



Personal Self Image Inventory

1. What, basically, do I think about myself?

2. What are the three main contributing factors that have formed my self image: See the sheet entitled, "Let's Look Inside the Real Me".)

3. What are the particular circumstances or incidents, failures, tragedies, or rejections that have hindered a proper self-image and that have caused me to reject or hate myself? Be specific! Ask the Lord to bring them to your mind, and write them down in a sentence.
 - 1.

 - 2.

4. What have I done about those situations listed in question three?

5. What are some additional things I feel God might want me to do in regard to question three?