

**Self Description Questionnaire for \_\_\_\_\_.**  
**Completed on \_\_\_\_\_.**

Feel free to expand on additional paper. Try to complete the sentence with the first thing that comes to mind.

1.	I am a person who...
2.	All my life...
3.	Ever since I was a child...
4.	One of the things I feel proud of is.....
5.	It is hard for me to admit....
6.	One of the things I can't forgive....
7.	One of the things I feel guilty about it....
8.	If I didn't have to worry about my image....
9.	One of the ways people hurt me is...
10.	Mother was always...

11.	What I needed from my mother and didn't get was....
12.	Father was always...
13.	What I wanted from my father and didn't get was...
14.	If I weren't afraid to be myself, I might....
15.	One of the things that I am angry about....
16.	What I need and have never received from a woman (man) is...
17.	The bad thing about growing up is...
18.	One of the ways I could help myself but don't is...
19.	One of the things a close friend would say about me is....
20.	If I was a cartoon character I would be....
21.	If I was an animal I would be....

