**Exercise to Help Improve Self-Identity** 

|                                   |                               |                               | (4) How does living by this | (5) Based on what you have    |  |
|-----------------------------------|-------------------------------|-------------------------------|-----------------------------|-------------------------------|--|
| (1) Identify a                    |                               | (3) How does this             | value help you feel safe or | written, do you agree or      |  |
| value/belief/principle you live   | (2) When/how did this         | value/belief/principle affect | provide a sense of security | disagree with this value now? |  |
| by                                | value/belief/principle begin? | your life at this time?       | for you?                    | Why?                          |  |
|                                   |                               |                               |                             |                               |  |
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|                                   |                               |                               |                             |                               |  |
| (6) After evaluating value, do    |                               |                               |                             |                               |  |
| you want to keep it as is, reject |                               |                               |                             |                               |  |
| it totally, or rephrase it?       |                               |                               |                             |                               |  |

| (1) Identify a<br>value/belief/principle you live<br>by  | (2) When/how did this value/belief/principle begin? | (3) How does this<br>value/belief/principle affect<br>your life at this time? | (4) How does living by this<br>value help you feel safe or<br>provide a sense of security<br>for you? | (5) Based on what you have<br>written, do you agree or<br>disagree with this value now?<br>Why? |
|--|---|---|---|---|
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| (6) After evaluating value, do<br>you want to keep it as is, reject<br>it totally, or rephrase it? |   |   |   |   |