

Getting to Know Yourself

We often spend more time on what is wrong with us than what is right; this can mean we lose track of important aspects of ourselves and our lives.

Fill in the following boxes to help remind you of who you are.

I am a (for example, runner, dancer, parent, partner, etc.)

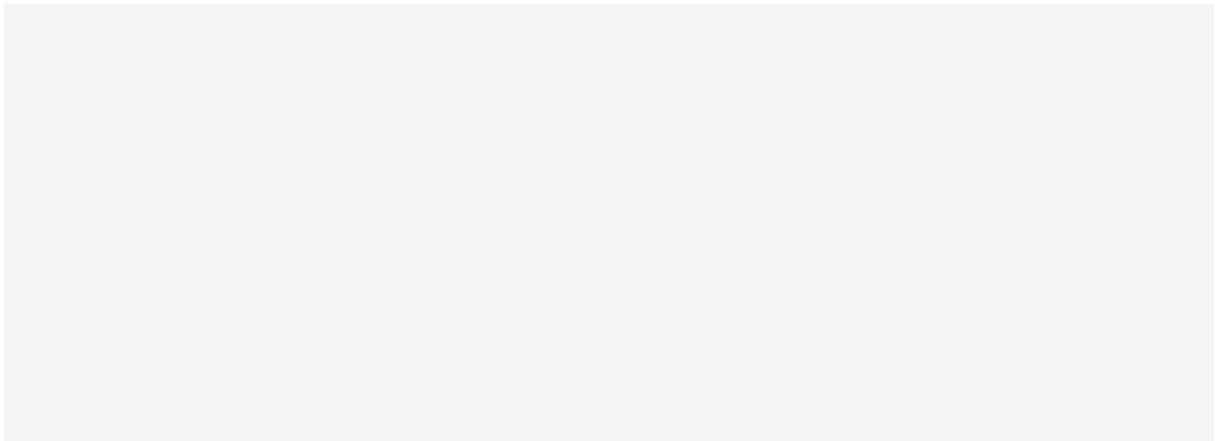
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I am a person who (what do you do?)

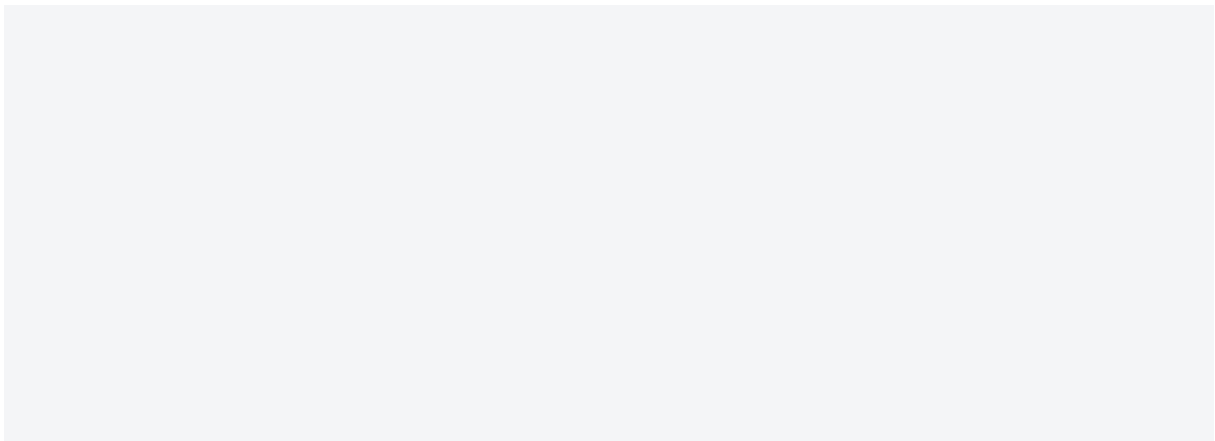
I am not a person who (what don't you do?)

I really like

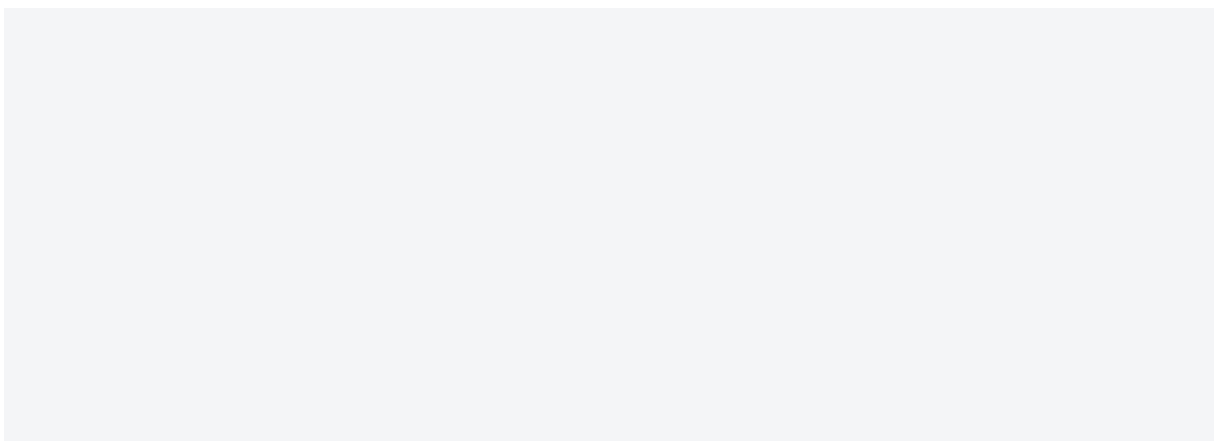
I really don't like



My most important relationship is



How else would you or someone else describe yourself



Dr. Jeremy Sutton