



REVIEW ACTIVITY

Chapter 4

Consider how you handle feelings of guilt and feelings of shame:

- Are you able to work through guilty feelings by changing how you think and act?

- By contrast, do you ever feel stuck with shame because you think something is inherently wrong with you that you cannot change?

- On a scale of 0 to 10 (10 being positive), how confident are you that you are completely worthy to be loved? What are the reasons you would assign this particular score?

- Using the same scale, how self-accepting are you? People who are more accepting are less self-critical and judgmental. They are more likely to be at ease with themselves despite their awareness of personal shortcomings and some things they would like to improve.

Both of these scales are indications of a person's Self-Belief Identity. Individuals who feel they are really worthy to be loved generally score themselves higher on these scales. As illustrated in the next chapter, we all can learn how to strengthen our confidence that we are worthy to be loved.

Write down any perspectives you had as you read this chapter.

[Link]Download a PDF of the Chapter 4 Additional Activities, “Overcoming Guilt.”