

# SELF ASSESSMENT

1. Description of myself:
2. Best parts/things about me:
3. Worse parts/things about me:
4. What I feel I need to change:
5. What I feel I need to work on:
6. Areas of my life I am content/happy with:
7. Areas of my life I have messed up:
8. My biggest mistake:
9. My biggest disappointment:
10. My biggest fear:
11. Who has made a major impact on my life and why:
12. Events, circumstances, behaviors, or situations I feel I have handled right in my life:
13. How and with whom I have played the “victim” with in my life:
14. How and with whom I have manipulated in my life:
15. What I gained in a positive way from manipulating:
16. What I have gained in a negative way from manipulating:
17. Certain specific behaviors I have had in my life that created negative outcomes:
18. The behaviors I have had for years that result in hurting myself.
19. What relationships am I in or have been in that have resulted in pain, loss, hurt or regret:
20. Individuals in my life who have abandoned or hurt me and how I felt at the time and do I remain to feel this pain today:

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21. Individuals in my life I have lost due to my own actions:
22. My actions in losing individuals/relationships in my life:
23. What my friends would say about me or how they would describe me:
24. What I am blaming my poor decisions on:
25. Who/what I have look to in the past for happiness:
26. Who/what I look to for happiness:
27. What I have used as an excuse for my behaviors: (Example: "That's just me, I am wired that way and have always been hyper/sensitive/insecure/etc.")
28. What I am missing in my life: (Not a person, place or thing)
29. What I am searching for:
30. What I desperately feel I need in my life:
31. What I must change in my life:
32. How I need to make these changes:
33. Individuals I need to make amends to in my life for hurting them:
34. How I am going to make amends to these people:
35. The individuals in my life who have loved me unconditionally:
36. Behaviors in my life that have proven to be negative and why:
37. Triggers that seem to set me off into the behaviors that result in negative results:
38. What I want to say to my mom that I have never said or gotten to say:
39. What I want to say to my dad that I have never said or gotten to say:
40. What I want to say to any family member that I have never said or gotten to say:

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41. From this point forward, I must remind myself:
42. The negative comments I say to myself in my head:
43. What do these negative comments result in?
44. My biggest fear:
45. I feel the happiest when:
46. I feel the sadness when:
47. What I used to think would “fulfill” me:
48. What I feel would “fulfill me today”:
49. Who am I when everything and everyone is stripped from me. Meaning roles or titles (dad, mom, husband, wife, employee, son, daughter)
50. The picture I have in my mind regarding what I really wants looks like:
51. My purpose in life:
52. Have fulfilled this purpose?
53. The things I feel I need to examine, admit, own, work on or change about myself: