

## MAINTAINING YOUR IDENTITY

People give you ways to think of yourself. Those are their images of you. You give yourself ways to think of yourself. Those are your images of yourself. You need to be consciously aware of the images that other people and you have of you. You do not want to blindly accept an image of yourself if you do not agree with that image, or if that image will hurt your self-esteem and identity. The two worksheets below will help you to scrutinize images of you.

### A. SCRUTINIZING OTHERS' VIEWS OF SELF

1. After I interacted with \_\_\_\_\_, how did I feel, from -10 to +10, with +10 being feeling great about myself, or -10 being feeling terrible about myself?  
\_\_\_\_\_  
\_\_\_\_\_
2. In my interaction with \_\_\_\_\_, how did he/she relate to me? How did he/she see me or think of me?  
\_\_\_\_\_  
\_\_\_\_\_
3. How would I know that was \_\_\_\_\_'s image of me? What am I basing my thinking on? What is my evidence that \_\_\_\_\_ actually thinks of me that way? Did I do anything to make \_\_\_\_\_ think of me that way?  
\_\_\_\_\_  
\_\_\_\_\_
4. If there is not enough data to conclude \_\_\_\_\_ thinks of me that way, should I discard the idea that \_\_\_\_\_ thinks that way? Yes \_\_\_\_\_ No \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. If I think there is reason to conclude \_\_\_\_\_ thinks of me a certain way, do I think of myself that way as well? Yes \_\_\_\_\_ No \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
6. If I am in agreement that I am this way, how does that influence my view of myself? Does that image of myself make me think of myself as good or bad? \_\_\_\_\_ Rate how good or bad I think of myself from -10 to +10, with -10 being "thinking of myself as the worst" and +10 being "thinking of myself as the best."  
\_\_\_\_\_  
\_\_\_\_\_

If my answer is  $-6$  to  $-10$  to question 6, answer the following questions:

7. What makes it awful to be this way? Why is it so bad? Is it really awful to be this way or just not preferable to be this way? Give reasons for why I am this way.

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8. What are the benefits in being this way? Do I gain anything by being this way?

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## **B. SCRUTINIZING MY VIEW OF SELF**

1. How do I think of myself today? What images did I have of myself today?

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2. Thinking of myself that way, how do I feel afterward?

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3. What was that image of myself based on? What did I do to make me think of myself this way?

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4. Where is the evidence that I am that way? How do I know that I am that way?

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5. Is this an accurate view of myself? How much do I think this image represents me, from 0 to 10, with 10 being total agreement that this image represents me?

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6. If I am the way I think of myself, how bad or good is that from  $+10$  to  $-10$ , with  $-10$  being totally bad and  $+10$  being totally great?

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7. If my answer is  $-6$  to  $-10$  to question 6, answer the following questions:

- a. What makes it awful to be this way?

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- b. Is it really awful to be this way or just not preferable to be this way? Is there something basically wrong about being this way?

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- c. What are the benefits to being this way? What do I gain by being this way?

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