

Self care worksheet

We, all, at times, try to understand ourselves better.

When you know yourself better, when you know your skills, your attitudes, your limitations and flexibility, your boundaries, you don't have to change too much to appease others. you're open to feedback but you're also secure in who you are, a security which comes from knowing yourself.

The core skills area include various sections like attitudes, skills, world view, level of flexibility, personality, etc.

Filling in all of these boxes gives you a concise and detailed picture of yourself. Based on that, you can decide what are your boundaries and what are the things that are negotiable to you.

You can help yourself understand what feedbacks are useful to and which are to be ignored, what are the ways you can change and what are things you want to change.

This worksheet will help know yourself better.

Relational Environments

Healthy, Pushy,
Idealizing, Belittling, etc.

Semipermeable Boundaries for Feedback

Core Skills

Self + Other

Skills

Attitudes

Know Hows

What I bring to the table

Level Of Flexibility

My Way of Looking at the World

Personality

Abstract Stuff and Other Stuff

Self + Other

Semi-permeable Boundaries for Feedback

Relational Environments

Healthy, Pushy,
Idealizing, Belittling, etc.