

How Strong Is Your Sense of Self?

Life is full of unexpected demands and challenges. We can easily find ourselves feeling overwhelmed and distraught as we attempt to tackle the hurdles tossed out at us day after day. Our sense of self plays an important role in how well we succeed in our daily life. It signifies our identity, uniqueness, and self-direction which ultimately controls our level of confidence and purpose. A strong sense of self keeps us afloat in both the good and bad of times. It is our buoy for success. Without this buoy, we often find ourselves anchored down and floundering around for air.

How strong is your sense of self? In what areas might you require improvement?

Put a check next to the descriptor that most closely aligns with your daily behavior.

I consider the opinions of others, but I make the final decisions in my life.

____ Usually ____ Sometimes ____ Rarely if ever

I am generally aware of my feelings, thoughts, needs, and wants.

____ Usually ____ Sometimes ____ Rarely if ever

I allow others to feel and think differently than I do.

____ Usually ____ Sometimes ____ Rarely if ever

I can empathize with others without taking on their burdens.

____ Usually ____ Sometimes ____ Rarely if ever

I have a clear sense of priorities and preferences and can clearly express them.

____ Usually ____ Sometimes ____ Rarely if ever

I accept my responsibility for the outcome of my choices.

____ Usually ____ Sometimes ____ Rarely if ever

I enjoy the company of others, and I enjoy alone time.

____ Usually ____ Sometimes ____ Rarely if ever

I can be flexible when things don't go as planned.

____ Usually ____ Sometimes ____ Rarely if ever

I can take a stand for myself and others when I see injustice or unkindness.

____ Usually ____ Sometimes ____ Rarely if ever

I feel free to do things that I enjoy and feel deserving of self-care.

____ Usually ____ Sometimes ____ Rarely if ever

If you have checked any of the areas as “sometimes” or “rarely if ever,” you may want to consider how best to address them. Start first with the “area” that most resonates with you. For a happier, healthier self, this will be well worth your effort.

Areas Adopted from: Dr. Julie Hanks, LCSW, Emotional Health