ROOTED IN CONNECTION. GROWING TOWARD CHANGE.

Recognizing your positive qualities

A self-esteem reflection exercise

It can be easier to notice what you think is wrong with you than to recognize what is already good. This exercise gives you room to notice your strengths, experiences, and qualities with a little more fairness.

How to use the worksheet

1. Choose a few questions on the next page. You do not have to answer everything at once.

2. Write down qualities you can honestly recognize. Small examples count; you do not need a major achievement.

3. For each quality, think of a real moment when you showed it. For example: "I am persistent - I asked for help when I wanted to give up."

4. Bring your responses to our next session. We can explore what was easy to notice and what was difficult to accept.

A reminder

You do not have to be perfect, productive, or approved of by everyone to deserve respect and care.

Worksheet on the next page: Centre for Clinical Interventions (CCI).



Positive Qualities Record

Read the following questions	Using the questions, write down your positive qualities
What do you like about yourself, however small or fleeting?	
What positive qualities do you possess?	
What have you achieved in your life, however small?	
What challenges have you faced?	
What gifts or talents do you have, however modest?	
What skills have you acquired?	
What do other people like or value in you?	
What qualities and actions that you value in others do you share?	
What aspects of yourself would you appreciate if they were aspects of another person?	
What small positives are you discounting?	
What are the bad things you are not?	
How might another person who cared about you describe you?	

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