

Being Realistic About Your Weaknesses

This worksheet helps you take a fresh look at the qualities you consider weaknesses without using them as instruments for destructive self-attacks that damage your self-esteem (modified from McKay & Fanning, 2016).

List the weaknesses you identified in the left-hand column. Then rewrite, removing all pejorative language while being factual and accurate in the right-hand column.

Current view of my weaknesses	Revised view
<p>How do I look? I have fat thighs</p>	<p>I have 21-inch thighs</p>
<p>How do I relate to others? I can't say no to people</p>	<p>I have difficulty saying no to my immediate family</p>
<p>What is my personality? I can't cope with being on my own</p>	<p>I prefer company</p>
<p>How do others see me? I forget everything</p>	<p>I forget birthdays and anniversaries</p>

Current view of my weaknesses	Revised view
<p>How do I perform in my job? I am lousy at presenting</p>	<p>I am uncomfortable in presenting if I haven't had time to prepare</p>
<p>How do I perform in my daily life? I am lousy at housekeeping</p>	<p>I often have an untidy kitchen, but I do a big weekly clean-up</p>

This exercise will bring more authenticity into your life and the statements will be less damaging to your self-esteem.

References

- McKay, M., & Fanning, P. (2016). *Self-esteem*. CA: New Harbinger.

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