



— Building a Healthier — Sense of Self-Worth

Reflection Worksheet

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1. Self-View Awareness

When I make a mistake, I usually...

- ☐ Criticize myself
- ☐ Feel ashamed
- ☐ Get defensive
- ☐ Stay kind to myself



2. Internal vs. External Validation

- When others approve of me, I feel...

- If no one praised me,
I would still feel worthy because...

3. Healthy Pride

List 3 things I respect about myself:

1. _____
2. _____
3. _____

4. Boundaries & Worth

- What fear holds me back from saying "no"?

- How do I link my worth to others' approval?



My Reframing Statement

- My worth is stable even when I...

- I value myself and others equally.



Optional Daily Practice

- One thing I did well today: _____
- One way I was kind to myself: _____

● **Reminder:** My value is not based on approval.




ZehnSaaz
COME AS YOU ARE

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