



Attributes worksheet

Highlight/Circle/Underline which characteristic applies. Sometimes it may be both.

Answer from your core. Be honest about how you feel, not how you think you should feel.

Restriction makes me feel like I am...	Mentally strong	Mentally weak
	Physically strong	Physically weak
	Supported	Unsupported
	In control	Out of control
	Valuable	Worthless
	Healthy	Unhealthy
	Good	Bad
	Fitting in	Standing out/unique
	Safe	Unsafe
	Temporarily at peace	Long term at peace
	Controlling my weight	Controlling my mood
	Safe in the moment	Safe for later in the day
	Successful	Failing
	Improving my body image	Not worsening my body image
	Making it obvious I need help	Suffering in silence

My Positive Qualities Record

Make a list of 20 positive qualities that you recognise within yourself. To help you with this, you may want to ask yourself these questions...

- What do I like about who I am?
- What characteristics do I have that are positive?
- What are some of my achievements?
- What are some challenges I have overcome?
- What are some skills or talents that I have?
- What do others say they like about me?
- What are some attributes I like in others that I also have in common with?
- If someone shared my identical characteristics, what would I admire in them?
- How might someone who cared about me describe me?
- What do I think are bad qualities that do I not have?

*Remember to include everything no matter how small, insignificant, modest, or unimportant you think they are

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Reflections to make with Han....

A large, empty rectangular box with a black border, intended for writing reflections. It occupies the upper half of the page.