based on my choices and how I live my life, fearlessly guided by my Creator	I am AFRAID others will actually see: That I am a loser and what others believe about me is the truth
3. My Ambition: What would I like to see happening instead:	I WANT myself to see the “me” that is the truth, not the fears and defects that I have carried thru life, and the distance I have gone to overcome my obstacles in life	I am AFRAID : People just see my defects, that I don’t have any redeeming value
4. My Security: What would it take for me to be ok with this situation:	I need <u>MYSELF</u> to:ultimately: <u>Always see myself as spending a lifetime improving my character defects</u> Why do I need this in order to be OK?: <u>because it will free me from the burden of harsh judgments and doubts that keep me from my true self</u>	I am AFRAID : That I will continue to not see the real me underneath the judgments and mis-perceptions that cause me to believe I have no value to anyone, incl myself
5. Personal Relationships: How do I expect this relationship should be; consider your ideals:	I expect: <u>myself:</u> to be supportive, faithful, honest willing to enjoy my life, be ego free, solidly grounded and unaffected from judgment and self crucifying	I am AFRAID : That I can’t keep up the pace of trying to prove my worth
6. Gender Relations: What are my beliefs about men or women, and the roles they play:	I expect an “ideal” <u>self</u> should always be (or they are): supportive, strong in their beliefs, capable of overcoming their short comings, and observant not judgmental	I am AFRAID : That believing this will alienate people from wanting to be in my life due to their short comings
7. Pocketbook=COST: What areas are impacted by this event, what price did I pay? Choose which ones apply **EG: <u>financial security, emotional security, material security, well-being, spirituality, relationships etc.</u>	Nothing should Interfere with/lessen the value of my: ☒ • Financial Security ☒ • Emotional Security ☒ • Material Security ☒ • Personal Security (Well-Being) ☒ • Spiritual Security ☒ • Relationship Security ☒	I am AFRAID : That I have wasted my life on false ideas and perceptions of myself by holding myself back