

# When you feel "not good enough"

This worksheet allows you to explore the ideas you hold and consider other perspectives and options.

List the reasons you don't feel good enough below.

Ask yourself the questions below for each item listed above. Bring these to therapy if you find yourself stuck or feeling worse.

Who says these things are "bad"?

Where did these ideas come from?

Why do they exist in the culture I'm a part of?

Do these ideas benefit me, hurt me, or both?

What are the risks and benefits of doing something different?