

STRONGER / WEAKER WORKSHEET

The only way our strong and healthy self has to communicate that we are on track or off track with us is by giving us negative feedback.

When we don't eat enough, we get hungry, when we are not sleeping enough, we feel tired etc. Similarly, when we don't stand up for ourselves or our needs, when we compromise ourselves, when we are doing things that are not healthy for us, we feel anxious, sad, depressed or have negative self talk. These are all ways our naturally strong and healthy self is telling us we are off track. Like a game of hot and cold. (Remember that game from childhood where someone would hide something and guide us towards finding it by telling us if we were hot or cold). We can choose to accept the feedback (vs reject it and struggle against it) and change to get the result we want.

Sometimes because of early life experiences, when we were dismissed or punished for standing up for ourselves, we learn to stop listening to that part of ourselves and it can take some conscious effort to start to listen to it again. Hopefully this exercise will help with that.

| DOMAIN | STRONG | WEAK | IT IS <i>IMPORTANT</i> FOR ME TO DO MORE OF... |
|-------------------------|--------|------|--|
| HEALTH | | | |
| | | | |
| PERSONAL | | | |
| | | | |
| HOME | | | |
| | | | |
| WORK/ EDUCATION | | | |
| | | | |
| PARENTING/ OTHER | | | |
| | | | |