sincere. . .pessimistic. . .open-minded.
suspicious. . patient. . tense. . cooperative
neat. . logical. . sociable. . cheerful. . sly.
.honest. . reasonable. . crafty. . perceptive.
grouchy. . ethical. . truthful. . resourceful.
punctual. . warm. . versatile. . courageous.
daring. . boastful. . generous. . wholesome.
cordial. . smart. . energetic. . persistent.
. loyal. . tactful. . friendly. . gracious. . shy.
persuasive. . efficient. . skeptical. . clumsy.
sloppy. . mature. . understanding. . kind.
. orderly. . outgoing. . compulsive. . naive.
.short-tempered. . prejudiced. . open.
.impolite. . sarcastic. . prideful. . diligent.
.idealistic. . candid. . optimistic. . smart.
dependable. . friendly. . efficient. . vain.
. studious. . rebellious. . nervous. . strong
. headstrong. . just wonderful!

If you have difficulty with this, try writing a personal ad about yourself; how would you
describe yourself?
How Others See Me...

This one can be difficult. . .if in doubt, ask someone to write a personal ad for you!
Who was there for you when you were growing up . . . What did they contribute . . .

Who do you turn to now for social support—if you were experiencing a personal crisis who would you turn to for help, your family or friends? Which person would you seek out first?
Look at the statements below and compare yourself to 10 years ago (if you're over 40, make it 20 years ago)--right now are you MORE (M), LESS (L), or the SAME (S):

1. ___ Satisfied with work or school
2. ___ Being influenced by others on how to think and act
3. ___ Able to effectively manage emotions
4. ___ Self-centered
5. ___ Sense of humor
6. ___ Have people who really care about you
7. ___ Becoming like one or both of your parents
8. ___ Occupied by duties, roles, daily schedule
9. ___ A person others like to be around
10. ___ Ability to handle stress
11. ___ Attention to fitness, diet, appearance
12. ___ Enjoying life
13. ___ Using special skills, talents, interests
14. ___ Believe you are fulfilling a purpose
15. ___ Self-confidence
16. ___ Contributing to the welfare of others
17. ___ Flexible and adapt easily to life experiences
18. ___ Authenticity, being true to yourself
19. ___ Take responsibility for your behavior

Are there any personality areas which need your attention now?
What you do well, what makes you special!
How might what you do well, what drives your passion, become a part of your future?
Assets and Liabilities. . .

talk about your personal assets-

If for some reason I could only keep three possessions. . . what would they be?
One thing I would like to change about myself would be. .
List your three top goals. . .

1.

2.

3.
What are some of the steps you would have to take to reach your goals... 

What things would you have to do... what needs to happen... 

would it be chance or can you "make it happen?"
FEAR. . . *can keep you stuck*

_Name your fears. . ._
What actions can help you face these fears?

Write about a time you got "stuck" in life. How did you get out? Can you name a resource you have to help you manage fear, get unstuck?
My personal philosophy. . .
The function of your personal philosophy or set of values is to give meaning and purpose to your life.

*Values I hold about myself-*

*Values I hold about my world-*

*Values I hold about my close relationships-*

As you write about your values, consider how you acquired these values; were they freely chosen by you; most important, do you behave in a manner consistent with your values.
FRIENDS. . .describe your circle of friends. . .

What makes you a good friend?
Family, Friends, and Feelings. . .

Who let you down. . .betrayed you?

Who has been true to you. . .

Finish this sentence. . . I am fully accepted by who I am (no conditions) by_______________________________
From Robert Fischer, there are four basic trust models:

1. **Suspicious still.** Don't ever trust anyone, even after they have done something nice.
2. **Suspicious until.** Don't trust anyone until they prove themself.
3. **Trust until.** Trust people until they screw up.
4. **Trust still.** Trust people even after they make mistakes, sometimes even when they hurt you.

What is your TRUST MODEL?

*Write about trusting others.*

*Write about trusting yourself.*
Do you “go along with the crowd?”

How do you handle the pressure to conform . . . with your family's view of who you “should be” . . . with others outside of your family?
How do you have fun, find joy.
What makes you laugh?
Pain. . .write about a time when you felt hurt or experienced loss. . .

How did these experiences affect you. . .
Write about a time when you hurt someone. . .where is that relationship now?
Anger. . .what are some of your early memories about anger. . .
How were conflicts settled in your home. . .

discuss how you work out anger, conflict, and disagreements now. . .
Forgiveness! “To err is human. . . to forgive divine (A.Pope)

How was forgiveness practiced in your family. . .

How do you practice forgiveness in your close relationships. .
TALKING THINGS OUT. . .and being heard!

who really listens to you; who doesn’t listen to you?

What were communications like in your family
LOVE... write about a special moment, a special kiss, or the someone you dream of kissing but haven’t yet. . .
How in the world do you know you're in LOVE anyway?

Define true love. Describe your ideal relationship with a boyfriend, girlfriend, your partner. Write about how you would like to be treated and how you would treat them.