

# SELF WORTH WORKSHEET

Whenever you notice that you're feeling average, whether it be low or anxious, grab this worksheet and work through it.

<b>THOUGHT TO BE CHALLENGED</b>	<b>1-10†</b>	<b>FACT OR OPINION</b>	<b>WHAT WOULD I SAY TO A FRIEND?</b>	<b>CHALLENGED THOUGHT‡</b>

† How much you believe the thought; ‡ How you feel after going through the first four columns.