IMATTER

DEVELOP A HIGH LEVEL OF SELF-RESPECT ECOURSE

LESSON 1 WORKBOOK IDENTIFY HOW I DISRESPECT MYSELF







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Introduction

Being able to express and experience self respect is a necessary skill to have. Self respect touches every single aspect of your life – from how you feel about yourself, your general attitude, your relationships with others, and beyond. In order to gain a stronger sense of self respect, it is critical to understand how you are disrespecting yourself first.

Once you have a good understanding of how you are disrespecting yourself, you can begin to undo negative behaviors and bad habits to make room for activities that will foster a stronger sense of self respect.

To begin doing the difficult work of processing your methods of disrespect toward yourself, follow along with these prompts to explore and break down your actions, thoughts, and behaviors.

Exercise 1

In this exercise, you will explore the various ways you speak to yourself. The way you speak to yourself — whether talking out loud of thinking your thoughts privately to yourself — is foundational to your ability to feel self respect. If you speak negatively to yourself, you begin to associate that negativity with dislike and cruelty; it is difficult to feel any respect for a person who is cruel to you...even if it is yourself!

To begin exploring your speaking and thinking habits, follow the prompts below:					
Spend the day paying close attention to your words and thoughts directed at yourself. Write down the phrases and thoughts you experienced most often here:					

Of these thoughts and phrases, can any of them be grouped into similar topical categories? If so, categorize them here:				

Which negative thought/phrase (or category) seemed to be the most persistent? Did you have any of the same thoughts/phrases occur more than once? If so, how many times?				

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Did you speak to yourself out loud today? If so, would you describe your word choice to be more negative or positive? Why?				

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What seems to be the recurring themes within your negative thinking and speaking patterns?

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Exercise 2

In this second exercise, you will practice taking some of those negative thoughts and phrases from the first exercise and exploring them further. Understanding exactly why you are disrespecting yourself in the way you speak to yourself is critical for understanding the root of your disrespect.

To begin exploring your negative thoughts and phrases, follow the prompts below:			
Which thoughts/phrases seemed to be the most repetitive or persistent?			

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When you experienced these negative thoughts/phrases, did any of them happen due to a specific trigger? (A trigger can be a situation, person, object, etc. that caused the negative thinking or self talk to begin.)

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yourself?	d you feel as you used these negative thoughts/phrases when speaking to

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Why do you connect these negative thoughts/phrases with disrespect? How is thinking or speaking to yourself this way damaging to the way you perceive yourself?		

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Exercise 3

In this third exercise, you will explore the ways you disrespect yourself outside of your own mind. When you speak or think to yourself negatively, you are influencing yourself in a harsh way by talking to yourself in a bad way. However, it is also possible to act in certain ways that disrespect yourself, too.

To begin exploring your negative self-disrespectful actions, follow the prompts below: Over the course of the day, take care to note each of your actions and activities. List them here:

Out of your day's activities, did any of them incite any negative emotions? If so, which ones? Describe the activity and the specific emotion(s) here:		

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Are any of the activities within your day that caused the negative emotions something that happens on a regular basis? If so, why?		

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What can you change about your attitudes, patterns, or behaviors that bring you negative experiences or emotions?		

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Do you engage in any rituals or habits that bring negativity into your life? If so, describe them
here:

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Exercise 4

In this fourth and final exercise, you will explore your own sense of self worth and self confidence. Your ability to feel your sense of confidence and worth are crucial elements of feeling self respect. If you lack self worth and self confidence, you may be disrespecting yourself.

To begin exploring your sense of self worth and self confidence, follow the prompts below:
Describe yourself in a short paragraph here:

Within your description, mark how many words/phrases are positive versus how many are negative. Which one is most prevalent – positive or negative words?				
What are some	e traits you like about yourself? What are some traits you dislike?			

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What am I good at? Where do my talen	its lie?

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Overall, do you find it easy to find traits and qualities about yourself that you like? Is it easien to find traits and qualities you dislike? Describe your thoughts here:				
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Exercise 5

Describe 5 ways in which you dispresepect yourself				

How do you feel about disprespecting yourself?	

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ist 5 reasons	you would lil	ce to begin t	o respect yo	ourself in all	ways	

Write a commitment to yourself to work on you self-respect issues. Make a definitiv	Cana
clear.	

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Notes/Journal		

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