

Exercise: Questioning What You Really Mean

List some of the negative words you use to describe yourself. Then go back and challenge each word to determine what it really means to you.

Word I Use to Describe Myself	What Do I Really Mean?	Challenge the Word
<i>Example: Loser</i>	?	I make many mistakes.
_____	?	_____
_____	?	_____
_____	?	_____
_____	?	_____
_____	?	_____
_____	?	_____
_____	?	_____
_____	?	_____
_____	?	_____
_____	?	_____
_____	?	_____
_____	?	_____
_____	?	_____
_____	?	_____
_____	?	_____
_____	?	_____
_____	?	_____
_____	?	_____

In instances where the meaning of these words is negative, go back and ask yourself if there is evidence to support your self-defeating opinion. You will learn more about this technique in the next exercise.