

## **LOOKING AFTER MYSELF**

**Sarah Van Gogh**

- 1) I need to be able to look after myself well because...
  
- 2) I need to be able to be assertive sometimes because....
  
- 3) Something I did recently that wasn't very assertive was...
  
- 4) It would have been better if I could have...

- 5) An example of a boundary I need to set with another person/group is...
  
- 6) An example of a boundary I need to set for myself is...
  
- 7) A person I feel very angry with is...
  
- 8) A person I feel very hurt and let down by is....
  
- 9) I need to be able to express my feelings of anger because....
  
- 10)I need to be able to express my feelings of sadness because...
  
- 11)I know sometimes I have a difficulty managing stress because...
  
- 12)Two ways I have learned to take better care of myself are:..
  
- 13)An example of when I managed to be honest and direct about my feelings to someone was...

14) I know that being able to ask for help is a sign of strength and not of weakness because...

15) I still need help and support around...

16) When I feel overwhelmed/unsafe one thing that helps (apart from numbing out) is...

17) When I feel flooded with bad thoughts & feelings, one comforting thing I can think about is ...

18) I like the way I am making an effort to...