



Results of Poor Self-Image

Circle the results of poor self-image present in your life.

1. Pessimistic outlook
2. Withdrawal
3. Hiding feelings from others
4. Viewing others as competition, not friends
5. Masculinity or femininity felt only through sexual "conquests"
6. Continually striving to become something or somebody else
7. Viewing present as something to be pushed aside, focusing instead on past achievements or future dreams
8. Excessive shyness or anger
9. Rejecting others before they reject you
10. Overemphasis on looks
11. Mentally rehashing past conversations or situations, wondering what the other person meant or thought
12. A critical and judgmental view of others
13. Defensiveness in behavior and conversations
14. A tendency to develop clinging relationships
15. Inability to accept praise
16. Self-defeating habits and behaviors
17. A habit of letting others "walk" on you, reject you or smother you in a relationship
18. A problem in believing or accepting God's love or the love of another person
19. Dependence on material possessions for security
20. Inability to express emotions
21. A habit of using negative labels when talking about yourself
22. Anticipation or worry that the worst will happen
23. A tendency to follow the crowd and avoid independent behavior
24. Perfectionist attitude regarding irrelevant details
25. Interpreting the words as hostile and overpowering
26. Shifting of blame to others for bad situations
27. Need for lots of structure and external control in life