

CLIENT IDENTITY WORKSHEET

Rate each of your answers from 1 to 5.

1=Strongly Agree

2=Agree

3=Somewhat Agree

4=Disagree

5=Strongly Disagree

Most people are smarter or gifted that I am.	
I really don't like who I am.	
If I were to really be myself, no one would like me.	
I have the need to be liked by everybody.	
If it's not done perfectly, then I don't feel good about myself.	
If I were to die tomorrow, nobody would care or miss me.	
Many days I don't feel very important or significant.	
I feel useless and worthless.	
I really don't like myself.	
I probably won't be successful or succeed in life, so why try?	

Score Results:

If you scored 38-50, you have a very healthy self-view.

If you scored 26-37, you could use help with self-view.

If you scored 10-25, you have serious self-view issues.

If you could give one word to describe yourself, what would it be and why that word.

If you were to draw a picture or symbol that represented your life, what would you draw and why?

What do you really like about yourself?

What would you like to change about yourself?

What would you say is missing in your life?

What would it take to make your life complete?

In what areas of life do you sense that you are striving for acceptance or approval?

What would you say you fear the most?

How comfortable are you at trying or doing something new?

What is one area you would like to grow in the coming year in the area of confidence?

What three areas in your life you would like to see a breakthrough happen?
