

'Likes n Dislikes about me or my life' Exercise

Exercise:

This exercise involves you making two separate lists. Take two sheets of blank paper and begin each sheet with one of the following sentences:

Sheet 1 - 'Things I dislike about me/my life'

Sheet 2 - 'Things I like about me/my life'

Add and delete items on each sheet of paper. You can also share your thoughts about your writing in the next session.

Rules:

Each week review both lists, and be honest as possible. This exercise should ideally be done weekly for 6 weeks.

Purpose:

This exercise will help you see and understand if your thoughts about yourself and something needs changing. By making this list you can confront your own beliefs or take steps to change anything you consider negative and recognise your positive attributes.