

Figure 21. Questions to Help You Identify Your Good Points

- What do you like about yourself, however small and fleeting?
- What positive qualities do you possess?
- What have you achieved in your life, however small?
- What challenges have you faced?
- What gifts or talents do you have, however modest?
- What skills have you acquired?
- What do other people like or value in you?
- What qualities and actions that you value in others do you share?
- What aspects of yourself would you appreciate if they were aspects of another person?
- What small positives are you discounting?
- What are the bad things you are not?
- How might another person who cared about you describe you?