

## DEVELOPING AN ACCURATE SELF-IDENTITY

<b>I might have a “too high” opinion of myself if:</b>	<b>I might have a “too low” opinion of myself if:</b>
I am consistently frustrated by not getting “my break.”	I constantly berate myself or put myself down in my inner dialogue.
I think I deserve the jobs, money, or accolades that others have who are much more educated/experienced/hardworking.	I believe I have no say in how people treat me or speak to me.
I want big wins in life, but I’m not consistent with the small integrity checks of daily life.	I want more for other people than I believe I can have for myself.
I justify my bad behavior because “he/she/they made me do it.”	I justify not standing up for myself because “I made him/her/them do it.”
I have a pattern of distant or broken relationships in my life.	I fear if the people in my life knew what I really need or want, they would reject me.