



How I See It!

Are the beliefs that you have about yourself TRUE or FALSE? Do you see yourself as being a loser? Really stupid? Not fitting in with your group of friends? Even though your friends say you are NOT a loser—and tell you how smart you are—and what a wonderful friend you are? It is still hard for you to think that they are being honest and real with you. Our perception is our reality; therefore we must work at changing how we see ourselves.

Write three words that describe how you SEE yourself.

Write three words that describe how you FEEL about yourself.

Write three reasons why those beliefs about yourself are RIGHT or WRONG in your eyes.

Now it is time to note your good qualities. Name three of your good qualities.
