

I MATTER

DEVELOP A HIGH LEVEL OF SELF-RESPECT ECOURSE

LESSON 1 WORKBOOK

IDENTIFY HOW I DISRESPECT MYSELF



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To begin exploring your speaking and thinking habits, follow the prompts below:	2
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:	2
Of these thoughts and phrases, can any of them be grouped into similar topical categories? If so, categorize them here:	4
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?	5
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Over the course of the day, take care to note each of your actions and activities. List them here:	21

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:	22
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Introduction

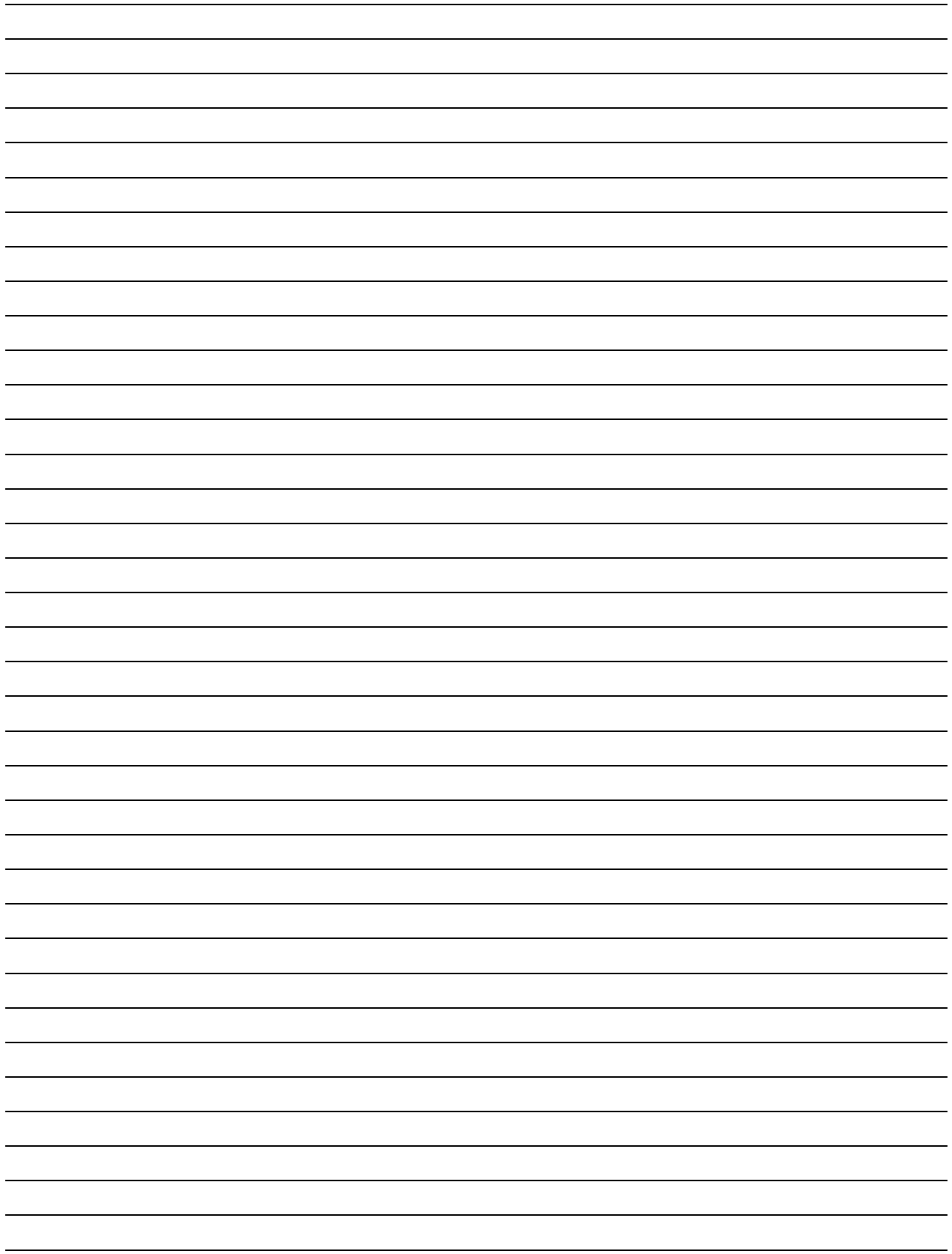
Being able to express and experience self respect is a necessary skill to have. Self respect touches every single aspect of your life – from how you feel about yourself, your general attitude, your relationships with others, and beyond. In order to gain a stronger sense of self respect, it is critical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

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

Multiple horizontal lines for writing.



A series of 30 horizontal lines for writing.

Lined writing area consisting of 30 horizontal lines.

Lined writing area consisting of 30 horizontal lines.

Lined paper template with 30 horizontal lines.

Lined writing area consisting of 30 horizontal lines.

