

I Am

Fill in the sentences below with a description or phrase that best describes your behavior. Make sure you are clear about how you are defining your perceptions so that you can learn and understand more about yourself:

1. I am someone who loves to

2. I am someone who is good at

3. I am someone who struggles with

4. I am afraid of

5. I am often found doing

6. I am someone who will never

7. I am someone who wishes

8. I am someone who wants to

9. I am thankful for

10. I am someone who would rather _____
than _____

11. I am someone who sometimes forgets to _____
and almost always remembers to _____

12. I am someone who will probably end up

After you have completed these sentences, talk to one of the partners in your support group about your answers. Discuss with your partner whether

- Your responses have more positive or negative undertones
- Which statements stand out to your partner and why
- How to reconfigure some statements to reflect more of a healthy self-concept (if needed).

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