

Key questions for identifying beliefs

- What do you think were your shortcomings?
- How are you judging yourself?
- What did it mean to you, that it was so problematic?
- What does it mean about you?
- What are the attitudes of others?
- What does this tell you about them?

The aim is to clarify what the situation meant to you then, and what it still means to you – and about you – now. Then, with one of your ‘social failures’ fully in mind, complete each of these sentences:

1 I am

2 Others are