



Identity and Self Worth Worksheet *by Meg*

Self-Awareness

Needs- Skills <-> Personal interests <-> Values <-> Hopes and dreams

What is my biggest strength?

What makes me hurt the most?

What am I proud of achieving?

What is currently my biggest long-term goal?

What am I interested in trying?

What makes me happiest?

What is my favourite relationship?

What do I believe in, at my core?

When am I feeling my best?

What makes my soul sing?

What have I learnt recently?

What makes me unique?

Old and New

Reflect on what you were like *before* AN and how you feel that you are with anorexia. Focus on mental states.

Before anorexia I think I was...	With anorexia I think that I am...

Now answer the following questions:

- **What do you miss about your old self?**

- **Ignoring aesthetic changes, how would you like to be different to your old self?**

- **What has anorexia taught you about yourself? Has it had any benefits?**

Personality

List some of your key personality traits and ask someone else to do the same for you. (It's best if it's someone you are close to, like a friend or family member).

I would describe myself as	Others would describe me as

Now answer the following questions:

- Do the traits in the two lists differ? If so, what does this suggest?
- Which of the traits in the lists do you like?
- Are any of these traits aiding the maintenance of Anorexia? How else could they be channelled?

Becoming

Consider a role model in your life. What personality traits do they have and how do they exhibit them?

Role model: _____

Trait	Evidence

Now answer the following questions:

- **What good traits do you have that your role model might not have?**

- **What traits do they have that you feel that you lack?**

- **What actions might you need to take to gain some of the strengths you consider them to have?**

Thank you to my wonderful friend Meg for thinking about and constructing this worksheet. Finding out who you are, and who you want to be is invaluable. – H