

DEVELOPING SELF-SUPPORT

Your disease may hurt your self-image and self-esteem. You need to maintain your self-esteem, and you do this by being self-supportive. Below are three activities that show support for yourself. Are you doing those activities daily? Check-off all the things that you do each day that shows self-support. Complete this form daily until you are regularly being self-supportive.

BECOMING A SELF-BOOSTER

- _____ 1. After I completed my activities during the day, did I notice what I did well while doing them? Did I note what I was proud of, regarding that activity? List three things I did well today that I can take pride in, and review the entire list once per week.
 - a)
 - b)
 - c)
- _____ 2. As I was doing different activities, did I complement and praise myself?
- _____ 3. Did I take time to savor my accomplishments and feel good about myself?
- _____ 4. If I did something not up to my standards or other people's standards, did I give a reason for it, so there is a justification for lower job performance?
- _____ 5. Did I avoid evaluating my job performance and criticizing myself? If I did make mistakes doing an activity, did I use descriptive judgments instead to describe how I acted doing a task to learn how to improve performance in the future?
- _____ 6. If I determined that a job was not done well, did I give minimum attention to that fact once it was over? Did I avoid getting stuck on negative job performance?

BECOMING SELF-COMPASSIONATE

- _____ 1. Was I having problems today meeting an expectation of:
 - a. an employer _____
 - b. my co-workers _____
 - c. my spouse or significant other _____
 - d. my friends _____
 - e. my children _____
- _____ 2. Did I excuse myself from meeting that expectation or standard when I could not meet it due to my illness? Did I give myself permission not to do something I could not do?
- _____ 3. Did I modify the expectation for myself, by taking into consideration what I cannot do because of my illness?
- _____ 4. Did I turn aside guilt for not meeting an expectation?
- _____ 5. How much guilt did I feel today about not meeting expectations, from 0 to 100? _____
- _____ 6. Did I show myself caring when I could not meet expectations or standards? Did I appear understanding and compassionate to myself when I could not be the way I would like to be?
- _____ 7. What acts of self-compassion did I perform today?

BECOMING A SELF-ADVOCATE

- _____ 1. Was there a need today to present my side of things or reasons for why I could not or would not perform an action because of my illness? Did I do that?
- _____ 2. Did I defend myself when I or other's criticized me for why I did not do something successfully today, because of my illness?
- _____ 3. Did I educate others about why I cannot do something, or about how my disease limits what I can do?
- _____ 4. Did I set limits on other's behavior toward me if their actions affect me negatively?
- _____ 5. Did I set limits in an assertive but not an aggressive way?
- _____ 6. Did I feel entitled to speak up or did I feel guilty for doing so?
- _____ 7. Did I only hold myself accountable for what I can do within my own area of influence? Did I only focus on what I can do personally?
- _____ 8. Did I avoid holding myself responsible for influencing what is outside of my area of influence (what I cannot change personally)?

SELF-ESTEEM RATING: _____

What was my degree of self-esteem today, using the following measure:

- 1 = thought of myself very badly today. Self-esteem very low today.
- 2 = thought of myself as mildly worthwhile today.
- 3 = thought of myself as moderately worthwhile today.
- 4 = thought of myself as very worthwhile today.
- 5 = thought of myself as most worthwhile. Self-esteem very high today.