



REVIEW ACTIVITY

Chapter 7

Before reading the next chapter, please consider answering the questions in the following exercise regarding self-worth.

The Self-Worth Review

How do you value your self-worth? Our self-worth relies on our Key Core Beliefs and is directly related to our Self-Belief Identity.

DIRECTIONS: For each of the statements below, rate these behaviors in your life. Please mark each statement using a number from the following rating scale:

1. Never
2. Rarely
3. Sometimes
4. Frequently
5. Almost always

- I seek approval and affirmation from others, and I am afraid of criticism.
- I guess at what normal behavior is, and I usually feel as if I am different from other people.
- I am anxious about people in authority roles.
- I am rarely able to appreciate my own accomplishments and good deeds.
- I tend to have difficulty following a project through from beginning to end.
- I get frightened or stressed when I am in the company of an angry person.
- In order to avoid a conflict, I find it easier to lie than to tell the truth.
- I have problems with compulsive behaviors such as drinking, drug use, self-harm, gambling, eating concerns, smoking, use of sex, unnecessary spending, etc.
- I am highly critical of myself. I am my own worst critic.
- I feel more alive in the midst of a crisis. I am uneasy when my life is going smoothly and I am continually anticipating problems.
- I have difficulty having fun. I don't seem to know how to relax and enjoy my life.
- I am attracted to others who have been victims, whom I feel sorry for. I develop close relationships with people who need me to help or rescue them.
- I need perfection in my life, and I often expect perfection from others.
- I frequently seek out novelty, excitement, and the challenge of newness in my life with little concern for possible negative consequences.
- I take myself very seriously, and I view all of my relationships just as seriously.

- ____ I have problems developing and maintaining intimate relationships.
- ____ I feel guilty when I stand up for myself or take care of my needs first. I prefer taking care of others' needs first.
- ____ I seek or attract people who have compulsive behaviors (e.g., alcohol, drugs, gambling, food, shopping, sex, smoking, overworking, or seeking excitement.)
- ____ I feel responsible for others and I find it easier to have concern for others than for myself.
- ____ I am loyal to people for whom I care, even if their actions demonstrate that they do not deserve my loyalty.
- ____ I cling to and will do anything to hold on to relationships because I am afraid of being alone or abandoned.
- ____ I am impulsive. I frequently act too quickly before considering alternative actions or the possible undesirable consequences.
- ____ I have difficulty expressing feelings. Sometimes, I really feel out of touch with my feelings.
- ____ I often mistrust my feelings and the feelings expressed by others.
- ____ I regularly isolate myself from other people. I am initially shy and withdrawn in new social settings.
- ____ I believe I have been victimized, or I often feel that I am being taken advantage of by individuals or society in general.
- ____ I can be exceedingly responsible much of the time, but I can be extremely irresponsible at other times.
- ____ When I feel considerably stressed, I am confused, angry at myself, or not in control of my life.
- ____ I spend a lot of time and energy cleaning up the messes and the negative consequences of my impulsive actions.
- ____ I deny that my current problems stem from any of my past experiences. There are no unresolved issues that impede my current life.
- ____ TOTAL SCORE
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Scoring and interpretation

Add the scores for all 30 items. The total indicates your self-worth and wholeness.

- 0-30: Excellent self-worth.
- 31-45: Good self-worth—but consider boosting your Positive Core Beliefs.
- 46-60: Mildly low self-worth—develop additional Positive Core Beliefs.
- 61-90: Moderately low self-worth—learn to systematically recognize Negative Core Beliefs and transform them into Positive Core Beliefs.
- 91 +: Low self-worth—request support in converting Negative Core Beliefs into Positive Core Beliefs

What is your reaction to the Self-Worth Review?

What has been important for you to learn about the basics of Self-Belief Identity? Write down your answers in the space below.

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- BELIEVE: “I am worthy to be loved, and I have predominantly Positive Core Beliefs.”
 - UNDERSTAND: “I know my feelings and how to regulate my emotions.”
 - CONNECT: “I continually build caring relationships.”
 - IMAGINE: “I visualize and value the meaning of my life.”

[\[Link\]](#)Download a PDF of the Chapter 7 Additional Activities, “Inspiring Self-Worth.”

