Self Assessment

From time to time I answer the questions below. I don't think long before I answer each one. I try to be quick and honest with myself. I think about the people I interact with the most lately. I also think about relationships that have been meaningful to me over a long time period. I try to focus on something or someone that produces a strong emotion for me— especially the emotions I don't "like". I don't share this with other people (if it makes me uncomfortable). I just use it to help me remember situations so that I can focus on things that might need my attention.

Sometimes I feel like a target for others.	Yes	No
I have been accused of some "bad" behavior by more than two people in the last six	Yes	No
months.		
I don't understand why other people cause me problems.	Yes	No
It is easy for me to identify who is fault for relationship breakdowns.	Yes	No
I sometimes wonder why others have an unreasonably bad opinion of me.	Yes	No
I sometimes "hang on" to intimate relationships after they have "ended".	Yes	No
Sometimes my primary relationships limit other social activities and other relationships.	Yes	No
Family members sometimes tell me I'm taking advantage of them.	Yes	No
I have had two or more unsatisfying jobs in the last five years.	Yes	No
I have more than one family member that often treats me bad.	Yes	No
I think that I will hurt people if I let them get "too close".	Yes	No
I have three friends that would say I am difficult to understand or get to know well.	Yes	No
At work there is more than one person that treats me unprofessionally.	Yes	No
There have been more than three people in my life that would say I have treated them	Yes	No
unfairly in the last year.		
I think that others will hurt me if I let them get "too close".	Yes	No
When relationships are in "decline", I usually try to "fix" things.	Yes	No
I have had three or more relationships that became unsatisfying to me.	Yes	No
When excitement in an intimate relationship declines, I begin to look for a	Yes	No
"replacement".		
I feel like I am solely responsible for others feelings and actions.	Yes	No
I allow others to talk me into feeling guilty and then I do things I would rather not do.	Yes	No
I sometimes say things that I do not mean in order to get others to like me.	Yes	No
I know the difference between feelings and actions.	Yes	No
I let my fears from the past control me.	Yes	No
If I make a mistake or do something wrong I take responsibility for it.	Yes	No
When I know someone is lying and they won't admit it, I try to catch them "red-	Yes	No
handed"		
I am able to set healthy boundaries for myself and stick to them.	Yes	No
I feel powerless four or more times a week.	Yes	No
When someone is mad at me, I do whatever it takes to "win" them back.	Yes	No
It is ok to act one way with one person and a different way with someone else.	Yes	No
If someone says the relationship is changing, I blame myself for the change and try to	Yes	No
please the other person.		
1	Yes	No
	Yes	l No
	Yes Yes	No No
	Yes Yes Yes	No No No

Worksheet 1

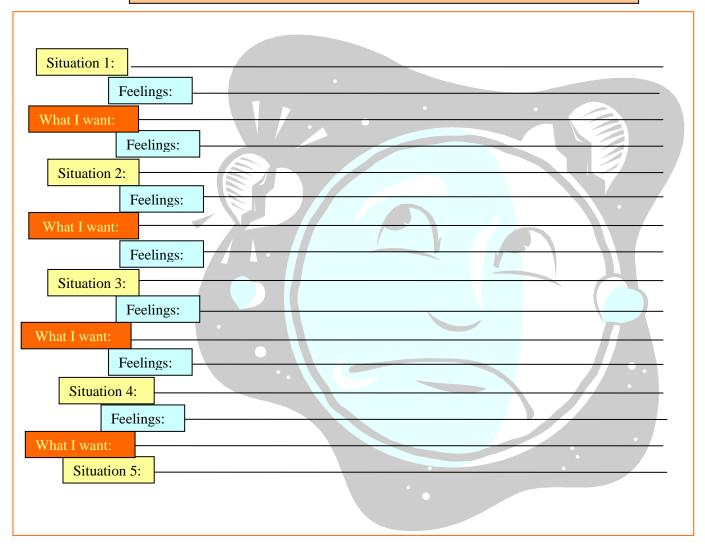
Thinking that gets me into trouble often influences many areas of my life. I use this thinking when I am not getting the things I want. There are many emotions that can be used as a signal or "red flag" that help me be alert for trouble. Some of these emotions are: powerless, angry, helpless or afraid. If I look at several situations where these feelings have happened, I can understand how my thinking, feelings, wants and behavior fit together. I use this worksheet to help me look at situations for similar feelings and wants. I write a different situation where I didn't get what I want on each yellow box. I put my emotions that go to the situation in each blue box. I write what I wanted (to happen or someone else to do) in each orange box.

Example:

Situation: I called my sister when I was having a bad day. She didn't answer the phone.

Feelings: depressed, helpless, hopeful, sad, angry, excited

What I want: My sister to talk to me and give me: conversation, sympathy, consolation, feel important



When this work sheet is completed, I look to see what things are similar. Do I want people to do the same kinds of things? Do I feel the same or similar when things don't go "my way"? Does this happen only with certain people? Do I see **any** similarities or "themes" in different situations?

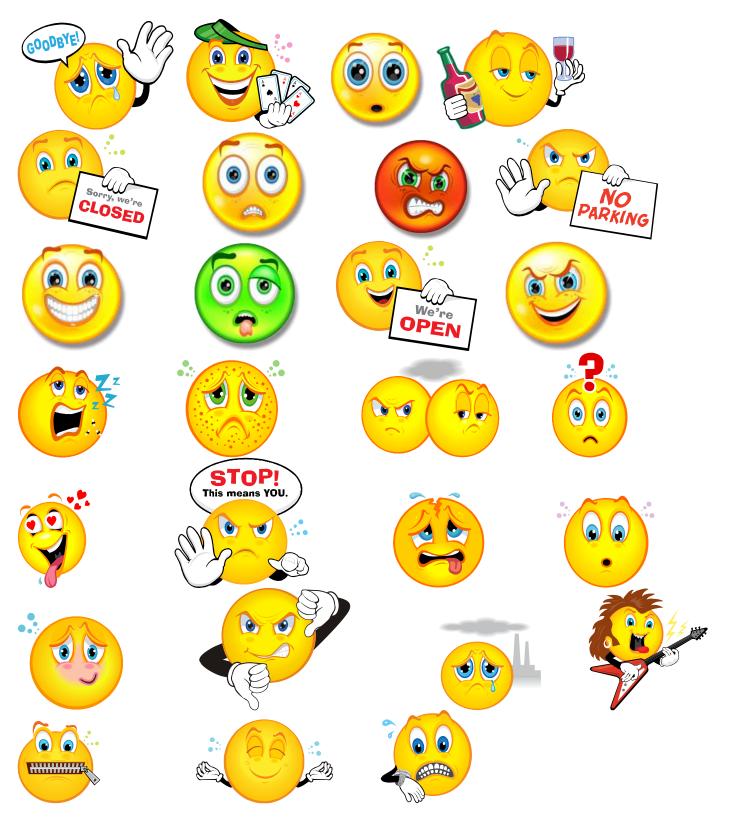
Worksheet 2

I use work sheet 2 to help me look for patterns in my behavior. I look at work sheet 1 and decide if I think, feel or behave similar in many different situations where I don't get "my way". I look at the situations and decide if "what I want" others to do is similar in several different situations. I write what is similar about the situations under the yellow box. I write what is similar about the things I want under the orange box.

What do the situations have in common?	
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How are the "What I want" areas similar?	

Worksheet 3

Sometimes I have a hard time naming my feelings. I practice naming my feelings by looking at the faces below. Then I try to think of more emotions that I didn't think of at first. I look for feelings that are directed toward certain people, places or things. If any seem familiar, I give it a name and write the feeling beside the face. If it happened in more than one situation, I write all of the numbers of the situation where it happened from work sheet 1. I pay attention to which feelings I seem to have over and over.



Worksheet 4

In some situations, I don't think people are treating me the "right" way. I focus on **how** I feel and forget to look at what the feelings **are**. I also, forget to look at my thinking. When this happens, I just want to find out who is to "blame" and feel "better". Sometimes I make mistakes because I connect my feelings to other people. This makes it seem like **they caused the feeling and the thoughts.**

I do this when I "expect" things from others. My "expectations" are things that I hope will make me feel "better" (if it happens). I sometimes feel "worse" if it doesn't happen. (If I want my sister to answer the phone and she doesn't, I feel even worse than before. I start thinking that it is others "fault" that I didn't feel "better". I make more mistakes when I do this. (Example: I feel even worse if: She *does* answer the phone but wants to talk about things other than me—Or asks me to pay her the money I owe her.)

I use the information on all of the previous work sheets to find thinking that "blames" others, helps me "excuse" my own behavior and makes me feel more "right" or "important". I write at least one thing in each box for **each** of the situations.

Thinking that tells me, I'm "RIGHT":	Example: I do lots of stuff for her.
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Thinking that tells me, others are to "BL.	AME": Example: Nobody cares about what I want.
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Feelings I want to "throw away":	Example: depressed, sad, helpless, mistrust
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45.46	
Feelings I want instead:	Example: Happy, important, comforted, right

Look for words that help you judge people (including yourself). Try to decide if these words are part of your way of looking at the world. Do you use them to make decisions about other people? Do some of them seem as if **everyone** agrees with what they mean?

Worksheet 5

My thinking has many words that help me see situations in a certain way. I use these words to make sense of things. They help me know what is "right & wrong" **for me**. Certain words help me judge people and choose behaviors. Sometimes these words create mental images and opinions. They help me make important decisions. Understanding these words is important because different people can understand them differently. When I interact with others, someone might be using the same words in a **different way** than I do. If I **know** this, I can make better decisions. If I **don't** know this I can make mistakes or decisions that cause trouble for others and myself.

I use this work sheet to understand important words and be sure I make the best decisions I can. I look at the words on the work sheet and decide what the word means to **me**. Then I write what the word **means to me** beside the word. Once I have done this, I choose other important words from my other work sheets and write what the word means to me beside them on Work sheet 5a.

Honest		
Betray		
Loyal		
Respect		
Cheat		
Cheat		
Deceive		
Trust		
Love		
V <mark>ulne</mark> rable		
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Pride		
Inhibit		
Manipulate		
Intimate		
Albanilan		
Abandon		
F <mark>ake</mark>		
Rude		

Worksheet 5a

When I think of new words I write down as many as I can here. Then I write what the word **means to me** beside them. I use this work sheet to find the words I use that are not on Work sheet 5.

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I use these words to help me decide what I "believe" to be true about others and the world. I call these ideas "beliefs". I look at the meaning of these words and decide if they help me develop beliefs.

Worksheet 6

When I use these words to make decisions I also create exceptions or limits. These limits and exceptions tell me that I'm willing to do "some" things but I'm not willing to do other things. They also help me decide what I can "expect" from others. I use this work sheet to help me "sort out" the limits and expectations certain words help me create in my mind. I pick words from the previous work sheets and decide how they help me create "expectations" and "limits". I do this by creating a sentence with at least two of these words that go well together and describe my way of seeing the world.

Examples: My sister didn't answer or return my call.

I will be <u>loyal</u>, if you never <u>abandon</u> me.

I have too much <u>pride</u> to let you <u>betray</u> me.

I don't <u>respect</u> people who are <u>rude</u> to me.

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I have fill in all of the lines on this work sheet. Then I look to see if I have described any ideas I live by or judge others with. I start to think about **how I use** these ideas to make **decisions.** (I don't try to figure out if these ideas are "true" or if I am "right" or "wrong".)

Worksheet 7

Now that I have practiced looking for my expectations and limits, I use this information to find situations in real life that are causing me problems. This helps me sort out what went wrong. I will use this information to see if I can improve my results. I do this with Worksheet 8.

Situation Log

Situation Log					
Situation	My Expectation(s)	My Limit(s)	My Result(s)		
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Worksheet 8

I use this worksheet to write down how I would change my expectations and limits if I think I need to. Write down the same situation from Worksheet 7. Then think of a different expectation and limit that would (better) result. Hopefully this result will improve my relationship with another person.

Situation Log					
Situation	My Expectation(s	s) My Limit(s)	My Result(s)		
	7/ 9/				
	\ \ \				
		65			