



*Self-Awareness*  
*Self - Esteem*



## *What did I just say ? ! ?*

Whether we are aware of it or not, we are talking to ourselves all the time. Some of these internal messages are true and appropriate. Some are old tapes that have been playing and replaying for so long it's doubtful we even remember the first time we heard them, or how they got there in the first place. Even though they may no longer be true or appropriate, they continue to affect our thoughts, feelings, attitudes, decisions and behaviors.

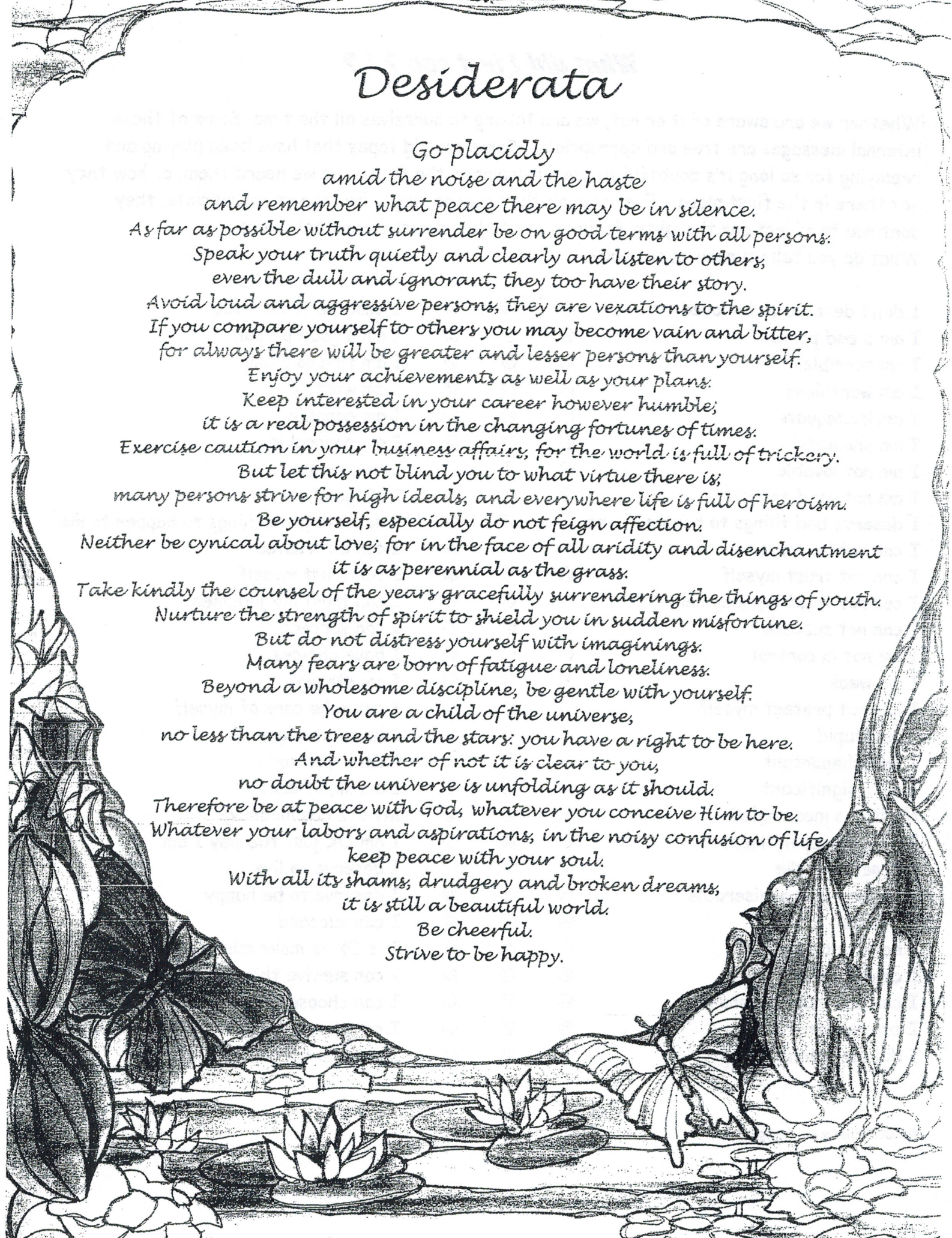
What do you tell yourself about you?

I don't deserve to be loved	☹	☹	☺	I deserve to be loved
I am a bad person	☹	☹	☺	I am a good person
I am terrible	☹	☹	☺	I am fine as I am
I am worthless	☹	☹	☺	I am worthy
I am inadequate	☹	☹	☺	I am capable
I am shameful	☹	☹	☺	I am honorable
I am not lovable	☹	☹	☺	I am lovable
I am not good enough	☹	☹	☺	I am good enough
I deserve bad things to happen to me	☹	☹	☺	I deserve good things to happen to me
I can not be trusted	☹	☹	☺	I can be trusted
I can not trust myself	☹	☹	☺	I can trust myself
I can not trust my judgment	☹	☹	☺	I can trust my judgment
I can not succeed	☹	☹	☺	I can succeed
I am not in control	☹	☹	☺	I have choices
I am weak	☹	☹	☺	I am strong
I can not protect myself	☹	☹	☺	I can take care of myself
I am stupid	☹	☹	☺	I have intelligence
I am unimportant	☹	☹	☺	I am important
I am insignificant	☹	☹	☺	I am significant
My life is meaningless	☹	☹	☺	My life has meaning
I am a disappointment	☹	☹	☺	I am OK just the way I am
I deserve to die	☹	☹	☺	I deserve to live
I deserve to be miserable	☹	☹	☺	I deserve to be happy
I will fail	☹	☹	☺	I can succeed
I have to be perfect	☹	☹	☺	It's OK to make mistakes
I can't survive this	☹	☹	☺	I can survive this
I can not trust anyone	☹	☹	☺	I can choose who to trust
I can not let it out	☹	☹	☺	I can choose to let it out
I did something wrong	☹	☹	☺	I can learn from my mistakes



# Desiderata

Go placidly  
amid the noise and the haste  
and remember what peace there may be in silence.  
As far as possible without surrender be on good terms with all persons.  
Speak your truth quietly and clearly and listen to others,  
even the dull and ignorant, they too have their story.  
Avoid loud and aggressive persons, they are vexations to the spirit.  
If you compare yourself to others you may become vain and bitter,  
for always there will be greater and lesser persons than yourself.  
Enjoy your achievements as well as your plans.  
Keep interested in your career however humble;  
it is a real possession in the changing fortunes of times.  
Exercise caution in your business affairs, for the world is full of trickery.  
But let this not blind you to what virtue there is;  
many persons strive for high ideals, and everywhere life is full of heroism.  
Be yourself, especially do not feign affection.  
Neither be cynical about love; for in the face of all aridity and disenchantment  
it is as perennial as the grass.  
Take kindly the counsel of the years gracefully surrendering the things of youth.  
Nurture the strength of spirit to shield you in sudden misfortune.  
But do not distress yourself with imaginings.  
Many fears are born of fatigue and loneliness.  
Beyond a wholesome discipline, be gentle with yourself.  
You are a child of the universe,  
no less than the trees and the stars; you have a right to be here.  
And whether of not it is clear to you,  
no doubt the universe is unfolding as it should.  
Therefore be at peace with God, whatever you conceive Him to be.  
Whatever your labors and aspirations, in the noisy confusion of life  
keep peace with your soul.  
With all its shams, drudgery and broken dreams,  
it is still a beautiful world.  
Be cheerful.  
Strive to be happy.





# My Bill of Rights

I have the right to be treated with respect

I have the right to say no and not feel guilty

I have the right to experience and express my feelings

I have the right to take time for myself

I have the right to change my mind

I have the right to ask for what I want

I have the right to ask for information

I have the right to make mistakes

I have the right to do less than I am humanly capable of

I have the right to feel good about myself

I have the right to ask for help

I have the right to make and refuse requests

I have the right to say, "I don't know"

I have the right to control my own body

I have the right to have my own opinions

I have the right to ask someone to change their behavior

I have the right to act only in ways

that promote my dignity and self-respect

as long as other's rights are not violated in the process





## I AM ME

I am me.

In all the world there is no one else exactly like me.  
Everything that comes out of me is authentically mine  
because I alone choose it.

I own everything about me, my body, my feelings,  
my mouth, my voice, all my actions,  
whether they be to others or to myself.

I own my fantasies, my dreams, my hopes, my fears.  
I own all my triumphs and successes, all my failures and mistakes.

Because I own all of me,

I can become intimately acquainted with me.

By doing so I can love me and be friendly with me in all my parts.

I know there are aspects about myself that puzzle me,  
and other aspects that I do not know.

But as long as I am friendly and loving to myself,  
I can courageously and hopefully look for the solutions to the puzzles,  
and for ways to find out more about me.

However I look and sound, whatever I say and do,  
and what ever I think and feel at a given moment in time  
is authentically me.

If later some parts of how I looked, sounded, thought and felt  
turn out to be unfitting, I can discard that which is unfitting, keep the rest,  
and invent something new for that which I discarded.

I can see,

hear,

feel,

think,

say,

and do.

I have tools to survive, to be close to others, to be productive,  
and to make sense and order out of the world of people  
and things outside of me.

I own me, and therefore I can engineer me.

I am me  
and I am Okay.

Virginia Satir



# AUTOBIOGRAPHY IN FIVE SHORT CHAPTERS

By Portia Nelson

## CHAPTER ONE



I walk down the street.  
There is a deep hole in the sidewalk.  
I fall in.  
I am lost...I am helpless.  
It *isn't* my fault.  
It takes forever to find a way out.

## CHAPTER TWO



I walk down the same street.  
There is a deep hole in the sidewalk.  
I pretend I don't see it.  
I fall in again.  
I can't believe I am in the same place.  
But it isn't my fault.  
It still takes a long time to get out.

## CHAPTER THREE



I walk down the same street.  
There is a deep hole in the sidewalk.  
I see it is there.  
I still fall in...it's a habit.  
My eyes are open.  
I know where I am.  
It is *my* fault.  
I get out immediately.

## CHAPTER FOUR



I walk down the same street.  
There is a deep hole in the sidewalk..  
I walk around it.

## CHAPTER FIVE



I walk down another street.

People are often unreasonable,  
illogical, and self-centered;  
Forgive them anyway.

If you are kind, people may accuse you  
of selfish, ulterior motives;  
Be kind anyway.

If you are successful, you will win  
some false friends and some true enemies;  
Be successful anyway.

If you are honest and frank,  
people may cheat you;  
Be honest and frank anyway.

What you spend years building,  
someone could destroy overnight;  
Build anyway.

If you find serenity and happiness  
people may be jealous;  
Be happy anyway.

The good you do today,  
people will often forget tomorrow;  
Do good anyway.

Give the world the best you have,  
and it may never be enough;  
Give the world the best you've got anyway.

You see, in the final analysis,  
it's between you and God;  
It was never between you and them anyway.

Mother Teresa