

Exercise to Help Improve Self-Identity

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

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