

My Personal Beliefs

Worksheet

Our personal beliefs - both negative and positive - play a role in our self-appraisal, or how we feel about ourselves.

Often, we may hold false or overly-critical beliefs about ourselves, placing more psychological emphasis on the negative things we believe, or judging ourselves too critically for our perceived flaws.

By becoming aware of our personal beliefs, we can start to recognize their impact. We can work on replacing them with positive beliefs and begin cultivating a more accepting, appreciative, and loving attitude toward ourselves.

Instructions

The aim of this exercise is to help you foster more self-love by exploring how you appraise yourself and identifying your personal beliefs. You'll consider how you see yourself as a person, your behaviors, and other.

Work through the 10 questions provided, writing your answers in the spaces at your own pace.

Afterward, you can use the debriefing prompts to reflect on your responses.

Step 1: 10 Questions

- Q1) What is your favorite thing about yourself? Why?
- Q2) What are my most achievable goals in life?
- Q3) How do you handle criticism?
- Q4) What past accomplishments are you proud of?
- Q5) How do you feel when you make a mistake? What do you do?
- Q6) How do you feel when someone compliments you?
- Q7) What do you feel you are really good at?
- Q8) If you could do anything with your life right now, what would it be?
- Q9) What makes you feel good about yourself?
- Q10) When do you feel most comfortable 'being yourself'?

Step 2: Debrief

Take a few moments to consider your responses. Thinking about the following questions may help you evaluate your answers.

- How did you feel doing this worksheet?
- What do you feel you learned?
- Did any of your answers surprise you?
- Where do you feel you might work on changing your beliefs to make them less critical or harsh?
How?

References:

- De Souza, V. (2011). *Group Psychotherapy: Exercises at Hand*. IN: iUniverse.
- Ellis, A. (1994). *Reason and emotion in psychotherapy: Revised and updated*. NJ: Carol.